

Peru for Relaxation and Wellness, in Harmony with Nature

While Peru may be best known for its adventurous, natural and fun spirit, it also is a must destination for those of your clients who enjoy a focus on "wellness" for their vacations — whether they choose to relax and rejuvenate in harmony with nature at a beach along the Northern Coast, in the country's mystical Highlands or elsewhere around the country.

A number of Peru's resorts and hotels boast renowned spas, providing enticing and unique health and beauty treatments, with natural products that are in great demand around the world.

For clients looking for relaxation in exceptional surroundings, there is nothing like visiting Peru's northern resort areas in Tumbes and Piura with their long beaches and warm water ideal for relaxation lovers. Lambayeque and La Libertad beaches are the perfect spot for clients interested in surfing, sport fishing and diving.

Among the most popular wellness centers along the northern beaches is Mancora Yoga a unique facility that offers a variety of classes and workshops in movement (such as Yoga, Pilates, Dance, Qi Gong and Feldenkrais Method) as well as Massage, Reiki and Meditation. These sessions are held at the beachfront Hotel Del Wawa.

The stylish DCO Suites, Lounge & Spa on Las Pocitas Beach is designed for couples looking for a peaceful retreat. Among its services is a two-and-a-half-hour couples' spa experience (combining massage, hydrotherapy and aromatherapy) with a panoramic view of the beach.

The spa at Vichayito Bungalows & Carpas features treatments using local ingredients such as coffee, chocolate and passion fruit. Revitalizing sessions also include a circuit with dry and wet sauna and Jacuzzi tub. Also popular in this area is the day spa at Origenes, Spa de Ploya.

Chicama Boutique Hotel & Spa is another great option for visitors looking for relaxation and comfort on Peru's northern beaches. All 20 rooms feature a private terrace where guests can enjoy Chicama's beautiful sunsets. At its spa, water occupies the lead role with a sauna and Jacuzzi circuit, complemented by massages.

Beaches & Water Sports

Tumbes boasts a variety of beaches, imposing waves, comprehensive tourism services and huge areas of unspoiled nature, perfect for those clients who want to forget city life. Highlights include Zorrillos, 30 minutes from the town of Tumbes (by car), a beach with fine white sands and never-ending waves; it is perfect for jet-skiing, surfing and fishing. Also noted in the region, Punta Sol is one of the most beautiful beaches on the north coast. Just over an hour by bus from the city, it has mild waves that break gently on the semicircular white sandy beach.

Mancora is perhaps the best known beach in Peru and has become one of the main surfing destinations, especially towards the end of the year when the sea currents create enormous waves. It is also popu-



lar for its varied ecological beauty spots, perfect for nature lovers. Las Pocitas, south of Mancora, is a tranquil beach surrounded by palm trees. It gets its name from the small rock pools on the shore created by the movement of the tides. It can be reached on foot or by taxi or motorcycle taxi from the town of Mancora or from Vichayito and Los Órganos.

Quebrada Fernández or Paga de Barro is one of Mancora's most exotic places. A kind of natural spa consisting of three natural pools of hot and saline water coming from underground sources, with high concentrations of minerals with healing properties. Vichayito is considered an ideal kite surfing beach due to its strong, steady winds. The depth of its waters also makes it a perfect place for diving. Los Órganos, just 10 minutes from Mancora, is a peaceful, white sandy beach that is hugely popular with surfing, sport fishing and diving enthusiasts.

Pimentel is the main beach of Lambayeque and is very popular with visitors and surfers. It is also known for its ancient "caballitos de totora": reed rafts that are still used by the local fishermen as a means of transport.

Huanchaco, Trujillo's most important beach resort and one of the best places for surfing also charms visitors with its "caballitos de totora". It has a unique blend of attractions suiting history and nature buffs, adventure travelers and families. Pacasmayo is a traditional fishermen's cove located to the northeast of Trujillo. It has a Spanish-style wharf and lovely 19th century mansions. The water here is blissful and deep and its beaches fully cater to those wishing to take part in adventure sports such as surfing, windsurfing and diving. For bathers, Malecón is the most outstanding beach. For surfers, the best beach is el Faro with its long, left-breaking waves.

Located an hour and a half from Trujillo, Port Chicama (Malabrigo) is best noted for its surfing. It has a point-break, considered the longest left wave in the world. The water has strong currents and offers waves all year round, although more frequently in winter (Jun-Aug).

continued on page 14

www.perutourist 13





Machu Picchu, Cusco
 © FRAMPERU

Peru for Relaxation and Wellness, in Harmony with Nature

continued from page 11

Sampling of Other Notable Wellness Centers

Belmond Miraflores Park Hotel in Lima. The Zest Spa at Belmond Miraflores Park provides an array of treatments incorporating indigenous products from Peru and the Amagon. One-on-one trainer fitness sessions also are available to advise guests on stretching, breathing exercises, jogging, yoga and meditation.

Hotel Paracas in Ica. Located on the Peruvian coast, just in front of the Paracas National Reserve, the spa at Hotel Paracas takes advantage of its very special location by highlighting elements of nature. Its long menu of tempting treatments includes specialties such as an Andean Chocolate Experience skin treatment.

Colca Lodge Spa & Hot Springs in Arequipa. With the good fortune to have hot springs whose water contains high levels of lithium, this retreat amid natural surroundings and bucolic landscapes on the banks of the River Colca, has been carefully designed to offer a unique experience of wellbeing, comfort and relaxation. The Spa Eco Thermal at Colca Lodge starts all its therapies in its own pool.

Tambo del Inka, a Luxury Collection Resort & Spa, Valle Sagrado in Cusco. At the Spa at Valle Sagrado, guests may choose from a vast array of massages, including the Yuamani Stones Massage, which helps guests achieve an extreme state of relaxation. The 24K Gold from the Gods Facial is not to be missed. Heated indoor and outdoor pools, whirlpools, and hydrotherapy treatments are available.

The Unu Spa at Inkaterra **Machu Picchu Pueblo Hotel** in Cusco offers a unique concept that combines the classic nurturing of a spa with a mystical Andean approach. All products are 100% natural, derived from local botanical extracts, providing a pleasing spiritual, sensual and soothing experience.

Hypnôge Spa, Belmond Palacio Nazarenas, Cusco. Inspired by Inca and Andean culture, Hypnôge Spa has developed treatments to improve physical, mental and emotional wellbeing. Hypnôge has created its own brand of organic products using indigenous Peruvian ingredients, such as herbs, andean salts and coca leaves. Some treatment rooms also feature glass floors, exposing the Inca wall underneath.

For more details on accommodations and wellness centers in the areas covered in this section, consult the "Plan Your Trip" section of www.Peru.travel.

Sample Itinerary*

DAY 1: Lima/Cusco/Sacred Valley

Upon arrival in Cusco, transfer to Pisco in the fertile Sacred Valley of the Incas (Urubamba Valley). On the way to Urubamba Valley, stop for a short visit of Awanacancha, where you will have the opportunity to see llamas, alpacas, vicunas and guanacos. Enjoy lodging at Willka Tika.

DAY 2 & 3: Sacred Valley

Explore Sacred Valley sites and enjoy time at Willka Tika to meditate in the gardens, try a crystal healing session or solar bath, learn about Authentic Q'ero healing ceremonies and spiritual offerings and more.

DAY 4: Cusco / Ollanta / Machu Picchu

Depart via private land transfer to the Ollanta train station to board the Vista Valle train to Machu Picchu, a highlight of any trip to the Andes. You will have a 40 minutes Yoga Session at your hotel, the Inkaterra Machu Picchu Pueblo Hotel.

DAY 5: Machu Picchu / Cusco

The morning is at leisure to explore Machu Picchu area. You may choose to visit the Indian market in Aguas Calientes village or visit the hotel's cloud forest trails. Later in the afternoon, board the Vistadome Valley train to the Ollanta station, and transfer to the Aronwa Hotel Cusco.

DAY 6: Cusco / Lima/ Tumbes / Mancora

Board your flight to Lima where you will connect to your flight to Tumbes and from there drive to KICHIC Hotel in Pocitas, a private and exclusive beach area in Mancora.

DAYS 7&8: Mancora

Day to enjoy the hotel facilities. Practice Yoga, have a massage and enjoy the beach, go kayaking or snorkel.

DAY 9: Mancora / Lima depart

Transfer to the airport to board your flight to Lima where you will connect to your flight home.

*Sample itinerary excerpted from Big Five