

Health, Wellness & Modern Green Living

organic spa[™]

MAGAZINE

WELLNESS TRAVEL GUIDE

165 GLOBAL RESORTS
& DESTINATIONS

► TRANSFORMATIVE TRAVEL

Serene Sri Lanka

Herbal Healing in Brazil

Zen Escapes in Vietnam

Mineral Soaks in New Mexico

+ Goat Yoga

+ *Spring Beauty Trends*

+ Modern Mocktails

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WELLNESS TRAVEL GUIDE

2018

Our Wellness Travel Guide—one of the first of its kind—offers 165 carefully curated destination spas and resorts with wellness programs, as well as thermal and mineral springs and healing waters around the globe.

- INTERNATIONAL - WELLNESS DESTINATION SPAS

ANANDA IN THE HIMALAYAS DESTINATION SPA

Located in the spectacular Himalayan foothills, Ananda Spa is truly one with nature. The Spa offers Ayurvedic wellness treatments under the eye of an Ayurvedic doctor using organically grown botanicals and the Green Team has made a deep commitment to environmental sustainability. anandaspa.com

BODY HOLIDAY

Nestled into its own private cove on miles of white sand, surrounded by acres of tropical gardens and rainforest, BodyHoliday offers what could be called a truly restorative vacation. From its world-renowned spa and unimaginable list of sports and activities to its award-winning restaurants and wine salon, the BodyHoliday in Saint Lucia strikes the right balance for those in search of a truly rejuvenating getaway. thebodyholiday.com

BÜRGENSTOCK RESORT

Following a nine-year, \$500 million renovation, the Swiss icon has been re-invented for a new generation of travelers—especially those seeking wellness. As part of the redevelopment, the four-hotel complex now features two world-class spas and a full medical center, making it one of Europe's most extensive wellness hub. buergenstock.ch

THE CHATEAU

The Chateau is designed as an organic destination wellness spa. Spa rituals evoke the European tradition, with an herbal-infused sauna and a salt grotto, for example, and the spa uses organic products in its treatments. thechateau.com.my

CHIVA-SOM INTERNATIONAL HEALTH RESORT

Chiva-Som, the holistic destination spa on the Gulf of Thailand, offers an approach to wellness, based on integrating Asian and Western therapies with the goal of balancing mind, body and spirit. Enjoy comprehensive fitness programs, spa and light medical treatments. chivasom.com

COMO SHAMBHALA ESTATE

Located near Bali, the Shambhala Estate is a "Retreat for Change" and provides a completely immersive, 360-degree well-being experience. Each program is designed for the length of stay and each delivers a comprehensive combination of meals, treatments and activities. comohotels.com

GRAN CANARIA WELLNESS

A spa for wellness and health, located in Spain, Gran Canaria Wellness hews close to the local culture, with spa and wellness offerings that rejuvenate mind, body and spirit. grancanariawellness.com

GWINGANNA LIFESTYLE RETREAT

Situated near Australia's Gold Coast, Gwinganna is a luxury boot camp in the bush. On arrival, guests visit the Wellness Therapies Cottage for a health assessment and private consultation with a naturopath. The gorgeous Asian-inspired spa offers nurturing treatments. gwinganna.com

KAMALAYA

Kamalaya's philosophy is "nurturing into health" and it does so using the freshest locally sourced ingredients in its kitchen and wellness spa. This award-winning holistic spa resort and wellness sanctuary on the idyllic Thai island of Koh Samui is known for its detox program, which offers nutritional and herbal support, and daily massage. kamalaya.com

ROTEL LONGEVITY MEDICAL CENTER & SPA

A complete package of wellness, the Kurotel has many programs to suit all guests. Weight loss, health longevity, fitness and spa are some of the choices on menu for all interested parties. Located in Brazil, it is a destination for wellness. kurotel.com.br

LIFECCLASS

The LifeClass at Portoroz Hotel in Slovenia offers guests one of the most comprehensive thermal, health and wellness programs in Europe. Equipped with modern facilities, this resort includes a centre for beauty, fitness and Ayurveda practices. lifeclass.net

THE ORCHARD

The Orchard focuses on a mindful approach to health. Experience wellness programs that draw on traditional treatments and modern medicine. Facilities include a Swiss steam room, far-infrared sauna, Kneipp foot bath, Himalayan crystal salt room and much more. orchardwellness.com

PURA VIDA RETREAT & SPA

One part Healing Hotels of the World, Pura Vida is a mountaintop resort located along the provinces of Costa Rica. Enjoy the wellness experience with an inner explanation through yoga or explore with an eco-adventure on location. puravidaspa.com

RANCHO LA PUERTA

For over 75 years, the Ranch has been an industry leader in overall wellness and fitness programming and offers more than 60 fitness classes and activities at any given time. You can also experience a specialized men's fitness program, exhilarating hikes, top-notch spa treatments and a hike and organic breakfast at the 3.5-acre organic farm. rancholapuerta.com

RICHMOND NUA WELLNESS SPA

A destination where wellness is not a trend, but an encouraged lifestyle. Located in Turkey, the Richmond Nua Wellness Spa, birthplace of Global Wellness Day, promotes the belief that peace achieved by mental, physical and spiritual harmony is a way of existence. richmondnua.com

SHA WELLNESS CLINIC

Not only is it a Mediterranean getaway, but the SHA Wellness Clinic in Alicante, Spain, is serious about its dedication to health. The wellness area blends unique Eastern healing modalities, a macrobiotic menu and cutting-edge Western medical treatments to keep guests on their path toward good health. shawellnessclinic.com