



EL ENCANTO

A BELMOND HOTEL
SANTA BARBARA

CELEBRATING

Wellness Week

April 2-5, 2024

Wellness Week *Harmony of the Senses Day Retreats* APRIL 2-5, 2024

At El Encanto, you are never far from the feeling of serenity. Between mountains and sea, discover the healing power of tranquility with four days of exclusive workshops and spa treatments inspired by nature in the American Riviera.

In collaboration with holistic experts, **PALMA Colectiva**, El Encanto's Harmony of the Senses offers sensory-inspired wellness experiences along the Santa Barbara Coast. Offered a la carte or a full-day program, the wellbeing retreat includes your choice of a daily massage or facial along with a plethora of reinvigorating and restorative workshops.

TUESDAY, APR. 2

8am Awaken Your Senses Yoga in the Oak Tree Suite

10am-11:30am **Scentsations - Candle Making** with LAIT LA's Jennifer Rhee in the Tea Salon

12pm-2pm **Botanical Garden Delights** with Loria Stern + **Book Signing** in the Oak Tree Room

2:45pm-5:30pm **Relaxation Massage or Signature Facial with Colla-gem Mask Upgrade** at the Spa

5:30pm-6:45pm **Sound Bath + Reiki** at the Oak Tree Suite

WEDNESDAY, APR. 3

9:30am-10:30am **Subtle Body Floss** in the Ballroom Patio

12pm-1pm **Chef's Plants + Protein Lunch** in the Dining Room

1pm-2:30pm **Scentsations** with LAIT LA's Jennifer Rhee in the Tea Salon

2:45pm-5:30pm **Relaxation Massage or Signature Facial with Colla-gem Mask Upgrade** in the Spa

THURSDAY, APR. 4

8am Awaken Your Senses Yoga on the Fitness Patio

9:30am-11am **Peruvian Cacao Ceremony** on the Channel Islands Terrace

12pm-1pm **Chef's Garden Lunch** in the Chef's Garden

1:15pm-2:15pm **Healing Plant Workshop: Lavendar** in the Channel Islands Room

2:30pm-4pm **Scentsations** with LAIT LA's Jennifer Rhee in the Tea Salon

2:45pm-5:30pm **Relaxation Massage or Signature Facial with Colla-gem Mask Upgrade** in the Spa

5:30pm **Restorative Redlight Yoga** in the Fitness Studio

FRIDAY, APR. 5

9:30am-11am **Restorative Redlight Yoga** in the Fitness Room

12pm-1pm **Seasons In Bloom Lunch** on the Riviera Ballroom Patio

1:30pm-2:45pm **Elemental Soundscapes** in the Channel Islands Room

2:45pm - 5:30pm **Relaxation Massage or Signature Facial with Colla-gem Mask Upgrade** in the Spa

For reservations, please contact the spa at **805-770-3545** or email spa.ele@belmond.com.

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