



## *Wellness Experiences to Plan for in 2021*

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Wellbeing experiences at Sedona's Mii amo resort range from canyon walks to all-ages yoga to HIIT boot camp.  
*Photo by Mii amo*

An alphabetical guide to blissful vacation pursuits.

Sign us up for that full-body massage or invigorating facial, but when it comes to wellness, there are so many more relaxing, indulgent, and life-changing experiences waiting to be enjoyed at a spa. Wellness is anything that fuels the mind, body, or soul, and dozens of Virtuoso hotels, tour operators, cruise lines, and destinations specialize in travel of this feel-good variety. Browse our glossary to find inspiration for your next wellness getaway – who knows, you might just fall in love with forest bathing.

### *Art for Relaxation*

The act of clearing energy blocks and unlocking creativity through artistic expression. It's a practice that often engages all of the senses. **TRY IT:** In Tucson, the 146-room [Miraval Arizona Resort & Spa](#) offers classes in photography, jewelry making (with chakra-balancing gemstones), painting, and even finger

painting using a live horse as the canvas. • Sign up for the creative-arts track during a stay at [Texas](#)' nature-focused, 40-room [Lake Austin Spa Resort](#) and you'll dabble in watercolor painting, collage crafting, and bracelet making.

### *Bali*

A verdant [Indonesian island](#) that many wellness pilgrims proclaim as a center of healing and balance (especially around the rain forests and rice fields of Ubud). **TRY IT:** Before embarking on a Bali passage with [Oceania Cruises](#), travelers should consider a four-day pre-cruise land program on the island. Activities include visiting an artisanal batik clothing factory, paying respects at the sixteenth-century Tanah Lot Temple (located on a dramatic outcrop of black lava), or taking a tour of green rice fields. • Near Ubud, the 30-room [COMO Shambhala Estate](#) blends outdoor activities such as biking and hiking with yoga, Ayurvedic medicine, and fresh cuisine.

### *Cryotherapy*

Used by professional athletes to speed recovery, cryotherapy exposes the body to temperatures way below freezing. The treatment pumps oxygen through the body, reducing inflammation and promoting the burning of fat. **TRY IT:** The [Ranch Malibu](#) offers guests of its 18 rooms the use of a cryotherapy sauna to accelerate the results of its intense, seven-day fitness program. • Overlooking [Switzerland](#)'s Lake Lucerne, the 160-room [Waldhotel Health & Medical Excellence](#) maintains an Icelab for guests who want to partake in metabolism-boosting ice sessions.

### *Doctors in the House*

Many of the world's most advanced spas maintain a staff of doctors who provide baseline assessments and scientific guidance for recommended goals. **TRY IT:** In Alicante, [Spain](#), the 104-room [SHA Wellness Clinic](#) employs more than 35 doctors who help individualize guests' treatments, ranging from colon hydrotherapy to dental services to cognitive stimulation. • In Baden-Baden, a German resort town known for its thermal springs, the medical services at the 104-room [Brenners Park-Hotel & Spa](#) run the gamut from traditional Chinese medicine to naturopathic and aesthetic medicine.



Another perk at SHA Wellness Clinic – stunner views of the Sierra Helada mountain range.

*Photo by SHA Wellness Clinic*

#### *Essential-Oil Blending*

The use of a plant-extracted oil mixture in spa treatments, such as massages. Several spas offer custom apothecary blending. **TRY IT:** Between paddleboarding at sunrise and saluting sundown in yoga class, guests can create their own massage oils (featuring local botanicals) at the 297-room [Andaz Maui at Wailea Resort](#). • An herb-filled apothecary, where healers known as *manos santas* create custom massage oils, greets spa guests in the garden setting of Spa Botánico at the 115-room [Dorado Beach, a Ritz-Carlton Reserve](#) in [Puerto Rico](#).

#### *Forest Bathing*

From the Japanese term *shinrin-yoku* – “taking in the forest atmosphere” – forest bathing is the practice of immersing oneself in nature. It can result in health benefits such as reduced stress and improved mood. **TRY IT:** Travelers can take a one- to two-hour guided walk on the Double Branch Nature Trail in Tennessee’s [Great Smoky Mountains](#), learning about local plants and animals at the 5,200-acre, 44-room [Blackberry Mountain](#), opened in 2019. • In [Italy](#)’s northeastern Alto Adige region, the 20-room [Castel Fragsburg](#) takes its name from the surrounding forest. Holistic healing expert Bellé Flora leads guests through meditation, breathing exercises, yoga, and other outdoor experiences.

#### *Good Night’s Sleep*

Sleep therapy involves learning how to switch off distractions and enjoy a restful slumber. It promotes healthy weight loss and stress reduction. **TRY IT:** The Sleep

with Six Senses program at [Portugal's](#) 60-room Six Senses Douro Valley (and available at other [Six Senses Hotels, Resorts & Spas](#) worldwide) diagnoses insomnia patterns, tracks sleep with an app, and provides rest-promoting amenities, such as organic bedding and eye masks. • The 212 rooms at the [Equinox Hotel, NYC](#) are designed to promote deep sleep amid the frenzy of [Manhattan](#) with thermostats set at temperatures that induce sleep and super-luxe mattresses.

#### *Holistic Healing*

A treatment plan that addresses the complete person – mind, body, and spirit – in the pursuit of optimal wellness. **TRY IT:** Guests of the 86-room [Rancho La Puerta Fitness Resort and Spa](#) in Tecate, [Mexico](#), can choose from more than 50 exercise classes offered every day, plus mindfulness sessions, art workshops, cooking classes, and treatments in Ayurveda, acupuncture, and more. • The 71-room [Rosewood Phuket](#)'s Asaya spa offers guests holistic cleansing opportunities with energy-balancing treatments, lymphatic massages, and delicious – healthy – dining. At the 413-room [Rosewood Hong Kong](#), the same cleanse program also offers nutrition counseling, metabolic training, yoga, and more.



Outdoor yoga practice at Mii amo.

**Photo by Mii amo**

#### *Indigenous Treatments*

Spa treatments that honor the holistic traditions of Native Americans and pay respect to nature and the cycle of the seasons. **TRY IT:** Nestled in the red rocks of Sedona's Boynton Canyon, [Mii amo](#), a 16-room destination spa, offers Native American-inspired practices, such as guided imagery, which advances self-awareness and clarifies intentions. • The 179-room [Faena Hotel Miami Beach](#) specializes in shaman-inspired therapies with ethically



sourced indigenous ingredients from South America, Nepalese singing bowls, and purifying Palo Santo smoke.

### *Jogging*

The act of running at a gentle pace, which can offer cardiovascular benefits, improve mood, and provide physical conditioning. **TRY IT:** When the U.S.-[Canada](#) border reopens, join locals for a jog along [Vancouver](#), British Columbia's 5.5-mile Stanley Park seawall, which immerses travelers in a scenic part of the city where rain forest meets ocean. • At the 332-room [Resort at Pelican Hill](#), schedule an 8:30 a.m. jog (or fitness walk) in the fresh coastal air that explores nearby Crystal Cove beaches.

### *Kelp*

A variety of seaweed that has long been a staple in traditional medicine. It's increasingly showing up in hydrating, antioxidant, and vitamin-rich spa treatments. **TRY IT:** Fittingly, the Serene Spa & Wellness services aboard [Regent Seven Seas Cruises](#) ships offer an array of massages, bodywork, and facials using hydrating, seaweed-based products. • In [Cabo San Lucas](#), Mexico, the 115-room [Waldorf Astoria Los Cabos Pedregal](#) brings the ocean inside the spa by using hand-harvested seaweed extracts in its scrubs, wraps, and masks.

### *Life Skills*

Necessary skills for everyday practice (from grocery shopping to processing grief), and a big component of healthy-living programs offered at many wellness resorts. **TRY IT:** [Canyon Ranch Resorts](#) offer several life-coaching opportunities. The 158-room [Canyon Ranch, Tucson](#) offers four- to eight-day plans focused on working through major life transitions and milestones, incorporating goal-setting, expert-led talks, wellness walks, and more. (Also offered at [Canyon Ranch, Lenox](#).) • The 269-room [Four Seasons Hotel Westlake Village](#) in [California](#) offers life-balance and mindfulness sessions including one-on-one lessons in stress reduction (follow-up sessions are available) and relationship coaching.

### *Mindfulness*

The state of being fully aware and attentive to your present senses; it's practiced through meditation to reduce stress, strengthen connections, and improve focus. **TRY IT:** Cruise line [Seabourn](#) partnered with holistic guru Dr. Andrew Weil to launch a mindful living program across its fleet; it includes meditation and yoga classes, mind and body seminars, and holistic spa treatments. • Three types of meditation experiences at the 142-room [Cavallo Point](#)'s Healing Arts

Center & Spa help guests release stress with options to practice with a guide or opt into a beginning's or advanced session.



The path to wellness at Canyon Ranch, Tucson.

*Photo by Canyon Ranch, Tucson*

#### *Nutrition*

The process of eating food that satisfies the body's daily requirements. (What we know about these requirements is shifting with new research and technology.) **TRY IT:** With [Amber Tours – India](#), travelers come to an organic farm to learn about local foods and spices, make marinades, and cook a healthy midday meal. • Therapists at the 150-room [Carillon Miami Wellness Resort](#) use IV therapy to inject key nutrients and vitamins into guests; the range of beneficial effects includes everything from overcoming jet lag to curbing cravings. • At the 130-room [Marbella Club Hotel](#) in Spain, guests can dine on dedicated wellness dishes (healthy, locally-sourced Mediterranean meals) and juices made from fruits in the hotel's gardens and infused with aromatic medicinal herbs curated by in-house nutritionists.

#### *Oxygen Facial*

A spa treatment that steams pressurized oxygen over the skin; the hydrating facial can make the face appear smoother, plumper, and younger. **TRY IT:** Oxygen, vitamins, and serums combine to create age-defying results during the oxygen infusion facials at the 89-room [Solage, an Auberge Resort](#) in Napa Valley. • In Texas Hill Country, 496-room [La Cantera Resort & Spa](#) offers guests a menu of oxygen facials featuring products from Linda Meredith Advanced Skin Care. • Book the 50-minute oxygenating facial with a vitamin PP and hexapeptide-8

mask for firmer, fresher skin at the 425-room [1 Hotel South Beach](#)'s Bamford Wellness Spa.

### *Pilgrimages*

At spas, hikes with cultural histories can turn essential exercise into a secular meditative experience. **TRY IT:** Guests at Maui's 450-room [Fairmont Kea Lani](#) can follow the resort's "energy ambassador" on a 4-mile coastal trek along the Hoapili Trail, which was created in the sixteenth century to unify the island's 12 moku (districts). • Call it a pilgrimage of a different kind: Visitors to [Santa Barbara](#) can ask their travel advisor about "trekking" the city's Urban Wine Trail's 26 tasting rooms to learn about the region's wine country and winemaking culture.

### *Quiet Time*

The art of silence, often practiced at spas, which encourages mindfulness and wards off distractions in a traveler's quest for inner peace. **TRY IT:** Guests at the 37-room [Amanbagh](#) (part of the global [Aman](#) resorts brand) in rural Rajasthan, [India](#), can journey with a yoga psychologist to the infrequently toured ruins of Bhangarh for a private sunrise meditation and hatha yoga session. • Overlooking Italy's Lake Garda, the 93-room [Lefay Resort & SPA Lago di Garda](#) offers six saunas, five relaxation areas, and a therapeutic energy garden for practicing tai chi, qi gong, and yoga. • At the 114-room [Santa Marina](#) resort in [Mykonos](#), the Ginkgo Spa brings peace and quiet to travelers with the signature hammam treatment including a deep-cleanse revitalizing scrub, foam massage, nourishing marine-mud body mask, and more.

### *Reflexology*

A practice rooted in the belief that different areas of the feet correspond to specific areas in the body, so that applying pressure to the feet promotes overall health. **TRY IT:** Espa Life at the 283-room [Corinthia Hotel London](#) recommends reflexology treatments to release blocks and promote deep relaxation. • In Portugal, book a five-day Vital Destress program at the 170-room [Vila Vita Parc Resort & Spa](#); it provides guests with reflexology sessions, aerial yoga, and a guided meditation that takes place on a clifftop facing the Atlantic Ocean.



Lefay Resort & SPA Lago di Garda offers indoor and outdoor massage treatments.

*Photo by Lefay Resort & SPA Lago di Garda*

#### *Spiritual Journeys*

An individual quest of meditation, self-fulfillment, and sacred experiences. **TRY IT:** Boutique tour operator Trails of Indochina provides otherworldly itineraries in [Cambodia](#), [Laos](#), [Myanmar](#), [Thailand](#), and [Vietnam](#), from a sacred oil-lamp lighting ceremony at [Myanmar's](#) Shwedagon Pagoda to customized wellness immersions in Phuket. • In [Thailand](#) with the help of a Virtuoso travel advisor, embark on a spiritual tour through Bangkok, complete with royal temples and the famous Reclining Buddha.

#### *Talking to Animals*

From therapy dogs at airports to goat yoga classes, today's trending animal interactions aim to relieve stress and lower blood pressure. **TRY IT:** Before winetasting sessions, cooking classes, or zip-lining through a redwood forest, guests at the 50-room [Calistoga Ranch](#), an Auberge Resort in Napa Valley can take a morning stroll to meet the property's resident goats, Olive and Pepper, and gather fresh eggs from the chicken coop for breakfast.



### *Ultra Fitness*

Next-level athletic challenges and elite training for individuals who are focused on a fitness-first lifestyle. **TRY IT:** Guests of the 155-room [BodyHoliday](#) in [Saint Lucia](#) can participate in an island quadrathlon, which combines mountain biking, running, rappelling, and kayaking. • At Scottsdale, [Arizona](#)'s 116-room [Sanctuary on Camelback Mountain Resort & Spa](#), guests can enroll in a triathlon training program that features pro instruction from Olympic gold medal swimmer Misty Hyman. • Electric mountain-biking, horseback riding, tennis lessons and more fill the roster at the 96-room [Sensei Lana'i, A Four Seasons Resort](#) in [Hawaii](#).

### *Vegan, Vegetarian*

Meat-free, plant-based diets. Many vegetarians don't eat meat but will eat eggs and dairy products; vegans abstain from all animal-sourced foods. **TRY IT:** The Ital Café at [Jamaica](#)'s 153-room [Half Moon](#) features a menu inspired by local Ital cuisine, aka Rastafarian vegan fare. The raw vegan menu showcases local produce such as plantains, pumpkin seeds, and ackee. • Virtuoso advisors can ask the [Greater Palm Springs Convention & Visitors Bureau](#) to point visitors toward chic dining spots with robust vegan and vegetarian options, such as [Nature's Health Food & Café](#), [Chef Tanya's Kitchen](#), [Palm Greens Café](#), and others.

### *Water Immersion*

Spa treatments that involve submerging the body in water; such treatments are rooted in the belief that taking to the water is incredibly therapeutic. **TRY IT:** Mexico's 267-room [Grand Velas Riviera Nayarit](#) offer hydrothermal journeys through multiple water-based experiences, including a color-therapy steam room. • At the 235-room [The Peninsula New York](#), daily aqua-roboics classes take place in the glass-enclosed swimming pool amid floor-to-ceiling teak columns.



Explore Scottsdale with Sanctuary on Camelback Mountain Resort & Spa as your home base.

**Photo by Sanctuary on Camelback Mountain Resort & Spa**

#### *X (and Y) Chromosome Testing*

The use of DNA testing to examine a person's genes and prescribe custom fitness and nutrition regimes. **TRY IT:** Guests of the 49-room [Rancho Valencia Resort & Spa](#) in Southern California receive epigenetic advice on fitness, detoxing, sleep, relationships, and balance – all based on results of genetic testing.

#### *Yoga Iterations*

Traditional yoga remains popular, but varieties of the ancient Hindu discipline are evolving as creative practitioners find diverting ways for students to take part. **TRY IT:** The 540-room [Fairmont Orchid, Hawaii](#) offers flo-yo – floating yoga practiced on a stand-up paddleboard. It combines a total body workout with mind-body balance. • In the [Dominican Republic](#), the 60-room [Eden Roc Cap Cana](#) offers antigravity yoga, a practice that uses suspended silk hammocks to help realign the body.

#### *Zen Goals*

Zen Buddhism directs adherents to meditate on being in the present for enlightenment, a practice being nurtured at many spas that encourage guests to tune in. **TRY IT:** The Blue Mindfulness beach hike at California's 400-room [Monarch Beach Resort](#) takes guests on an inner journey encouraged by the rhythm of the Pacific Ocean's waves. • In serene southern [Vietnam](#), the Anantara Spa at the 26-room [Anantara Quy Nhon Villas](#) offers private meditation sessions with a local monk.