

# LUXURY & WELLNESS *Story Starters*

A journey of self-care can start by the sea, where saltwater breezes and ocean spray along the 10 miles of Newport Beach coastline offer a reprieve from everyday life. The serene setting invites visitors to relax and revitalize while indulging in therapeutic spa treatments, luxury accommodations, fresh farm-to-table fare and an alfresco lifestyle perfectly suited for focusing on achieving the ultimate state of well-being. Guide your readers through California coastal luxury, finding inspiration from this wellness edit featuring the best ways to escape to our seaside sanctuary.



## STATE-OF-THE-ART SPAS

From aromatherapy treatments and facials to immersive experiences stretching leisurely over the course of a day, Newport Beach's state-of-the-art spas, medspas and salons deliver a bespoke experience for every self-care need. Find a Forbes Five-Star-rated escape at **The Spa at Pelican Hill**, a Newport Coast haven perched above the Pacific offering personalized seasonal treatments that nourish skin, restore balance and promote deep feelings of relaxation and harmony. Herbal steam rooms, saunas and saltwater soaking tubs complete a transcendent day of indulgence. On the peninsula, **Boost Spa** at Lido House, Autograph Collection takes spa-goers on a journey of wellness rituals to unwind busy minds and escape the pace of everyday life. Along the waterfront, **The Spa at Balboa Bay Resort** is a 10,000-square-foot exclusive retreat accessible only to guests and private club members, offering a full range of treatments from diamond facials to lavender salt scrubs and couple's massages. **Spa VEA** at VEA Newport Beach, A Marriott Resort & Spa awakens the senses with relaxing treatments, healing waters, a dry sauna and sprawling spa lawn with cabanas and a roaring fireplace. The newly open **Spa Pendry** is Pendry Hotels & Resorts' custom, world-class spa featuring an exclusive menu of luxury treatments for the body, skin and wellness.

## LUXURY RETREATS

In addition to reinvigorating spa experiences, the destination's upscale hotels and resorts provide a tranquil refuge for self-discovery and quiet reflection. Luxuriate poolside, stroll lush landscaped grounds and unwind with onsite activities such as **Balboa Bay Resort's** waterfront yoga sessions that nurture a healthy mind, body and soul. Sunset dinners under the stars at signature restaurants such as **Mayor's Table at Lido House** and **VIEW Restaurant & Lounge at VEA** use the freshest, in-season ingredients that please the palate while maintaining a healthful balance with every bite. Newport Beach's hotels are more than a place for travelers to pass the time — they are destinations within a destination, designed for engaging in the present and living your best life by the sea.

## FARM-TO-TABLE CUISINE

Healthy eating is a cornerstone of any wellness journey, and in Newport Beach, seasonal, sustainable and locally sourced dishes can be found on the menus at waterfront restaurants lining the harbor. While fresh caught seafood is certainly a staple in the seaside destination, visitors are also encouraged to embrace the farm-to-fork movement at a restaurant where they will dine surrounded by lush greenery and striking blooms. **Farmhouse** at Roger's Gardens in Corona del Mar offers a rustic field-to-fork experience using ingredients from local artisanal and boutique producers, from farmers and fishermen to wine and spirits makers. Down the road, **603 Dahlia** is nestled inside the botanical oasis of Sherman Library & Gardens. With an ever-changing seasonal menu, every dish delights with clean, bright flavors and fresh herbs picked directly from the on-site garden.

## ALFRESCO LIFESTYLE

In a coastal paradise, opportunities abound to bask on the sun-drenched shores. Beaches here are far from ordinary, with locales like Corona del Mar State Beach offering rocky coves and tidepools brimming with underwater life. Deep breaths during a SUP yoga session at Newport Dunes offer a centering experience, a prelude to a leisurely nature walk down the Back Bay Loop Trail surrounding Upper Newport Bay Ecological Reserve. Beyond the water, Newport Beach is a scenic oasis with luscious gardens, a sculpture exhibition surrounded by native plants and meandering trails that wind across oceanfront bluffs to afford stunning views of the destination's natural beauty.