



Balinese Wellness Spa & YOGA RETREAT

For something a little more low-key, check out Balinese Wellness Spa and Yoga Retreat in Port Aransas, a perfect getaway for snowbirds. They offer guests the option to choose between five beautiful lofts; all come with a private balcony, and some provide views of the shipping channel nearby.

Situated on lush grounds with a fountain and an abundance of tropical, local, and native plants, Balinese provides a relaxing atmosphere, down to the demeanor of the staff. “Even the employees are advised to be peaceful when outside to keep it serene for the guests. We want to portray a peaceful environment,” said Spa Manager, Shelly Bennett, who is new to the resort and loves seeing their guests leave happy and feeling well.

The focus here is on both the spa and yoga, which they offer twice a day, Tuesday through Saturday. Although they are still growing the yoga aspect of the retreat, the spa started four years ago and offers a variety of massages, scrubs, wraps, and other treatments. One of Shelly’s favorites, called Mu-Xing, uses warm bamboo and rosewood tools as part of the deep tissue massage. “Spa clients tend to not become yoga clients, but yoga clients become spa clients,” explained Shelly. “I think the biggest benefit is we have a peaceful place to escape to where you can be pampered and then go back to daily life.”

Groups of yoga enthusiasts often visit and rent all five rooms. “We try to make it a special day for them. We bring in some fruit and cheese and break out some wine and make a whole day of it,” said Shelly. With no kids or pets allowed on the grounds, it sounds like a quiet little corner of paradise.

Photos Courtesy Of: Balinese Wellness Spa & Yoga Retreat

