

healthytravel

IS THIS THE BEST WELLNESS RESORT IN CABO?

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The Resort at Pedregal has upped its wellness game. Their new core focus for 2018 is enhancing the mind, body and soul to its guests through new programming, activities and amenities. New this spring, The Resort at Pedregal is launching a brand new collaboration with Elite Fit Agency to offer guests complimentary boutique-style fitness classes as well as private/personal training sessions.



Led by Darren O-Connor, founder of [Elite Fit Agency](#), guests will never be bored while breaking a sweat with the variety of classes offered such as elite beach bootcamp, TRX, HIIT, crossfit on the beach, elite spin, resistance band sculpting, restorative stretching, mindfulness meditation and more! Additional unique fitness classes include tabata, stand up paddboarding, capo fitness and scenic group hiking with panoramic views of the Pacific Ocean and Sea of Cortez.



An array of yoga classes including power yoga, ashtanga yoga, restorative yoga, mindfulness and meditation, stretching for golf, yoga for kids and more. Following a complimentary fitness class, guests can cool off poolside with one of the four Resort at Pedregal Moon Juices, inspired by the four lunar cycles to reawaken the mind and body.



For guests looking to unwind through wellness, the resort's [Luna y Mar](#), a Forbes Five-star spa, offers world-class holistic therapies, massages, facials, body treatments, and more in a beautiful aquatic facility. Each experience allows guests to connect with the roots of the local culture through ancient Mexican traditions, including the principles of curanderismo, a type of Mexican folk healing. Deriving inspiration from the lunar cycle – similarly to the moon juices-, the sea and authentic Mexican folk healing, the resort spa is dedicated to rest, rejuvenation and natural healing. See their spa ritual room below.



Don't miss one of Cabo's best wellness resorts and their "[Here Comes the Sun Package](#):" Stay 3 nights & enjoy daily breakfast, airport transfers and 20% off excursions with rates from \$595 in May-June or \$450 in July-September.

