



Chris Simpson

INSPIRATION

The Biggest Wellness Travel Trends of 2023, From Sound Baths in the Maldives to Recovery Lounges in Napa Valley

The destinations, resorts, and retreats that will help reboot mind and body in 2023.

BY JEN MURPHY
December 7, 2022

Going on vacation used to be an excuse to leave our diet and workout routines at home. These days, we plan trips rooted in relaxation, but also self-improvement and wellbeing. [Wellness travel](#) has become one of the industry's fastest growing sectors, and hotels and resorts are taking note: It's no longer just med spas that are weaving diagnostics and medical-grade treatments into therapy offerings—at the newly opened [Aman New York](#), for instance, you can get a cognitive health scan by day, and dine on stellar Italian food and catch a show at the hotel's jazz club at night.

After a lengthy period of forced solitude during the pandemic, a closed-off indoor hideout is the last place most travelers want to escape to: People are craving physical activity, and increasingly seeking wellness in the wild: Mindful movement is a new buzzword, and travelers are getting their fix on newly opened hiking trails, pickleball courts, and even on skis and paddleboards. Plus, after all that physical exertion, there are recovery rooms to ensure you'll never have achy muscles. Not the outdoorsy kind? Resorts are offering everything from pottery to weaving and painting to center the mind—and keep us away from our screens.

There have never been more excuses to be well on our travels. Here are the wellness travel trends and destinations, resorts, and retreats that will entice you to reboot both mind and body in 2023.

Mindful movement

The modern mantra, “sitting is the new smoking,” has made many wellness experts rethink the traditional path to mindfulness: stillness. The latest meditative activities are set in movement. New nature wellness retreats from [Nimmo Bay](#) in British Columbia incorporate mindful kayak and paddle board excursions to floating docks where you'll practice yoga or soak in a hot tub surrounded by ancient cedar trees. Adventure Collective Eleven Experience has introduced Eleven Life retreats at [Deplar Farm](#) in Iceland and [Taylor River Lodge](#) in Crested Butte, Colorado that feature silent Nordic ski excursions and snowshoe forest bathing sessions.

In the Maldives, luxe wellness retreat [Joali Being](#) has even made the sound bathing experience a walking journey through a jungle path lined with 12 instruments that create different vibrations. During the pandemic, we rediscovered the joy of walking and some of the world's leading trekking destinations are opening luxe new retreats where we can clear our mind and challenge our bodies. The recent completion of the 250-mile [Trans-Bhutan Trail](#) has given hiking fans a new bucket-list trek. Running the length of the Buddhist kingdom, the historic pilgrimage route takes in 400 historic and cultural sites set against snowy Himalayan peaks. Next September, andBeyond will open [Punakha River Lodge](#) in the Punakha Valley, giving trekkers a cushy new base for exploring with options for day hikes to Khamsum Yuelley Namgyal Chorten, a Buddhist shrine, and Chimi Lhakhang, or the Divine Madman Temple. Nepal, another trekking paradise, will see the opening of [Shinta Mani Mustang](#) in May. The Bunsley Collection Hotel will offer guided day hikes as well as multi-day treks up to the border of Tibet with glamping-style accommodations. Finally, if you really want to get your heart rate up, pickleball has replaced Peloton as the must-have fitness offering. [Rancho La Puerta](#) in Mexico offers specialty pickleball weeks on its six courts, and recently revamped [Boca Raton hotel](#) holds clinics and evening socials for the sport, while [Carmel Valley Ranch](#) in California hosts drill workshops and intro courses.