

Wellness Living & Travel

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MAGAZINE

## WELLNESS TRAVEL GUIDE

350+ Global Resorts  
& Destinations



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*From Burnout to Balance*  
**The Healing Power of Plants**  
**FIRMING FACE SERUMS**



Organic Spa Media Co.

# WELLNESS TRAVEL GUIDE

2022

*As we focus on how to ease stress and bring more wellness into our lives, Wellness Travel has become the most rapidly growing sector of the travel industry. Our fifth annual Wellness Travel Guide—with expertly curated top wellness destination spas, resorts with wellness programs, and thermal and mineral springs and healing waters—will be your guide to restorative destinations and journeys around the globe.*

# - NORTH AMERICA - WELLNESS DESTINATION SPAS

## UNITED STATES

### AMANGANI

Located in Jackson, Wyoming, Amangani spa experiences offer an array of rejuvenating treatments, season-specific rituals and holistic programs. With multiple outdoor activities and a bespoke wellness program, this gorgeous getaway is a paradise for guests seeking health and wellness. [aman.com](http://aman.com)

### AMANGIRI

The big open country in Utah provides a stunning backdrop for hiking, horseback riding and rock climbing on the nearby mesas. Sign on for a comprehensive wellness program inspired by Navajo healing traditions. The new tented pavilions at Camp Sarika, a 10-minute walk away, feature splendid isolation. [amangiri.com](http://amangiri.com)

### ART OF LIVING RETREAT

In the Blue Ridge Mountains of North Carolina, the Art of Living Retreat Center and Shankara Ayurveda Wellness offer immersive wellness experiences inspired by yoga and Ayurvedic traditions where guests learn tools to access lasting health and happiness. [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org)

### AYURVEDA HEALTH RETREAT

Nestled in the historic Florida town of Alachua, 20 minutes from Gainesville, guests can expect an oasis of freshwater springs, parks and rivers, and a comprehensive Ayurvedic wellness program. [ayurvedahealthretreat.com](http://ayurvedahealthretreat.com)

### CAL-A-VIE HEALTH SPA

Cal-a-Vie offers guests a number of programs targeting wellness. Located just outside San Diego, this stunning destination transports guests to the south of France and focuses on reducing stress and bringing balance with myriad fitness classes and a fabulous spa. [cal-a-vie.com](http://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 medicine, nutrition, fitness, life balance and wellness. [fourseasons.com/westlakevillage/](http://fourseasons.com/westlakevillage/)

### 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 bring together traditions from East and West. [canyonranch.com](http://canyonranch.com)

### CARILLON MIAMI WELLNESS RESORT

At the beachside Carillon, you'll feel like another buff Miamian on a health quest, with abundant wellness programs offered at the 70,000-square-foot spa. Carillon combines pioneering technology with ancient motifs to offer treatments from acupuncture to detox to the Somadome, the world's first technology-enabled meditation pod, which deploys color, sound and energy therapies. [carillonhotel.com](http://carillonhotel.com)

### THE CHOPRA WHOLE HEALTH RETREAT AT CIVANA WELLNESS RESORT & SPA

The renowned Chopra Whole Health Retreat set up a 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 immersive wellness program with the Chopra Retreat. [civanacarefree.com](http://civanacarefree.com)

### DEER LAKE LODGE SPA RESORT

Texas' hidden secret is nestled on 50 wooded acres near Houston, featuring major detox programs, therapeutic spa treatments and yoga. [deerlakerelodge.com](http://deerlakerelodge.com)

### ESALEN INSTITUTE

Ahead of its time, and not quite a spa, this holistic retreat center sets the standard for mind and heart expansion, experimentation, mindfulness and general awakening of mind, body and spirit. Tucked into Big Sur, California, on an energetic landscape where land meets sea, Esalen teaches guests to slow down, detox and restore. [esalen.org](http://esalen.org)

### 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 and nutritional component move guests toward a goal of holistic health. [eupepsia.com](http://eupepsia.com)

### GOLDEN DOOR

The Japanese-inspired Golden Door, in San Marcos, California, will bring you to a place of inner peace and stillness. Surrounded by Zen gardens, guests enjoy delicious food, meditation, sublime spa treatments and expert coaching to become a healthier, more mindful version of themselves. [goldendoor.com](http://goldendoor.com)

### HILTON HEAD HEALTH

A legendary transformative wellness center, Hilton Head Health introduced Sweetgrass Inn, a new hotel option, to complement its history of presenting programs with a holistic approach to wellness. From a variety of fitness activities, health education, cooking classes, mindfulness training and recreation activities, this is a great destination wellness getaway. [hhhealth.com](http://hhhealth.com)

### HIPPOCRATES HEALTH INSTITUTE

At the Hippocrates Health Institute, guests are encouraged to educate, transform and heal with intensive programs offered at the West Palm Beach location. [hippocratesinst.org](http://hippocratesinst.org)

### KRIPALU

A tranquil center for yoga and health in Massachusetts, Kripalu offers a sprawling view of woodlands and water. Engulfed in serenity, guests will find themselves exploring their personal power and achieving maximum wellness. [kripalu.org](http://kripalu.org)

### LAKE AUSTIN SPA RESORT

On the bucolic shores of Lake Austin in the Texas Hill Country, the Lake Austin Spa offers custom wellness programs, traditional Western and Asian therapies, with delicious healthy food in a tranquil setting. [lakeaustin.com](http://lakeaustin.com)

### THE LODGE AT WOODLOCH

The Outdoor Adventure program features hiking on property and off, in the Pennsylvania lake region with the peaceful Pennsylvania Mountains nearby, along with fishing, kayaking, wildlife viewing, forest bathing. Enjoy an extensive range of wellness offerings, including a visit to the beautiful 27-treatment room spa, Himalayan Salt Sauna, Snow Room, three organic gardens on property. [thelodgeatwoodloch.com](http://thelodgeatwoodloch.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](http://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 upstate New York is an authentic wellness getaway where guests tend to mind, body and spirit, and customize Tibetan spa and wellness treatments at the gorgeous Dewa Spa. [menla.org](http://menla.org)

### MII AMO

The newly renovated, 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, adds a uniquely spiritual dimension. [miiamo.com](http://miiamo.com)

### MIRAVAL RESORTS & SPA

Miraval is committed to the wellness of its guests and their need to maintain health and wellness.

With beautiful spas in Tucson, Austin and most recently, the Berkshires in Massachusetts, Miraval offers expert wellness programs designed to challenge mind, body and spirit, and bring your life in balance. [miravalresorts.com](http://miravalresorts.com)

### NEMACOLIN WOODLANDS RESORT

The Nemaquin Woodlands Resort houses an on-site Holistic Healing Center designed to achieve life balance and wellness. Guests experience wellness services ranging from acupuncture to healing meditation. [nemaquin.com](http://nemaquin.com)

### OJO SANTA FE SPA & RESORT

De-stress 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, there are endless transformative ways to soothe your mind, body and spirit—including holistic healing, wellness counseling and Native American teachings. [ojosantafe.ojospa.com](http://ojosantafe.ojospa.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](http://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](http://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](http://theranchmalibu.com)

## RED MOUNTAIN RESORT

Nestled among the red rocks of St. George, Utah, not far from Zion or Bryce national parks, Red Mountain Resort is the perfect blend of adventure and solace. All-inclusive retreats include three healthy meals daily, guided hikes, fitness classes, wellness and spa programs and more. [redmountainresort.com](http://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, doctor-led preventive science and a new Optimal Wellbeing Program—along with nourishing treatments, a wide array of fitness activities and healthy cuisine—to set guests on their paths to wellness. Sensei Porcupine Creek will be opening this fall in Rancho Mirage, California. [sensei.com](http://sensei.com)

## SIVANANDA ASHRAM YOGA FARM

For an intense Ayurveda experience, located 150 miles north of San Francisco, Sivananda Ashram Yoga Farm, affiliated with the Sivananda Institute of Health, offers a full program of yoga, meditation and wellness retreats. [sivanandayogafarm.org](http://sivanandayogafarm.org)

## THE SPA AT 1440 MULTIVERSITY

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. [1440.org](http://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](http://sullivanestate.com)

## SUNDARA INN & SPA

This adults-only spa, set in Wisconsin, is committed to helping guests heal the body and energize the soul, with wellness classes and activities: forest bathing, guided hikes, yoga, meditation, aqua yoga, superfood cooking, chakra walks, Ayurvedic wellness and more. [sundaraspa.com](http://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](http://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](http://veraviafit.com)

## WESTGLOW RESORT & SPA

A Relais & Chateaux near Grandfather Rock State Park, in North Carolina, Westglow offers a comprehensive wellness program, with one-on-one stress management assessments, nutritional consult, metabolic assessment and more. [westglowresortandspa.com](http://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](http://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](http://yo1.com)

## MEXICO

### CALA DE MAR

Offering seasonal wellness retreats, Cala de Mar features beautiful ocean views from all 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](http://calademar.com)

### CHABLE YUCATAN

In a stunning jungle setting outside Merida, 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. [chablehotels.com/yucatan](http://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](http://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. From the traditional adobe structure to the practices of meditation and feng shui, Hostal de la Luz is intended to restore balance. [hostaldelaluzresort.com](http://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 temescal, the traditional Mexican steam bath with aromatic herbs. [misiondelsol.com](http://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 3½-acre organic farm. [rancholapuerta.com](http://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 that offer guests nutrition consultations, crystal healing, biomagnetic and craniosacral therapy, Mayan healing and more. [sanaratulum.com](http://sanaratulum.com)

## CANADA

### BALNEA SPA

Located an hour 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](http://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](http://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 and transformative hydrotherapy course, set against an incredible alpine forest and mountain views. [knordicspa.com](http://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](http://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](http://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](http://spa-eastman.com)



Rancho La Puerta