



## Create a wellness escape with James Villas' Holiday Resorts

Wellness means something different to all of us. For some it's having a digital detox and shutting off the outside world, to others it may be filling their itinerary with lots of activities, or even just simply a bit of pampering away from the kids.

With health and wellness at the forefront of holiday maker's minds, [James Villas](#) offer this too in a unique James way. A villa holiday by its very nature brings relaxation. It's about doing as little or as much as you want on holiday to find your happy place. It's the freedom to choose.

[Holiday Resorts](#) offer facilities on your doorstep, while still keeping the freedom and privacy of a villa. Golf courses, spas, gyms, kids clubs and much more can be found in our 55 resorts across 21 destinations – the building blocks for a wellness and spa escape holiday. This is more than just a place to stay.



## For Those Who Just Can't Keep Still

[Pine Cliffs Holiday Resort](#) in the Algarve sits on the clifftops above Falesia Beach, its' 72 acres are filled with facilities ranging from a golf course to a tennis academy. Its free of charge gym is well-equipped which is ideal for keeping fit on holiday. And while the children are occupied at kids club, the parents can enjoy treatments from the sauna and spa.



### Every taste bud catered for

Food is a big part of a wellness holiday too – knowing what you’re eating and sticking to your dietary preferences. This is where a self-catering villa comes into its own. Take the [Sun Gardens Holiday Resort](#) in Dubrovnik for example, where you can buy fresh produce from its very own supermarket in walking distance and cook it back at your kitchen or al fresco on your barbecue. It’s ideal for fussy young ones too so they don’t have to stick to the same dish on the menu. But for those days where you do fancy taking a cooking break, Sun Gardens’ 16 different food outlets should be more than enough to find something for your taste buds. And for unwinding evenings watching the sun set, cocktail and wine bars will help you raise a glass to your laid-back holiday.



### And relax...

If wellness means relaxing and massages, choose a Holiday Resort with world class spa facilities. Offering everything from facials and pedicures, to body wraps and reflexology the [Domes of Elounda Holiday Resort](#) in Crete is perfect for pampering. If that’s not enough the Turkish Baths offer a day of destressing while a yoga class can help ease your mind. Looking to keep fit? Organise a personal trainer for your stay and you’ll be leaving feeling healthy and revitalized.



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**James Villas offers 55 Holiday Resorts across 21 destinations.**

For reservations and more information please visit [www.jamesvillas.co.uk](http://www.jamesvillas.co.uk) call 0800 074 0122 or email [reservations@jamesvillas.co.uk](mailto:reservations@jamesvillas.co.uk).

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For further press information please contact one of the James Villas PR team at [pr@jamesvillas.co.uk](mailto:pr@jamesvillas.co.uk).