



THE RITZ - CARLTON

AMELIA ISLAND

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RESET AND RENEW AT THE RITZ-CARLTON, AMELIA ISLAND

The ultimate destination for an invigorating winter beach getaway, the property helps guests reconnect through nature, wellness and culinary experiences

AMELIA ISLAND, FL (December 2022) – Located on a secluded barrier island of unspoiled coastal beauty, The Ritz-Carlton, Amelia Island takes on a new purpose in the winter. Nationally recognized for its spring and summer beach getaways, in the cooler months, Amelia Island becomes a unique winter beach destination, poised to help guests dive into a soothing, only-found-here experience and embrace the beauty of nature.

“There’s truly no place like Amelia Island in the winter. From the crashing waves and endless outdoor activities, guests find it quite the respite,” says Greg Cook, General Manager. “Less crowds and mild temperatures coupled with the resort’s connection to nature, we are the perfect getaway for guests for healing and recharging this winter.”

The winter beach is known for its healing properties, and what better way to refresh for the new year than by finding a sense of grounding in nature. With four state parks, rivers and 13 miles of pristine barrier island beach, there is much to explore to escape everyday life. The property offers daily activities like guided nature walks each morning by the Resort Naturalists, where guests explore the beauty of the surrounding beach and dune ecosystems. Another being the nightly Fire in the Dunes experience, where guests can cozy up outside by a beach bonfire, reflect on the day while making smores and take in the beauty and sounds of the ocean by night.

The Spa at The Ritz-Carlton, Amelia Island is another escape for visiting guests. Particularly notable experiences include the Ocean Healing Treatment, a treatment that summons the restorative properties of the sea, and includes a therapeutic bath to stimulate circulation in preparation for a vigorous sea salt exfoliation, followed by a warm salt stone massage to instill deep relaxation. Another truly transformative offering includes the property’s private and group meditation retreats that allow guests to find their personal harmony using wellness techniques

designed to disconnect from the busy mind. Focusing on both the body and mind, these retreats lead guests through educational classes, meditation and yoga practices that teach them how to deepen their meditation skills at their own pace and nurture them in daily life. Combined with daily spa treatments and the property's inspiring location for a personal sense of peace, guests will leave feeling refreshed and ready to take on the outside world.

And with a true connection to all the senses, the resort's award-winning culinary program focuses on utilizing elemental ingredients in unique ways that nourish the body and take guests on a journey of culinary discovery. Boasting four locally-inspired restaurants, Salt, Coast, Coquina and Tidewater Grill, guests will enjoy endless options of fresh seafood, locally sourced ingredients and dishes authentic to the region. Not to be missed are the artfully designed dishes of Chef Okan Kizilbayir, formerly of 3-Michelin Star, Le Bernardin, whose creations are extraordinary in composition and presentation. Guests can experience his culinary mastery through the nightly tasting menu at Salt Restaurant, by reserving a Chef's Table experience for a magical evening seated in the heart of his kitchen and indulging in eight courses paired with wine, or by participating in the property's monthly Chef's Theaters - an intimate and interactive culinary adventure designed by Chef who takes guests through the creation of two entrees and a dessert, and teaches guests about recipes, technique, ingredients and cuisine history along the way.

For more information about The Ritz-Carlton, Amelia Island, please visit www.ritzcarlton.com/ameliaisland or call your professional travel agent.

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About The Ritz-Carlton, Amelia Island: The Ritz-Carlton, Amelia Island is Northeast Florida's premier oceanfront resort located on a remote barrier island. Known for its unique natural beauty and warm Southern charm, the luxury resort has received two Five Diamonds for lodging and the award-winning restaurant, Salt for many years. New restaurant Coquina offers casual, fresh dining outdoors, and Coast is known for its seafood-centric fare. The Ritz-Carlton Spa, Amelia Island, has been named one of the top spas in the world by the readers of Condé Nast Traveler and offers a holistic wellness program. Featured amenities include three pools, on-site golf, fitness center, tennis, children's recreational programs, a Barrier Island Beach Ecology program, designer boutiques, and 446 renovated guest rooms, each with a private balcony and a view of the Atlantic coastline. For reservations, please call The Ritz-Carlton toll-free at (800) 241-3333 or visit www.ritzcarlton.com/ameliaisland. For information on The Ritz-Carlton Company visit www.ritzcarlton.com.

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