

WELLNESS MENDOCINO MAGIC IS REAL

With gorgeous vistas, thousands of acres of forests, miles of rugged coastline and hundreds of hiking and biking paths, Mendocino County is an ideal setting for health and wellness. Whether you want to spend some solo time in nature or grab a friend for a weekend getaway of rest and rejuvenation, Mendocino offers plenty of opportunities to unplug and recharge. We have spas, yoga, hot springs and more that are offered daily, and we also have Wellness specific offerings below.

Visit Mendocino County in January and year-round...where magic is real.

THE Vegan Retreat – January 11 – 15, 2024

The Stanford Inn invites you to experience and learn the joy of plant-based living while enjoying the luxury of their Eco-Resort! Whether you're already vegan or vegan-curious, this retreat will change your life! From cooking to nutrition, long-term habit change to environmental & ethical discussions, you'll learn everything you need to know to be a happier, healthier person! This retreat includes a 4-night stay, breakfasts, dinners and cooking classes, plus a nutrition/healthy living class with author and nutritionist Sid Garza-Hillman, four books to take home by Jeff & Joan Stanford and by Sid Garza-Hillman. This package also includes a mountain bike rental to explore the incredible biking and hiking paths. Sign up today for THE Vegan Retreat: www.stanfordinn.com

Nourished Weekend – January 19 – 22, 2024

Come nourish and rejuvenate yourself with this yoga-focused package at Little River Inn. This weekend long retreat is filled with mindful meditations, gentle yoga, breathwork and restorative practices. Slow movement yoga by the ocean is an ideal way to support you in slowing down, resting and rejuvenating from a fast-paced world. Under the Moon with Teale, an international meditation guide and spiritual coach is your guide for the weekend. Enjoy room discounts and lunch on both Saturday and Sunday; and take advantage of free time for self-care activities like hiking, nature walks, massage, tarot readings, golf, beachcombing, etc. littleriverinn.com

Fostering Self Love and Wellness Retreat – February 8 – 11, 2024

New Year....New You! Welcome to your Self-Love Retreat, a transformative journey designed to empower you to embrace and cultivate a deep sense of love and appreciation for yourself. This retreat is carefully crafted to provide you with a nurturing and supportive environment where you can reconnect with your inner self, promote personal growth, and foster a profound sense of self love. Offering a unique blend of wellness and spiritual practices that will revitalize mind, body, and spirit. Breathwork, Reiki, Sound Baths, Dance Therapy, Hot Sauna, Nature Walks, Luxury Accommodations, and Balanced Nutritious Meals, our package leaves no detail overlooked, leaving you with a sense of peace and wellness from the moment you arrive. www.vitalbreathing.com

Mar Vista 2024 Wellness Retreats – February 29 – March 3 & May 2 – May 5, 2024

Inviting those who seek a connection that restores and those who have yet to discover the transformative Mar Vista experience, we welcome back our beloved 3-day Wellness Weekend Retreats! This year, you'll enjoy garden-to-table meals, meditation, grounding writing workshops, and artfully inspiring off-site explorations. Mar Vista is your ideal wellness destination that enkindles joy in simplicity and conscious living. As you break free from the demands of a digitized world and find freedom in exploring curiosities, you'll discover a sense of calm that endures well beyond your time spent with us. www.marvistafarmandcottages.com

Wellness at The Madrones & The Brambles – Beginning in January

The start of a New Year marks a time of fresh beginnings. The slower pace post-holidays is the best moment to set intentions or goals as we look into 2024. Anderson Valley in the wintertime is the perfect place to reflect and reset. Our guest quarters are cozy, comfortable, and ready for a tranquil and soothing stay. Starting in January, both The Madrones and sister property The Brambles are adding another Wellness offering to our incredible experience...in-room massage! It'll be a tough decision...relaxation massage or deep tissue massage. Massage Therapist and Holistic Herbalist, Aiki Fields takes a deeper dive into healing through massage. She also offers Mayan Abdominal Massage, Lymphatic Drainage and Hawaiian Lomi Lomi for a heavenly relaxation ritual. Adding CBD is also an option. www.themadrones.com

The Nicholson House – January through April

Maximize your wellness in January with an extended stay, and a chance to relax and recharge in nature to set the tone for 2024. Make plans to spend three luxurious nights (or more) at Nicholson House in the Mendocino Village & use code 'EXTRA24' for an incredible 24% off your stay. Discount valid for bookings of three nights or more, from January through the end of April. www.nicholsonhouse.com

Healing Waters

Relax in our natural resources at **Vichy Springs** in Ukiah, and **Orr Hot Springs** near Comptche – where soaking in mineral baths, also known as healing waters, has been known to provide relief for ailments like arthritis and rheumatism, as well as other health issues. Both mineral spring resorts offer lodging, while Vichy also boasts a beautiful swimming pool and Orr Hot Springs is clothing optional.

More Wellness Ahead

You'll find several other Wellness offerings happening throughout the year – it's just how we roll in Mendocino County. **SCP Mendocino Inn & Farm** is all about health and wellness with all types of bodywork offerings during a stay. In Fort Bragg, check out **Rise & Be Well** – a health and wellness studio offering energy healing, light and sound therapies, float pods and more. So start the year off being kind to yourself in Mendocino County...where wellness happens every day.

