

ONE&ONLY PALMILLA AND LAIRD APPAREL INTRODUCE EXCLUSIVE HEALTH, WELLNESS & ADVENTURE EXPERIENCE

Iconic Los Cabos Resort to Offer One-of-a-Kind Weekend of Activities Hosted By Big Wave Surfer Laird Hamilton and Fitness Expert Gabrielle Reece



New York and Los Angeles (May 10, 2016) –

One&Only Resorts and Laird Apparel announce their health, wellness, and adventure experience offered this summer exclusively at One&Only Palmilla in Los Cabos. Hosted by big-wave surfer and renowned waterman Laird Hamilton and fitness expert and Olympic beach volleyball champion Gabrielle Reece, guests will have the opportunity to be part of a health

and wellness adventure in one of the world's most beautiful destinations. From stand-up paddle board training by Laird Hamilton and Team USA SUP Racer and Surfer Chuck Glynn, to HIGH-X explosive circuit training and conditioning with Gabrielle Reece and Team USA Olympian Erin MacKenzie, the four-day weekend is designed to challenge guest's mind, body, and spirit.

The exclusive "Live Life Alive" experience includes:

- Three-night, four-day accommodations in an ocean front room at the ultra-luxury resort, One&Only Palmilla in Los Cabos, Mexico.
- HIGH-X explosive circuit training, a high-intensity conditioning program designed to burn fat, build muscle and optimize hormone and physiological responses to exercise, by Gabrielle Reece and Team USA Olympian Erin MacKenzie.
- XPT pool training, a high-intensity water workout with breathing exercises and rejuvenating heat and ice routines, by Laird Hamilton and Endurance Champion Brian MacKenzie.
- Stand-up paddle training by Laird Hamilton and Team USA SUP Racer and Surfer Chuck Glynn.
- Daily nutrition program of custom-designed menus by world-renowned Chef Larbi Dahrouch and Chef Yoshi Akaike at Agua by Larbi and One&Only Lounge.
- Welcome dinner with Laird Hamilton and friends.



RESORTS



- Complimentary three-piece weekend fitness outfits supplied by Laird Apparel and Eden Activewear.

The “Live Life Alive” experience is offered from June 10-13, 2016, starting at \$2,747 for one person or \$3,900 for two people. To book, please contact resort reservations at 888-691-8081 or via email at reservations@oneandonlypalmilla.com.

In January 2016, One&Only Resorts became the exclusive resort launch partner of the newly-debuted Laird Apparel, a collection of functional, technically crafted, performance-based apparel. The Laird Apparel collection will expand to additional One&Only Resorts in the upcoming months.

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About One&Only

Created exclusively for the ultra-luxury market, One&Only is conceived as a hallmark of excellence. Set in some of the most beautiful locales in the world, each award-winning resort offers guests a distinctive style and personality borne of its local culture, a genuine hospitality and a lively energy that is unrivalled. One&Only has recently announced the expansion of the portfolio with the inclusion of Nature Resorts, Urban Resorts and Private Homes. These new experiences will complement the existing resort collection including One&Only Reethi Rah in the Maldives; One&Only Le Saint Géran in Mauritius; One&Only Royal Mirage and One&Only The Palm in Dubai; One&Only Ocean Club in The Bahamas, One&Only Palmilla in Los Cabos, Mexico, One&Only Cape Town in South Africa and One&Only Hayman Island, Great Barrier Reef and Emirates One&Only Wolgan Valley in The Blue Mountains in Australia. As part of the new portfolio, One&Only has announced the opening of One&Only Nyungwe House in 2017 and One&Only Gorilla’s Nest; both located in Rwanda. Other resorts in development include One&Only Sanya, Hainan, China; One&Only Portonovi in Montenegro, which will be the first property for the collection in Europe, One&Only Seef in Bahrain and two new resorts in Puerto Vallarta, Mexico, One&Only Mandarin and One&Only Santa Maria de Xala. More information on One&Only is available at oneandonlyresorts.com

About Laird Apparel

Laird Apparel LLC is a collection of functional, technically crafted, performance-based products comprised of three collections: Off Shore, Fitness and Lifestyle. The apparel line, created by big-wave surfer, renowned waterman and fitness expert Laird Hamilton, includes board and fitness shorts, hybrid surf and polo shirts, fitness and studio pants, premium and graphic tees and technical hoodie jackets at price points ranging from \$30.00-\$120.00. Laird Apparel is available online at www.lairdapparel.com.

One&Only
RESORTS

Ron Robinson in Santa
Monica and Melrose

locations, and Tarsan SUP in Redondo Beach, CA. For more information please visit
the Laird Apparel [Instagram](#), [Facebook](#) and [Twitter](#).

