

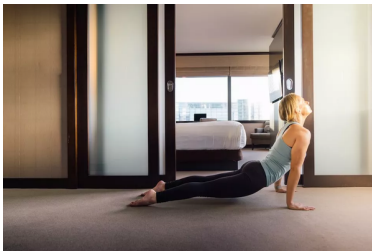
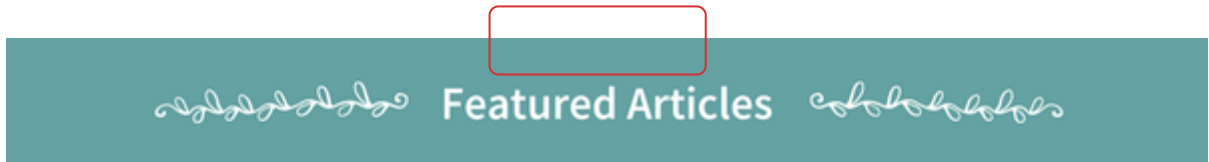


Jan 27, 2022

Dear Journeywoman,

Around the world, our mental health has been tested. As the market starts to recover and rebuild, the wellness travel segment is poised for a boom. One thing is clear: we've learned to value our physical health and quality of life. In fact, we wrote last January about this topic in "**How Women Heal Through Travel**", which includes some tips on picking the right wellness experience for you.

Our latest survey shows that many of you are considering travel with a tour group when you return to travel. In December, almost 40% of women told us that they had booked or were planning a group tour in 2022. So, it gives us great pleasure to introduce you to a curated selection of wellness tours from our Women's Travel Directory, which features verified women-friendly experiences. If you're considering a tour, please join us in supporting a woman-owned small business.



16 Wellness Products to Travel with in 2022: As travellers, self-care is one of the most important relationships we have. These products are perfect for boosting your health—before, during and after your next trip.

[Read More!](#)



Sleep: The Final Frontier of Self-Love & Renewal:

Travel: There's no better time than now to show ourselves some love and develop habits that will improve our sleep quality and create better travel experiences in the future.

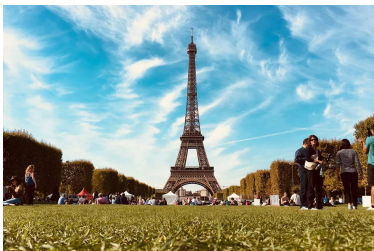
[Read More!](#)



The Long Game: Limbering Up for Solo

Travel: Working from home and restricting movement poses risks to our health, regardless of whether we've experienced injuries before or not. We turned to health and wellness expert and JourneyWoman Women's Travel Advisory Council member Dr. Nekessa Remy for some insights and tips to get us ready for the day we can pack our bags and get travelling again.

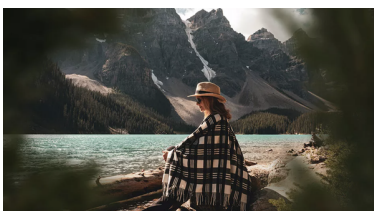
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An Art Professor Rediscovered Her Muse in Travel

Sabbatical: An art professor who reluctantly heads out on a scheduled sabbatical renews her passion for her own art and gets a preview of an exciting post-retirement life of her own creation.

[Read More!](#)



How Women Find Healing and Renewal in Solo

Travel: We intuitively turn to travel for renewal. Get rejuvenated with our guide to choosing the wellness trip that is right for you.

[Read More!](#)

JourneyWoman & Girls' Guide to Paris & Beyond! Present:

Women's Travel Wisdom

October 20- 24, 2022

Mandala Springs in Cobb, California

RESERVE YOUR PLACE NOW



"Joy Revival" Exclusive Wellness Travel Experience with Advivum Journeys

Join me, Tania, for this wellness travel experience at a private English manor, where journeyers arrive solo and leave with cherished friends. Escape into a guided program of self-discovery, countryside adventures and renewed joie de vivre to inspire you long after you have returned home. Register for June or Oct 2022 now.

Book Now!



Building the Cornerstones of a Happy Life in Bali with Girls' Guide to Paris & Beyond!

After experiencing severe back pain caused by bulging disks, arthritis and pinched nerves, Karen had to find new ways to travel: "With careful planning and mindful traveling, the world remains open to me."

[Book Now!](#)



"The Waterfall Hotel in Honduras"

Waterfalls and pools at Las Cascadas Hotel, a private and all inclusive boutique resort in Honduras with on site canyoning tours. Every room has a waterfall view. You can reserve the lodge as a small private group and have the entire resort with a Chef preparing the healthy food you like and a plethora of adventures available as well as exotic natural surroundings to explore.

[Book Now!](#)



Ready to Rest for 2022?

I want to invite you to take your life back. It's time to take control, rise above, focus on your health, and create the life you want to live regardless of what's happening around you.

I'm Shawna Robins, Best-selling author, JourneyWoman Advisory Board member and Board-Certified Health and Wellness Coach. I can help you break through to create profound and lasting changes with your health and your life. You will wake up feeling refreshed, restored and discover a healthier and happier well-being so you can get back to traveling the world again.

Click below to book a FREE 30 min consultation to learn more about my Rest & Reset Program.

[Book Now!](#)

If you'd like to promote your tour or retreat, please contact Tom Zara at tom@journeywoman.com.

ARE YOU ON OUR SOCIAL CHANNELS?



Join over 4,500 women on the JourneyWoman Travel Group on Facebook.