



Living Well

DESTINATION: Naples

A wellness lifestyle is even more attractive when ensconced in the beautiful surroundings of Naples. From the broad beaches of the Gulf of Mexico to wooded trails for running and cycling, Palm Beach's west-coast sister beckons to yogis, fitness buffs, and the generally health-minded.

WHY GO: While we have lovely beaches right here at home, not all beach communities are created equal. Naples' advantage is its western exposure (hello, sunsets!) and the gentle waters of the gulf. Contrary to popular belief, the city is not just a hub for retirees. It's a dynamic community with plenty of culture, a prolific foodie scene, and a focus on well-being.

WHERE TO SLEEP: Aside from being Naples' only beachfront all-suite resort, the Edgewater Beach Hotel is the place to hit the reset button. Designed as a detox from the frenetic pace, the hotel's Seaside Serenity package includes accommodation in the Serenity Suite, a custom space with a PranaSleep mattress, a NutriBullet Pro juicer, a massage table and yoga mat, and a selection of meditation CDs and essential oils. The package also includes a choice of activities such as an in-suite massage, personal training, wellness coaching sessions, and restorative fitness. Meal options are compliments of the healthful Serenity Dining Menu, and organic fruits and veggies are delivered to the suite for daily juicing. (edgewatermaples.com)

WHERE TO EAT: Healthful options abound in Naples. For clean cuisine with organic, natural ingredients and loads of vegan fare,



head to Food & Thought (foodandthought.com), a café, juice bar, and organic market. The Cider Press Café (ciderpresscafe.com)

is the source for gorgeous plant-based dishes like chipotle enchiladas with walnut-sweet potato picadillo and an unbelievable chocolate ganache tart. For sustainable, farm-sourced dining, The Local (thelocalnaples.com) is the undisputed leader. Check out the local pan-seared snapper on the Daily Specials menu—it even comes with dessert.

WELLNESS OPTIONS: On a wellness retreat, beach yoga is a must. Edgewater Beach Hotel offers private vinyasa lessons on the sand—try it during the early morning hours, when there is a fresh breeze coming in from the water. For walking and cycling, the first section of the Gordon River Greenway (gordonrivergreenway.org) boasts paved scenic trails in the heart of town. While you exercise, catch a glimpse of wildlife like alligators and gopher tortoises. The tranquil Naples waterways are perfect for kayaking and stand-up paddle boarding. Naples Kayak Company (napleskayakcompany.com) has rentals and guided tours around the area; we recommend paddling through Wiggins Pass. —D.N.



CLOCKWISE FROM TOP LEFT: BEACH YOGA, FIRE PIT, AND COAST RESTAURANT AT THE EDGEWATER; GORDON RIVER GREENWAY; EDGEWATER BALCONY AND SUITE; CHIPOTLE ENCHILADAS AT THE CIDER PRESS CAFÉ.