



## WELLNESS RETREATS POP UP IN THE CHARLESTON HARBOR

*As the Demand for Wellness Travel Increases, Innovative Offerings Allow Guests to Digitally Detox at The Beach Club at Charleston Harbor Resort & Marina*

CHARLESTON, S.C. (March 2019) – More and more travelers are seeking wellness infused vacations according to [The Global Wellness Institute](#) at a robust \$639 billion globally. And at a 92-room boutique hotel in America's #1 rated city of Charleston, South Carolina, guests can partake in complimentary fitness, nutrition and mindfulness classes during the Be Well Program at [The Beach Club](#) at Charleston Harbor Resort & Marina which runs March through August 2019. Kayak.com ranks the waterfront hotel as the Best Wellness Hotel in Charleston, which is ideal for girlfriend getaways, romantic escapes and even family travel, as the parents can enroll their young ones in the resort's award-winning Mini-Mariners program while taking part in these activities.

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

### AquaBarre – Noon on Tuesdays

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

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!

### Beach Boot Camp – 9:00 a.m. on Wednesdays

A high intensity cardio intensive workout outdoors on the waterfront.

To keep your beach body in check, add some HIIT training!! We have an ideal outdoor gym to enjoy the best of nature and exercise. High intensity interval training will help you meet your workout goals with a combination of strength, toning, and cardio exercises inspired by the beach. 50 minutes.

### Run the Arthur Ravenel Bridge – 9:30 a.m. on Fridays

*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.

### Sunrise Yoga – 8:30 a.m. on Sundays

#### *Rise with the Sun on 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.

### Mindful Movies with Award-Winning Films by Louie Schwartzberg – 5:00 p.m. on Mondays

#### *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.

### Sunrise Beach Yoga – 9:00 a.m. on Thursdays

#### *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.

### Bike to the Beach Program in Partnership with Schwinn

#### *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.

### Athleta Pop Up Shop

#### *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.

### Featured Treatment at the Estuary Spa

[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.

**HIMALAYAN SALT STONE MASSAGE** This massage nourishes and exfoliates your skin and body with 84 essential minerals. The warm salt stones help prevent muscle cramps, improve circulation and support a

healthy respiratory system. This relaxing treatment relieves anxiety, soothes away tension and melts stress away.

The \$4.2 trillion global wellness market 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 an interest in a new fitness class or the latest activewear from Athleta – all of which we’re offering in our Be Well Program 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 South Carolina and the #2 Resort in the South in the *Condé Nast Traveler* Readers’ Choice Awards.

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