



WELLNESS RETREATS POP UP IN THE CHARLESTON HARBOR

As the Demand for Wellness Travel Continues, a New Health Focused Program Launches at The Beach Club at Charleston Harbor Resort & Marina

CHARLESTON, S.C. (August 2018) – Wellness Retreats come in all shapes and sizes. From immersive destination spa experiences to silent retreats in the mountains ~ travelers are seeking more transformative experiences according to the [Global Wellness Institute's 2018 Global Wellness Trends Report](#). And for a 92-room waterfront boutique hotel in America's #1 rated city of Charleston, South Carolina, guests will partake in complimentary fitness, nutrition and mindfulness classes in the first ever Be Well Weeks at [The Beach Club](#) at Charleston Harbor Resort & Marina. Four weeks in 2018 have been announced with plans to continue the program into 2019.

Be Well Weeks

Monday, August 27-Friday, August 31, 2018

Tuesday, September 4-Friday, September 7, 2018

Monday, October 29-Friday, November 2, 2018

Monday, November 26-Friday, November 30, 2018

There are a variety of experiential activities offered complimentary to overnight guests of the hotel including:

Blender Bombs® Smoothies - Complimentary

Make Your Day "The Bomb" with a Delicious and Energizing Start

Blender Bombs® is a nutritional omega-3 dense food product that combine all essential amino acids and fatty acids typically added into a smoothie to make it a meal replacement. Say goodbye to carcinogenic, heavy metal filled protein powder and hello to REAL food.

Raising the "Barre" on Wellness by Land or Water - Complimentary

Barre Classes with Courtney Vorachek, Owner & Instructor at Barre Code, Mt. Pleasant

On-Land with The Barre Code (50 minutes): Lengthen and strengthen your muscles during this 50-minute, full-body workout. This class will push you to challenge both the body and mind while focusing on

working each muscle group to fatigue. Work through dynamic, full-range movements alongside targeted, isometrics to really feel the shake and burn.

On-Water with The Barre Code (40 minutes): Lengthen and strengthen your muscles during this 40-minute, full-body water workout in the resort's heated harborside pool. The same shake and burn, only in the water!

Stopping the Diet Obsession - Complimentary

Exercise Physiologist & Lifestyle Fitness Blogger Adrienne Herrenbruck

An intimate and engaging discussion in The Beach Club's Crescent Theater will leave guests with tools to create Easy Weeknight Meals and tips for Developing a Consistent Morning Routine. Adrienne has a Ph.D. in Exercise Physiology and serves as an Assistant Professor at the College of Charleston.

Run the Arthur Ravenel Bridge – Complimentary

Test Your Limits with a Run Across the Cooper River Bridge

Join Paige Hauff from Girls on the Run Charleston and Crunch Fitness for Run/Walks over the famous Arthur Ravenel Bridge. Each session will target different running and walking techniques to improve overall form and efficiency as well as provide awe-inspiring views of the Charleston Harbor. This activity is for all fitness levels and maps will be provided for two to six mile distances.

Mindful Movies with Award-Winning Films by Louie Schwartzberg – Complimentary

Let Nature Be Your Guide for 30 Minutes in The Beach Club's Crescent Theater

A partnership with award-winning cinematographer, director and producer Louie Schwartzberg brings Mindfulness to the big screen. A selection of short, nature infused films will be featured twice per week in our private 30-seat movie theater. Schwartzberg's 30-minute films are both mesmerizing and calming – leaving viewers relaxed and focused on the present.

Bike to the Beach Program in Partnership with Schwinn - Complimentary

A Winning Combination Where Fitness Meets the Sea

Sullivan's Island, located just 6.3 miles away, is a stretch of sand and surf where visitors enjoy kayaking, sailing, kiteboarding and paddle boarding along with a charming small town filled with restaurants, bars and shops. In a partnership with Schwinn Bikes, The Beach Club is offering a unique way for guests to dig their toes into the sand, while getting a great workout as they cruise by historic homes, scenic outposts and neighboring villages along the route. Self-guided excursions include a Schwinn bike and kit with all the essentials.

Beach Yoga - Complimentary

Go with the Flow on the Shores of the Charleston Harbor

Beach Yoga Flow is a relaxing and nourishing yoga practice that stimulates the lymphatic system, increases circulation, rehydrates tissues and fascia, and protects the joints. Good for all levels, these movements will help undo some of the stress we put on our bodies, minds and spirits.

Athleta Pop Up Shop – Complimentary

Athleisure Wear is Not Just for Working Out

Workout gear is all the rage. Designed for – and by – women athletes and active women, Athleta’s clothing and accessory line integrates performance and technical features to carry a woman throughout her life in motion. Athleta’s mission is to ignite a community of active, healthy, confident women and girls who empower each other to reach their limitless potential.

Estuary Spa 15% off all Services

Make Time for Yourself. Enjoy 15% off when you participate in one of our wellness classes.

[The Estuary Spa](#) provides a variety of services and treatments crafted to rejuvenate your mind, body, and spirit, featuring eco-friendly Naturopathica products, which focuses on healing with natural therapies.

Featured Treatment for 2018: Nourished Glow (50 minutes)

Reveal your softest skin with a de-aging Papaya-Pineapple Salt Mousse full body exfoliation. This treatment is finished with a nourishing oil application and personalized décolleté and neck massage. Papaya and pineapple are both rich in vitamins A, C, E and K and anti-oxidants. The vitamins C and E in these fruits rejuvenate the skin to help reveal younger-looking skin. In addition, the vitamin C component helps fight off free radicals that damage the skin's collagen and elastin. Papaya also contains magnesium, potassium, niacin, carotene, protein, fiber and an enzyme called papain that provides many health benefits. As a result of the pairing of these two super fruits, your skin complexion will be brightened, softer, smoother and moisturized.

Southern Hospitality with Suzanne Pollack, Dean of the Charleston Academy of Domestic Pursuits – Additional Fee Applies

Wellness Starts at Home: Chat and Lunch at Suzanne’s Historic Home on the Battery

The road to a happy, peaceful, secure life starts with tiny changes. Bedrooms are sanctuaries. Kitchens do double-duty as both nutrition centers and the heart of the home. The dining room is the family community forum, and the table can transform itself to be the HQ of a healthy, happy home. Inquire for availability & more information to sales@charlestonharborresort.com.

On Purpose Adventures – Additional Fee Applies

Kayaking or Stand Up Paddle Boarding (SUP) on Shem Creek

Renting a single or tandem kayak is a great way to explore the tidal salt marsh of Shem Creek or explore any of the numerous waterways around Charleston. [Trained guides](#) are knowledgeable about the area to provide a great learning experience and exercise opportunity for all levels of fitness.

From September 3, 2018-March 31, 2019, mention Be Well Retreat at The Beach Club for a 15% discount. Call 843-580-3757 for reservations.

The [\\$3.7 trillion global wellness economy](#) signals that travelers are seeking vacations that have a health component. “We hear from our guests and our travel agency partners that travelers want more wellness as part of their vacations – to have an health infused experience with tools that they can take back home with them – whether it be a healthy cooking tip, an interest in a new fitness class or even a clear mind – all of

which we're offering in our first ever Be Well Weeks at The Beach Club," says Oliver Rooskens, Managing Director of The Beach Club at Charleston Harbor Resort & Marina.

For more information and reservations, visit [the website](#) or call (843) 856-0028. Fans can also follow The Beach Club Charleston on Facebook and @beachclubcharleston on Instagram.

About Leading Hotels of the World

Comprising of 375 hotels in over 75 countries, Leading Hotels is a collection of "uncommon" luxury hotels that embody the very essence of their destination. Established in 1928 by several influential hoteliers in Europe, the group's commitment is to provide remarkable, authentic travel experiences with hotels that meet its high standards for quality and distinctiveness. For more information, visit <http://www.lhw.com>.

About The Beach Club at Charleston Harbor Resort & Marina

Pairing Southern hospitality and luxury amenities, The Beach Club at Charleston Harbor Resort & Marina is part of the Leading Hotels of the World collection and is located minutes away from Charleston's acclaimed historic district. Each guestroom features elegant décor and stunning views of Charleston's waterfront. The Beach Club was named one of [Fodor's Best New Hotels](#) in the World in 2016 and is currently the #1 Resort in Charleston and the #9 Resort in the South in the *Condé Nast Traveler* Readers' Choice Awards.

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