The New Age of Wellness
Holistic health trends, al fresco hot springs, and brand new spas where you can unwind and recharge.

By KATE WERTHEIMER
Ten Trends to Tune Into

Wellness seekers are going wild for all things spiritual, natural, and holistic. High-end tech treatments have given way to earthier modalities such as forest bathing and the incorporation of (truly) locally sourced ingredients. What was once purely hippie has now become haute, with some of the biggest names in wellness offering elaborate meditations, sound baths, CBD massages, and more. Whether you’re a true believer or just down to dabble, these are the top holistic health trends to try this winter.

Nature Bathing
The need to connect with the earth is so strong, people now book time in advance just to get outside. The Ranch at Rock Creek in Philipsburg, Montana, keeps it simple with guided forest bathing inspired by the Japanese practice of shinrin-yoku, using the surrounding alpine forest as a source of sensory connection and stress reduction. At Sundance Mountain Resort in Sundance, Utah, a guided walk along the Stewart Falls Trail is followed by a complimentary mineral salt foot soak. For a change of scenery, try an hour of guided canyon bathing at Mii Amo in Sedona, Arizona—or search for one of the town’s renowned energy centers on an expert-led Boynton Canyon Vortex Hike.

Rocks and Minerals
Hot stone massages are well and good, but these treatments will rock your world in a whole new way (pun obviously intended).


PETRIFIED WOOD: The Spa at Cedarbrook Lodge in Seattle uses heated, polished petrified wood hand-collected from Eastern Washington in their grounding Heated Petrified Wood Massage.

TURQUOISE: Boulders Resort & Spa in Scottsdale, Arizona, features turquoise clay in their Boulders Signature Clay Wrap; a turquoise stone is also placed on the forehead for peaceful vibes.

MINERAL SALTS: Sorrel River Ranch in Moab, Utah, boasts a blend of 72 trace minerals from the Great Salt Lake in their scrub, wrap, and massage combo, the Salt of the Earth Experience.
Sound Therapy
Heal yourself with good vibrations at Casa Madrona Hotel & Spa in Sausalito, California, during the spa’s Vibrational Sound Journey you’ll be exposed to tones from Tibetan singing bowls, tuning forks and healing frequencies (at 432 Hz) through overhead speakers, all promoting cellular regeneration. For a more traditional sound bath, try the Holistic Twilight Ceremony at the Spa at Las Ventanas in Los Cabos, Mexico, hosted in a candlelit solarium with singing crystal bowls and a sage smoke energy-cleansing ritual. At Pronghorn Resort in Bend, Oregon, gemstone-infused singing crystal bowls are complemented by chanting for a sound bath-mantra meditation combo. Feeling a little antsy? Allegretto Vineyard Resort in Paso Robles, California, is home to the world’s first sonic labyrinth, activated with motion sensors which play a series of gentle, soothing tones as you walk.

Next-level Meditations
Meditation offerings are becoming more elaborate. During the Espiritu of Baja Meditation at Solaz in Los Cabos, Mexico, guests are verbally guided through various environments in Baja—the desert, ocean, islands, and mountains, each corresponding to a distinct part of the body and spirit—then offered tea infused with the soothing Damiana plant. At C’Vana in Carefree, Arizona, guests are treated to a “floating meditation,” suspended in aerial silk ribbons while sound bowls are played to deepen the meditative state. If your practice is more practical, look for Muse headbands at resorts such as Spa Pendry in San Diego—the sleek devices use brain-sensing tech to provide real-time feedback on brain activity to help guide you into a consistent practice.

Soothing CBD
CBD is everywhere these days, and spas are no exception. At the Spa at St. Julien in Boulder, Colorado, guests can choose from one of three CBD-infused Colorado Bliss treatments: Classic massage; deep tissue massage; or a scrub, wrap, and massage combo accompanied by a tasty CBD-infused tea.

Mud Mania
Mud is on almost every spa menu this year, but we’re giving props to the OG mud-slinging capital, Calistoga, California. Solage, Auberge Resorts Collection has modernized the town’s traditional mud bath with its lavish, three-part Signature Mudslide Treatment. The mud: A mineral-rich, oil-infused mud bath (applied with the help of an attendant), enjoyed while basking in the sun. The water: A private soaking tub with healing, geo-thermal mineral waters. The rest: A state-of-the-art sound choir emitting soothing music and healing vibrations.
Sleep Therapy

Is there a more important ingredient for wellness than a good night’s sleep? Get your ZZZs with ease when you book the Tranquil Damiana Treatment at Viceroy Los Cabos. Your therapist will synchronize each movement with ASMR sleep techniques including sustained rhythms, harmonic intervals, and pulsing beats, after which you’ll be treated to a damiana flower liqueur to lull you deeper into relaxation. The Sleep Tonic Massage at Red Mountain Resort in Ivins, Utah—designed to alleviate insomnia—focuses on areas where stress pools, like the hands, feet, and abdomen, and uses a special probiotic flower-infused massage oil to calm the nervous system. Afterward, you can take the oil back to your room to incorporate into your own nighttime ritual.

Local Bounty

Lose the lavender and honey (sorry bees, still love ya) and check out some locally harvested wellness ingredients you won’t find at every other spa.

AGAVE: In the Cactus Gel Wrap and agave nectar massage oil at Rancho La Puerta in Tecate, Mexico.
PINE: In the Deep Forest Escape massage oil at The Allison (1) in Newberg, Oregon.
ALPINE ARNICA: In the Alpine Arnica Soothing Soak, along with basil, bay laurel, camphor, and rosemary, at Sun Valley Resort in Sun Valley, Idaho.
DATES: In the Coachella Date Facial at the Spa at Desert Springs, JW Marriott (3) in Palm Desert, California.
GRAPESEEDS: In the Vineyard Deja Vu treatment’s body buff and scalp treatment tea at Auberge du Soleil (2) in Rutherford, California.
SEAWEED: In the Salish Sea Vitality Series skin treatments at the Fairmont Empress Victoria on Vancouver Island, British Columbia.
HAWAIIAN TI LEAF: In the mud wrap portion of the Huki Huki treatment at the The Ritz-Carlton Residences, Waikiki Beach in Waikiki, Hawaii.

Flotation Therapy

The fanciest float around is at Amangiri, in Canyon Point, UT. Guests are immersed in body-temp water from the Dead Sea, where they can meditate or repeat a spoken mantra which will reverberate throughout the space, due to the floatation tank’s cylindrical dome (inspired by the same principles used in the Whispering Gallery of St. Paul’s Cathedral).

Authentic Ayurveda

Ayurveda’s all that again, now that Santa Monica Proper Hotel is the hip new home of Ayurvedic guru, doctor, chef, and herbalist Martha Soffer’s renowned Surya Spa. The 3,000 square-foot flagship offers Ayurvedic wellness in whatever dose you’re comfy with, from simple massages and facials to more traditional oil treatments and even personal consultations with Soffer herself. Want to go all in? Check out Surya’s signature residential Panchakarma Series, lasting anywhere from three to 21 days, with four hours of therapy per day plus an Ayurvedic lunch and dinner to keep your body nourished.
Open for Wellness
Notable and anticipated openings from big names in the hospitality game


Four Seasons Resort and Residences Napa Valley, Calistoga California. This 8-room spa will feature steam pads in which hammocks will be suspended above geothermal pools so guests can absorb the vapors. Opening early 2020.

Espacio The Jewel of Waikiki, Waikiki, Hawaii: The hotel’s luxury spa enhances traditional Hawaiian treatments like hot stone and lomi lomi with holistic add-ons such as dry brushing, bio-drainage cupping and lymphatic drainage. Opened September 2019.

Mauna Lani, Waimea, Hawaii: This newly-renovated property now under the Auberge name boasts a spa primarily using the Honua Skincare line, made with locally sourced, organic ingredients from the Big Island. Opening early 2020.

Pamper Your Pup
Some particularly pet-friendly spas offer massages for both you and your furry best friend.

At The Resort at Paws Up in Greenough, Montana, a 15-minute Wag the Tail dog massage is complimentary with any 60-minute treatment for humans. Pup massages at Tenaya Lodge at Yosemite in Fish Camp, California, (20 minutes for $40 or 50 minutes for $70) end with a paw massage and a tasty dog treat. And for the most decadent dogs, The Ritz-Carlton Bachelor Gulch in Avon, Colorado, offers a one hour Pampered Pup massage for $135, plus dog toys and special treat delivery.

PORTABLE OPTIONS
Signature oils, salts and lotions bring these fancy spas to your own space

Relaxing Pillow Spray, $12 from Mii Aro in Sedona, AZ
Liquid Gold Exclusive Ayurvedic Face Oil, $180 from Surya at Santa Monica Proper Hotel in Santa Monica, CA
Shou Bath Salts, $12 and Yuzu Body Lotion, $19 from Ten Thousand Waves in Santa Fe, NM

Bees Milk Facial Scrub, $62 from The Ranch in Malibu, CA
LakeHouse Gifts of the Garden Shea Body Butter, $45 from Lake Austin Spa Resort in Austin, TX
Hinoki Pacific Salt Body Scrub, $38 from Golden Door Resort & Spa in San Marcos, CA

FIDO-FRIENDLY VERSIONS OF OUR FAVORITE BATH PRODUCTS

Aesop Animal Skin and Fur Wash, $40; aesop.com
Kheli’s Cuddly-Coat Grooming Shampoo, $24; khelia.com
Malin+Goetz Dog Shampoo, $28; malinandgoetz.com