

BE WELL AT EDGEWATER BEACH HOTEL

New Wellbeing Travel Package and On-site Program Launch July 1, 2018



From left: beach yoga; grilled salmon; in-suite meditation

Naples, FL -- Summer 2018 -- [Edgewater Beach Hotel](https://www.edgewaterbeachhotel.com) introduces *Be Well*, a program of wellbeing opportunities created in tandem with local experts and intended to help travelers feel their best while away from home. The new program features a wellbeing vacation package providing the ideal kick-start to a self-care regimen. Additional program components include a series of happiness retreats, complimentary self-care amenities, and Blue Zones Project-inspired dining menu. The package and program are available beginning July 1, 2018.

Guests can maximize the benefits of the hotel's wellbeing options while they soak-up a daily dose of Vitamin D courtesy of Florida's year-round sunshine, enjoy the restorative Gulf waters that front the hotel, and find a little joy while strolling around Naples, the town Gallup named [America's "healthiest and happiest"](#) for a third consecutive year.

The Edgewater *Be Well* program details follow (or go to: <https://www.edgewaterbeachhotel.com/activities/be-well/>)

Signature *Be Well* vacation package: *Nature vs. Nurture*

- Three nights' accommodations
- Choice of *nature* activities: daily use of kayaks and paddle boards; daily use of bikes; and two private beach yoga sessions
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- Choice of *nurture* activities: one in-suite massage per guest; full day use of luxury beach bed; gourmet lunch picnic basket
- Daily breakfast
- Welcome amenity: choice of dark chocolate and bottle of red wine or, fresh tropical fruit and assorted iced green tea
- A selection of aromatherapy misting bottles

The *Nature vs. Nurture* package rates start at \$1200, based on double occupancy. Offered year-round (based on availability)

***Spread Happy* retreats**

Wellness Weekend workshops facilitated by Spread Happy's Andi Valley, a certified success coach, international wellness blogger and recognized happiness expert. For information about the next Edgewater wellness weekend, Andi's bio and additional *Spread Happy* experiences, go to: [Spread Happy](#)

Complimentary self-care amenities available through the front desk

- Beach Yoga guide and loaner yoga mats
- Meditation tips created by the [Florida Gulf Coast University Spa Lab](#). A variety of essential oil towelettes are also available to add a touch of aromatherapy to the meditation experience
- Wellbeing podcast series. Part I hosted by [Peggy Sealfon](#), Naples-based personal development coach and wellness specialist. Ear buds are also available on loan

Blue Zones Project-inspired menu options available for breakfast, lunch and dinner at Coast or in-suite. [Blue Zones Project](#) is a wellbeing improvement initiative that encourages community-wide changes that lead to healthier options and result in profound benefits including a higher quality of life.

The Edgewater Beach Hotel is the only luxury, all-suite hotel located on the beach in Naples.

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