



Launch of Discover Recover Holidays to Combine Wellness with Culture.

Exclusive new holiday collection from Health and Fitness Travel

Health and Fitness Travel, the leading specialists in wellness holidays worldwide launch their new Discover Recover Holidays created for clients looking to combine the perfect health and fitness holiday with the very best in local culture whilst discovering the country. Choose your ideal destination from India to Italy and Costa Rica to Croatia.

Cultural awareness is an essential part of the ultimate wellness experience, stimulating the mind and enriching the soul. Discover Recover meets this growing trend by combining the benefits of exploring different cultures whilst staying healthy and active.

Begin your healthy holiday by choosing from an inspiring range of hand-crafted excursions and tours to experience the country, traditions, mix with the local people and admire breath-taking views. These could include boat cruises, safaris, cycling tours and rainforest hikes. Discover Recover offers you complete flexibility to choose which enlightening excursions you'd like to go on to give you a true insight into your chosen destination.

After making cultural discoveries, recover on a tailor-made wellness holiday with luxurious daily spa treatments, relaxation therapies, exercise and healthy cuisine; all tailored towards your own personal needs. Choose from a range of holistic treatments, fitness classes and outdoor sports ranging from yoga and beach boxing to cycling and paddle boarding. Solo travellers can meet like-minded individuals on group tours and experience single friendly hospitality, whilst couples and groups of friends can seek a deeper bond over new discoveries.

A Discover Recover holiday ensures that you end your trip with a learned travel experience whilst feeling totally rejuvenated in both mind and body. Prices depend upon the length of stay and the choice of excursions and wellness holiday, which are all totally flexible.

For more information visit: www.healthandfitnesstravel.com.au/discover-recover-holidays

For advice, guidance and booking visit www.healthandfitnesstravel.com.au or call 1300 551 353

Contacts

Samantha Lippiatt

0400847673

mailto: press@healthandfitnesstravel.com.au