

SBLS

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NOT A CLOUD IN THE SKY

iSALUD!

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When I got on the plane to Cabo last week I didn't know what cauliflower rice was and considered meditation intimidating. After a week at Grand Velas Los Cabos' Wellnessing Getaway I learned how simple yet life-changing seemingly elusive healthy additions can be. Of course with a few margaritas and beach yoga classes along the way.

With glasses of Veuve in the contemporary art-filled open-air lobby, followed by a shoulder massage (why doesn't every hotel do this?), my friend Kennedy and I are switched from customs line mode to relax and renew mode in no time.

After soaking in the view we check in to our two-story, almost 1,900 square foot wellness suite. When there's an exercise bike and massage table in the room, you know the hotel means wellness. The duplex has endless amenities encouraging us to jump-start integrating healthy habits into our lifestyles. From a NutriBullet, to trail mix fixings, to kombucha, our suite is stocked. A fridge full of five different brands of water sure makes you think twice about reaching for the mezcal.

Grand Velas' year-round health focus is heightened during the Wellnessing Getaway, where they offer rituals, classes and workshops lead by wellness experts. We spend the next four days alternating between sunbathing poolside (with a view of a pod of whales spouting just offshore), hydrotherapy and agave after-sun treatments at the state of the art Se Spa, hands-on classes, and energy cleansing ceremonies.

The week's lineup includes yoga and cooking classes taught by wellness speaker and author Nikki Sharp, a superfood workshop and a beach workout courtesy of health coach Karla Tafra, and meditation techniques imparted by meditation guru Ben Decker. After a week

of workouts on the beach (lead with a sense of humor and killer playlists) and Nikki teaching us how easy and fun it is to make veggie sushi and bliss balls, I'm excited to implement new habits into my lifestyle.

To balance out the ultra-healthy days, our nights end with indulgent meals in Grand Velas' design-forward restaurants. The dining experience here is beyond anything I ever expected from an all-inclusive. Five fine dining restaurants featuring different cuisines ensure we don't run out of options, and exquisite tasting menus are the norm. Plus the restaurants themselves are incredible—apparently the hotel's owner gave the designers carte blanche which resulted in dramatic, modern, immaculate interiors.

Our final dinner of the trip is at Piaf, the property's French restaurant. Our four courses are inspired by earth, air, water, and fire. Before each course is served (to every guest in unison no less), a centerpiece symbolizing the courses' element is placed on the table. First, there's a glass dome containing swirling smoky air, followed by hearts of palm ceviche topped with airy sea salt and passionfruit foams. Then, a bowl with a beta fish queues the arrival of parchment-wrapped totoba fish with grilled vegetables.

I know you wouldn't usually go to Cabo to learn about your body's microbiome, workout at 8 a.m., and eat cauliflower rice, but now I wouldn't have it any other way. I leave with not just a tan, but newfound knowledge about what my body needs and the tools to keep my health and wellbeing top-notch, even without a juice fridge in my room.

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A WEEK OF WELLNESS AT GRAND VELAS LOS CABOS

