



LOVE U Retreat

Q&A - October 13 - 16, 2022

Q: What are COVID guidelines for traveling to Mexico?

A: As of now, Mexico does not require a COVID test or proof of vaccination prior to traveling to Mexico.

Likewise, the United States no longer requires proof of a negative COVID test prior to reentry to the U.S.

Please check [COVID-19 Travel Information \(state.gov\)](#) prior to our retreat to get updated travel requirements.

Q: What are COVID guidelines for the Casa Velas Resort?

A: Masks are required in all public areas of the hotel, especially when indoors and when in close proximity to other guests.

When entering a restaurant, guests are required to wear a mask until they are seated at their table. Likewise with the spa, guests are asked to wear their masks until they are settled into their treatment room.

When outdoors (by the pool, at the beach, or walking in the gardens) masks may be removed as long as distance is kept from other hotel guests.

Q: What are the COVID guidelines for the Love U Retreat?

A: During the retreat, Love U members will be asked to comply with all resort rules regarding masks and distancing.

Group dinners will be held outdoors or in open-air restaurants, so mask will not be required once you arrive at the dinner venue.

During the Group Coaching portion of the retreat, we will be indoors. Seating will be arranged with distancing in mind. We plan to be without masks during these sessions to facilitate a better connection to the subject matter and to each other. It is possible that masks may be necessary based on the changing pandemic risks, but our hope is that we can experience some normalcy during this retreat.

Q: May I share a room with another Love U Retreat attendee?

A: Yes! If you wish to share a room, each double-occupancy attendee will pay only \$3,499 (instead of \$3,999) for the 3-night retreat.

Q: Can I come early / stay later than the retreat dates?

A: As long as the hotel has space available, you are welcome to extend dates before or after the retreat. Please let us know if you wish to arrive or depart on different dates and we will assist you.