

# The Atlanta Journal-Constitution

## Coastal retreats for rest, reflection and renewal

For travelers seeking a slower pace, these coastal destinations prioritize comfort, wellness and meaningful experiences.

Debussy's "Clair de Lune" does it for me every time, delivering my soul to a place of calm and balance with its soft lyrical cadence, driving out all the worldly chatter. The echoes of crashing ocean waves have the same effect.

When extra incentive is needed for drifting off to sleep or a much-needed distraction, I reach for sounds of the sea. However, when an absolute reset requires more than a song or a sound machine, I find myself on the sand.

These five destinations provide a coastal respite in addition to a personal transformation.



The atrium at Sea Island offers a peaceful retreat designed for relaxation. (Courtesy of Sea Island)

## Sea Island Resort, Georgia

In this lush sanctuary along the Golden Isles of Georgia, [Sea Island](#) can curate a [three-day itinerary](#) from sunup to sundown, prioritizing your well-being.

From early morning coffee at The Cloister to saddling up for a five-mile ride on the private beach, the itinerary moves at your pace. Explore the waterways on a kayak before an afternoon of Pilates or a group yoga class. An immersive spa day, from signature massages to holistic sessions, silences the noise.

For Ella Kent, director of spa, athletics and well-being at Sea Island, understanding the menagerie of services that unite to achieve wellness is vast and different for everyone.

“We understand that true well-being is not always just about being pampered in a spa,” she explains. “Vibrant, active aging guests seek an eclectic mix of adventure, movement, contemplation and as well as bodywork in an exceptional spa. Sea Island is perfectly suited to cater to all four and craft the perfect blend of experiences.”

This type of getaway is increasingly important to the health of everyone, she says.

“In our normal day-to-day lives, it’s almost impossible to disconnect from the demands of the day, the obligations of work and family, the noise of social media, and the expectations to be relevant and heard. What we are missing is time to reflect on our deeper purpose.”