



Dear Journeywoman,

The Global Wellness Institute defines wellness as “the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.” This is both true mentally and physically. A trip with just the right ingredients can reset your pursuit of wellness, turning it back in the right direction giving it a kick-start. Wellness is not just eating healthy and exercise, it's mindfulness, finding joy, slowing down, sleeping well. Together, let's discover the reservoir of wellness you have within.

We know that many of you are considering travel with a tour group when you return to travel. This curated selection of tours is from our [Women's Travel Directory](#), which features verified women-friendly experiences for solo and group travellers. If you're considering a tour, please join us in supporting a woman-owned small business!

Featured Tours Presented by Girls' Guide to Paris & Beyond

“Women in my experience are bold and fearless and know how to bond well together. My whole raison d’être for doing my women-only tours is watching that bonding take hold even after just one night together.” – Doni Belau, CEO and Founder, Girls' Guide to Paris



Building the Cornerstones for a Happy Life in Bali

Bali is paradise; full stop. It's where you go to slow down, to relearn the true meaning of life, to connect with nature, with yourself and with other people



Tahiti, Bora Bora & Moorea

French Polynesia offers utter relaxation in a crystal blue water heaven. See and feel the beauty of this intoxicating land and its people and dance once again like you haven't a care in the world.



An Enchanting Escape to Estonia

Estonia, Europe's hidden gem, is the setting for this unique retreat that couples both sightseeing in Tallinn with a farmhouse stay at the home of our very own yoga teacher & cookbook author.



Discovery & Wellness in Iceland

Discover the wild landscape of Iceland and something about yourself too as we journey to this breathtaking island with a yoga & meditation teacher and a professional photographer.

About Girls' Guide to Paris & Beyond

Girls' Guide to Paris & Beyond is an invitation to travel luxuriously all over the world, with a small group of like-minded women. Founded by CEO Doni Belau in 2009, Girls' Guide curates tours for women who share your appreciation for beauty and spirit of adventure. Whether you want to visit France, Japan, Bali or Morocco, we travel in style. It's a one-of-a-kind opportunity to see the world and make friends you'll have for a lifetime.

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

