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## Alpharetta Invites Visitors To Relax, Reset And Recharge For The New Year

**ALPHARETTA, GA - (Jan. 6, 2021)** – The beginning of a new year marks the kickoff of Alpharetta Convention and Visitors Bureau’s tourism campaign titled “[Relax, Reset & Recharge In Alpharetta, GA](#)” to celebrate the city’s abundance of wellness and self-care focused activities and experiences.



Alpharetta is the perfect destination to refuel visitor’s bodies, minds, spirits and souls. Whether travelers are looking to rejuvenate physically, mentally or just kick start a healthier lifestyle, Alpharetta offers rejuvenating spa treatments, plenty of outdoor and fitness opportunities, retail therapy, healthy cuisine and creative therapies to put self-care and health at the center of their travel experience.

### Spas and Wellness Centers

For anyone looking to recharge, Alpharetta is home to more than 20 world class spas and wellness centers that are perfect for a relaxing day, afternoon or just a rejuvenating hour. Alpharetta’s spas provide services ranging from traditional such as hot stone massages and facials to out-of-the-box offerings like cryotherapy and halotherapy. The city also has over a dozen upscale salons and barbers that can do everything from blowouts to a fresh shave to get anyone glam-ready for a night on the town. There are so many ways guests can find their “ahhhh” moment in Alpharetta.

### Fitness Experiences

From yoga to kickboxing and everything in between, Alpharetta has more than 15 fitness facilities to keep visitor’s exercise goals on track while on the road. Many of the studios allow for drop-in, one-time fitness classes that appeal to out-of-town guests. With award-winning parks, green space galore, and nature paths to explore, Alpharetta’s free outdoor fitness and sport activities offer something for everyone without opening their wallet. Free outdoor exercise equipment can be found inside Wills Park or next

door to Avalon. Brooke Street Park, Wills Park Recreation Center and Avalon also schedule free yoga classes throughout the year.

### [Retail Therapy](#)

Everyone will be trail-ready or prepared to hit the gym with Alpharetta sport and fitness-focused shops such as Lululemon, Athleta, High Country Outfitters, Alpharetta Outfitters, Mountain High Outfitters, REI and more. The city's abundant shopping scene with more than 250 shops in three distinct shopping districts will cure anyone needing pure retail therapy in their life.

### [Healthy Dining and Culinary Experiences](#)

In Alpharetta, diners don't have to sacrifice flavor for health. With over 200 dining options and culinary experiences, the delicious and good-for-you food possibilities are endless. Epicureans will also be happy to find two cooking schools including Publix Aprons Cooking School and William Sonoma to try hands-on workshops with health-filled dishes to cook up. A full list of Alpharetta's healthier dining options can be found at [https://www.awesomealpharetta.com/dine/?fwp\\_cuisine=healthier-dining](https://www.awesomealpharetta.com/dine/?fwp_cuisine=healthier-dining).

### [Creative Therapies](#)

Living well means so much more than working up a good sweat or practicing mindfulness. Visitors can stir their creative soul through art, music and theater in Alpharetta. With several performing arts venues and hands-on art experiences, Alpharetta has something for every artistic spirit. Theater lovers can engage in a performance at the award-winning ACT1 Theatre, a local troupe striving to provide wholesome fellowship and entertainment to the community. Budding Picasso's will enjoy cocktails with friends while painting a new masterpiece at Painting with a Twist or Sis + Moon's Treehouse. Pottery painting at All Fired Up or Artrageous Potter makes for a fun night out for the entire group. Year-round indoor concerts are always a hit at the private acoustic "living room" setting of The Velvet Note. Many of Alpharetta's restaurants, bars and breweries also host live music in the evenings throughout the week. A full list of up-to-date art events and performances can be found at: <https://www.awesomealpharetta.com/calendar/>

"A trip to Awesome Alpharetta is the ideal way for visitors to achieve their lifestyle and wellness goals for 2021," said Janet Rodgers, president and CEO of the Alpharetta Convention and Visitors Bureau. "Whether they are craving a new experience or in search of a break from the everyday, we're excited to be a destination filled with so many options for relaxing, resetting, and recharging. Our 28 modern and upscale hotels are ready and eager to pamper travelers for a wellness getaway everyone could use right now."

### [Find The Perfect Alpharetta Hotel](#)

To help with planning an Alpharetta wellness getaway, the city has over 28 modern and upscale hotels, most of which have fitness and swimming amenities on property. The awesomealpharetta.com website not only lets users book an Alpharetta hotel room directly but includes amenity icons on each hotel so they can tailor their stay to their wellness needs.

### **Alpharetta Convention and Visitors Bureau**

The Alpharetta Convention and Visitors Bureau serves as the official destination marketing organization for the city of Alpharetta, Ga. With so much to do, why not stay the weekend? Book a hotel stay at one of the Alpharetta's 28 modern and upscale hotels directly at [www.awesomealpharetta.com](http://www.awesomealpharetta.com). Alpharetta was recently named "One of the South's Friendliest Cities" by Southern Living Magazine and "One of the Best Places to Visit in Georgia" by Vacationidea.com.

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