

organic spa

MAGAZINE



THE **ART** OF
WELLBEING



Photo courtesy of Rancho La Puerta

Garden path at
Rancho La Puerta

Transition Time

When life gets challenging, a spa visit will always be the remedy you need to feel better

By **Lambeth Hochwald**

For anyone facing a time of change, setting aside a few days to immerse yourself at a spa can make all the difference as you retool, reclaim, and restart. Whether you're an empty nester, coping with grief, or dealing with menopause, spa directors are conceptualizing programming that can cater to what you need—in that life crossroads when you need it the most.

“During transitional times, a spa or wellness getaway empowers one to navigate transitional periods with greater equanimity, self-awareness, and overall wellbeing, fostering not just a return to balance, but an advancement toward optimal health and resilience,” says Rosa Santana, spa director at Maroma Spa by Guerlain in the Riviera Maya, Mexico. “The opportunity to disconnect from external stressors and immerse oneself in a tranquil environment directly counters the anxiety and mental fatigue often associated with change.”

travel

Here, five spas with custom-ready programming aimed at helping you get through a difficult time both while you're on property and when you return home to your routine.

When You're Coping with Grief

At Kaiya Beach Resort, a Mediterranean-inspired resort situated on 32 acres of untouched land once home to a historic peach farm in Inlet Beach, Florida, spa goers will feel a sense of peace as soon as they arrive at this beachy escape, framed by the Gulf of Mexico and lush nature preserves. For anyone experiencing loss, the Jvana Enliven Retreats, transformative multi-day experiences offered throughout the year, are designed to help you connect with your truest self as you engage in

personal reflection, silence exercises on the private beach, and guided emotional wellness workshops, all led by Marc Pimsler, Kaiya's experiential therapist. "These retreats aren't just about healing, they're about remembering," Pimsler says. "Remembering who we are beneath the noise, the wounds, and the roles we've been taught to play. It's not about leaving grief behind but, rather, honoring it and discovering the strength, wisdom and healing that can emerge through the process." kaiyabeachresort.com

When You're Entering (or in) Menopause

Sign up for Navigating the Menopausal Transition at Rancho La Puerta, in Tecate, Mexico, and you'll get to take classes and sign up for lectures led by specialty experts that cover hormonal health

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Spa treatment at
Maroma Spa by
Guerlain

Photo courtesy of Maroma Spa



and navigating the stress of the menopausal transition, from hot flashes and night sweats to sleep disturbances, irritability, vaginal dryness, and decreased libido. “Our guests are committed to taking care of their wellbeing,” says Victoria Larrea, programming manager. “From navigating hormonal changes to maintaining their cognitive capacity, guests want to take steps to increase their health span.” In addition, they want to find out what’s new, what they don’t know, where to get help and, ultimately, they want access to information they can trust. “They can get those trustworthy answers they are looking for from experts in the field of women’s health,” she says. “Our guests share that they feel empowered and informed because of this.” rancholapuerta.com

When Undergoing Cancer Treatment

If you’re seeking an expert-led Oncology Aesthetics Program, look no further than The Landings Resort and Spa in Saint Lucia, one of the first of its kind in the Caribbean. It’s here that Josanna Gaither, executive director of the Ricardo Fisas Natura Bissé Foundation, works with the team to support those guests going through treatment who need skincare and hair consultations—and so much more. “When working with people navigating cancer, we

often hear that a spa treatment is the first kind, comforting, and non-clinical touch they’ve felt since their diagnosis,” Gaither says. “That simple caring connection—outside of a medical setting—can be incredibly powerful and deeply emotional. What’s most meaningful to them isn’t just the physical relief—it’s the feeling of being supported, seen, and treated with compassion.” At The Landings, the support guests feel is incomparable. “Together we’ve created a truly inclusive space, led by an oncology-trained team dedicated to providing safe, compassionate care,” Gaither says. “Every detail reflects our commitment to nurturing not just the body, but the whole person during their cancer journey.” landingsstlucia.com

When You Need Help with Stress

At Sensei Porcupine Creek, a picturesquely 230-acre property in the heart of California’s Coachella Valley, guests can opt into the spa’s Rest & Reset Program that features sessions ranging from sleep and stress management to sensory eating. “This is a collaboration between Sensei by Nobu and our wellness guide team to explore the connection between the nervous system and digestion,” says Brooke Damerel, MPH, RD, the property’s nutrition guide. “Guests often are astounded how different



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—Victoria Larrea, programming manager, Rancho La Puerta

it feels to engage slowly and intentionally with the process of eating—savoring nourishment and helping the body to do its extensive job of digestion.” The goal is to offer take-home tips, too. “One guest remarked how she’d never considered how the hectic pace of her daily life was impacting her digestive discomfort,” Damerel says. “Becoming aware of the interconnectivity of stress and other body processes, such as eating, was key for her.” sensei.com/retreats/porcupine-creek

When You’re Letting Go after Divorce

When a marriage (or long relationship) ends, emotions are likely to run rampant. At Lefay Resort & Spa, perched on a hilltop along the western shores of Italy’s breathtaking Lago di Garda, transformative resets are high on the list of visitors’

goals. “When you’re navigating a new beginning or facing a period of emotional change—like divorce—the body and spirit seek balance,” says Monica Mescoli, spa manager. To help spa goers navigate, the team created ‘Letting Go,’ a three-night transformative reset focused on self-discovery and inner balance featuring breathwork in the resort’s energy garden, water shiatsu in a saltwater pool, and the Prima di Vera ritual, a treatment that combines the detoxifying effect of a bran and olive oil peel with the energizing action of brushing the body, which, when performed along the meridians and specific acupuncture points, allows vital energy to flow freely around the body, ultimately softening physical and emotional defenses. “The goal of the program is to reconnect to self as one of the most important ways to deal with a challenging time,” she adds. lefayresorts.com/en 