

October 11 - 15, 2026

5 DAYS, 4 NIGHTS

ARIZONA - SEDONA

(WELLNESS WITH A TWIST EXPERIENCE)



Wellness with a Twist by Sisters Traveling Solo

Offers a refreshing spin on the traditional retreat. These experiences are designed for women who crave rest and relaxation—but with a little extra flavor. Think scenic hikes, campfire dinners, spa sessions, and wine tastings all wrapped into one unforgettable escape. Whether you're a seasoned solo traveler or just need a break from your everyday routine, these wellness-focused trips deliver peace, play, and plenty of Instagram-worthy moments.

Overview



Arizona Overview

Arizona is a state defined by contrast—sun-drenched deserts, snow-capped mountains, sprawling canyons, and soulful sunsets that stop you in your tracks. From the world-famous **Grand Canyon** to the cactus-covered landscapes of the Sonoran Desert, Arizona offers a little bit of everything for every kind of traveler. Whether you're seeking outdoor adventure, cultural immersion, or peaceful restoration, you'll find it here. Rich in Indigenous history, natural beauty, and small-town charm, Arizona invites you to slow down, take it all in, and reconnect—with the land, your spirit, and your sense of wonder.

Sedona Overview

Tucked between towering red rock formations and endless blue skies, **Sedona** is Arizona's spiritual heart—a place where natural beauty and soulful energy meet. Known for its vibrant vortex sites, scenic trails, and breathtaking sunsets, Sedona is a destination that speaks to both adventure seekers and soul searchers alike. With a landscape that looks like it's been painted by hand and a calming energy that can be felt the moment you arrive, Sedona offers the perfect blend of **wellness, culture, and outdoor exploration**. Whether you're hiking through canyons, enjoying a massage infused with local oils, or simply watching the sky turn gold, Sedona doesn't just inspire—it transforms.



General Information:

CURRENCY:	US Dollar
CURRENT EXCHANGE RATE:	n/a
AIRPORT CODE(S):	Arrival: Flagstaff Pulliam Airport (FLG) Depart: Flagstaff Pulliam Airport (FLG)
PASSPORT REQUIREMENTS:	Review passport requirements https://travel.state.gov/
VISA REQUIRED?	Check www.visahunter.com
HISTORICAL WEATHER TEMPERATURE	71°F - 87°F

Tentative Itinerary



DAY 1 - ARRIVAL

Arrive in Sedona and make your way to your glamping accommodations nestled among the desert landscapes. After check-in, take time to settle into your luxury tent, breathe in the crisp canyon air, and enjoy the natural beauty that surrounds you. In the evening, we'll come together for a cozy Welcome Dinner where you'll meet your fellow travelers, get an overview of the adventure ahead, and enjoy a warm meal under the stars.

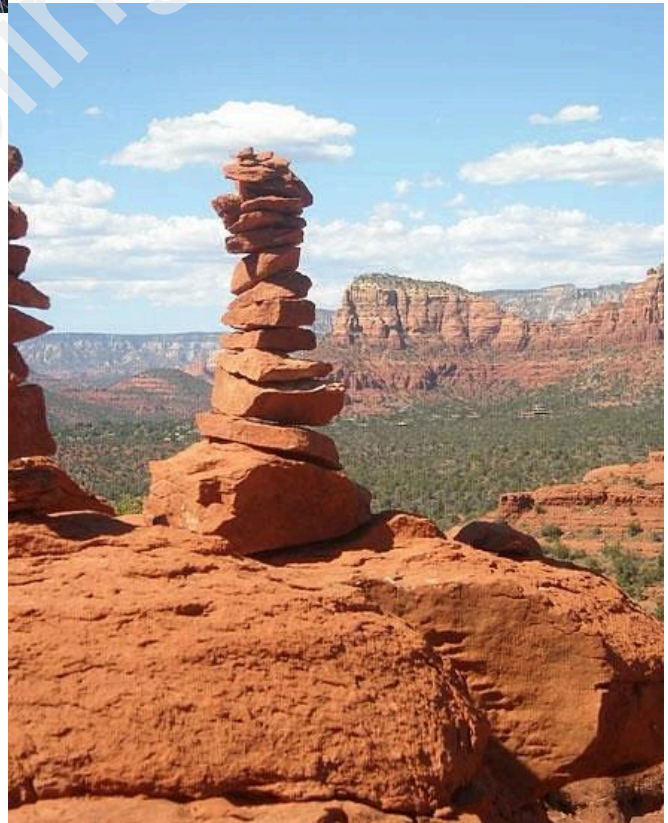
Meal(s) Included: Dinner
Hotel Check-In: 3 PM local time.

DAY 2 - RED ROCK TRAIL

Start the day with a guided easy to moderate hike through Sedona's breathtaking red rock trails. With sweeping views and peaceful pauses for reflection, it's the perfect way to connect with nature and yourself.

The afternoon is open for you to rest, explore, or enjoy quiet moments on your own. Optional group dinner recommendations will be available.

Meal(s) Included: Breakfast





DAY 3 - QUIET HAVEN MASSAGE + WINE TASTING

Begin your day in stillness before indulging in the Quiet Haven Relaxation Massage—a 60-minute full-body experience designed for stress relief, improved circulation, and total calm. This treatment includes your choice of healing oils:

- **Sedona Forest** – A grounding blend of Juniper, Cedar, Holy Sage, Cypress & Palo Santo
- **Black Seed** – Known for detoxifying and anti-inflammatory properties
- **Sunflower** – Unscented, gentle, and ideal for sensitive skin

In the afternoon, enjoy a wine tasting & scenic tour exploring Arizona's wine region and surrounding landscapes. Sip regional wines in Old Town Cottonwood, take in sweeping views, and stroll the historic hillside town of Jerome—where culture, charm, and great photo ops await.

Meal(s) Included: Breakfast

DAY 4 - Off-Road Jeep Tour + Farewell

Embrace your adventurous side with a **scenic off-road Jeep tour** through Sedona's rugged red rock landscape. Journey along dramatic trails with stops at iconic viewpoints like Submarine Rock or Chicken Point.

That evening, close out your experience with a **Farewell Dinner**—a chance to reflect, celebrate, and share one final meal together before departure.

Meal(s) Included: Breakfast, Dinner

DAY 5 - DEPART ARIZONA

Your journey in Arizona concludes today. Reflect on the memories and friendships forged over the past days as you prepare for departure. Safe travels, and may Japan's spirit accompany you home. **Meal(s) Included:** Breakfast

Hotel Accommodations (4-Nights): This experience includes a 4-night stay at a beautifully appointed hotel in Sedona. Designed for comfort and relaxation, each room includes premium linens, a private ensuite bathroom.

Red Rock Hike: Take in the beauty of Sedona's iconic landscape with a guided easy to moderate hike. Explore scenic overlooks, experience the grounding energy of the desert, and enjoy moments of reflection along the way.

Quiet Haven Relaxation Massage: Enjoy a 60-minute full-body massage designed for stress reduction, sleep support, and improved circulation. This treatment includes 30 minutes of reflexology.

Wine Tasting & Scenic Tour: Spend the afternoon exploring Arizona's wine country and surrounding landscapes. This experience includes wine tasting in Old Town Cottonwood and a scenic visit to Jerome, a historic hillside town known for panoramic views, quirky shops, and artistic charm. *Wine and food not included.*

Jeep Off-Road Adventure: Experience the thrill of Sedona's rugged red rock terrain on a guided off-road Jeep tour. Travel across scenic trails and enjoy breathtaking stops at locations like Submarine Rock and Chicken Point.

Welcome Dinner Experience: Kick off your weekend with a warm and inviting group dinner at a local Sedona restaurant. This first night is all about connection, conversation, and setting intentions for the days ahead.

Farewell Dinner Experience: Celebrate your final night with a relaxing farewell dinner surrounded by Sedona's beauty. A time to reflect, share, and close out your journey with good food and great company.

Meals Included: Meals as listed in the above itinerary.

Tours & Activities: Tours and activities as listed in the trip itinerary.

What's NOT Included: International or domestic flights, gratuity, travel visa, travel insurance, airport transfers, or any other cost not listed in the "what's included" section.