

NATIONAL SPA WEEK: 6 LUXURY DEVELOPMENTS TAKING WELLNESS TO THE NEXT LEVEL

Oct 30, 2017



AMRIT OCEAN RESORT & RESIDENCES

Spanning over seven acres in picturesque Singer Island, Amrit Ocean Resort & Residences is a new paradigm of mindful living, developed in partnership with world-renowned ESPA and the Himalayan Institute. Every ESPA treatment unites the best of aromatherapy, thalassotherapy and phytotherapy combined with ancient and modern Oriental, Ayurvedic and Western European philosophies. Within the natural surroundings, Amrit's enhanced lifestyle experiences, customized programming, and spa offerings will be focused around the "Five Pillars of Wellness," a selection of integrated areas of wellness that address sleep deprivation, nutrition and diet, relaxation and de-stress, personal training, fitness, beauty treatments, mindfulness, and more.