

# Reset Your Health

Kickstart 2024 on the right note by making physical and mental wellness a priority.

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After a busy holiday season filled with rich meals, cocktails, and parties, the new year is the perfect time for a wellness reset. The greatest wealth is health, which is also key to leading a happier and more fulfilled life. Set yourself up for success by investing in more moments of self-care this year to become the best version of yourself. From horseback riding through the desert canyons to a calming tea meditation, Greater Palm Springs has many fun and creative ways to enhance your physical and mental well-being.



This page, clockwise from above: A salt room at The Spa at Séc-he; the tea meditation at Mojave Desert Skin Shield; the spa pool at Parker Palm Springs. Opposite: Horseback riding with Smoke Tree Stables.



CLOCKWISE FROM LEFT: COURTESY AGUA CALIENTE BAND OF CAHUILLA INDIANS; MAGDALENA WOSINSKA; COURTESY PARKER PALM SPRINGS



VISIT GREATER PALM SPRINGS

## TAO TEA MEDITATION Mojave Desert Skin Shield Pioneertown

In Asia, the tea ceremony is a ritual of intention and quiet reflection. Located on 20 acres surrounded by natural beauty, Mojave Desert Skin Shield's wellness space offers the ideal setting for a Tao Tea Meditation. During the traditional practice, you'll sip rare teas from ancient bushes grown at high altitudes in remote parts of the world while furthering your connection to nature. [mojavedesertskinshield.com](http://mojavedesertskinshield.com)

## FASCIAL STRETCH THERAPY La Quinta Resort & Club La Quinta

This unique form of table-based assisted stretching targets fascia, the body's connective tissue system that surrounds muscles, nerves, bones, and internal organs. After a 60-minute appointment, you'll feel more relaxed with noticeable pain relief and improved mobility. [laquintaresort.com](http://laquintaresort.com)

## NAUTICAL-THEMED SPA TREATMENTS Parker Palm Springs Palm Springs

The moment you step foot into the Yacht Club spa at Parker Palm Springs, you're transported to a seaside sanctuary. Treatment rooms at the nautically themed spa are named after America's Cup winners. For the ultimate pampering experience for two, try the Captain's Quarters: a half-day excursion including massages, facials, manicures, pedicures, Champagne, and chocolate-covered strawberries. [parkerpalmsprings.com](http://parkerpalmsprings.com)

## IV THERAPY Hyatt Regency Indian Wells Resort & Spa Indian Wells

Feeling sluggish, dehydrated or jet-lagged? Speed up recovery with IV therapy at Kalologie Medspa, a new wellness

venue at Hyatt Regency Indian Wells Resort & Spa. Choose from customized formulations designed to boost hydration and replenish essential vitamins, antioxidants, nutrients, and electrolytes. [kalologie.com](http://kalologie.com)

## HORSEBACK RIDING Smoke Tree Stables Palm Springs

Explore scenic trails lined with flowing water, native palm groves, and impressive rock formations on a guided horseback ride through the Indian Canyons, sacred land for the Agua Caliente Band of Cahuilla Indians. Experienced wranglers will match you to the best steed for your riding level. Join a group ride or choose a private tour with a custom route. [smoketreestables.com](http://smoketreestables.com)

## BREATHWORK CLASSES Elements in the Desert Rancho Mirage

Breathwork facilitator Susan Dunn provides a unique healing experience to help with injuries, trauma, and other

life events. During her classes at Gather Yoga & Wellness and The Westin Rancho Mirage Golf Resort & Spa, participants listen to music through headphones as Dunn guides them through the conscious circular breath technique to move energy and release blockages in the body. [elementsinthedesert.com](http://elementsinthedesert.com)

## HALOTHERAPY The Spa at Séc-he Palm Springs

The state-of-the-art spa complex contains two coed salt caves, which harness the healing and cleansing properties of Himalayan salt to improve respiratory and skin conditions. Access to the rooms is included with a day pass or any treatment. After a 20- to 30-minute session, you will emerge feeling more relaxed and likely notice improved sleep as a result. [thespaatseche.com](http://thespaatseche.com)

## AERIAL YOGA Tommy Bahama Miramonte Indian Wells Resort & Spa Indian Wells

Let your inner acrobat shine with an aerial yoga session, combining traditional yoga poses with an aerial hammock. Benefits include improved flexibility and balance, relief from stress and back pain, healthy blood flow, and a decreased risk of cardiovascular and heart disease. [tommybahamamiramonte.com](http://tommybahamamiramonte.com)

## MINDSYNC LOUNGERS JW Marriott Desert Springs Resort & Spa Palm Desert

A 20-minute session in the MindSync Loungers at Spa Desert Springs' new Wellness Lounge can induce profound levels of relaxation and improved sleep. Scientifically composed music synchronizes the brain's left and right hemispheres, lowering brain activity to calmer Alpha, Delta, and Theta states. [desertspringsresort.com](http://desertspringsresort.com)