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TRAVEL & SPA

3 Game-Changing Work and Wellness Sabbaticals Help Remote Workers Find Balance

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COVID-19 has had an immeasurable impact on the world, but perhaps one of the most significant changes is in the way people work. According to a recent [report](#) from Statista, before the pandemic, 17 percent of U.S. employees worked from home five days or more per week, a share that increased to 44 percent during the pandemic. While some employees are returning to the office, many companies have made remote work a permanent part of the business. This means that workers who may have previously needed to be located in close proximity to their workplace can now work from wherever. For some, dropping commuting time from their daily routines has allowed them to make more time for health and wellness. For others, working from home has resulted in them working more hours and not having nearly enough time for wellbeing. Either way, this trend has presented a unique opportunity for wellness-focused resorts and destination spas, and several are offering new experiences that address the needs of both types of workers and allow guests to enjoy extended stays that involve work, healthy habits, and more.

Here are some three game-changing work and wellness sabbaticals that help workers make meaningful change while staying connected.

Rancho La Puerta's 21-Day Perfect Balance Sabbatical (starting at \$17,355 per person, double occupancy)



This acclaimed Tecate, Mexico, destination spa previously offered limited Wi-Fi access to encourage guests to completely unplug during their visit. But, knowing that guests in a post-COVID world need wellness more than ever, The Ranch evolved and is now offering a unique, long-term experience that allows them to enjoy a unique hybrid retreat. Guests have time to focus on their health and recharge with fitness classes, spa treatments, and workshops, while also staying connected to maintain a flexible work-life schedule among a wellness-conscious setting. Included in the package are private [Villa Cielo](#) accommodations featuring in-room Wi-Fi for 21 days; nine spa therapies; three private wellness consultations; weekly intention-setting sessions; two private fitness consultations; a hands-on cooking class and microbiome class; an inner fitness consultation; complimentary in-room office set up and business services; access to all Ranch programs, including yoga, meditation, nutritional education, entertainment, art classes, and group fitness; and daily farm-fresh spa cuisine.

For those who may not be able to take advantage of a 21-day escape but may still want to work remotely while getting their wellness fix, the Ranch also introduced Luna Connections, high-speed Wi-Fi access in Villas Luna that allows guests who want to stay connected to work with the options and flexibility they need, in the privacy of their own room.

[Hilton Head Health Work Well](#) (starting at \$4,750 per week)



This health-inspired remote work and vacation experience was developed to inspire those new to the remote-work environment to rethink boundaries and use this opportunity to catch up on some much-needed time for self-care. Accommodations have been designated with office space that allows for productivity while working, featuring high-speed internet, a wireless printer, and video-conferencing capabilities. Also included are daily exercise regimens via a variety of fitness class options; three healthy meals and snacks daily; a flexible schedule of program activities to accommodate various work schedules; designated work times throughout the day to allow guests to schedule calls, Zoom meetings, and more in advance; education and professional support for addressing wellness goals; access to cooking classes and chef consultations; access to amenities like pool, fitness, and spa for leisure time; walking and biking trails; and \$500 in resort credit per week to use towards spa services, personal training, or cooking classes.

[Kamalaya Kay Wellbeing Sabbatical](#) (starting at \$7,245)



Workers seeking a dynamic balance between health and work can head to Koh Samui, Thailand for this powerful 21-day experience that allows them to stay connected to professional commitments while also making meaningful change in their health and wellbeing. The package includes airport transfers; accommodations; fresh, seasonal, and organic meals; a Body Bioimpedance Analysis to decide the best treatment path; and collaboration with a naturopath, a physiotherapist, and a life-enhancement mentor. That team of experts will work together to help guests enhance their natural capabilities and optimize their physical health, mental clarity, and focus while also giving them the flexibility they need to stay connected to work. Plus, the package includes a series of 34 treatments that are adaptable to support health goals and restore strength and resilience to the body and mind. Guests also have access to the gorgeous facilities and amenities, which offer ideal places to unwind after working.