

## The Art of Wellness Travel - Why Need a “Vacation From Your Vacation”?

In a world crazy with activity and constant motion, the idea of “getting away from it all” is a shared daydream with co-workers, family, and friends. However, too often that same “crazy” hijacks our plans for relaxation with the panicked rush to “get it all done”. The array of responsibilities, at both work and home, demand priority before we can make that long-awaited vacay happen! What then? For many of us, we simply transfer that adrenaline into the vacation itself, and before we know it, our getaway has taken on its own workload of busyness. We strive to see it all, do it all, and document it all, then return from our much-needed vacation wondering why we feel more drained than before we left.

In today’s post-COVID world, I believe it’s time to take a different approach to travel! What if we took the concept of “wellness” into our vacation strategy so that it no longer fuels itself with a check-off list of “must-dos” to satisfy everyone involved, or to impress our friends and co-workers? What if our vacation took on the essence of how “vacation” is defined and became a transformative experience, replenishing the spirit, revitalizing the body, and restoring connection?

Welcome to “Vacay the Wellness Way!”. In this introductory book of a soon-to-be series, from Go2Grow Wellness Travel, we will learn to transcend the more common ideas and experiences of vacationing, to embrace a new paradigm. We do so by shifting the focus from frantic sightseeing to intentional rejuvenation as we dive into the transformative power of travel! To help us better understand the concept, I’ll give examples of wellness travel experiences throughout this handbook at one of my family’s favorite destinations: Hilton Head, South Carolina. Recognized as a top destination for beach vacations with outdoor activities, Hilton Head Island is among those destinations attracting vacationers from around the globe. Our mission is simple yet profound: to guide you in crafting **your** personalized wellness vacation so that when you leave your destination, you do so invigorated, inspired, and thoroughly refreshed. Gone are the days of returning home feeling more exhausted than when you left! Embrace a new paradigm for travel! One that prioritizes moments of serenity, revitalizing physical activity, and genuine connection.

Through a blend of practical advice, insightful reflections, and inspiring anecdotes, this first stop in the “Wellness Travel Series” offers a roadmap for designing your vacation to align with your deepest needs and objectives. Whether you seek solitude in nature’s embrace, the energy of cultural immersion, or the simple joy of slowing down and savoring the pleasures at your chosen destination, this handbook provides the tools and inspiration to help you make it happen.

So, if you’re ready to trade in the chaos of tourist traps for the tranquility of authentic experiences, join me on this journey of discovery. Embarking on this experience to nourish our souls with an approach to travel that provides us with a unique “souvenir”, renewing our sense of purpose, clarity, and vitality. Welcome to “Vacay the Wellness Way!” where you’ll learn to Refresh, Renew, Revitalize, and Re-Engage. Your transformative travel adventure begins now!

## PREP STEP 1:

Reflect on the following questions, and write your responses in the blanks below. If preparing to travel with others, you would want them to do the same. Then discuss your answers together. This will help you learn from your experience(s) and begin to give clarity and understanding as you plan your getaway. You may even come up with an inside joke or two that deepens your bond during your vacay!

1. What “vacations” have you, or a loved one, taken that left you/them drained rather than refreshed?
  
2. What insight did you/they gain from that experience?
  
3. As you prepare for your next vacation, use that insight to determine what you would like to do differently. What (if anything!) would you/they enjoy doing again?
  
4. What “souvenir” (as defined in paragraph 5 of this introduction) would you most like to bring home from your upcoming getaway?