

COURANT

SOUTH FLORIDA'S ART & SOUL

The ESCAPE EDIT

DESIGN, DECADENCE, AND
FIVE-STAR STAYS—NO FLIGHT
REQUIRED.

RETRO REMIX

New spots, old icons—
South Beach reclaims
the spotlight.

THE SUITE LIFE

Old-school glam meets
modern indulgence at
the Goodtime Hotel.

GALLERY LIVING

Murals, masterworks,
and Miami's next real
estate icon.

STAR POWER

Meet the bold
personalities shaping
the city's future.

TRAVEL

In GOOD Company

By *Jenny Starr Perez*

THESE THOUGHTFULLY
DESIGNED ESCAPES ARE
EQUALLY EMPOWERING
AND SERENE FOR THE

**SOLO WOMEN TRAVELERS
SEEKING MORE THAN A
VACATION.**

If "The White Lotus" taught us anything, it's that luxury travel can be complicated—especially when your plus-one is unraveling faster than a suitcase zipper. But what if the only drama on your itinerary was choosing between sunrise yoga or an afternoon soak? A growing number of women are trading in chaotic group getaways for solo or small-group escapes that prioritize serenity over spectacle.

According to a recent Future Partners study, nearly 40 percent of women are planning to travel alone in 2025—an 8 percent increase from the previous year. The message is clear: women aren't waiting for permission, alignment, or someone else's calendar. Whether the motivation is self-reflection, adventure, or the sheer bliss of being on your own schedule, these thoughtfully designed destinations are reimagining what it means to get away.

From sacred Himalayan retreats and eco-luxury lodges in Costa Rica to St. Lucian coves and bespoke journeys across Iceland, these places don't just welcome women travelers—they were designed with them in mind.

ANANDA IN THE HIMALAYAS, India



India's lush Himalayan foothills offer more than breathtaking views—they offer rebirth. Ananda in the Himalayas, set on a 100-acre estate that once housed a maharaja's palace, is an intentional sanctuary for women seeking solace, strength, or both. With over half of its guests traveling solo, the resort caters to a deeply personal journey of wellness with programs that tap into Ayurveda, yoga, and meditation.

Ananda doesn't merely accommodate the female traveler—it reveres her. The estate's spiritual heritage is palpable, anchored by the legacy of Ma Anandamayi, a revered Indian saint whose temple still graces the property. Programs tackle women's health holistically, with specialized support for hormonal health, fertility, and menopause—areas too often ignored in traditional wellness spaces.

With accolades as the world's top wellness retreat, and two and a half decades of transformative care behind it, Ananda provides a truly sacred space for realignment. A trip here doesn't just promise relaxation; it delivers a soulful return to self.

anandaspa.com

TRAVEL

HOTEL BELMAR Costa Rica



Solo travel doesn't always mean solitude. In the Monteverde cloud forest of Costa Rica, Hotel Belmar offers quietude without isolation. This carbon-neutral, family-owned lodge understands the art of slow travel. Here, days begin with yoga and end with organic meals sourced from the hotel's regenerative farm. Guided forest immersions and hikes through the property's private SAVA reserve provide a framework for those seeking both adventure and safety.

What sets Hotel Belmar apart is its authenticity. It doesn't sell wellness—it lives it. Women drawn to eco-conscious living will feel at home among the lush canopies and sustainability-first ethos. With curated experiences rooted in Costa Rican heritage, it's the kind of place where you reconnect with nature and, not coincidentally, with yourself.

hotelbelmar.net

CALABASH COVE RESORT & SPA Saint Lucia



Traveling solo doesn't have to mean going it alone. For women looking for ease, safety, and indulgence, Calabash Cove on the shores of Saint Lucia delivers a rare balance. The adults-only, all-inclusive resort features just 26 rooms, making it a hideaway that feels exclusive and familiar at once.

Each villa opens to Bonaire Bay, and guests can kayak or paddleboard from shore, or simply luxuriate in the resort's Ti Spa. Treatments incorporate local ingredients—think papaya body scrubs and St. Lucian coffee exfoliants—alongside European techniques. The vegan menu and spa sampler experience round out the holistic approach.

Calabash Cove invites solo female guests to be still, to explore, or to socialize—all without compromising on comfort or safety. And in a world that often asks women to choose between those things, that feels quietly radical.

calabashcove.com



Photography is courtesy of Ananda in the Himalayas, Hotel Belmar, Calabash Cove Resort and Spa, Naya Traveler, and Bettija Hotels.

TRAVEL

NAYA TRAVELER Iceland



For women craving adventure with edge, Naya Traveler's women-only Icelandic journey proves that luxury and wilderness can absolutely co-exist. With a female-led team curating everything from culinary tours in Reykjavik to private glacier hikes and Sky Lagoon dips, the experience is equal parts elemental and elevated.

What's remarkable about Naya isn't just its itineraries, but its ethos. The boutique travel company is women-owned, women-operated, and thoroughly intentional in its approach. The team crafts experiences that are culturally immersive, visually stunning, and emotionally resonant. And through December 2025, Naya is offering 10 percent off for solo and small-group female travelers.

This is travel with purpose, curated by women who understand how transformative movement across the globe—and inward—can be for the soul.

nayatraveler.com

BETTOJA HOTELS Italy



Rome is a solo travel classic for a reason. The streets are a museum, the meals are meditative, and the people-watching? Sublime. For women visiting the Eternal City, the family-owned Bettoja Hotels offer three charming options located just steps from Termini Station—ideal for hopping between day trips and historical landmarks.

Hotel Mediterraneo, Hotel Massimo d'Azeglio, and Hotel Atlantico all offer old-world charm with modern convenience, while the in-house restaurant at Massimo d'Azeglio creates a special menu for International Women's Day each year. For women traveling with an appetite for culture and cuisine, Bettoja's warm hospitality makes for a perfect Roman holiday.

bettohotels.it



PRIMO

Where fire made the land,
and the land made the wine.



Ruby red. Wild. Mineral. Alive.

Born in the volcanic hills of Colli Euganei, Veneto — a DOC region in Northern Italy — PRIMO is a bold, small-batch expression of Cabernet Sauvignon, Merlot, and Cabernet Franc. Hand-harvested. Cement-aged. Just 1,350 bottles crafted. Unmistakably Italian.

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