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SERENITY BY THE

SEA

Top: Sail Bermuda
boat charter available
from the AZURA
Bermuda resort

Photo courtesy of
AZURA Bermuda

Opposite: The
beautiful coast of the
Turks & Caicos at
Amanyara Resort

Photo courtesy
of Amanyara

THE QUIET APPEAL OF CALM AT THREE BEACHSIDE RESORTS

According to the 2026 Virtuoso Luxe Report, wellness experiences now rank as a top driver in consumer travel decisions. More than just a trip to the hotel gym or spa, wellness programs range from sleep-promoting getaways for rest and relaxation to expert-led movement programs for physical recovery. These three waterfront resorts are contenders for some of the world's best wellness programs.

WONDROUS WELLNESS AT AMANYARA
Amanyara in the Turks & Caicos has added uniquely tailored mindfulness meditation and movement classes that go beyond fitness to a more holistic approach to overall wellness for body, mind, and spirit.

"It's not just about working your muscles," says Celia Polyzou, an advanced therapeutic practitioner at Amanyara. "Wellness is a deeper thing, beyond a class you go to for one hour. It's about what you listen to, what you read, what you're thinking about, and whether you are on your phone too much."

Set within an 18,000-acre nature reserve, Amanyara is designed to welcome travelers seeking tranquility wrapped in the embrace of the Zen-like luxury of its pagoda-style pavilions and villas. There's no music blaring on the beach at Amanyara. Resort guests hear only the restorative sounds of crashing waves and tropical birdsong.

Instructors at Amanyara lead programs that include refining racket sports movements and how to slow down, reset, and be more present through Pilates and yoga. Want to further expand your mind on vacation? Take a lesson in chess strategies or a guided nature walk to learn about the island's indigenous plants and flowers.





This page: Wellness and serenity take center stage at Amanyara.

Photos courtesy of Amanyara

Opposite page: Bohemian style meets beachside charm and peacefulness at Playa Grande Beach Club in the Dominican Republic

Photos courtesy of Playa Grande Beach Club

Of course, one of the most delightful ways to experience nature’s nuances is on the plate. Locally caught grouper, snapper, and Caribbean spiny lobster are prepared with Asian-inspired citrus sauces and complement the resort’s Japanese menu of sushi, sashimi, and maki rolls. All selections are clearly labeled to indicate vegetarian, vegan, gluten-free, nut-free, and dairy-free. For dessert happiness, mango crème brûlée or fresh fruit “ceviche” with coconut sorbet are celebrations of tropical flavor.

Aman guests leave with more than memories of a great vacation. They are encouraged to take well-being lessons home with them to help improve life beyond the sand and sea.

TRANQUIL TRADITION AT PLAYA GRANDE BEACH CLUB
Another aspect of enjoying a “quiet-cation” is the widening appeal of being surrounded by a nostalgic setting that reflects cultural heritage and times past. “You would expect nostalgia to run richest in the boomer generation or possibly Gen X,” says Chris Davidson of the global travel marketing agency MMGY. “But our research shows it is appealing to younger generations.”

Nostalgic comfort is built into every detail at Playa Grande Beach Club, nestled on the north beaches of the Dominican Republic. This pastel paradise, with décor by renowned interior designer Celerie Kemble, is a chic fusion of traditional Dominican colonial architecture, with its Victorian gingerbread-style woodwork combined with the colorful Palm Beach whimsy aesthetic.



Each antique-filled bungalow (including a brand-new two-bedroom) is unique, with the bohemian flair of wicker, cane, and bamboo furniture. Wide porches and louvered doors allow for open-air living, taking in the scent of torch ginger blooming outside and the sounds of the surf just steps away. Locally made sea salt and lime soaps in the bath and yuca and plantain chips in the kitchen lend a special island welcome.



There are pastel-painted bicycles available for exploring the grounds, a swimming pool surrounded by cute cabanas, a newly built gym, and guided nature hikes through the hills of an expansive national nature preserve. Need a snack? Look no further than the nearest mango tree.

The heart of Playa Grande is the main clubhouse with a seashell-studded bar where guests gather for morning coffee, lunch, sunset cocktails, and dinner. The menu celebrates Caribbean cuisine, including grilled chicken with Dominican salsa verde and native red snapper with coconut sauce.

The lounge and library, with the upstairs Star Bar, offer yet another tranquil escape to view the property’s lush tropical gardens or twinkling stars at night. Designed to feel like a beloved family beach home where you are a well-cared-for guest, Playa Grande Beach Club is a Dominican haven of timeless elegance.

A SEASCAPE ESCAPE AT AZURA
Seasoned travelers seeking simplicity not only master the art of packing light but also understand that the best vacation days are never overpacked with activities. “It’s about spending more time in fewer places rather than less time in more places,” says Tom Flanagan of Modern Luxury Media, reflecting on travel trends at the TravMedia IMM LUX conference.

Modern refinement, healthy living, and delicious food converge at AZURA Bermuda.

Photos courtesy of AZURA Bermuda



That slow-down-and-savor philosophy is beautifully represented in the design of Bermuda's newest luxury oceanfront hotel, AZURA. Built on a bluff along Bermuda's south shore, the boutique hotel's sixty rooms, suites, and villas feature floor-to-ceiling glass doors and balconies that treat guests to spectacular, unobstructed views of the Atlantic Ocean and the private pink-sand beach below. The clifftop setting for AZURA's sleek contemporary architecture makes you feel like you're hovering above the sea and distinguishes it from the island's traditional pastel-colored Bermudian cottages.

For travelers who crave relaxation and rejuvenation, there's a wellness center and four swimming pools, including the Ocean Pool at beach level that fills with fresh saltwater from the Atlantic, and the rooftop Sky Pool with 360-degree views of the resort and surrounding reefs. Stunning ocean views also await at the hotel's SURF restaurant. Its seafood-forward Mediterranean-meets-island-style menu features a catch of the day, such as wahoo, grouper, and snapper—plus, dive into a classic Bermuda fish chowder.

All rested up and fancy a day exploring Bermuda? It's only a ten-minute drive to the lively capital city of Hamilton, as well as plenty of golf courses and natural wonders to discover, including an underground tour of the Crystal Caves. Discovered by Juan de Bermúdez in 1503 and first colonized by the British in 1612, Bermuda is steeped in tradition. It's "business as usual" to see men dressed in Bermuda shorts worn with a blazer, tie, and knee socks. Complete the look with a Dark 'n' Stormy cocktail made with rum and ginger beer. Or if your guide is doing the driving, top that off with a Rum Swizzle at the historic Swizzle Inn, first opened in 1932. Dinner at the elegant Fourways Inn, built in the 1720s, will take you back in time while you enjoy traditional Bermudian cuisine served with tableside service flair.

Wherever you wander while in Bermuda, the island's natural beauty takes center stage—yet another bonus of choosing where to travel when wellness leads the way. ▣

Visit [Aman.com/resorts/amanyara](https://aman.com/resorts/amanyara), PlayaGrandeBeachClub.com, and AzuraBermuda.com to learn more or book your stay at these rejuvenating escapes!

