**Wellness Vacation in Mexico (2021)**

Foto1

**Do you want to take a wellness vacation in Mexico?** If so, there are tons of great destinations to choose from. Popular tourist destinations include Cabo, Cancun and Puerto Vallarta. This week we will focus on **Puerto Vallarta which is located on Mexico’s Pacific Coast in Banderas Bay**. The area enjoys an excellent climate all year long making it a top choice for healthy travelers who want to enjoy a wellness vacation in Mexico. Wondering where to stay? Contact Tafer Hotels & Resorts at (866) 883-0573. They have amazing resorts located on a pristine and private beach. Plus, they have numerous open air spaces where guests can practice yoga or other wellness activities. Read more about why you deserve a wellness vacation in Mexico!

Foto2

**Wellness Vacation in Mexico**

Today’s fit vacationers will enjoy a wellness vacation in Mexico. Puerto Vallarta is blessed with **perfect weather most of the year** so outdoor activities are always available. Plus, the lush natural beauty of the Sierra Madre jungle is tropical and vibrant. Puerto Vallarta is a great place to get away from it all to relax and decompress. Plus, **Banderas Bay regularly hosts Wellness Events**. Leaders in the fields of yoga, meditation, cell medicine and sound healing have offered workshops that healthy travelers really appreciate. If you stay at Tafer Hotels & Resorts, the property offers onsite yoga classes and there is convenient access to hiking trails, too.

Foto3

**Soothing Spa Treatments**

Soothing spa treatments are **a wonderful way to invigorate the mind, body and spirit**. In Banderas Bay, the most exclusive and upscale spa is located on the fifteenth floor of the adults only Hotel Mousai. Situated on the Garza Blanca Preserve, Spa Imagine **guests will love the spectacular 360 degree views**. There, the spa offers a wonderful variety of treatments to promote a balanced lifestyle. They focus on natural healing techniques that will **help you recenter and find calm** amongst a hectic modern lifestyle. Book a soothing spa treatment so you can pamper yourself on your wellness vacation in Mexico.

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**Nutritious Meals**

Nutritious foods are an essential part of wellbeing. More than ever, **a healthy diet is crucial to keep your immune system operating at its best**. During your wellness vacation to Mexico, take advantage of the area’s local restaurants that feature healthy and delicious cuisine. If you stay at Tafer Hotels & Resorts, they have excellent options onsite, too. Blanca Blue is a contemporary gourmet restaurant that **uses locally sourced products**. Also, the Aguazul Beach Bar & Lounge can deliver fresh ceviche right to your poolside lounger. Also, Bocados STK Mixology and Grill serves delicious cuts of meat, fresh salads and vegetables. The Rooftop Bar at Hotel Mousai also has healthy options and stunning views of Banderas Bay.

**Are you ready to pamper yourself and take a wellness vacation to Mexico?** If you are, then Amazing Mexico at (866) 883-0573. They have amazing deals in Puerto Vallarta, Cabo and Cancun where you can reinvigorate and re-energize. Plus, amazing all-inclusive travel packages are available at discounted prices right now. Contact them today to take advantage of these amazing deals before it’s too late!