

Wellness Living & Travel

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MAGAZINE

WELLNESS TRAVEL GUIDE

275+ Global Resorts
& Destinations

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WELLNESS TRAVEL GUIDE 2021

Granted, it's been a tough year for travel. But as wellness travel begins to open up, our fourth annual Wellness Travel Guide—featuring expertly curated top wellness destination spas, resorts with wellness programs, and thermal and mineral springs and healing waters—will help guide you to glorious destinations around the globe.

- NORTH AMERICA -

WELLNESS DESTINATION SPAS

UNITED STATES

AMANGANI

Located in Wyoming, Amangani spa experiences offer an array of rejuvenating treatments and holistic programs. With four steam rooms, two exercise studios and a bespoke wellness program, this gorgeous getaway is a paradise for guests seeking health and wellness. aman.com

AMANGIRI

The big open country in Utah provides a stunning backdrop for hiking, horseback riding and rock climbing on the nearby mesas. Or sign on for one of the comprehensive wellness programs on offer. amangiri.com

ART OF LIVING RETREAT

Tucked into North Carolina's Blue Ridge Mountains, the Art of Living Retreat Center and Shankara Ayurveda Wellness spa offer immersive wellness experiences inspired by authentic yoga and Ayurvedic traditions. From signature workshops in the life-transforming power of breath and meditation to Ayurvedic cleanses that have been practiced for thousands of years, guests learn timeless tools to access lasting health and happiness. artoflivingretreatcenter.org

AYURVEDA HEALTH RETREAT

Florida's Ayurveda Health Retreat is nestled in the historic town of Alachua, 20 minutes from Gainesville. Instead of palm trees and beaches, guests can expect an oasis of freshwater springs, parks and rivers, and a comprehensive Ayurvedic wellness program. ayurvedahealthretreat.com

CAL-A-VIE HEALTH SPA

Cal-a-Vie offers guests a number of programs that target wellness. Located just outside San Diego, this sunny destination that transports guests to the south of France focuses on reducing individual stress and bringing life into balance. cal-a-vie.com

CALIFORNIA HEALTH & LONGEVITY INSTITUTE

Taking a holistic approach to healthy living, the California Health & Longevity Institute, at the Four Seasons Westlake, offers renowned experts in the fields of medicine, nutrition, fitness, life balance and spa. Experience the signature lifestyle package that will provide you with a foundation of healthy living strategies. chli.com

CANYON RANCH WELLNESS RESORTS

At Canyon Ranch in Tucson, Arizona; Lenox, Massachusetts; or Woodside, California, your mind and body find exactly what they crave: energizing activities, stress-relieving massage, healthy cuisine. A team of experts—physicians, nutritionists, exercise physiologists and specialists who bring together traditions from East and West—offer guidance. canyonranch.com

THE CHOPRA WHOLE HEALTH RETREAT AT CIVANA WELLNESS RESORT & SPA

A recent match made in wellness heaven: The renowned Chopra Whole Health Retreat sets up a new home at Civana, a 1950s-style motel reimagined as a spa and wellness destination. Civana, in Carefree, Arizona, nestled in the Sonoran Desert, just outside of Scottsdale, presents an Ayurvedic wellness program with the Chopra Whole Health Retreat. civanacarefree.com

DEER LAKE LODGE SPA RESORT

Texas' hidden secret is nestled on 50 wooded acres near Houston. Veggie/liquid fasting, colonics, therapeutic spa treatments and yoga. As little as three days at the wellness and relaxation-focused Deer Lake Lodge Spa Resort will yield fast results that last. deerlakelodge.com

EUPEPSIA WELLNESS RESORT

On 256 acres of rolling farmland in Virginia, bordering the Jefferson National Forest, Eupepsia is a wellness sanctuary with health and wellness programs that help guests reconnect with themselves—and nature. The Ayurvedic wellness spa, health screenings, outdoor activities and nutritional component move guests toward a goal of holistic health. eupepsia.com

GOLDEN DOOR

A stay at the Japanese-inspired Golden Door, in San Marcos, California, will bring you to a place of inner peace and stillness. The 600-plus acres provide a gorgeous backdrop for hiking, running, swimming, playing tennis or simply meditating and immersing yourself in nature. Surrounded by Zen gardens, guests enjoy delicious food, experience sublime spa treatments and work with experts to become a healthier, more mindful version of themselves. goldendoor.com

HILTON HEAD HEALTH

Hilton Head Health has a history of presenting programs with a holistic approach to living. From a variety of fitness activities, health education, cooking classes, mindfulness training and island recreation activities to choose from, this is a great destination wellness getaway in a beautiful setting. hhhealth.com

HIPPOCRATES HEALTH INSTITUTE

At the Hippocrates Health Institute, guests are encouraged to educate, transform and heal with a life-changing program offered at the West Palm Beach location. hippocratesinst.org

KRIPALU

A tranquil center for yoga and health, Kripalu is located in Massachusetts, with a sprawling view of woodlands and water. Engulfed in serenity, guests will find themselves breathing, connecting and exploring their personal power and achieving their maximum wellness. kripalu.org

LAKE AUSTIN SPA RESORT

Located on the bucolic shores of Lake Austin in the Texas Hill Country, the Lake Austin Spa offers stellar spa treatments drawn from the serene natural setting. Customize your visit and create a wellness program to include paddleboard yoga and traditional East Asian therapies, while enjoying delicious food in a tranquil setting. Perfect for a mother-daughter or girlfriend getaway. lakeaustin.com

THE MARSH

Located in Minnetonka, Minnesota, The Marsh is dedicated to helping guests achieve balance and fitness. The full-service spa is just one part of a comprehensive wellness facility that features a medically based fitness center and treatments perfect for embracing a healthy lifestyle and weight loss. themarsh.com

MENLA MOUNTAIN RETREAT

With a healing center that offers a variety of Western, Ayurvedic and ancient Tibetan treatment modalities, the Menla Mountain Retreat and Spa in woodsy upstate New York is an authentic wellness getaway where guests can tend to mind, body and spirit, and customize Tibetan spa and wellness treatments at the gorgeous Dewa Spa, based on personal lifestyle and individual needs. menla.org

MII AMO

Set to reopen in 2022, Mii Amo spa services are available for now at Spa Suites at Boynton Canyon at Enchantment Resort. The intimate Mii Amo, tucked into the red rocks of Sedona, Arizona, is the perfect place to experience an utterly bespoke wellness program. The incredible red rock surround, considered by many to be a spiritual vortex, is perfect for hiking and adds a uniquely spiritual dimension. miiamo.com

MIRAVAL ARIZONA RESORT & SPA

Miraval is committed to the wellness of its guests and their need to maintain a healthy life in balance. With a beautiful spa in Tucson designed to honor nature, the resort also hosts a multitude of challenges specially crafted to promote a lasting mind and body experience. miravalresorts.com

MIRAVAL AUSTIN RESORT & SPA

Tucked into Balcones Canyonlands Preserve, a 240-acre bird sanctuary in Texas Hill Country, on the grounds of what was formerly Austin's Travaasa Spa, Miraval Resort & Spa will help bring your life in balance. miravalresorts.com

OJO SANTA FE SPA & RESORT

Destress and decompress at the former Sunrise Springs Spa Resort (renamed Ojo Santa Fe), sister to Ojo Caliente. From soaking in mineral pools to spa and yoga to spiritual journeys, it's the perfect way to relax, unwind and quiet your mind, with endless transformative ways to soothe your mind, body and spirit—including holistic healing, wellness counseling and more. Activities include yoga, meditation, fitness, hiking, puppy play, horticulture, culinary and expressive arts classes, and Native American teachings. ojosantafe.ojospa.com

NEMACOLIN WOODLANDS RESORT

The Nemacolin Woodlands Resort houses an on-site Holistic Healing Center designed to achieve life balance and wellness. Guests are given the opportunity to luxuriate in a number of services ranging from acupuncture to healing meditation. nemacolin.com

NEW LIFE HIKING SPA

Closed throughout 2021, The New Life Hiking Spa is an iconic property in Vermont's Green Mountains that has been sharing the joys of hiking for 43 years. There is a spa, good food and lots of activities to occupy the day, but the reason that half the guests are repeat visitors is the hiking. newlifehikingspa.com

PRITIKIN LONGEVITY CENTER + SPA

Pritikin Longevity Center is located in Miami and surrounded by 650 acres of tropical paradise. The experiences vary for guests, as they are encouraged to educate themselves on wellness and create behaviors for a healthier lifestyle. pritikin.com

THE RAJ

A French-style manor set on 100 acres of Iowa countryside, The Raj ensures an authentic Ayurveda experience with consultations by a committee of Maharishi Ayurveda experts from India. theraj.com

THE RANCH MALIBU

The surroundings, high up in the Malibu hills, are spectacular, and the week-long wellness program at The Ranch Malibu is intense, rigorous and not for the fitness-challenged. Organic vegetarian cuisine will keep you satisfied but on track to meet your weight loss or detox goals. theranchmalibu.com

RED MOUNTAIN RESORT

Nestled among the red rocks of St. George, Utah, Red Mountain Resort is the perfect blend of adventure and solace. With excursions to Zion or Bryce National parks and a range of treatments at the award-winning spa, there is something for everyone. All-inclusive retreats include three healthy meals daily, guided hikes, fitness classes, cooking demos and more. redmountainresort.com

SENSEI LANAI, A FOUR SEASONS RESORT

Set in the mountain highlands of the secluded island of Lanai, this luxe retreat uses data, technology and doctor-led preventive science—along with nourishing treatments, a wide array of fitness activities and healthy cuisine from Nobu—to set guests on their paths to wellness. sensei.com

SIVANANDA ASHRAM YOGA FARM

Temporarily closed. For an intense Ayurveda experience, Sivananda Ashram Yoga Farm is located in Grass Valley, 150 miles north of San Francisco. Affiliated with the Sivananda Institute of Health, the Farm offers a full program of yoga, meditation and wellness retreats. sivanandayogafarm.org

A HAVEN OF PEACE, CULTURE AND WELLNESS



Stay in a monastery dating from 1695 and live a transformational experience in holistic health, right in the heart of old Québec.

THE SPA AT 1440 MULTIVERSITY

Not far from San Francisco, The Spa at 1440 Multiversity (1440 being the number of minutes in a day) is a 75-acre state-of-the-art wellness destination in the California redwoods near Santa Cruz. Featuring over 300 programs, guests can sign on for immersive wellness packages with access to the Healing Arts Center, steam and sauna tucked into the forest. 1440.org

THE SULLIVAN ESTATE & SPA RETREAT

The Estate is a truly holistic, all-natural spa with organic and locally sourced food. It offers anti-stress treatments, guided meditation and private yoga sessions. Guests can stay overnight or enjoy a day at the estate. sullivanestate.com

SUNDARA INN & SPA

This midwestern adults-only spa, set in Wisconsin, is committed to helping guests heal the body and energize the soul, with wellness classes and activities. Partake of forest bathing, guiding hikes, yoga, meditation, aqua yoga, superfood cooking lessons, chakra walks, Ayurvedic wellness and more. sundaraspa.com

SUN VALLEY RESORT

This resort in Idaho has a comprehensive wellness program, featuring acupuncture, cupping and Reiki, along with a range of restorative and detoxifying spa rituals. sunvalley.com

VERAVIA HEALTH & WELLNESS AT PARK HYATT AVIARA RESORT AND SPA

Located in Carlsbad, California, the VeraVia Health & Wellness center offers a Wellness Retreat focused on changing behaviors from within to regularly renew your energy sources, eliminate self-defeating thought processes and improve your well-being and quality of life. veraviafit.com

WESTGLOW RESORT & SPA

A health conscious Relais & Chateaux inn near Grandfather Rock State Park, in North Carolina, Westglow occupies a stately Greek Revival mansion. It offers a comprehensive wellness program, with one-on-one stress management assessments, nutritional consult, metabolic assessment and more. westglowresortandspa.com

WE CARE SPA

Set up for serious detox, this spot in Desert Hot Springs, California, is a place where you will drink a lot of water, green drinks and broth, and experience daily colonics and massage. Relax and recalibrate, sleep, enjoy a mud wrap or infrared sauna. wecarespa.com

YO1

The YO1 Wellness Center, an Ayurvedic wellness retreat in New York's Catskill Mountains, offers six pathways to wellness, including stress, fatigue, weight management, toxicity and pain. With yoga, acupuncture and a 36-room spa, it is the newest addition to state-of-the-art wellness. yo1.com

MEXICO

CALA DE MAR

Offering seasonal wellness retreats, Cala de Mar features beautiful ocean views from all 59 of its rooms. Wellness programs integrate authentic Mexican healing modalities, and more, including meditation, qigong and quantum healing, near Ixtapa and Zihautanejo, where a vegan renaissance is taking place. calademar.com

CHABLE YUCATAN

In a stunning jungle setting outside Merida, in the Yucatan, Chable, built in an 18th-century hacienda, features a 14-room spa around a cenote. Many treatments incorporate Mayan healing rituals—drawing from an organic garden and healer on-property. There are temescals, local shamans, and a hydrotherapy circuit with a steam cave, a saltwater pool and three plunge pools. The entire property is suffused with an otherworldly peace and tranquility. chablehotels.com/yucatan

EL SANTUARIO RESORT & SPA

Set in Valle de Bravo, overlooking Valle de Bravo Lake, El Santuario features luxurious suites with private pools, a spa, sailing and equestrian activities, in a tranquil setting dotted with ponds. The spa offers a range of treatments and yoga classes. elsantuario.com/en

HOSTAL DE LA LUZ

This holistic spa retreat is set in the village of Amatlán, 15 minutes from Tepoztlán, at the foot of the Quetzalcóatl mountains, offering mountain views and a spa that focuses on holistic therapies, in the context of "holistic tourism." From the traditional adobe structure to the practices of meditation and feng shui, Hostal de la Luz is intended to bring balance to its guests. hostaldelaluzresort.com

MISIÓN DEL SOL

Surrounded by beautiful gardens just four miles from Cuernavaca, outside Mexico City, Misión del Sol is designed around feng shui principles of space and light, and you can feel the energy in the spa, yoga and meditation classes, and Temazcal, the traditional Mexican steam bath with aromatic herbs. The healthy menu is made with organic ingredients. misiondelsol.com

RANCHO LA PUERTA

For over 75 years, the Ranch has been an industry leader in 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

SANARA

The laid-back feel of Tulum makes Sanara feel like a detox retreat set away from the rest of the world, with retreats, a team of wellness therapists, alternative and complementary medicine practitioners who offer guests nutrition consultations, crystal healing, biomagnetic and craniosacral therapy, Mayan healing and more. sanaratulum.com

CANADA

BALNEA SPA

Located in Quebec's Eastern Townships, an hour-or-so from Montreal, Balnea offers over 25 types of massages, plus a thermal experience, including gorgeous saunas, outdoor baths, a thermal waterfall, a forest basin and more. The owners are also committed to forest and water conservation and are active participants in earth stewardship. balnea.ca

GRAIL SPRINGS RETREAT FOR WELLBEING

Located near Bancroft, Ontario, known as the Mineral Capital of Canada, Grail Springs Retreat for WellBeing takes a holistic approach to wellness, in a gorgeous natural setting. Offerings include yoga, detox, healing spa treatments and expert talks on the art of living well. grailsprings.com

KANANASKIS NORDIC SPA

Tucked into a picture-postcard setting in Alberta, Kananaskis Nordic Spa is small but mighty. The centerpiece is the rejuvenating hydrotherapy course, set against the most incredible alpine forest and mountain views. The benefits of a few courses of warm-hot-cold-repeat, followed by restorative massage, are transformative. knordicspa.com

MEADOW SPA & POOLS

The newest spa in Banff is filled with natural light and set amid stunning mountain views. Meadow Spa offers restorative spa experiences in a peaceful environment, with private outdoor hot pools, sauna, private relaxation lounges, extensive fitness options and more. banffmeadowspa.com

OAK BAY BEACH HOTEL & OCEAN SPA

The only oceanfront spa in Victoria, the Ocean Spa at the Oak Bay Beach Hotel features a wide range of spa and wellness treatments, and has been accoladed as one of the Top 25 Spas in Canada in the Canadian Spa & Wellness Awards. oakbaybeachhotel.com

SPA EASTMAN

Located about 90 minutes from Montreal in Canada's idyllic Eastern Townships, Spa Eastman is a sustainable wellness resort and spa. Environmentally conscious, it has a commitment to wellness with spa treatments, a nail bar and organic products. spa-eastman.com

- INTERNATIONAL - WELLNESS DESTINATION SPAS

ASIA

AMANOI

At Amani, in Vietnam, the spa is heavy in mind-body offerings like guided meditation, Reiki, craniosacral therapy and acupressure (with kickboxing, circuit training and boot camp for those intent on sweating it out), and the Amani just opened two private Spa Houses, each sleeping four and including treatment rooms with hammam or banya (a giant sauna), Jacuzzi, plunge pool and outdoor deck. aman.com/resorts/amanoi

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

THE BEACH HOUSE

Since you can't discuss detox without mentioning India's ashrams and retreats, The Beach House, in Goa, offers an extensive list of all things wellness. After an initial consultation with an Ayurvedic specialist or one of the specially trained experts, participants get a full body analysis complete with pH balance, body composition, vitals and a chakra assessment. thebeachhousegoa.com

THE CHATEAU SPA & ORGANIC WELLNESS RESORT

Nestled in a tropical rainforest outside Kuala Lumpur and modeled after an 18th-century chateau, the award-winning organic spa is the first Euro-centric spa concept in Asia. The expert team of nutritionists, doctors and specialists will create a customized wellness program for you, in a luxurious and beautiful setting. 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

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 more. kamalaya.com

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

SANTANI WELLNESS RESORT SRI LANKA

In a beautiful natural setting in Sri Lanka, Santani offers extensive wellness programming based on a global philosophy, including Ayurveda, and two essential components: revitalization of the body and education of the mind, to teach guests healthy habits for overall well-being. santani.lk

SIX SENSES QING CHENG MOUNTAIN

Six Senses Chengdu is less than an hour from the city center in China's Sichuan province, and a beautiful hike up the Qing Cheng mountains. With a focus on healthy eating and longevity in the wellness programs, you can experience Tai Chi, traditional Chinese massage and Chinese reflexology. sixsenses.com

SIX SENSES SAMUI

Set on the shores of the shimmering Gulf of Thailand, Six Senses Samui, in Kohf Samui, is an oasis of tranquility, with a focus on multi-pronged wellness. Or, you can just hike, snorkel and relax. sixsenses.com

SONG SAA

This idyllic private-island sanctuary in Cambodia's Koh Rong archipelago is state-of-the-art-sustainable—the owners even created a local NGO to conserve the natural environment and partner with local villages. It is also as gorgeously organic as it gets. songsaa.com

SOUKYA INTERNATIONAL HOLISTIC HEALTH CENTRE

Surrounded by acres of organic gardens, the Soukya Centre is an oasis and wellness destination one hour from the city of Bangalore. More than a spa, this center is an "integrative medical treatment facility" based on Ayurvedic philosophies. soukya.com



SPICE VILLAGE

The Spice Village draws on the essence of a mountain tribal village, reimagined to modern standards. A breath of fresh air with a mountaintop climate, this wellness resort offers an on-site Ayurvedic spa and is sustainable on its own using organic gardens and fruit orchards. cghearth.com

VANA MALSI ESTATE

This state-of-the-art wellness retreat in the beautiful Himalayan foothills earned Platinum certification and features a Tibetan Healing Center (which joins separate centers for Ayurveda, Yoga, Wellness, Spa, and Aqua & Fitness) for serious wellness and healing. vana.co.in

VIVANTA BY TAJ BEKAL

The excellent Jiva Grande Spa at the Vivanta by Taj Bekal features 165,000 square feet and offers guests Ayurvedic and Indian herbal treatments. Plus multi-week yoga, detox, Ayurvedic wellness and spiritual retreat programs and holistic experiences. healinghotelsoftheworld.com/hotels/vivanta-by-taj-bekal-kerala-india

AUSTRALIA/ NEW ZEALAND

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

CARIBBEAN

BODYHOLIDAY

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 St. Lucia strikes the right balance for those in search of a truly rejuvenating getaway. thebodyholiday.com

EUROPE

BÜRGENSTOCK RESORT

Following a nine-year, \$500 million renovation, the Swiss icon has been reinvented 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 hubs. buergenstock.ch

CAPRI PALACE JUMEIRAH

The Capri Beauty Farm concept at Capri Palace Jumeirah in Italy aims at providing a holistic spa and wellness experience by blending western and eastern traditions with an emphasis on medical and scientific principles and treatments. The spa in Capri is staffed with a team of doctors, therapists and nutritionists who tailor wellness treatments—from weight loss and detox to anti-aging and stress management—to suit each individual guest. capripalace.com

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

EREMITO

Eremito takes its name from the Italian word for hermit, and it is, indeed, a place for quiet contemplation. This adult-only luxury hotel with no Wi-Fi or cell service offers yoga and meditation programs, digital detox and quiet space for healing, a bit of the monastic experience for modern times. eremito.com

EUPHORIA RETREAT

Set by a UNESCO World Heritage Site in the Greek Peloponnese, Euphoria Retreat is a true sanctuary for those looking for transformation—in a stunning setting. Euphoria has it all: Detox, Weight Loss, Fitness, Yoga and Mindfulness programs, based on a meld of Ancient Green and Chinese philosophies. Food is delicious, healthy and nutrient-dense, and the spa, literally, has everything. euphoriaretreat.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

LEFAY RESORTS

The Italian Lefay Resorts, in the Dolomites and Lake Garda, are built around principles of wellness and sustainability. The wellness approach blends Traditional Chinese Medicine with Western science, to form the Health Programmes Lefay SPA Method, which is customized for individual guests with the goal of mental and physical well-being. lefoyresorts.com

LIFECLASS

Temporarily closed, 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. lifeiclass.net

POSIA

"Posia" means "spring" or "source" and it is the perfect place to reconnect with yourself. With three pools, a spa with Ayurvedic wellness and a stunning location in San Foca, in Salento, Italy, on the waters of the Adriatic, a retreat at Posia will help restore, refresh and rebalance mind, body and soul. posia.it

RICHMOND NUA WELLNESS SPA

A destination where wellness is an encouraged and well-supported 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

SOUTH AMERICA/ CENTRAL AMERICA

HARMONY HOTEL

The Harmony Hotel, in the surfer town of Nosara, Costa Rica, is all about eco-friendly wellness and cleansing. The wellness retreat is centered around nature, situated between the jungle and beaches. harmonynosara.com

KUROTEL 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 the menu for all interested parties. Located in Brazil, it is a destination for wellness. kurotel.com.br

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

THE RETREAT COSTA RICA

The Retreat Costa Rica houses the 7,500-square-foot Vida Mia Healing Center and Spa. Along with a comprehensive wellness program, the property now has added a naturopath, acupuncturist and Ayurvedic expert to the staff, along with Crystal Healing Therapies, Detox and Energy Balancing Rituals, and more. theretreatcostarica.com

UNIQUE GARDEN

Set about 33 miles from the sprawling city of Sao Paulo, this eco-haven started as a retreat for blind children and their families—and now offers healing and respite for all. The Wellness Programs are divided into Fit, Relax or Detox, and each is a comprehensive wellness journey. uniquegarden.com.br

- NORTH AMERICA -

RESORTS WITH WELLNESS PROGRAMS

UNITED STATES

ALILA MAREA BEACH RESORT ENCINITAS

The surfer-favorite beaches outside of San Diego set the backdrop for this oceanfront resort, opened in 2021. Enjoy complimentary daily wellness activities (from yoga to lagoon hikes), biking along the beach and spa treatments that harness the power of the ocean and of natural ingredients. alilahotels.com

THE ALLISON

Less than an hour's drive beyond Portland, The Allison focuses on guest health and wellness. Enjoy restorative yoga sessions in the fitness studio or relax in the spa with blends of natural elements inspired by Oregon's surroundings. theallison.com

ASPIRA SPA AT THE OSTHOFF RESORT

The focal point at Aspira Spa is a spectacular circular Meditation Sanctuary, with a large sunken copper vessel, and herbs grown in the resort's organic garden. aspiraspa.com

AUBERGE DU SOLEIL

Overlooking the Napa Valley is where you will find wine tasting and great food, hiking and biking proliferate in the Valley. The Auberge du Soleil allows you to create a barrier from the outside world so you can focus inward while taking in the beauty of nature. aubergedusoleil.aubergeresorts.com

BARDESSONO

It's easy to breathe deeply at Bardessono. As a LEED Platinum-certified resort, every detail has been designed to put guests' minds at ease. The restaurant menu is based on organic produce from the on-site garden and nearby farms. The spa treatments are seasonal and feature organic oils and ingredients. bardessono.com

BERNARDUS LODGE & SPA

The Bernardus Lodge & Spa is set on 28 acres in the heart of the Carmel Valley. The plots around the resort include chardonnay and pinot noir vines, fruit and vegetable orchards, and colorful gardens, and the resort uses the natural bounty around it in spa treatments. bernarduslodge.com

BLACKBERRY FARM

The spa and wellness menu at Wellhouse Spa has been redesigned with new treatments inspired by the surrounding region, and offers an outdoor program that includes aerobic guided hikes, deep woods meditation, yoga and guided trail runs. Blackberry Mountain, opened more recently, is a sister property. blackberryfarm.com

THE BOULDERS

A labyrinth that takes cues from ancient Hopi medicine wheels, a fitness center and an on-site café are just a few of the offerings at The Boulders in Scottsdale, Arizona. Experience the Native American-inspired Turquoise Wrap with a turquoise clay wrap and a pure honey mask at the 33,000-square-foot spa. theboulders.com

THE BROADMOOR

This Colorado retreat puts the environment above all else with farm-fresh cuisine and on-site vegetable gardens. Its Fitness Center has an extensive selection of health and wellness programs, including a boot camp, yoga, Tai Chi as well as other levels of personal fitness. broadmoor.com

CALISTOGA RANCH

Closed indefinitely: Tucked into a private canyon, this resort has abundant vegetable and herb gardens. Calistoga Ranch offers hiking and horseback riding through the Napa Valley as well as fitness classes. The spa offers soothing soaking pools, restorative organic spa treatments and a heated mineral pool to relax. calistogaranch.aubergeresorts.com

CALLAWAY RESORT & GARDENS

Surrounded by hundreds of acres of gardens you will find Callaway Gardens with a spa that is a sanctuary where services are consistent in the organic message—products are botanical-based and organic. The fine-dining Gardens restaurant at Callaway carries the "Slow Food" designation, meaning it emphasizes locally grown and raised foods. callawaygardens.com

CARILLON MIAMI WELLNESS RESORT

A luxury hotspot on Miami Beach, the Carillon also offers a wellness program, overseen by a top Miami MD, who is board-certified in functional medicine. Programs include detox, regenerative medicine, IV vitamins and more, all in a stunning surrounding, with a spa that also offers energy healing and chakra-balancing. carillonhotel.com

CARMEL VALLEY RANCH

In the sunny foothills of the Santa Lucia Mountains is a casual camp-inspired resort with adventures that range from a daily hilltop meditation to the organic honey harvesting program. Guests may chant and meditate in sessions that take place at the top of the Huff 'n Puff hiking trail. carmelvalleyranch.com

CHATHAM BARS INN

On the shores of Cape Cod, Chatham Bars Inn offers fresh produce and dairy products from its own farm. Relax at the spa with hydrotherapy tubs, saunas, steam showers and aromatherapy massages and stay in a beautifully appointed spa suite. chathambarsinn.com



CLAREMONT CLUB & SPA

Located just outside San Francisco, the Claremont offers ancient acupuncture, rejuvenating facials and relaxing massages. Experience the spa, which focuses on holistic health, well-being and an array of lifestyle choices. fairmont.com/claremont-berkeley

CLIFF HOUSE

Treatments at the 9000-square-foot Spa & Wellness Center at Cliff House, along the coast of southern Maine, are inspired by the elements—wind, water, earth, fire, metal, and a powerful connection with nature. destinationhotels.com/cliff-house

DEVIL'S THUMB RANCH

Devil's Thumb Ranch, a two-hour drive out of Denver, is set on 6,000 stunning acres. The resort offers a restorative treatment called Altitude Adjustment, a relaxing massage that relies on a mix of strategically placed hot towels and aromatherapy oils to relax and center guests. devilsthumbbranch.com

EL MONTE SAGRADO

El Monte Sagrado, in Taos, New Mexico, was an early wellness adapter. Spa treatment rooms and grounds are designed for meditation and deep relaxation and the entire property is imbued with a strong commitment to sustainability, health and healing. elmontesagrado.com

EMERSON RESORT & SPA

Set in the scenic Catskill Mountains in upstate New York, the Emerson, named after the writer and thinker Ralph Waldo Emerson, is a great spot for rest and repose, with a beautiful spa and nature-based wellness offerings. emersonresort.com

FAIRMONT KEA LANI

Beautifully situated on Maui's Wailea coast, Fairmont Kea Lani is one of Hawaii's only all-suite and villa luxury oceanfront resorts. Resort amenities feature the award-winning Willow Stream Spa with a full menu of locally inspired experiences. Its comprehensive "Inspire Your Energy" fitness and wellness program focuses on fitness, well-being, mindfulness and nutrition while connecting travelers to the distinct mana of the island. fairmont.com/kea-lani-maui

FAIRMONT SCOTTSDALE PRINCESS

Located in Arizona's blooming Sonoran Desert, Fairmont Scottsdale Princess is the ultimate desert oasis. It offers robust fitness services from Pilates to TRX, aerial yoga to Surfset, as well as a wellness program with tailored nutrition, healing therapies and lifestyle plan. Its Well & Being Spa blends wellness and spa with treatments designed to help you along a path to "Find Your Energy." fairmont.com/scottsdale

FARMHOUSE INN

Located in the tiny town of Forestville, California, the Farmhouse Inn will get you back into nature. The food is all locally sourced and the spa uses honey from the ranch in facial treatments, and carrots from the grounds are used in a puréed carrot mask. farmhouseinn.com

FOUR SEASONS LANAI

The Four Seasons Resort on the former pineapple plantation island Lanai offers private life coaching, guided meditation, Reiki and sleep health sessions under the Sensei Lanai program. Signature three-hour rituals feature ingredients that honor Hawaiian roots. fourseasons.com/lanai

FOUR SEASONS MAUI

Following a renovation, this beachfront resort now features the largest guest rooms and bathrooms on Maui, three of the island's top restaurants, and an award-winning wellness spa. fourseasons.com/maui

FOUR SEASONS NEW YORK DOWNTOWN

The spa at Four Seasons New York Downtown features Resident Healers, who offer Chakra Crystal Energy Clearing, and an in-depth Crystal Healing Experience, along with meditation, and visualization to target a guest's individual needs, incorporating healing crystals along the way. fourseasons.com

GATEWAY CANYONS

Located in the secluded Canyons of Western Colorado, Gateway Canyons offers hiking, climbing and mountain biking in the canyons. Relax with yoga classes or at the spa, which only uses products packed with restorative natural ingredients. gatewaycanyons.com

GRANDE LAKES ORLANDO

The spa at The Ritz-Carlton Grande Lakes has 40 treatment rooms and a saltwater pool. It offers Grande Experiences, such as the Zero Gravity Massage. The treatments are multilayered and supremely relaxing. The property overlooks the headwaters of the Everglades and guided kayak or canoe trips are available. grandelakes.com

HALEKULANI

Closed until August, the historic Halekulani has long been one of Hawaii's top resorts. The hotel recently launched a Living-Well program, which is centered around a series of hour-long lectures. Each lecture focuses on a specific topic such as work-life balance or the power of positive psychology. Lifestyle Coach Kamala Skipper leads the lectures, which are free for guests or \$25 for outside visitors. halekulani.com

INN AND SPA AT LORETTO

The Inn and Spa at Loretto, in the heart of Santa Fe, offers a spa that includes energy work like Craniosacral Massage, Reiki and Chakra Balancing. The spa features spacious treatment rooms and a range of beautiful natural and organic products, including Elemental, the spa's hand-crafted aromatherapy blend. innatloretto.com

INNISBROOK GOLF & SPA RESORT

The 18,000-square-foot Salamander Spa in Florida, with a tranquil golf-course view, spotlights signature wellness treatments designed for Balance, Reflection, Grounding and Clearing. innisbrookgolfresort.com

JW MARRIOTT SAN ANTONIO HILL COUNTRY RESORT & SPA

The healing customs of Latin American Curanderos and the power of natural products fuel the spa experience at this Texas Hill Country resort, which also offers golf and other outdoor fun. Each service starts with Seven Knots ritual during which guests set the intention for their wellness journey. marriott.com

KOHLER WATERS SPA

This turn-of-the-century Tudor estate offers lounge areas, a rooftop deck, sauna and steam room, and more. Experience the Water Experiential Area, which offers a waterfall, whirlpool and several different types of therapeutic showers. americanclubresort.com/spa

LAS ALCOBAS NAPA VALLEY

Nestled in St. Helena, the heart of the Napa Valley wine country, this one-of-a-kind Luxury Collection Hotel offers a transformative spa retreat opportunity for relaxation and renewal. During their stay, guests are invited to experience a signature massage treatment at the Atrio Spa and enjoy the dedicated yoga/meditation studio overlooking the banks of a small creek and a neighboring winery. lasalcobasnapavalley.com

L'AUBERGE DE SEDONA

In the midst of Sedona's renowned spiritual and healing vortex sites, L'Auberge is a calming oasis. The spa offers guests the chance to custom-blend local organic botanicals. The clean desert air and serene mystical setting provide a perfect backdrop for yoga, desert hikes or transformation. lauberge.com

LODGE AT WOODLOCH

The Outdoor Adventure program features hiking on property and off, in the Pennsylvania lake region and the peaceful Pennsylvania Mountains nearby, along with fishing, kayaking, wildlife viewing, forest bathing. Enjoy a visit to the 27-treatment room spa to unwind. thelodgeatwoodloch.com

LOMA DE VIDA AT LA CANTERA RESORT & SPA

Loma de Vida is a destination spa in San Antonio, Texas, which boasts 25,000 square feet of indoor and outdoor space, 15 treatment rooms, a grotto with a private saline pool, and a juice bar with handcrafted cold-pressed juices. A treatment called Silence Biorhythm will help remove toxins, energize the skin and balance the nervous system. lcanteraresort.com

LUMERIA MAUI

This peaceful spot in Maui is surrounded by lush, tropical gardens and it's a great place to get your mindfulness mojo back. Meditate, take an aromatherapy class or a horticulture workshop, and practice yoga—there are many workshops and retreats on offer. lumeriamau.com



MAYFLOWER GRACE INN & SPA

This New England retreat offers an elemental wellness menu based on the idea that each person has a unique constitution and biochemical makeup and that we are all made up of the same elements that can be found in nature. Guests can receive highly personalized wellness programs. gracehotels.com/mayflower

MEADOWOOD

Temporarily closed, Meadowood Napa Valley features delicious three-star Michelin dining, wellness programs, refurbished rooms and suites, and a brand-new, world-class spa, with a sumptuous—but healthy—spa menu. Almost everything is locally sourced or grown in the Meadowood garden down the road. meadowood.com

MIRBEAU INN & SPA AT THE PINEHILLS

Located in Plymouth, Massachusetts, minutes away from downtown and the beach, Mirbeau Inn & Spa offers fitness classes, including yoga, Pilates, indoor cycling and wellness talks throughout the year. Enjoy the spa, which offers heated foot massage pool and eucalyptus-infused steam rooms. mirbeau.com

MOHONK MOUNTAIN HOUSE

Mohonk Mountain House is a 148-year-old National Historic Landmark resort 90 miles north of NYC. Offering outdoor recreation, fine dining, hiking and an award-winning spa in a beautiful, natural setting. mohonk.com

MONTAGE DEER VALLEY

Located just outside of Park City, Montage Deer Valley has activities to enjoy year-round including hiking, mountain biking, Pilates and fly fishing. Relax in the spa with toxin-cleansing Vichy shower, or Montage's signature Elements of Wellness retreat, in which a selection of spa services are customized exclusively for your individual needs. montagehotels.com

MONTAGE HEALDSBURG

The beauty and bounty of Sonoma wine country provide the inspiration for this resort and 11-room spa, which opened in 2020. Enjoy treatments infused with botanicals from the property, practice yoga in the vineyard-set garden then take a dip in the zero-edge pool. montagehotels.com

MONTAGE PALMETTO BLUFF

Set along the May River in South Carolina's Lowcountry, Montage Palmetto Bluff's 20,000 acres include extensive nature preserves, an oak moss-dappled central pond and access to miles of fresh and salt waterways, through which you can boat, kayak and canoe. The healing powers of nature and water also take center stage at the spa, where several wellness rituals incorporate Coastal Carolina ingredients. montagehotels.com

OCEAN HOUSE

A Relais & Chateaux on a broad private beach in Watch Hill, Rhode Island, the 12,000-square-foot OH! Spa offers healing treatments, a fully equipped fitness facility and seaside terrace pool, and wellness programs through its movement and yoga studio. oceanhouseri.com

OJAI VALLEY INN & SPA

The Ojai Valley Inn & Spa getaway is a Spanish hacienda-style resort located in California, just three miles outside the Los Padres National Forest. The spa menu includes Personal Journeys, Mind & Body classes and a professional line for the full wellness experience. ojairesort.com

OMNI MOUNT WASHINGTON RESORT

Centered around a landmark 1902 Spanish Renaissance building, the resort is surrounded by magnificent mountain views. Guests are encouraged to inspire a wellness change with an outdoor pool and fitness facility to hone mind, body and soul. omnihotels.com

OMNI SCOTTSDALE RESORT & SPA AT MONTELCUCIA

The 31,000-square-foot Spanish/Moroccan-inspired Joya Spa at the Omni Scottsdale Resort & Spa at Montelucia supports wellness in many ways. When you arrive, you are met by a Joya Journey Coordinator who takes you to the Joy of Intention room, where you set an intention and choose from five healing stones to set the tone for your day. Next you enter the room of purification which contains a 55-pound quartz crystal, radiating multicolored light. Guests are asked to place both hands on the crystal, breathe in, and exhale, stress and negative energy. The spa features a hammam, which is a beautiful way to begin your wellness journey. omnihotels.com/hotels/scottsdale-montelucia

PARK HYATT ALLEGRIA SPA

A fixture on the slopes of Beaver Creek, the Park Hyatt Beaver Creek evokes the heart of its adjacent ski village. But the resort's Allegria Spa, inspired by European therme philosophy, defines the spirit of wellness itself—in a sophisticated global mountain setting. allegriaspa.com

PAW'S UP

After days spent horseback riding, hiking, fishing and more, head to the white-tented Spa Town at this 37,000-acre resort for some relaxation to the sound of chirping birds. Dedicated "Wellness in the Wilderness" programs, a new green-designed enclave and more also help encourage disconnection and recharging. pawsup.com

PEBBLE BEACH

If you like golf, you will love Pebble Beach, an iconic sanctuary on California's Monterey Peninsula. The Spa at Pebble Beach features 20 treatment rooms, a salt wall, fire pit and restorative wellness treatments for golfers and non-golfers alike. pebblebeach.com/the-spa-at-pebble-beach

POST RANCH INN

Set on 100 gorgeous acres overlooking the Pacific Ocean at Big Sur, the Post Ranch Inn offers guests a chance to rejuvenate with an in-room massage, spa treatments with healing plants from the garden or yoga class. Or explore all that nature has to offer with amazing hikes. postranchinn.com

PRIMLAND

Set in Virginia's Blue Ridge Mountains, Primland is a beautiful nature retreat, built to honor the mountains and the forest. Recently renovated, the property was founded to highlight eco-consciousness and connecting with nature. In addition to world-class golf, refined dining, outdoor activities and an organic garden—and organic, sustainable cuisine—the property now features wellness programs and retreats. primland.com

THE RANCH AT ROCK CREEK

Find a sense of well-being on the trails, on a horse or through activities like archery, forest bathing, stand-up paddleboarding and outdoor meditation, then work out the kinks with "wild-inspired" treatments in the Granite Spa, with a range of healing natural ingredients. Don't miss a Creekside massage in a converted Conestoga covered wagon. theranchatrockcreek.com

RANCHO ENCANTADO

Four Seasons resort Rancho Encantado, a 57-acre property 10 minutes from downtown Santa Fe, might just be New Mexico's hidden gem. Situated at 7,000 feet in the Sangre de Cristo foothills, dotted along a spiritual vortex known to facilitate healing and transformation, the 65-room oasis features cozy, clean-lined guest rooms and casitas with fireplaces and private terraces, a spa with Southwestern kiva-inspired treatment rooms, and an adventure center.

fourseasons.com/santafe

RANCHO VALENCIA

This beautiful wellness resort is a true getaway, where you can wander through olive groves, take a tennis class with a U.S. Open winner, dine al fresco or enjoy the new and cutting-edge wellness and epigenetics program at the stunning spa. ranchovalencia.com

RITZ-CARLTON BACARA

The Spa at Ritz-Carlton Bacara in Santa Barbara, California (formerly the Bacara Spa) provides a holistic retreat experience, where guests can enjoy the pool, redwood sauna, eucalyptus steam room, fireside lounges and rooftop terrace. Treatments are both traditional and alternative and include massages, acupuncture, facials and more.

ritzcarlton.com/en/hotels/california/santa-barbara

RITZ-CARLTON AT KEY BISCAYNE

A tropical island oasis a mere 20-minute drive from shimmering Miami, with a 25,000-square-foot spa showcasing over-the-top spa and wellness treatments. ritzcarlton.com/en/hotels/miami/key-biscayne

ROYAL PALMS RESORT

Located near Scottsdale's famous Camelback Mountain, Royal Palms Resort offers signature treatments centered around the nurturing essences of the Mediterranean, soothing the spirit, renewing the body and enriching the mind, including a new on-staff herbalist, who creates organic offerings depending on what you need. Enjoy wellness with tai chi, Pilates and meditation classes. royalpalmshotel.com

RUSH CREEK LODGE

This lodge outside Yosemite National Park is both a convenient base for exploring the great outdoors and an idyllic place to recharge in a spa inspired by the region's waterfalls, glaciers and hot springs. Find warm waterfall soaking coves, Himalayan salt rooms, sensory chambers and more, plus treatments that use crystals, CBD and hot stones. rushcreeklodge.com

SALAMANDER RESORT & SPA

Nestled into the foothills of the Blue Ridge Mountains, in Virginia, experience integrative and regionalized treatments, educational workshops and holistic therapies. Enjoy food that is farm-to-table sourced and sustainably, organically and locally produced. salamanderresort.com

SALISHAN RESORT

Surrounded by a dense old-growth forest on the Oregon coast, nature is front and center here, built around the concept of "wholeness," which, of course, begins with wellness. The spa hosts wellness talks and workshops ranging from the nature of happiness to the therapeutic benefits of CBD, and much more is on offer. salishan.com

SANCTUARY ON CAMELBACK MOUNTAIN

Nestled right up against Camelback Mountain, experience unique Asian-inspired treatments, hiking, biking and get moving with personalized fitness classes from yoga, Pilates and swimming. sanctuaryoncamelback.com

SEA ISLAND RESORT

Set on five miles of private beach along the Georgia Coast, Sea Island Resort offers fitness programs including cardio, cycling and nutrition classes. Unwind at the spa with a mineral pool bath, hydrotherapy pool and labyrinth. seaisland.com

SOLAGE RESORT & SPA

Framed by the soft ridges of the nearby mountains, enjoy healing geo-thermal pools and mineral-rich mud therapy of Solage Calistoga. Experience wellness sessions that offer private floating meditation, mindful awareness and detox and destress sessions. solage.aubergeresorts.com

SONNENALP

Surrounded by a pristine natural environment, the Sonnenalp in Vail offers a traditional European spa, which uses water therapies such as Turkish steam rooms, a Finnish sauna and a cold plunge pool. sonnenalp.com

SPA BILTMORE

Set in the beautiful Sonoran desert, the Spa Biltmore offers a comprehensive wellness and recreation program, with mountain biking, desert hikes and more. Spa and wellness treatments incorporate vegan and organic ingredients and integrate local traditions. arizonabiltmore.com

THE SPA AT SEA ISLAND

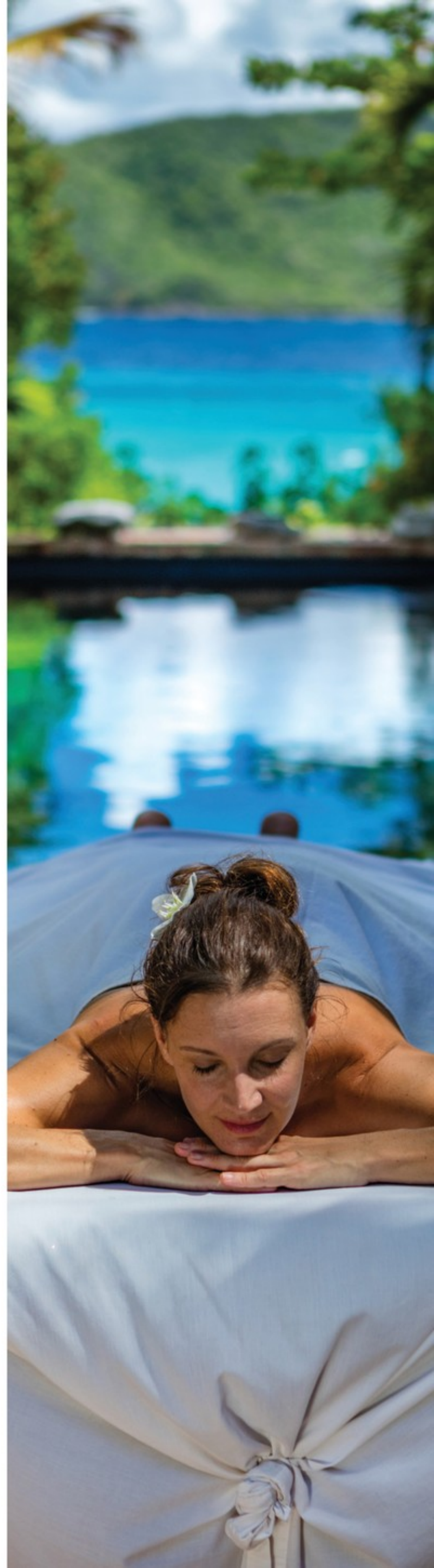
Situated on a barrier island off the coast of Georgia, The Spa at Sea Island sets itself apart in a lot of ways, from the exceptional therapists and well-curated treatment menu to the top-notch facilities, which include a meditation garden, a rainforest-inspired indoor atrium lounge and plenty of cozy nooks stocked with freshly baked treats. The resident nutritionist and dietitian, along with the spa team, have developed new programming designed for the way people live now—less about restrictions and limitations, and more focused on balance, self-care and making choices that are personal and informed. seaisland.com

STEIN ERIKSEN LODGE DEER VALLEY

This beautiful property in Park City, Utah, tucked between the mountains at Deer Valley Ski Resort, offers ski-in, ski-out access, along with snowboarding. Warm up inside and try the High Altitude Relief Package, a trio of Stein signature treatments that include a Body Polish, Signature Massage and Nordic Experience Facial. steinlodge.com

ST JULIEN HOTEL & SPA

Boulder has long been a mecca for wellness seekers. St Julien Hotel & Spa, a serene 10,000-square-foot oasis, stocks product lines, such as Luzern, specifically adapted for Alpine climates. It concocts its own oils and creams from the hotel's herb garden, along with bespoke spa packages. Of course, there is hiking and biking to get you outdoors and keep you there. stjulien.com



SUNDANCE RESORT

Set in the mountains of Utah you will find Alpine ziplining, cross-country skiing and river rafting. Enjoy the nature-inspired eco-spa that focuses on finding balance and well-being. Find your center with meditation classes and nature walks. sundanceresort.com

TENAYA LODGE AT YOSEMITE

Surrounded by the Sierra National Forest, Tenaya Lodge offers snowshoe hiking, rock climbing and tours of Yosemite. Enjoy the spa infused with local, one-of-a-kind essences and the signature Firefall Body Renewal to keep your skin moisturized in the dry mountains. tenayalodge.com

TOPNOTCH RESORT & SPA

Set in the ski town of Stowe, Vermont, Topnotch is the perfect place to relax. The spa rests on four key philosophies: active, revive, discover and restore. Try the Mount Mansfield Saucha, a heavenly herbal body treatment with an organic lavender, sage oil and sea salt scrub, handmade on property. topnotchresort.com

TURNBERRY ISLE

This South Florida resort's three-story spa offers sound therapy treatments. Tibetan singing bowls are placed and played around your body to balance energy fields and encourage total relaxation. Spa Wave uses rolling audio frequencies matched to the body's organs and chakras to help reduce stress, balance moods and improve sleep. turnberryisle.com

TURTLE BAY RESORT

The setting is stunning, but that is far from all this newly renovated property has to offer by way of natural beauty. Saline swimming pools eliminate the need for chlorine, and the resort uses low VOC paints, recycles graywater and offers holistic wellness treatments. turtlebayresort.com

SPA ANJALI, THE WESTIN RIVERFRONT RESORT & SPA

Near Beaver Creek Mountain, in Vail Valley, this resort offers a 27,000-square-foot spa that uses only natural and organic lines. The spa offers innovative spa journeys based on experiences influenced by the Rocky Mountains, Alps and Himalayas. Stay in or take a dip in the outdoor saline lap pool. westinriverfrontbeavercreek.com

VICEROY SNOWMASS

Re-envisioned this year to the tune of \$600 million, it now exudes a tonier vibe, one that complements the stylish Viceroy, which hugs the foot of the mountain, just steps from a chairlift. At Spa, designed by Jean-Michel Gathy to mirror the mountain's elegant ambiance and to embody the four elements, interiors also honor the region's Ute heritage. viceroyhotelsandresorts.com/en/snowmass/spa_and_wellness

WOODSTOCK INN & RESORT

This quaint Vermont inn is historic, but the beautiful LEED-certified spa is state-of-the-art, with organic wellness treatments that incorporate locally sourced ingredients. The Inn features energy-efficiency and water conservation practices, and composting. woodstockinn.com

MEXICO

ANDAZ MAYAKOBA

The Naum Spa in Riviera Maya is built around healing Mayan rituals and therapeutic treatments performed in Boma-style treatment suites: a great place to realize your intentions. mayakoba.andaz.hyatt.com

AZUL TALAVERA HOTEL

The spa at Azul Talavera Hotel, in Puebla, is a true wellness sanctuary, offering an extensive range of healing therapies, spa treatments, wellness rituals and customized services. The spa's design and signature treatments are inspired by centuries-old Mexican traditions and integrate pure indigenous ingredients. Delivered by healing practitioners, the spa's exclusive experiences are geared to balance the body and mind with an overlay of peace and well-being. azultalaverahotel.com

BANYAN TREE SPA, MAYAKOBA

Featuring a truly immersive wellness and detox program, like The Rainforest, which offers 10 different hydrothermal experiences, each designed to soothe and revitalize different parts of your body; holistic beauty treatments and century-old massage therapies, to rebalance and recalibrate your wellness barometer. banyantree.com

CALA DE MAR

This gorgeous cliffside hotel in Ixtapa was re-created as an authentic wellness-driven destination that combines indigenous rituals and Mexican traditions with modern-day wellness techniques. Cala offers seasonal wellness retreats along with customized wellness year-round. calademar.com

CHILENO BAY RESORT

Many beaches in Los Cabos are not fit for swimming, but this protected cove is well-known for its peaceful waters and stunning coral reefs. Spa treatments here are inspired by Mayan culture and intended to bring harmony to mind, body and spirit, with modalities that include a salt inhalation room lined with pink Himalayan salt, a soak in the meditative reflexology pool. Also on offer, a stellar Deep Hydration Oxygen Facial and infrared body wrap. aubergeresorts.com/chilenobay/

EL CAREYES CLUB & RESIDENCES

An oceanfront oasis situated along 5,000 acres of jungle, mangroves, cliffs and beaches, El Careyes features a new design and new wellness programming. There is also a yoga pavilion, a copa (giant basin perched at the edge of a cliff) for meditation and sound-bathing and more. careyes.com

CHABLE MAROMA

Sister property to the Chable Yucatan, Chable Maroma brings state-of-the-art spa and wellness to the powdery beaches of Mexico's Riviera Maya. Each of the 70 casitas features a private pool and the 17,000-square-foot spa incorporates ancient healing treatments built around local Mayan ingredients. Amazing food, a lush but tranquil setting, and wellness programs that leave guests feeling restored and rebalanced. chablehotels.com/maroma

ESPERANZA, AN AUBERGE RESORT

Tucked between two scenic bluffs on the Baja Peninsula, this award-winning Cabo San Lucas resort offers a vacation for your body and a holiday for your soul. Celebrated for its naturally restorative, coastal desert environment and handcrafted botanical treatments, the world-renowned Auberge Spa at Esperanza utilizes the natural, indigenous healing agents to create enriching treatments tailored to specific health, wellness and beauty needs. Plus, the daily array of indoor and outdoor, complimentary fitness classes provides guests with a perfect balance between hard work and pure leisure. esperanza.aubergeresorts.com

GRAND VELAS LOS CABOS

The Mexican-owned resort in Los Cabos has 304 rooms, all overlooking the Sea of Cortez. But, you'll want to book one of the six, two-level Wellness Suites, which include an exercise bike, MUSE brain sensing headband for meditation, crudité mini bar, spa treatments, a deck large enough for yoga and a spa concierge. In the spa, go for regionally inspired Nopal Massage, designed for its anti-inflammatory results. grandvelas.com

HOTEL RODAVENTO

The lovely Hotel Rodavento, in the colonial town of Valle de Bravo, is serene and secluded, with luxurious but cozy cabins set into a forest on the banks of a river, in an area known for its mountain-ringed lake, just two hours from Mexico City. The innovative hotel architecture integrates organic materials into the restaurant, activity center, pool and wellness spa—a nature-inspired sanctuary. The hotel features a range of offerings for guests seeking outdoor activities and ultimate wellness. hotelrodavento.com

HOTEL MATILDA

Hotel Matilda is set in Mexico's historic San Miguel de Allende. With an outdoor, living spa, it features diverse treatment modalities, massage and bodywork. Treatments are inspired by these tenets of well-being: Energy, Recovery, Focus, Radiance and Decompression. hotelmatilda.com

HOTEL XCARET MEXICO

The first hotel in the Americas to have been awarded the EarthCheck Certification for Planning and Design, Hotel Xcaret features Mayan-inspired suites, and the Muluk Spa, by the world's leading scientific benchmarking certification and advisory group for travel and tourism. The Spa and Wellness Center includes massage cabins nestled in stone caves of natural rock facing the river, sauna and steam rooms, hot- and cold-water tubs and more. They just announced a ban on single-use plastics throughout the property. hotelxcaret.com

LAS VENTANAS AL PARAISO, A ROSEWOOD RESORT

The first luxury resort in Cabo, Las Ventanas, completely restored after Hurricane Odile, is still one of the top hideaways in the world. Immerse yourself in Mayan healing rituals, crystal bowl ceremonies and nature, with whale-watching on the wellness menu. rosewoodhotels.com/en/las-ventanas-los-cabos/destination

LOS CABOS MONTAGE

Stand up and aerial yoga, meditation and breathwork classes are offerings at this stunning new property along the Santa Maria Bay in Cabo, along with a star-gazing program, full-moon ceremony and shamanic experience. The launch of Montage Expeditions, curated cultural/wellness experiences, will bring guests to remote areas of Baja to experience local wellness experiences that are results-driven, in a nurturing environment. The 40,000-square-foot spa, more a holistic retreat, is magnificent.

montagehotels.com/spamontage/loscabos

NIZUC RESORT & SPA

The stunning 30,000-square-foot spa features multiple treatment rooms with Mayan-inspired therapies, steam, sauna, a thermal circuit, several spa pools, indoor and outdoor relaxation areas, and mindfulness programs. Nizuc is a stunning property in an absolutely breathtaking beachfront location, with six restaurants, one better than the next, in a very quiet corner of Cancun. nizuc.com

ONE&ONLY PALMILLA

When dreaming of Mexico, this hotel in Los Cabos, is what the mind conjures: whitewashed adobe walls, terra cotta tile, wall paintings, arches and colorful embroidery. At three-day retreats, guests learn practical tools to enhance well-being, reduce stress and live more presently in everyday life. The experience is infused with workshops designed to nourish mind, body and soul. The spa offers treatments that draw from Sonora's Mayo tribe to include a Temazcal experience. oneandonlypalmilla.com

WALDORF ASTORIA LOS CABOS PEDREGAL

Hewed into a cliff, with personal pools, the Resort at Pedregal sprawls across 24 acres, suggesting a Greek fishing village, but the mood exudes festive Mexico. Dinner at al fresco El Farallon beckons, as do watersports. But save time, too, for the spacious Luna Y Mar Spa, which has a collection called Mexican Folk Healing Treatments. Yield to The Intention, an energy cleansing ceremony, led by a local shaman (curandera). theresortatpedregal.com

ROSEWOOD MAYAKOBA

To reach the spa at Mexico's Rosewood Mayakoba, guests are invited to walk across a bridge to a private island hidden away by thick jungle foliage—then venture deeper into the trees. The remote setting for the 12-room, eight-suite spa not only ensures privacy and serenity, but is also a symbol of the sense of discovery that the spa celebrates, by harnessing natural elements of ancient Mayan culture to achieve overall well-being and balance.

rosewoodhotels.com/en/mayakoba-riviera-maya

VICEROY RIVIERA MAYA

The Wayak Spa, at the Viceroy Riviera Maya, rises from a tropical forest surrounded by 41 private villas. Guests are welcomed with a Mayan Blessing performed by an in-house shaman and offered signature wellness treatments featuring indigenous ingredients. viceroyrivieramaya.com

VILLA DEL PALMAR BEACH RESORT & SPA

With gorgeous beaches, this property on 4,447 acres on the Sea of Cortez, in Loreto, is a perfect spot for true relaxation. Featuring a 39,000-square-foot Sabila Spa, a range of restaurants, hiking trails and water activities, Villa del Palmar is truly a perfect getaway for those seeking R&R. villadelpalmarloreto.com

CANADA

ECHO VALLEY RANCH & SPA

This remote escape near the Marble Mountains in British Columbia features rail rides and hikes on piney mountain trails and combines Western traditions with Eastern wisdom at the spa. Don't miss the signature digital detox package.

evranch.com

FAIRMONT BANFF SPRINGS

The Willow Stream Spa, located in the Fairmont Banff Springs, in Alberta, is a mountain sanctuary. The 38,000-square-foot spa includes three waterfall treatment whirlpools, an indoor European mineral pool, an outdoor whirlpool, saunas, steam rooms, a fireplace resting lounge, and that doesn't even touch on the extensive 16-room spa and wellness menu.

fairmont.com/banffsprings

FAIRMONT CHATEAU LAKE LOUISE

Set among Alberta's Banff National Park in Canada, Fairmont Chateau Lake Louise, offers spectacular mountain views and transformative wellness offerings with the outdoors at the heart of it all. Explore the scenic landscape with its Guided Adventure Program and soothe your overexerted body at the spa, specializing in more than 20 treatments and services.

fairmont.com/lake-louise

FAIRMONT CHATEAU WHISTLER

Spend the day at Vida Spa at Fairmont Chateau, Whistler and enjoy the 60-foot heated lap pool with underwater music, an indoor-outdoor heated swimming pool and two tennis courts. The 4,250-square-foot facility offers spa menu options from a skin-brightening Ayurvedic Facial to an Ancient Thai Massage.

fairmont.com/whistler

FAIRMONT PACIFIC RIM

Find serenity in the city at one of the best urban spas in North America. The menu for the 8,500-square-foot space is separated into services designed to Relieve, Restore or yield Results; many feature organic or natural products. Afterward, relax on the fifth-floor terrace deck, equipped with cushy day beds and a hot tub. fairmont.com

FOUR SEASONS VANCOUVER

At the RedCedar Boutique Massage Suite at Four Seasons Vancouver, book the Thermal Stix massage, with a blend of Shiatsu and Swedish techniques, along with heated batons to help stretch tight muscles and release extra tension, or the Ancient Cedar, a combination of Japanese modalities and acupressure. fourseasons.com

FOX HARB'R GOLF RESORT & SPA

If you are an avid golfer, you can spend the day on the links, then head over to the Dol-ás Spa, overlooking the Northumberland Strait in Nova Scotia, for a treatment, ranging from deep tissue massage to mud treatments to intensive Swiss therapies. foxharbr.com

LE MONASTÈRE DES AUGUSTINES

Le Monastère des Augustines, in Canada, is a former monastery, which lends it a uniquely quiet and spiritual vibe. The property also offers straightforward, accessible wellness programs for all, including sleep therapy and stress release. monastere.ca

NORTHERN LIGHTS RESORT AND SPA, YUKON

Way up north in the Yukon, The Northern Lights Resort and Spa is one of a few places on earth where you can follow your massage with the swirling lights of the aurora borealis. Spend time in a Finnish or infrared sauna, relax in the relaxation room or outdoor Jacuzzi. Then wrap up in a blanket and watch the light show! northernlightsyukon.com

ROCKWATER SECRET COVE RESORT

Nestled in the forest overlooking the ocean, the Rockwater Secret Cove Resort's cozy Winter Spa tent is fashioned with heated floors and a fireplace. After a long day of travel, book the Bliss Massage (customized based on areas of muscle tension) or the soothing Éminence Classic Facial, using the organic skincare line from Hungary. rockwatersecretcoveresort.com

SONORA ISLAND RESORT & SPA

A quick seaplane, helicopter or boat ride from Vancouver, this idyllic resort is located on a private islet in British Columbia's Discovery Islands, surrounded by dense forests and Pacific Ocean-linked waterways. It's all about the outdoors here, with activities ranging from kayaking and hiking to birding and bear spotting, so it's no surprise that the resort's Island Currents Spa draws upon nature for its signature services. sonoraresort.com

STE. ANNE'S SPA

Ste. Anne's offers all guests a warm, friendly and embracing environment from the moment they arrive. For the well-being of the body, classes are offered regularly throughout the day. Guided meditation, garden tours and painting classes give the spa an "ease of mind" atmosphere. steannes.com

THE WICKANINNISH INN

The Ancient Cedars Spa at the Wickaninnish Inn in Tofino offers a range of signature spa treatments and wellness, with a focus on nature and yoga. A rustic Relais & Chateaux, in a pristine natural setting on the water's edge, the Wickaninnish Inn is the ultimate retreat. wickinn.com

- INTERNATIONAL -

RESORTS WITH WELLNESS PROGRAMS

AFRICA

PALAIS NAMASKAR

This contemporary spa at the Palais Namaskar highlights Moroccan ingredients, featured in a number of nourishing massages and body services. With stylish villas and romantic restaurants, this sleek resort is a destination wellness getaway. palaisnamaskar.com

ASIA

AMANKILA

A beautiful wellness destination overlooking the coast in remote East Bali, Amankila offers bespoke wellness programs that feature outdoor yoga, Reiki, myofascial massage, as well as traditional Balinese spa treatments in a beach bale, guest suite or secluded open-air spa pavilion. amankila.com

ANANTARA HOI AN

The Balance Wellness program recently introduced by Anantara offers a range of programs to help fulfill your wellness goals, all in a beautiful setting like this one in Vietnam. Focus on weight loss, detox, anti-aging, de-stressing or holistic healing, with programs that offer healthy cuisine, mind-body fitness, therapeutic spa treatments, wellness seminars and more. hoi-an.anantara.com

ANANTARA VELI MALDIVES

The dedicated Balance Wellness by Anantara center at this adults-only Maldives resort features a mix of Ayurvedic, holistic and medi-spa services, as well as couples' spa journeys, resident fitness experts, visiting masters and nutritional therapists. Choose from a la carte services or let the team create a personalized program. anantara.com

BANYAN TREE SPA SANCTUARY

Featuring a truly immersive wellness and detox program, like The Rainforest, which offers 10 different hydrothermal experiences, each designed to soothe and revitalize different parts of your body; holistic beauty treatments and century-old massage therapies, to rebalance and recalibrate your wellness barometer. banyantree.com

COMO SHAMBHALA ESTATE SPA

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

FOUR SEASONS AT SAYAN

In the heart of Bali's highlands, find your center with seven different chakra ceremonies or visit a Balinese healer. The Four Seasons Sayan offers full moon yoga, a wellness mentor and Balinese healing rituals. fourseasons.com/sayan

FOUR SEASONS RESORT BALI AT JIMBARAN BAY

Nestled on the oceanfront, the Four Seasons at Jimbaran Bay offers guided meditation, bamboo stretch classes and blessings of Bali. Experience therapeutic treatments from visiting wellness gurus and Jimbaran Waters Rituals, at the beautiful—and newly renovated—spa. fourseasons.com/jimbaranbay

FOUR SEASONS RESORT HOI AN

Inspired by the writings of a noted Vietnamese Zen master, this beachfront resort's "floating" spa celebrates how we connect to the earth—body, mind and soul. Choose from a list of therapeutic treatments, rejuvenating rituals, bathing ceremonies, mindfulness activities, kids' spa services and even anti-gravity yoga. fourseasons.com

FOUR SEASONS RESORT MALDIVES AT LANDAA GIRAARU

Located in a UNESCO Biosphere Reserve, this sustainable Maldives resort celebrates nature with marine education, fresh cuisine and a wide array of outdoor activities. Overseen by a team of Ayurvedic doctors, naturopaths and therapists, the AyurMa spa takes a four-pillared approach to wellness and conscious living. fourseasons.com

MANDAPA, A RITZ-CARLTON RESERVE

Mandapa is the third resort in the luxurious Ritz-Carlton Reserve collection. There are 60 rooms, all made with local materials. Guests can enjoy a candlelit dinner by the river or partake in a wellness program offered by the spa. Each wellness program is based on pillars: Balinese Spa, Detox and Nutrition, Alternative Therapy, Body Therapy and Healing. mandapareserve.com

NIYAMA PRIVATE ISLANDS

The water surrounding the Niyama Private Islands resort in the Maldives, is nothing short of astonishing, and there's something innately soothing about inhabiting such exquisite beauty, whether biking along the white-sand paths or lounging on the deck of your villa. Personalized wellness journeys are on offer, from yoga and Pilates programs to rehabilitative aqua workouts, to holistic spa treatments. niyama.com

ROSEWOOD LUANG PRABANG

This 23-room resort is spread out over five lush acres complete with a gently flowing river and mini-waterfalls. Enjoy cultural wellness programs that connect you to the destination, then head to the tented riverside spa for treatments designed with input from a traditional healer with ingredients plucked from the resort's gardens. rosewoodhotels.com

ROSEWOOD PHUKET ASAYA PROGRAM

Rosewood Phuket's Asaya program is rooted in self-discovery and self-acceptance. A personal Wellness Concierge, local practitioners, on-site pros and visiting experts will help guests learn how to incorporate the practices from this program into everyday life. Complete the experience with skincare treatments, indoor and outdoor fitness sessions, and culturally authentic therapies. rosewoodhotels.com

SANGHA RETREAT BY OCTAVE INSTITUTE

One of the most comprehensive integrative wellness offerings anywhere, Sangha Retreat by Octave is set on 47 acres west of Shanghai, and combines ancient Eastern wisdom with cutting edge Western technology, offering a comprehensive health and wellness facility and 65,000-square-foot spa, complete medical facility, a healthy dining option with a Michelin chef, and a full range of classes and group activities. sangharetreat.com





SIX SENSES NINH VAN BAY

Tucked between towering mountains, a white-sand beach and the East Vietnam Sea, this resort gets you out into nature with jungle fitness circuits, outdoor yoga and meditation, kayaking, trekking and more. Enjoy personalized wellness programs, sleep health sessions and treatments that use ingredients like green coffee, marine flora and pure coconut oil.

sixsenses.com/en/resorts/ninh-van-bay

SIX SENSES YAO NOI

Six Senses offers a layered approach to wellness that unites the spirit with treatments that go beyond ordinary. At the Yao Noi, the spa promotes traditional Thai healing practices and incorporates the basic four elements to ensure the senses are balanced.

sixsenses.com

SIX SENSES KRABEY ISLAND

Temporarily closed through fall: Three miles offshore from Ream National Park in southern Cambodia, the just-opened Krabey Island was wild and untrammled, until Six Senses Krabey Island built their sustainable retreat. With just 40 pool villas spread across 30 still lush acres, Six Senses Krabey designed its spa to be an enclave of healing and rebirth. The calm can be absorbed in one-off treatments or via multi-day wellness programs, which include options such as yogic cleanse, Ayurvedic reset, sleep therapy, meditation, aerial and local alchemy—all inspired by local herbs and rituals. Romantic picnics, jungle walks, visits to a local temple and nighttime iridescent plankton swimming add to the allure. sixsenses.com/en/resorts/krabey-island

SIX SENSES LAAMU

Barefoot luxury is the theme of this relaxed Maldives island resort, which is home to an award-winning marine conservation program, organic gardens and array of sustainability initiatives. Enjoy Ayurvedic and natural treatments in the nine treatment "nests," yoga and meditation in the open-air studio and personalized wellness and movement screenings.

sixsenses.com

SONGSTAM

In a class by itself, the Songtsam boutique hotels, largely throughout Tibet, are as wellness-focused as it gets. The focus here is the inner journey to wellness, facilitated by connecting with nature, local cultures and communities. On offer: traditional Tibetan meditation, mindful yoga and physiotherapy, mountain hikes, and Tibetan medicated-baths and spa therapies to help heal and bring about well-being. songtsam.com

SPA VILLAGE AT PANKOR LAUT RESORT

In a rainforest on a private island off the west coast of Malaysia, Pankor Laut Resort is home to the award-winning Spa Village at Pankor Laut. The core programs reflect healing treatments from China, Japan, India, Thailand, Bali and Malaysia, with Chinese Herbal, Ayurvedic, and Malay treatments, in a stunning surround. Programs geared toward physical, spiritual and emotional health are stellar here. pangkorlautresort.com

TRISARA

Though Phuket is one of Thailand's busiest beach destinations, you'd never know it once past the gates of Trisara. Outfitted with indoor and outdoor relaxation areas, the villas and stunning spa provide an idyllic setting for treatments that draw from both traditional Thai and hyper-local healing traditions. trisara.com

CARIBBEAN

AMANYARA

Amanyara, in Turks & Caicos, is set on a nature preserve, which is, in and of itself, healing. There is also a Nature Discovery Center, yoga on the beach, a gorgeous Asian-inspired spa and a menu of wellness programs to help you achieve your goals. aman.com/resorts/amanyara

BODYHOLIDAY

Not merely a relaxing or refreshing getaway, with its world-renowned spa, endless list of activities and sports, and idyllic island setting, the BodyHoliday in Saint Lucia is a vacation designed to restore balance in body and mind. thebodyholiday.com

BLUE WATERS RESORT & SPA

Antigua's Blue Waters Resort & Spa is surrounded by cerulean waters and fresh air that is so pure and clean it makes guests take note. The spa features treatments based on beauty from the inside out, with a focus on mind-body balance and well-being. bluewaters.net

COMO PARROT CAY

Reopened late last year, the Turks & Caicos resort known for its holistic wellness program and barefoot luxury draws a dedicated crowd of A-list celebrities and wellness obsessives who come for the serene setting, organic spa treatments, fresh healthy food and extensive programming. comohotels.com/en

CURTAIN BLUFF

This all-inclusive property in Antigua, West Indies, is a pristine getaway, infused with island culture. Set in a rocky outcrop between secluded coves, with beautiful beaches, a spacious indoor/outdoor spa, wellness programs, two restaurants and 72 comfy but glamorous guest rooms, the property is also a certified "Green Globe" resort, recognized for environmental stewardship. To be certified, a property must meet or exceed metrics in areas such as greenhouse emission, energy efficiency, management of freshwater resources, ecosystem conservation and waste management. curtainbluff.com

DORADO BEACH, A RITZ-CARLTON RESERVE

Few places remain that can nourish the soul as does Dorado Beach, a Ritz-Carlton Reserve. Bounded by lapping Caribbean waves and lush pineapple gardens, this one-time Rockefeller retreat offers devoted embajadores who make this secluded paradise feel like home. Nestled within Dorado Beach, a Ritz-Carlton Reserve, lies Spa Botánico—a sanctuary within paradise. This holistic refuge is dedicated to restoring both body and mind with botanical and healing traditions rooted in the local lands and signature Manos Santas rituals. ritzcarlton.com/doradobeach

FINCA VICTORIA

Journey to a hilltop in Puerto Rico to restore the body, mind and soul with organic vegan cuisine, botanical-based treatments, multi-day Ayurvedic retreats and more. The sustainable design—and rooms like the Tree House and Invisible House—further help connect guests to the lush natural setting. lafinca.com

HALF MOON BAY

Tucked away in a beautiful nature reserve in Jamaica, the Fern Tree Spa at Half Moon Bay in Montego Bay, Jamaica, is a wellness mecca in the Caribbean, featuring local, organic ingredients and traditional Jamaican healing remedies, a cafe with raw vegan dishes and cold-pressed drinks, an outdoor yoga pavilion and meditation labyrinth, intended to coax guests back to wellness. halfmoon.com

JADE MOUNTAIN

Jade Mountain St. Lucia, is the go-to for a carefully curated wellness experience. Guests can choose from spa treatments available in a range of beautiful sanctuaries: their private infinity pool; Jade Mountain's boutique spa, Kai en Ciel; the Kai Belté spa located on Anse Chastanet beach or the Kai Mer spa cottage. The spa offers an extensive healing menu, with classic, Ayurvedic and holistic services, and the property features yoga, estate bike trails for biking, jogging and hiking on the 600-acre estate. jademountain.com

JUMBY BAY

Off the northeast coast of Antigua, Jumby Bay takes its name from "jumbee," a colloquial Antiguan word for "playful spirit." A classic, reimagined by the mighty Oetker family of hoteliers, the hotel mandates barefoot elegance as the order of the day. The all-inclusive hideaway keeps things posh, with a commitment to laid-back wellness. The spa takes inspiration from African and indigenous island traditions, with healing ingredients such as neem, lemongrass, aloe and coconut. oetkercollection.com

LE SOLEIL D'OR

Le Soleil d'Or is a secluded resort just an hour's flight from Miami on Cayman Brac. With its 20-acre organic farm, guests can take advantage of a range of farm-to-table wellness experiences, along with farm-to-spa-table treatments. lesoleildor.com

MALLIOUHANA

This Auberge resort in gorgeous Anguilla offers horseback riding, stand-up paddleboarding, outdoor yoga and a beautiful new spa featuring wellness experiences based on local ingredients and traditions. aubergeresorts.com/malliouhana/wellness/spa

MELIA PUNTA CANA

Melia Punta Cana is an adults-only, wellness-focused beach resort in the Dominican Republic. The wellness program focuses on mental, spiritual, social, physical, emotional and environmental wellness journeys, facilitated with meditation, sound healing, meditation, labyrinth experiences and more. The property features organic, vegan and vegetarian dining options—among more. melia.com

PARK HYATT ST. KITTS

The beautiful Park Hyatt St. Kitts, with its Miraval Life in Balance Spa, brings a Zen vibe to the Caribbean, with wellness services and experts to enhance well-being. The property's ethos of clean luxury—its spare and warm aesthetic, echoing the natural landscape—creates a haven of tranquility. stkitts.park.hyatt.com

ROSEWOOD BAHAMAR

This hot property in the Bahamas offers not one but two wellness programs: at Asaya, where you set your wellness goals and experts on-site help support you, and the Sense Spa. Both rely on local offerings and traditions to help guests experience wellness. rosewoodhotels.com/en/baha-mar

ROSEWOOD TUCKER'S POINT

Only fresh, local ingredients are used at Rosewood Tucker's Point for one-of-a-kind wellness treatments. This relaxing sanctuary for mind, body and soul offers four swimming pools and a fully equipped fitness center, in addition to its world-class Sense spa. rosewoodtuckerspoint.com

ROUND HILL HOTEL AND VILLAS

Montego Bay, Jamaica, is where you'll find Round Hill Hotel and Villas, a resort spread across 110 green acres, where luxury and wellness blend together seamlessly. roundhill.com

STONEFIELD RESORT

An intimate resort in Saint Lucia, with only 17 villas—each with a private pool—and gorgeous views, Stonefield Resort features wellness retreats and a lovely spa. The cuisine is wellness-focused, Creole-style, with local fish and meat, and organic fruits and vegetables. Adults-only, with one family villa. stonefieldresort.com

WINDJAMMER LANDING

A sanctuary overlooking Labrelotte Bay, in Saint Lucia, with a 5,000-square-foot spa and wellness space, dedicated to helping guests reconnect with health and well-being. Treatments and offerings connect guests to nature and the vibrant St. Lucian culture, focusing on attaining balance and self-care. Family-friendly. windjammer-landing.com

ZEMI BEACH HOUSE

This gorgeous getaway in Anguilla, features the Zemi Thai House Spa, a sanctuary with private spa suites, a yoga deck, the island's only hammam, a fresh juice bar and so much more to set you on the path to wellness. zemibeach.com

EUROPE

ANDRONIS CONCEPT WELLNESS RETREAT

Nowhere in the world are sunsets more celebrated than Santorini, part of Greece's Cyclades Islands. Join nature's daily dusk-time drama at Andronis Concept Wellness Retreat, built to showcase the event. When not sundowning, yield to the Kallos Spa, with experts in both Eastern and Western techniques and philosophy. andronisconcept.com

ALPINA GSTAAD

The Alpina Gstaad features the only Six Senses Spa in Switzerland. In addition to dozens of massage, facial and body treatments, the menu includes chakra balancing, sound healing, cupping and colonics, as well as a selection of personalized wellness programs. thealpinagstaad.ch/en

ANANTARA VILAMOURA ALGARVE RESORT

The Algarve is the Riviera of Portugal, known for its pretty beaches and perfect climate. At the beautiful spa, guests can experience holistic and Ayurvedic spa and wellness treatments. anantara.com

AYURVEDA PARKSCHLOESSCHEN

This German castle escape serves a number of detox programs and wellness treatments, including private relaxation rooms, high-grade organic oil massages, and a fitness center. Dine at the vegetarian restaurant or relax in a garden during your stay. This luxurious location provides guests serenity with yoga and meditation and has specialized in panchakarma cures since 1993. ayurveda-parkschloesschen.de

BORGO EGNAZIA

This unique resort in Italy's Puglia is built from indigenous materials traditional to local architecture. Everything is local. The Vair Spa offers an authentic wellness program infused with local products and traditions, along with a staff of therapists, naturopaths, psychologists and more—including three swimming pools and courses to help guests achieve their wellness goals. borgoegnazia.com

CASTELLO DEL SOLE

In Italian-speaking Ascona, Switzerland, Castello del Sole, occupies a large piece of land on the lake. With a farm, garden, orchards and vineyard, it grows organic grapes, tea, corn, vegetables and fruits. It also has a WWF bird sanctuary. Castello Spa & Beauty is fueled by the bounty of the land, and features yoga, a Kneipp water course, and wellness options that connect to surrounding nature. castellodelsole.com/en

CASTEL MONASTERO RESORT & SPA

Castel Monastero Resort & Spa in Tuscany is renowned for programs that help guests detox and reboot. With three, seven and 10-day offerings, there is also a crown jewel: the Aquae Monasterii run, with saline density pool designed for the Castel Monastero Spa by the medical team of Thalasso del Forte. castelmonastero.com

DEPLAR FARM

Deplar Farm is a converted sheep farm in the Fljót Valley, on Troll Peninsula, way up in northern Iceland, about as far north as you can go before you hit Greenland. With bespoke outdoor wellness offerings—hiking, communing with nature, heli-skiing, surfing (yes, in Iceland!)—and a beautiful Nordic-style spa, sauna and geothermally heated pool. elevenexperience.com

GRAND HOTEL KRONENHOF

Located in the heart of the Swiss Alps, experience guided hiking tours and personal Pilates classes. Or relax at the spa with a steam bath, salt grotto, sauna and solarium. Enjoy the signature Haki method, which combines physical and mental relaxation. kronenhof.com

GRAND HOTEL TREMEZZO

Along with original mosaics, a yoga studio, three-story gym and the area's only authentic hammam (complete with marble walls and domed ceiling), the nearly 11,000-square-foot spa offers serene Lake Como views from its sauna, hydromassage-equipped infinity pool and elegant relaxation room, where comfortable loungers encourage lingering. grandhoteltremezzo.com

HOTEL GOLDENER BERG

An intimate hotel deeply committed to the salubrity of mind, body, and spirit, this Austrian haven extends guests the opportunity to restore their health in summertime with weeklong programs that range in themes from detox to slimming. goldenerberg.co.uk

HOTEL HOCHSCHOBER

The family-owned Hotel Hochschober, a wellness lodge in the Austrian Alps on the border of Carinthia and Styria, lies on the Turracher Lake, surrounded by verdant nature. Celebrated for its unique, heated lap pool, set within the crystalline lake, the hotel also draws health seekers for its Chinese Tower, where courses in Eastern philosophy are taught. hochschober.com

HOTEL MIRAMONTI

Owned by a couple who infused it with love, Miramonti is a boutique hotel in the Southern Tyrol with a beautiful spa, a forest sauna, thermal baths and everything you need to restore yourself and reconnect with nature hotel. miramonti.com/en/home.html

KULM HOTEL

At 6,000 feet above sea level, the Kulm Hotel St. Moritz offers beautiful views of Lake St. Moritz in Switzerland. The Kulm Hotel offers meditation classes, Nordic walking, cross-country skiing and snowshoe hikes. Relax at the spa, which focuses on relaxation, detoxification and regenerating. kulm.com

PARK HOTEL VITZNAU

A castle-like facade on the outside belies the modern wellness programs offered inside the multi-level spa, which The Park describes as "a health residence," with an extensive hydrotherapy program and multiple wellness offerings in a stunning setting near Lake Lucerne, Switzerland. parkhotel-vitznau.ch/en



SAVOY PALACE

Madeira, while modern, takes travelers back in time. Part of Portugal, but autonomously governed, it sits closer to Morocco than Europe, and is hauntingly beautiful, with soaring cliffs, mountains, and six diverse ecosystems (including a rare cloud forest). The Savoy Palace in Funchal, is a welcome wellness haven, and its Laurea Spa, created as a metaphor for Madeira's Laurissilva Forest, is now the largest in Portugal. The immense thermae is a prime place to enjoy the bracing benefits of a gorgeous hot/cold circuit, then spend time yielding to the signature Laurea Massage. lhw.com/hotel/savoy-palace-funchal-madeira-portugal

7 PINES

Perched on a rocky cliff on the West Coast of Ibiza, 7 Pines and the 16,000-square-foot Pure Seven Spa offer sweeping views. Ibiza has always had a spiritual side, thanks to American hippies who flocked there during the Vietnam War taking rough crystals and yoga with them, but the Spa brings wellness to a new—and sophisticated—level. 7pines.com

TIVOLI PALACIO DE SETE AIS HOTEL

A glorious and verdant fairyland, covered with lush plants that flourish, due to the natural springs that flow throughout the neighboring hills, have made this area in Portugal a health retreat—the parks and palaces of Sintra are a UNESCO Heritage site—since Ancient Roman times. The Tivoli offers a small, oasis-like spa that will jumpstart your well-being. spativolihotels.com/en/tivoli-palacio-de-seteais

TSCHUGGEN GRAND HOTEL

Tucked into a ski mountain in the Swiss Alps, near the charming town of Arosa, the owners of Tschuggen Grand have a deep commitment to sustainability, as does the incredible staff. Yoga wellness programs are regularly on offer, along with star-gazing, cycling tours in the mountains, mushroom foraging, and a huge state-of-the-art spa, with an extensive hydrotherapy course. tschuggen.ch/en

VICTORIA-JUNGFRAU GRAND HOTEL & SPA

This historic hotel in the Bernese highlands has long drawn regulars with its elegant style, gourmet cuisine and extensive wellness offerings. The latter includes a sauna and soaking complex, indoor and outdoor pools, fitness facilities, a spa bistro and treatments and programs that target aging, beauty, stress-relief and more. victoria-jungfrau.ch

OCEANIA

THE BRANDO

The Brando's vision is a culturally rich, sustainable, environmentally protective luxury destination, set on a remote private island off Tahiti, once the home of Marlon Brando, who envisioned this island as a conservationists' paradise. There is a research facility on property, where scientists study fish, coral and other wildlife. The spa is an oasis of wellness and healing, based on traditional Tahitian treatment modalities such as the Taurumi massage, which features natural indigenous oil blends. thebrando.com

INTERCONTINENTAL BORA BORA RESORT & THALASSO SPA

Imagine a place where the sky is always clear, the sea is bright turquoise with glints of sunlight and the sandy beaches are white as pearls. The Deep Ocean Spa is one of the first thalassotherapy spas built in the South Pacific, where wellness possibilities—including a traditional Tahitian massage—are endless. thalasso.intercontinental.com

MIDDLE EAST

FAIRMONT THE PALM

This luxury beachfront resort features unrivalled views of the Arabian Gulf and glittering Dubai Marina skyline, as well as an award-winning spa. Its comprehensive wellness approach includes fitness trainers, a menu of authentic spa treatments from luxurious facials to result-focused body treatments, and a partnership with a leading rejuvenation and antiaging aesthetics fairmont.com/palm-dubai

SOUTH AMERICA/ CENTRAL AMERICA

CHAA CREEK

With its proximity to a 400-acre nature reserve in Belize, Chaa Creek ensures a wide range of activities that connect guests to nature: bird watching, medicine trail walks, butterfly farms, canoeing, an organic farm and more. And, the commitment to sustainable tourism is supported by an ongoing donation that goes directly into environmental and community projects under the Chaa Creek Cares initiative. chaacreek.com

HACIENDA ALTAGRACIA

Temporarily closed: Surrounded by untainted natural beauty and nestled among the rolling hills and lush mountaintops of Perez Zeledon in Costa Rica, experience river rafting, hikes through private rainforest and fitness retreats. Relax in the spa inspired by the healing traditions of the region. altagracia.aubergeresorts.com

HARMONY NOSARA

The Harmony is a boutique resort in Costa Rica. For a sustainable retreat, its Healing Center uses products inspired by the local culture. A freestanding facility with four treatment rooms and two open-air yoga studios encourages maximum wellness. harmonynosara.com

HOTEL BUENA VISTA

Offering limited amenities for the foreseeable future: A relaxed mountainside retreat in Costa Rica, surrounded by coffee plantations, with accommodations that range from eco-chic tents to suites. With ziplining, lush gardens and a spa with yoga, Hotel Buena Vista is a place to relax in Costa Rica. hotelbuenavistacr.com

INKATERRA

The first boutique hotel in Cusco, Peru, Inkatererra La Casona features a full wellness experience. Treatments include reflexology and de-stress massage, which include 100 percent natural and local botanicals. inkaterra.com

LAS LAGUNAS HOTEL

Perched in the midst of the Guatemalan jungle, the Las Lagunas Spa features a range of wellness treatments that end with a cup of calming allspice tea made with leaves plucked from around the property. A serene pool includes a water treadmill, better for serious swimming than the gorgeous infinity pool, which opens to the lagoon that is the centerpiece of Las Lagunas. laslagunashotel.com

MUKUL RESORT

Located in Nicaragua, this resort offers several wellness retreats led by yoga and wellness experts. Relax at the spa, which includes six experiences housed in six individual, private spa suites, each equally harnessing a different ancient healing tradition, using local Nicaraguan ingredients. mukulresort.com

NAIA RESORT & SPA

Cited by *The New York Times* as "one of the 52 places to go in 2017," Naia, tucked away within a private 200-acre reserve on Belize's Placencia Peninsula, is a place to focus on relaxation and personal growth. Healthy food, fresh juices, yoga and transformative spa treatments are all tied to the beautiful natural surroundings. naiaresortandspa.com

NAYARA SPRINGS

Secluded in the Arenal Volcano National Park, this Costa Rica resort is immersed in the lush vegetation of Costa Rica's rainforest with a nearby creek, underground thermal springs and the world's highest concentration of tropical plants and wildlife. Enjoy yoga sessions while surrounded by nature, take guided tours of the breathtaking surroundings, or relax with a nature-inspired spa treatment. nayaraspings.com

ORIGINS

Built in harmony with its surroundings, this mountainside estate is dedicated to providing holistic healing and well-being inspired by ancient wisdom. Opt for the multi-day wellness experience, which features a mix of yoga, mindfulness sessions, sound therapy, Ayurvedic treatments and healthy cuisine from a Michelin-starred chef, among other activities. originslodge.com

PIKAIA LODGE

Most people see the UNESCO-listed Galapagos on a cruise, stopping on Santa Cruz upon arrival. But, this largest of Ecuador's UNESCO-listed islands, has much to offer. Pikaia Lodge, a sleek eco-hotel, sits on the rim of an extinct volcano on a lesser-traveled part of the island. It offers land-based programs, with sightings of giant tortoise and iguana—and sustainability, social responsibility and a way of experiencing wellness through ecotourism. The Sumaq Spa, a Zen sanctuary, with floor-to-ceiling windows in the relaxation area to emphasize the terrain, offers authentic shamanic treatments. pikaialodge.com

THE RETREAT COSTA RICA

This wellness boutique resort is perched on a high vibrational crystal mountain in Atenas, Costa Rica, and features the Vida Mia Healing Center, and a plant-based café, with a select listing of organic and biodynamic wines. The Retreat founder and owner, Diana Stobo, a celebrity chef and health and wellness life coach, has designed the menus and programming at this healing retreat. theretreatcostarica.com

- NORTH AMERICA -

THERMAL & MINERAL SPRINGS & HEALING WATERS

UNITED STATES

DUNTON HOT SPRINGS

Set in a restored 19th century mining village, this resort celebrates the history and traditions of its setting—including the use of natural, mineral-rich hot spring waters. There are several ways to enjoy a soak, including in a historic bathhouse, in heated pools or under the stars, directly at the source. duntondestinatons.com

THE GIDEON PUTNAM ROOSEVELT BATHS & HOTEL

The nurturing and healing waters of the Roosevelt Baths & Hotel in New York has been paramount to its history of preserving the Saratoga Springs. Each visit begins with a private soak in the naturally effervescent water, followed by nature-inspired therapies for a wellness experience. gideonputnam.com

THE GREENBRIER

Set in the Allegheny Mountains in White Sulphur Springs, West Virginia, the Greenbrier's mineral spa offers a variety of services for relaxation and comfort. Guests can luxuriate in a whirlpool bath or soak up the healing properties of the native sulphur waters. Activities include yoga retreats, golf courses and horseback riding. greenbrier.com

GLEN IVY HOT SPRINGS

This gem beneath the Santa Ana Mountains is lined with bougainvillea, lavender and palm trees. Take the mineral-rich waters or a mud-bath detox. Glen Ivy offers Southern California's only red clay mineral bath, which draws out impurities. glenivy.com

OJO CALIENTE MINERAL SPRINGS RESORT & SPA

Temporarily closed: Ojo Caliente's secluded sanctuary is just north of Santa Fe. Celebrating 150 years as one of the oldest natural health resorts in the U.S., Ojo is the only hot springs in the world with four unique, sulfur-free mineral waters including iron, lithia, soda and arsenic. The diverse spa menu offers soothing and restorative treatments including nurturing massage and hydrating body and face therapies. Don't miss a soak in a Private Outdoor Pool with Kiva fire, or the detoxifying Mud Pool. ojospa.com

SIERRA GRANDE LODGE

Guests can find adventure and relaxation at the Sierra Grande Lodge & Spa in New Mexico. Every day includes a soak in a private indoor or outdoor tub with healing, mineral-rich geothermal waters. Take a private tour to explore a half million acres of wilderness, with a hike, photography lesson or bike trek. Also available: a hot air balloon adventure to enjoy vistas of the Fra Cristobal mountains. Guests can relax with holistic spa treatments including centering bodywork, custom facials and skin. sierragrandlodge.com

SUNWATER SPA

This wellness and healing center, located six miles from Colorado Springs, has prime views of Pikes Peak. The facility offers outdoor cedar mineral tubs, an infrared sauna, an indoor pool, hot tub and cold plunge pool. Guests can take classes including Vinyasa Flow yoga, Tai Chi and World Belly Dance. Innovative body treatments are available for those looking for deeper relaxation and escape. sunwaterspa.co

TEN THOUSAND WAVES

A Southwest version of a Japanese hot springs resort, in the hills near Santa Fe, this spa blends outdoor baths, massage and Zen gardens to create a serene oasis. Ten Thousand Waves is a day spa that now also offers lodging for those who seek to linger. tenthousandwaves.com

CANADA

HARRISON HOT SPRINGS RESORT & SPA

Take a dip in one of the spa's healing mineral springs at Harrison Hot Springs Resort & Spa. The oasis is an hour-and-a-half drive from Vancouver and provides body and facial treatments with organic and marine ingredients. harrisonresort.com

THERMËA BY NORDIK SPA-NATURE

Manitoba's Thermëa by Nordik Spa-Nature is a Scandinavian spa built for relaxation and de-stressing, where you can take a long soak in the thermal pools, sweat in the Finnish saunas, and treat yourself to a divinely relaxing massage. thermea.ca



- INTERNATIONAL -

THERMAL & MINERAL SPRINGS & HEALING WATERS

ASIA

THE ANA INTERCONTINENTAL RESORT

Japanese wellness seekers know Beppu, on the country's southernmost island of Kyushu, for its many natural hot springs, but it hasn't really come onto the radar of international travelers until now. The InterContinental offers a compromise between traditional Japanese culture and international hospitality standards, but guests must still observe the customs at the public onsen, where nudity is de rigueur. For those who are too shy to bare it all in front of strangers, a private onsen can be booked for individuals or families. There, in the hot, mineral-rich water pumped in from the nearby hot springs, you can gaze out at the tranquil Beppu Bay and calm your mind and body. ihg.com/intercontinental/hotels/us/en/beppu/oitky/hoteldetail

THE RITZ-CARLTON NIKKO

Find peace among nature at this new resort in Japan, set inside the cedar-filled Nikko National Park, not far from serene lakes, towering waterfalls and a UNESCO-designated shrines and temples trail. This is the first-ever Ritz-Carlton to feature a traditional Japanese hot springs onsen, complete with soaking pools filled with mineral-rich geothermal waters and therapies that incorporate breathwork and visualization. ritzcarlton.com

TOBIRA ONSEN MYOJINKAN HOTEL

Set on wooded grounds, the tranquil hot springs of the Tobira Onsen Myojinkan Hotel are located near the Matsumoto Castle. A historical atmosphere provides guests with traditional bathing experiences in their standing bath and open-air bath, complete with healing amenities. tobira-group.com

CENTRAL AMERICA

TABACON THERMAL RESORT & SPA

Nestled in the heart of Costa Rican rainforest in a mystical setting at the base of the Arenal Volcano, Tabacon provides luxurious accommodations, fresh service philosophy with Pura Vida style. A tropical and exotic destination combining adventure with relaxing and steaming hot springs. Explore Costa Rica's largest network of volcano heated, naturally flowing hot springs, and delight your senses with cuisine inspired by local fares. Experience a spa treatment rendered in outdoor bungalows next to the soothing sounds of gently rushing streams and local wildlife. tabacon.com

EUROPE

ADLER THERMAE SPA RESORT

This luxe, rural hotel and spa is located in Italy, just a few paces away from the vineyards of Montalcino. The healing waters of Tuscany are a thousand square yards of indoor and outdoor pools, completed by beautiful scenery year-round. adler-thermae.com

DIVANI APOLLON PALACE & THALASSO

In the heart of the Athenian Riviera, Divani Apollon Palace & Thalasso offers two outdoor swimming pools, one with seawater, the biggest Thalassotherapy pool in Greece. With a focus on detoxing seaweed treatments, Divani offers nutritional counseling, private training and more to help guests meet their wellness goals. divaniapollonhotel.com

FORTE VILLAGE RESORT

One of Italy's best thalassotherapy circuits, with six pure Sardinian seawater pools, each with a specific temperature, saline density and mineral makeup. While some are made of pure, mineral-rich seawater, or feature sea salt to help relax muscles and fight inflammation, most unique are the green-hued pools infused with sea oil, brine, mint and aloe, to encourage detoxification and draining and boost endorphins. fortevillageresort.com

THE GAINSBOROUGH BATH SPA

Gainsborough Bath Spa, located minutes from the remains of the fifth-century Roman baths, offers a Roman Bath hydrotherapy circuit, organic facials, muscle-easing magnesium wraps, a signature Aquasana (in-water yoga) and watsu massage, in the central heated thermal pool. thegainsboroughbathspa.co.uk

GRAND RESORT BAD RAGAZ

The core of the experience here is health and wellness—and the healing waters from the nearby Tamina Gorge in Switzerland. Soak up the minerals in one of many thermal bathing areas, then enjoy spa treatments, the sauna world, the family spa and doctor-led programs that target preventive medicine, sleep health, weight loss, smart aging and much more. resortragaz.ch/en

REGINA ISABELLA

The only five-star hotel in Ischia, in the Bay of Naples, the Regina Isabella Thermal Spa features thermal mineral springs that bubble up from the ground, as well as bioactive mineral mud treatments and a medical program to help harness the healing benefits of both. Dine at the hands of the Michelin-star chef, and work with nutrition experts to devise a bespoke program. reginaisabella.com/en

THE RETREAT BLUE LAGOON

While for decades, we've been able to enjoy the healing powers of Iceland's Blue Lagoon geothermal waters through skincare products, a psoriasis clinic and a public bathing complex, it wasn't until the arrival of this hotel that this truly became a place for relaxation and rejuvenation. The 62 suites look out onto the otherworldly volcanic landscape, and offer easy access to private mineral pools, healthy dining, therapeutic treatments and a truly stunning spa. bluelagoon.com

ROGNER BAD BLUMAU

An Austrian destination and resort, the Rogner Bad Blumau healing waters include a sauna and highly mineralized water for bathing. Each pool is an experience as guests enjoy indoor and outdoor thermal baths that glide through the Indian Ocean and South Sea. blumau.com

SAVA HOTELS & RESORTS

Temporarily closed: The Sava Hotels & Resorts in Slovenia put an emphasis on health, beauty and inner peace. The wellness center offers traditional and modern services for beauty and relaxation, using the black thermal mineral water of natural springs to ease pain and enhance well-being. sava-hotels-resorts.com

SPIRIT HOTEL

Surrounded by greenery and lakes, this Hungarian destination houses over 20 pools and Jacuzzis in its wellness Oasis. Each exclusively designed pool guarantees a sense of well-being and a regenerative rest. The nature of the Oasis supplements relaxation with a soothing bathing environment. spirithotel.hu

STANGLWIRT

A family-run sustainable Alpine retreat in the Austrian Tyrol, Stanglwirt has won numerous awards and accolades for its commitment to sustainability, from green energy to water pools—grottoes, waterfalls, caves and pool—that draw natural mountain spring water from the nearby mountains and are heated by solar and geothermal power. The 129,000-square-foot spa offers a wellness-focused menu, and the Sun Suites, near the spa, feature local pine, organic cotton and linen, and a range of cold-pressed organic juices from a local purveyor. There is an organic farm, a barn full of animals, a vegan and vegetarian menu, as well as divine mountain views, hiking and lots of fresh air. stanglwirt.com

THERMES MARINS MONTE-CARLO

A hub of high-tech and a place of pure serenity, the Thermes Marins Monte-Carlo resort inspires well-being through deep, relaxing treatments. With a poolside view of the Mediterranean, its Aqua Fitness Center incorporates thermal energy and seawater for healing experience. thermesmarinsmontecarlo.com