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Show The Love: Great Wellness Getaways For Valentine's Day And Beyond

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Love is in the air this month, and there are endless ways to show it. But if your love deserves a grander gesture than a bottle of Veuve and a box of chocolate truffles—both amazing gifts, of course!—consider a gift of wellness travel. A wellness adventure is a great gift for Valentine's Day and beyond: give it now and enjoy the anticipation of sharing it later.

Wellness travel for couples is trending, with good reason. Sharing is caring, after all, and if you can combine enhanced well-being with a fun or romantic shared experience, all the better. The idea of slowing down and taking a rich and resonant wellness trip together is striking a chord right now, because it's an opportunity to show the love—to your partner, a close friend, and also, to yourself.

"Wellness travel has to be one of the—if not the—fastest growing categories right now," says Beth McGroarty, VP Research, Global Wellness Institute (GWI), a leading global research and educational organ for the wellness industry.

"Everything from slower experiences, less bucket-list mania, more experiential and meaningful travel. Travel with the intent of new, deeper, more serious experiences," she continues. "People see the journey, not just arriving at the destination."

Here are some wellness travel ideas that just might sweep you and your fellow traveler off your feet.

O2 Beach Club & Spa



Acqua Spa couples treatment room at O2 Beach Club & Spa WINTER PARK PHOTOGRAPHY

O2 Beach Club & Spa rests on a picturesque strip of sandy beach in Barbados, where sea turtles come to nest in season. A relatively new luxury all-inclusive (spa treatments are extra), the Barbadian family-owned O2 Beach Club & Spa, part of the Oceans Hotel Group, is an easy place to kick back with your toes in the sand and relax in the warm embrace of Bajan hospitality.

Guest rooms and suites are spacious with a modern “beachy” design. **Tip:** book an accommodation with an ocean view. Six dining options, including a chef’s table and private dining, offer a range of delicious cuisine (don’t miss Oro, perfect for a special dinner). And make sure to spend time at the 5,600 square foot Acqua Spa, a bright and breezy wellness temple, inspired by the idea of “wellness through water,” with calming views of the Caribbean. Offerings range from the OSEA “Sea of Life” facial to the “Bajan Body Blast,” an invigorating body treatment featuring Bajan lime. There is a Hammam Room, where you can experience a refreshing Hammam Ritual, a deliciously refreshing, detoxifying experience. O2 also offers a range of mind-body modalities such as The Art of Meditation, Yoga on the Pool Deck and more.

Expanded wellness offerings include the new Women's Wellness Program, with menopause- and peri-menopause- focused treatments at Acqua Spa, for those traveling with a girlfriend. The program includes the **Vagus Nerve Meditative Massage**, is designed to support women, along with lymphatic drainage, reflexology, which may help relieve symptoms of hormonal imbalances and provide relief for hot flashes. The resort is also partnering with the nearby Bioconnect Medical Centre, which is focused on treating women in mid-life. Prearrival telemedicine consultations are on offer before arrival, so that menopause specialist, Dr. Roberta Corona, can help line up treatments ahead of your stay.