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**ST. AUGUSTINE
PONTE VEDRA**
FLORIDA'S HISTORIC COAST®

Connect Mind, Body, and Soul with a Winter Wellness Retreat

Refresh and renew on Florida's Historic Coast with a custom health and wellness itinerary

St. Augustine, Fla. (January 30, 2026) – Health and wellness are more than just trending topics on TikTok. Taking time to refresh and rejuvenate mental and physical health can help reduce stress, improve physical health, and increase energy levels. Head to Florida's Historic Coast to create a custom wellness getaway.

Improve strength, balance, and flexibility while exploring St. Augustine's historic charms with a picturesque yoga session. [Pilates Yoga Loft](#) hosts classes for beginners to advanced yogis, including outdoor sessions at the Ximenez-Fatio House Museum, the Freedom Chimes at Dr. Robert B. Hayling Freedom Park, and on Vilano Beach. The [Lightner Museum](#) hosts special monthly yoga practices in the museum gallery and garden. The [Guy Harvey Resort St. Augustine Beach](#) has beach yoga every Thursday through Saturday.

Get toes-in-the-sand relaxed with 42 miles of pristine beaches. Join [Wild Lessons](#) for beach walks with a marine educator who talks all about the local wildlife. Grab a pair of binoculars and hike the beach while scanning the horizon for Florida's Historic Coast's most popular snowbirds, the North Atlantic Right Whale, which travel south to have their babies. From [Mickler's Landing](#) to [Vilano](#) and [Crescent Beach](#), there are plenty of spots for long walks along the shoreline, with unique shells and fossilized shark teeth. Pair conservation and the beach with the [GTM Research Reserve Beach Clean Up](#), hosted on the fourth Saturday of every month at the Guana Tolomato Matanzas National Estuarine Research Reserve (GTM Research Reserve), one of only 30 national estuarine research reserves in the country.

Exploring the local waterways of Florida's Historic Coast by kayak or sailboat offers a range of physical and mental health benefits while immersing you in the region's breathtaking natural beauty. Build strength and boost endurance as you paddle through scenic waterways with [St. Augustine Eco Tours](#) or [Anastasia Watersports](#), or experience deep relaxation from the wind aboard a sailing excursion with the [Schooner Freedom](#) or on a private charter with [St. Augustine Sailing](#).

If two wheels are more your speed, [biking](#) trails abound on Florida's Historic Coast. Road bikers can enjoy the beach and natural maritime hammock on the [A1A Scenic and Historic Coastal Byway](#). The GTM Reserve has five trail systems, ranging from 2 miles to nearly 6 miles, for natural trail riding. Hit up [Ponte Vedra](#) for the [Nocatee Preserve](#) or the [St. Johns River- to- Sea Loop](#), with miles of biking trails and comfort amenities.

Florida's Historic Coast has numerous professional, luxurious spas offering unique wellness services. [Panache Aveda Salon and Spa's](#) Bamboo Fusion Massage uses warmed bamboo rods for deep-tissue

work, promoting circulation, lymphatic drainage, and a deep sense of relaxation. At [Circles of Wellness Day & Med Spa](#), specially curated personal journeys combine luxury services with immersive wellness, like breathe relaxation and relaxation massages. The [Salt Spa St. Augustine](#) offers Float Tank Experiences, message therapy and specializes in Himalayan Salt Cave Therapy with 25,000 pounds of Polish and Himalayan Crystal Salt to create naturally ionized salt air cave. Experience instant and deep relaxation with The [Poseidon Spa at the Casa Monica Resort & Spa's](#) CBD Wellness Journey, with full body treatments featuring CBD products. [The Spa at the Ponte Vedra Inn & Club](#) offers over 100 spa services, including Wellness Ceremonies such as The Florida Ritual. This full-service treatment uses pure Florida orange honey, oils, and plant botanicals for full-body exfoliation, plus a scalp massage and a full-body massage.

Top off your wellness-focused visit with clean, nourishing cuisine. Several local eateries—including [Bueno Ona Café](#), [Juniper Market](#), and [Bea's Fine Food and All Day Café](#),—offer menus with gluten-sensitive, vegan, vegetarian, and plant-based options.

Plan your wellness itinerary with things to do, lodging, and delicious food and drink by exploring www.floridashistoriccoast.com and its helpful trip planner.

[Click here](#) to access accompanying images. Case sensitive access code is: massage

Located midway between Daytona Beach and Jacksonville, Florida's Historic Coast includes historic St. Augustine, the outstanding golf and seaside elegance of Ponte Vedra, the rural beauty of Hastings, Elkton, St. Johns, and 42 miles of pristine Atlantic beaches. Visitor Information Centers are located at 10 Castillo Drive, St. Augustine; 200 Solana Rd. Suite B, Ponte Vedra Beach; and at the St. Johns County Beach Pier Park, 350 A1A Beach Blvd., St. Augustine Beach. For advance travel information, call 1-800-653-2489 or go to the Visitors and Convention Bureau website at www.FloridasHistoricCoast.com. Check us out on social media [Instagram @FloridasHistoricCoast](#); Facebook.com/OfficialStAugustine; and [Threads @floridashistoriccoast](#)

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