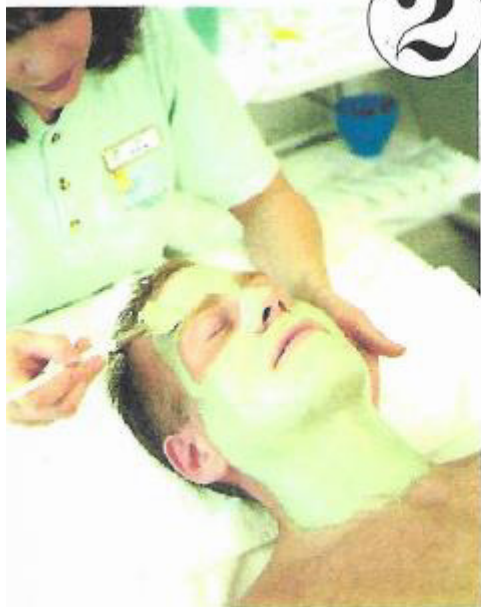


BALANCE

HEALTH & FITNESS

WELLNESS STAYCATIONS

The lazy days of summer have come to an end and it's time to switch gears and get ready for autumn. Often just the thought of a jam-packed social schedule, coupled with all the running around that comes with the kids being back in school, can feel stressful. If this sounds like you, take a deep breath and embark on a wellness program that can help physically and mentally prepare you to take it all on. Here are a trio of unique wellness offerings available at local resorts—no road trip required.



2 The “Vitamin Sea” package (\$298) at **Naples Beach Hotel & Golf Club** includes an aromatherapy and hot stone massage, a revitalizing facial, and a split of Champagne, as well as a complimentary spa robe and use of a beach chair and umbrella. The hotel's Harmony for Living programs offer daily yoga, meditation classes, and personalized retreats customized by the resort's wellness experts. (naplesbeachhotel.com)