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WEEKENDS & WELLNESS

BREATHE IN BLISS



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“Tonight you will sleep like husbands! Not like babies because they keep waking up and not like wives because they’re awake too; however, husbands just snore through the night,” our shaman, Raul, jokes as we cool down between sessions during our Temazcal ritual.

It is three hours into the Wanderwell wellness retreat at One&Only Palmilla resort in Cabo and one hour into the Temazcal ritual and I already feel refreshed. If you’re unfamiliar with the practice (as I was an hour prior), it’s a healing and purifying Mexican sweat lodge ritual. At the beginning I entered a volcanic rock igloo with the other Wanderwell participants, the radiant Wanderwell founders Cait and Vitina, and Raul. We set our intentions and Raul placed glowing lava rocks in the middle of the igloo, ceremoniously sprinkling each one with indigenous herbs. Then the door to the igloo was closed, making it pitch black. Raul dunked a bouquet of eucalyptus leaves into a bucket of water and brushed the smoldering lava rocks with them, steam billowed throughout the space and we focused on our breath and intentions as he chanted and played music. After 25 minutes or so Raul yelled “Puerta!” and light flooded the igloo. Steam slowly dissipated and we cooled off. This detoxifying sequence repeated four times for a two hour ritual. As the door is opened for the final time we are drenched in sweat and so relaxed and mentally renewed

that we are ready to sleep like husbands. I feel like I’ve sweat out everything from negative thoughts to the wine I drank last night. Raul goes around, pouring chilly water on each of us and brushing us with the leaves. Outside the igloo, I hydrate with cardamom, basil, mint, and chia infused water, ready to absorb the wellness teachings of the weekend.

Over the course of the next three days we begin each morning with an elixir of lemon and apple cider vinegar, followed by meditation and yoga, both lead by Vitina in the resort’s yoga garden, surrounded by palm trees. The incredibly lush property would make you believe you were in a jungle, not a desert.

At meals we are offered wellness menus that reflect Cait’s passion for healthy cooking without compromising taste. I could close my eyes and point to any item and be happy with my selection. Almost every dish is gluten and dairy free, most are vegan. With options ranging from lettuce wrapped fish tacos and vegan tapioca creme brûlée at oceanfront restaurant Agua by Larbi, to truffle topped tuna nigiri at the resort’s sushi and ceviche restaurant Suviche, to breakfast choices like healthy huevos rancheros and watermelon chia juice, we are well nourished.

In order to stay present, no phones are allowed outside our rooms during the retreat. At meals we talk to each other uninterrupted, prompted by questions from Vitina, like ‘where is your happy place?’ and ‘name one person you wish you could thank and for what.’ I learn as much about myself as I do the other participants. We conclude the first evening with candlelit meditation, then I’m lead back to my suite by the candles and incense that line the pathways. I climb into the daybed on my balcony with a view of bright stars and fall asleep to the sound of crashing waves.

One of my favorite parts of the retreat is the mindfulness workshop. Post Saturday afternoon massages at the heavenly One&Only Spa, we gather in the resort’s library, over coconut water, ceviche and guacamole, where Vitina leads us through interactive exercises to cultivate mindfulness and kindness in all aspects of our lives. In one such exercise we select a person who has had a positive impact on our lives and list 10 things they have taught us. After we make the list Vitina encourages us to send it to the person we wrote about. I have a few epiphanies during the workshop and leave with my mind buzzing with things to write in my new gratitude journal.

I have to say, gratitude comes naturally when you are surrounded by the kindest, most accepting retreat leaders and a resort staff that places a hand on

their heart and nods to every person they see. I’ve never felt more welcomed. Not to mention, my butler (every guest has one), Jehù, makes sure my stay is leisurely.

The final morning I awake to an orange sky and meander down to the beach for sunrise meditation. We sit on the white sand and close our eyes. I feel completely present throughout the meditation and finally open my eyes to the sun peeking over the horizon and pelicans nose diving into the gentle waves for their breakfast.

During the final brunch of the retreat, on the last page of our journals we list three things we are going to take home and three things we are going to leave behind. It’s amazing how just a few days can have that profound of an affect on your life, with the right coaching and atmosphere.

As Jehù packs my suitcase (unfortunately he is not on my take-home list) I feel renewed, grateful, and excited to apply what I’ve learned to improve my life, relationships, sleep, and work, with a little more meditation and a little less screen time. ✨

oneandonlyresorts.com/one-and-only-palmilla-los-cabos

wanderwell.life

