

# The Complete All-Inclusive Resort Guide

## Chapter 10: Spa & Wellness

For many travelers, an all-inclusive vacation is the perfect opportunity to slow down, recharge, and focus on wellness. Whether you book a massage, participate in a beach yoga class, or simply spend time in a quiet relaxation area, today's resorts offer many ways to help you unwind.

Experience	What to Expect
■ Massage Therapy	Swedish, deep tissue, couples, hot stone, and other specialty massages.
■ Hydrotherapy	Therapeutic pools, hot tubs, cold plunges, and water circuits at many luxury spas.
■ Sauna & Steam	Quiet spaces to relax before or after treatments.
■ Yoga & Fitness	Beach yoga, stretching, meditation, fitness classes, and modern gyms.
■ Beauty Services	Facials, manicures, pedicures, hair styling, and wellness treatments.

### Should You Visit the Spa?

Spa treatments usually carry an additional charge, but many travelers consider them one of the highlights of their vacation. If you're celebrating a honeymoon, anniversary, birthday, or simply want extra relaxation, booking at least one treatment can be a memorable experience.

### Booking Tips

Reserve popular treatments early, especially on shorter stays or during peak travel seasons. Ask about package discounts, couples experiences, or hydrotherapy access that may be included with certain services.

**Aimee's Resort Tip:** You don't need to spend your entire vacation at the spa to enjoy it. Even one relaxing treatment can make your getaway feel extra special.

**Coming Up:** Chapter 11 explores exciting excursions beyond the resort, from snorkeling and catamaran cruises to cultural tours and rainforest adventures.