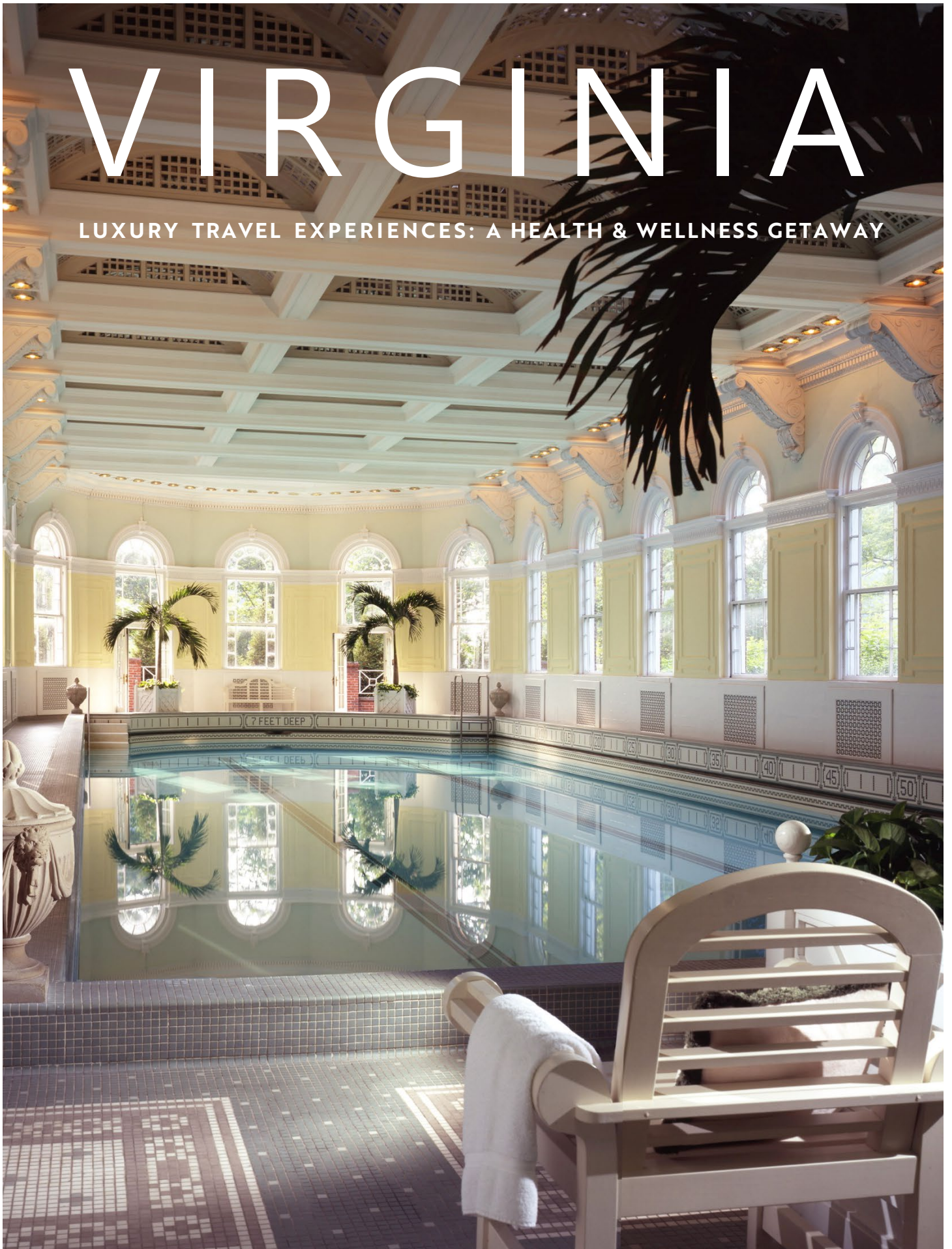


# VIRGINIA

LUXURY TRAVEL EXPERIENCES: A HEALTH & WELLNESS GETAWAY





# DAY ONE

Your wellness journey through [Virginia](#) offers an exceptional blend of rejuvenating activities and unforgettable experiences. Upon arrival at [Dulles International Airport](#), drive 270 kilometers to your first destination, [Williamsburg](#). Alternatively, fly on to [Norfolk International Airport](#) for a shorter, 72-kilometer drive.

In Williamsburg, you will be immediately immersed in colonial history and heritage. The spa at the world-renowned [Williamsburg Inn](#) features Forbes Travel Guide Four-Star rated signature services which incorporate techniques from previous centuries. Opt for the 17<sup>th</sup> Century Replenish or the 18<sup>th</sup> Century Repose for a true colonial wellness experience.

Afterwards, settle into your wellness pilgrimage at [Kingsmill Resort](#), a picturesque retreat located on the James River offering extensive fitness and recreation facilities, including a spa, golf courses, tennis courts, and a marina. The lavish, four-bedroom [Estate at Kingsmill](#) features private accommodations patronized by past United States presidents, and comes equipped with luxury vehicles and an Estate Coordinator dedicated to arranging your every whim.

Traverse from The Estate to visit the [Williamsburg Salt Spa](#). Inspired by the owner's Polish heritage and the renowned Wieliczka Salt Mine, it's the first of its kind on the East Coast. Partake in a wide range of services, including relaxing sessions in the salt cave, stress-relieving floats in two float tanks, or peaceful full-body massages.

As evening descends, relish in quality dining options which celebrate regional flavors and healthy eating from menus crafted to enhance your wellness tour. Spend your evening enjoying the peaceful ambiance of the river as the sun slowly sets, reflecting on the experiences that began your trip, and musing on what lies ahead.





## DAY TWO

As you head west to Virginia's Blue Ridge Mountains, stop for lunch in the lovely town of [Farmville](#) about 183 kilometers away. [Charley's Waterfront Café](#), situated on the scenic Appomattox River, offers a nice repose accompanied by a hearty meal. Spend some time exploring the pleasant streets of this small town or continue your trip as you drive 270 kilometers ascending up the mountains to [Primland Resort, Auberge Resorts Collection](#), a luxurious retreat situated high in the Blue Ridge and rated the #1 resort in the Southeast U.S. by Condé Nast Traveler.

With an emphasis on harmonizing the body and mind with nature, [The Spa at Primland](#) offers treatments that utilize organic, natural ingredients and incorporate indigenous and Native American healing rituals. Try the Primland Signature Massage, which combines hot stones and a special oil blend infused with local herbs from [Wildflower Apothecary](#), specifically curated for Primland to represent the land, spirit, and heart of Virginia.

Outdoor activities at Primland are abundant, from guided nature walks to horseback riding. Meditation and yoga join the specialized wellness menu, designed to support detoxification, healing, immune function, and overall health. Take aim at alleviating your stress through specialized clay shooting and archery courses designed to engage your body and mind in a spectacular open-air setting.

As night falls, the resort's observatory offers a rare astronomical experience – the high altitude and clear night skies provide an ideal setting for stargazing, free from the interference of ambient light. This private observatory is the largest on the East Coast and equipped with Celestron CGE Pro 1400 and CPC 800 telescopes for extraordinary views of stars, planets, nebulae, and other celestial bodies providing a profound sense of connection to the universe.







# DAY THREE

Continue your journey 300 kilometers north along the [Blue Ridge Parkway](#), known as “America’s Favorite Drive.” Head into the iconic [Shenandoah National Park](#) where the Blue Ridge Parkway becomes [Skyline Drive](#) and serves as a gateway to a wealth of outdoor activities that promote health and wellness. Hiking trails of varying difficulty lead you through lush forests, past cascading waterfalls, and to quiet mountain summits. Whether you prefer a leisurely stroll or a challenging hike, the natural landscape provides a perfect backdrop for physical activity and mental well-being.

Descend into the heart of Virginia’s Wine Country where the AAA Four Diamond [Boar's Head Resort](#) beckons. This popular escape in [Charlottesville](#) is surrounded by the natural beauty of Virginia's landscape. Named Wine Enthusiast’s “[2023 Wine Region of the Year](#),” Charlottesville and the [Monticello AVE](#), offer an excellent opportunity to savor some of Virginia’s finest wines and breathtaking views.

Continue your wellness treatment with a visit to the nearby [Keswick Hall](#), where the newly renovated [Keswick Spa](#) features a nature-inspired design, serenity room, and treatment rooms emphasizing tranquility and recovery. To complement your treatment, the Keswick Hall culinary team crafts healthy and nourishing snacks, featuring fresh fruit, herb, and chlorophyll drinks designed to enhance hydration and refresh the body.

Take some time to discover the city of Charlottesville and immerse yourself in the local arts scene. The [Charlottesville Historic Downtown Mall](#) is a vibrant, pedestrian-only thoroughfare that serves as the cultural and social heart of the city. Lined with historic buildings, the mall boasts an eclectic mix of shops, restaurants, and entertainment venues, offering a blend of old-world charm and modern convenience.

Settle in for the rest of the day back at Boar’s Head Resort, where the spa focuses on holistic comfort, offering a [range of treatments](#) that soothe the senses. With therapies incorporating local ingredients and traditional techniques, each activity is curated for maximum relaxation. Wellness extends even beyond the spa, as the resort invites you to explore their 600-acre property with hiking trails boasting an array of plant and bird watching opportunities, to ensure a healthy balance of relaxation and activity during your stay.



## DAY FOUR

Next set your sights 150 kilometers away in the Allegheny Mountains where the historic [Omni Homestead Resort](#) awaits. The birthplace of Southern hospitality and a National Historic Landmark, the resort is famous for its hot springs, a haven of wellness since the 18th century.

For a cultural touch, visit the nearby [Warm Springs Gallery](#), which celebrates local and regional artists. The musically inclined will enjoy the [Garth Newel Music Center](#) featuring performances often held in the Manor House, a historic and elegant building that offers a cozy and acoustically rich environment for chamber music. The intimate setting allows for a close connection between the musicians and the audience, making each concert a personal and immersive experience.

Nearby lie the historic [Warm Spring Pools](#). Recently refurbished, this oldest spa structure in the United States offers guests the chance to bathe in naturally warm, mineral-rich waters fed by hot springs known for their therapeutic properties. With separate facilities for gentlemen and ladies built in the 1760s and 1830s, the pools are not only a luxurious amenity but also a piece of American history.

Upon return to the resort, choose from a plethora of wellness activities such as golfing, fishing, and guided hikes along the rich trails, where the fresh mountain air and stunning vistas provide a natural boost to your mental health. The [on-site spa](#) at the Omni Homestead offers distinctive treatments like the mineral bath soak, reflexology walks, Aqua Thermal Suites and an exclusive adults-only Serenity Garden.

Use your evening downtime to try out the Virginia Wine Experience which exclusively highlights the wines of the Commonwealth as you learn about the evolution of viticulture in Virginia from the establishment of Jamestown in 1607 to the present day. The Homestead Theater, a turn-of-the-century theater that screens classic films and family favorites nightly, offers another conclusion to your evening.



# DAY FIVE

Say adieu to the mountains and drive 280 kilometers to [Salamander Middleburg](#), one of only five properties in the United States and 13 globally to earn separate Forbes Five-Star Awards for its accommodations, restaurant, and spa. Beyond the accolades, this luxurious property, spanning over 340 acres, offers an idyllic retreat.

Explore Middleburg's charming downtown, known for its quaint boutiques and art galleries. The nearby wineries, like [Greenhill Vineyards](#) or [Boxwood Estate Winery](#), offer exquisite tastings, perfect for an easy afternoon. [The National Sporting Library & Museum](#) highlights the rich heritage and tradition of the region complemented with fascinating fine art exhibits.

Back at Salamander Middleburg, the [resort's spa](#) is a sanctuary of calm and renewal. Choose from an extensive menu of spa treatments, each designed to relieve and revitalize. Whether a deep tissue massage, a cool facial, or a unique equestrian-inspired therapy, you're ensured a bespoke experience. Continue with the equestrian theme of the resort and partake in an [Equine Communication](#) session which pairs horses and humans to teach about leadership, authenticity, clear communication, and the impact of body language and energy as you become a master of "horse whispering."

Culinary offerings at the resort's restaurant, [Harrimans Grill](#), are designed to nourish both body and soul, with menus featuring locally sourced, organic ingredients. Wind down your evening under the night sky as you reflect and muse on your final day in Virginia while a crackling firepit sets the ambiance.

Your journey through these destinations is more than just a holiday; it's an adventure into the world of relaxation, natural beauty, and holistic health. This tour promises to leave you refreshed, recharged, and with a renewed sense of harmony.



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