

Spa | Fitness

## 9 Wellness Trips to Take to When You Have a Summer Friday

Liz Ritter , Executive Managing Editor | August 01, 2017

Tis the season for vacation, but between time moving too fast and **sky-high temps**, it's also a series of months where you have to make some moves quickly before they get away from you (yes, fall, we see you sneaking up on us). Here are the best get-back-in balance places to go when you have 2.5 days and want to do wellness right.

### **Destination: Grand Fiesta Americana Coral Beach Cancun**

Poor Cancun. After the Spring Break years, we sort of threw you to the sidelines. Yet, you have beautiful beaches, so much sun and you never break the bank. And no spa does it better than the Grand Fiesta Americana Coral Beach Cancun for those of us who are well beyond college-age and appreciate a show-stopping spa. Gorgeous rooms, all-inclusive amenities and very large water and pool features make you A-plus in our book; private steam, pool and yoga areas, bonus features like **tequila tasting** (yes, there's even classes that will tell the tales of its benefits!) and serious seven-step massage offerings at the impressive Gem Spa make you a destination where we wouldn't dream of going off-property.

