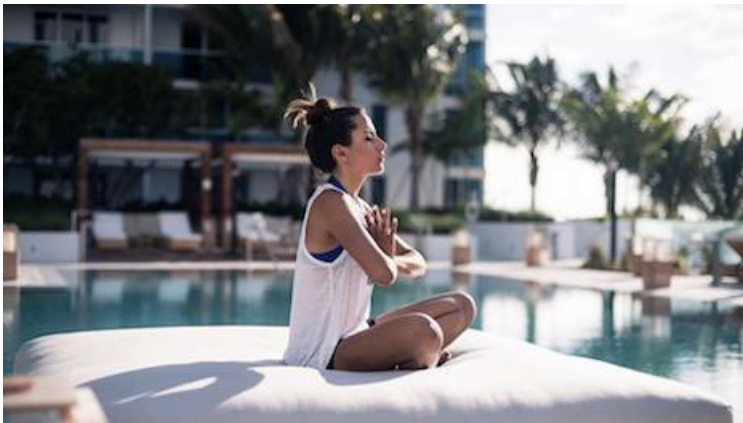


MEDIA/PUBLISHING

Robb Report speaks to wellness trends with retreat

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1 Hotel South Beach is serving as the backdrop for Robb Report's retreat. Image credit: 1 Hotels

By STAFF REPORTS

Lifestyle publication *Robb Report* is embracing the "health is wealth" mindset by hosting a wellness weekend in Miami Beach, FL.

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The magazine's third annual Health & Wellness Experience will take place from March 15 to 18, allowing participants to take in keynotes, workshops and workouts. Reflecting affluent's growing interest in fitness and wellbeing, *Robb Report's* event showcases a key part of today's luxury lifestyle.

Wellness retreat

Robb Report is hosting its Health & Wellness Experience at 1 Hotel South Beach. The 5-star property is part of Starwood Capital's eco-friendly chain, with natural touches such as a farm stand in the lobby and driftwood design details.

Starting the weekend will be a welcome dinner and keynote by David Asprey, the CEO and founder of Bulletproof. The executive will discuss biohacking, the concept of rewiring one's body for better health.

The following morning, guests will be able to choose from a number of wakeup activities, such as meditation or workouts. After taking in health talks, including a session by the Mayo Clinic's Dr. Donald Hensrud participants will be able to get one-on-one coaching from Dr. Param Dedhia, Canyon Ranch's director of sleep medicine.

That afternoon, guests can take part in a number of fitness activities such as paddleboarding or a private Soul Cycle class.

Among the experts participating are celebrity trainer Steve Jordan, former pro boxer George Foreman III and Pilates guru Erika Bloom.

Rounding out the weekend will be cooking classes from chef Matthew Kenney, who is behind 1 Hotels' restaurant, and activities such as spa treatments or bio-organic wine tastings.



Spa at 1 Hotel South Beach. Image credit: 1 Hotels

Technogym will be on hand at a Luxury Lounge to showcase its equipment and provide tips for active sitting. The company is also hosting workout sessions where guests can try out its heart-centric training program Teambeats.

"We've seen a growing awareness nationally that good health remains our greatest individual wealth," said Janice O'Leary, health & wellness editor at *Robb Report*, in a statement. "This year at our event, we're excited to introduce new ways for attendees to reach optimal wellness through the latest medical research, lifestyle changes, and cutting-edge technology.

"This is an opportunity to not just hear the talk about longevity but also walk the walkliterally," she said.

Magazines are expanding their offerings to live events, bringing their content and editorial voice off the page.

Hearst-owned men's lifestyle publication Esquire took over a London townhouse to illustrate the convergence point of style and substance.

In partnership with French apparel house Christian Dior, the four-day event series took place in a townhouse at 10-11 Carlton House Terrace in Central London's St. James district. The Esquire Townhouse's program included live interviews, activities, exclusive screenings and masterclasses geared toward Esquire's discerning, stylish male readership ([see story](#)).

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