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Solmar Hotels & Resorts Invites Guests to Begin 2019 Refreshed & Renewed

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*Soothing Spa Offerings, Healthy
Dining Options and Thrilling Fitness*

Activities Awaits Guests in Los Cabos this New Year

LOS CABOS, Mexico (January 17, 2019) – Enjoying the most inspiring desert-by-the-sea views of Los Cabos, [Solmar Hotels & Resorts](#) presents travelers numerous ways to begin 2019 refreshed and renewed. Whether it is completely releasing the old and bringing in the new through unique wellness rituals, motivating a healthy lifestyle with fresh, delectable gastronomy or finding new ways to kick-start a workout regimen, Solmar Hotels & Resorts presents multiple opportunities for travelers to work towards their new year resolutions:

1. A Mindful Beginning to 2019 with a Pre-Hispanic Ritual



At [Playa Grande Resort Golf and Spa](#), guests can release the old by experiencing the Temazcal, an ancient steam method that allows one to start the new year with a cleared mind and fresh outlook. This traditional Mexican ceremony, held in a brick and stone dome, is led by a masterful shaman who greets and guides guests into complete serenity using the power of the “Four Elements”: earth, water, air and fire. Next, at the rhythm of handpicked fresh mint, rosemary, and aloe Vera, the shaman lightly pulses the negative auras out of guests’ bodies. The ritual aims to create healing emotions and encourages guests to reconnect with their genuine selves and purpose. Guests will leave Los Cabos with a blank canvas to take on the New Year.

2. Pamper the body with health-conscious options

Maintaining a healthy diet on vacation isn’t an easy feat – yet the Deli Café and Aqua Grill and Bar at [Grand Solmar at Rancho San Lucas Resort Golf & Spa](#) serve as a delicious havens for those looking for healthier dining options. Guests can jumpstart their day with vibrant Oaxaca coffee, enjoy a scrumptious Maui Tuna Crunch salad sprinkled with almonds for an added crunch, or devour a fit vegetarian flatbread dressed with chickpea hummus, asparagus, mushrooms, leek and onion. Enjoying unrivaled views of the Pacific, the Aqua Grill & Bar also offers a fresh menu that features sushi using the catch of the day and iconic Baja fish tacos topped with Mexican cream and salsa. For a more intimate meal and to avoid scrumptious temptations, delectable in-villa dining is also available around the clock.

4. Fulfill fitness goals by tackling Baja adventures

Guests who aim to achieve their fitness goals this year will have no problem in Los Cabos, as the beachfront paradise boasts miles of sandy coasts to take a stroll or enjoy a plethora of adventurous activities to keep the heart rate pumping. At [Grand Solmar Rancho San Lucas Resort Golf & Spa](#), guests are invited to blend fun and fitness with a day of kayaking and paddle boarding at the property’s 120,000-foot saltwater lagoon. Built-in sand floors and walls and the lagoon’s tranquil waters will allow first timers as well as seasoned fitness fanatics to join in on the fun. Additionally, guests looking for more adrenaline-charged options can also

arrange for ATV excursions, camel or horseback rides through Cabo's diverse coastal desert through a simple call to the concierge desk.

No matter the resolution, Solmar Hotels & Resorts takes pride in offering unparalleled service to its valued guests. Travelers seeking to set, keep, and fulfill their New Year's Resolutions can depend on Solmar Hotels & Resorts for peaceful respite, delicious and healthy gastronomy, and adventure true to Los Cabos. For more information and reservations, visit www.solmar.com.

About Solmar Hotels & Resorts

Since 1974, Solmar Hotels & Resorts has been welcoming guests to its collection of seven all-suite resorts located in Baja California Sur's most desired beach destinations. Within the award-winning portfolio is Grand Solmar Land's End Resort & Spa, Grand Solmar at Rancho San Lucas Resort Golf & Spa, Grand Solmar The Residences at Rancho San Lucas, Playa Grande Resort & Grand Spa, The Ridge at Playa Grande, Solmar Resort and Quinta del Sol by Solmar. Offering the quintessential, authentic Baja Mexico experience, Solmar Hotels & Resorts prides itself on providing high caliber service standards and warm hospitality. For more information about Solmar Hotels & Resorts, visit www.solmar.com, Instagram [@SolmarResorts](https://www.instagram.com/SolmarResorts) and [Facebook](https://www.facebook.com/SolmarResorts) page.

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