

# Health & Wellness

## IN SARASOTA COUNTY

No need for a vacation from your vacation when you visit Sarasota County. Here you'll find your Om, revive yourself, and leave feeling refreshed! Yoga is particularly popular, and classes can be taken on the beach, at a brewery, at sunset, and even with tigers at Big Cat Habitat. Those who are looking for true Zen will find full-service spas at luxury hotels such as The Ritz-Carlton and The Westin. Visitors looking for specific treatments or walk-in appointments can visit a variety of specialty salons and locally owned day spas.



### Health & Wellness Highlights

- Siesta Beach sand is 99% quartz-crystal, it's so fine when you walk on it, it squeaks. Enjoy the benefits of salt therapy at two local treatment centers.
- Participate in free outdoor fitness classes, including boot camp, Zumba, and yoga at The Bay Park.
- Sarasota Memorial Hospital ranks among the World's Best Hospitals by Newsweek.
- Sarasota County is home to several spiritual stores, including Pixie Dust Metaphysical Boutique, where you can shop, have readings, and take classes.
- There are 11 farmers' markets throughout the county, with many of them happening all year long.
- Warm Mineral Springs' water is 85 degrees year-round and contains 51 minerals.
- Many restaurants offer plant-based, raw, gluten-free, and organic dietary options.



Nathan Benderson Park



Sarasota Farmers Market