

# Health & Wellness

## IN SARASOTA COUNTY

Wellness comes naturally in Sarasota County, where pristine beaches, scenic waterways, and year-round sunshine create the perfect setting to recharge and reconnect. Start the day with beachfront yoga, paddle through mangrove tunnels, bike The Legacy Trail, or find mindfulness in the region's parks, gardens, and nature preserves. For deeper relaxation, luxury resorts including The Ritz-Carlton, Sarasota, The St. Regis Longboat Key Resort, The Resort at Longboat Key Club, and The Westin Sarasota offer world-class spa experiences, while locally owned wellness studios and day spas provide personalized treatments inspired by the Gulf Coast lifestyle.

### Health & Wellness Highlights

- Siesta Beach sand is 99% quartz-crystal, and stays cool to the touch year-round.
- Recognized among Newsweek's World's Best Hospitals for the eighth consecutive year in 2026, Sarasota Memorial Hospital reflects the high standard of care that contributes to Sarasota County's exceptional quality of life.
- More than a dozen farmers markets across Sarasota County—from Sarasota and Venice to Siesta Key, Lakewood Ranch, Osprey, Englewood, and Wellen Park—showcase the region's agricultural heritage through fresh produce, local seafood, artisanal products, and handcrafted goods.
- With soothing 85-degree waters and 51 naturally occurring minerals, Warm Mineral Springs has long been a destination for wellness seekers looking to unwind, recharge, and enjoy one of Florida's most unique natural attractions.
- The Bay's 53-acre waterfront campus has become a hub for outdoor wellness, offering free yoga, fitness classes, meditation sessions, walking trails, and opportunities to connect with nature along Sarasota Bay.
- With more than 35 miles of coastline, miles of multi-use trails, and year-round access to paddling, cycling, swimming, and beach fitness, Sarasota County makes it easy for visitors to incorporate movement and wellness into every day of their stay.



The Legacy Trail