

Health, Wellness & Modern Green Living

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MAGAZINE

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# WELLNESS TRAVEL GUIDE

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& DESTINATIONS

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*Spiritual Journeys*  
*Best of Bali*

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*On Meditation & Yoga*

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# WELLNESS TRAVEL GUIDE

2017

*Our premier Wellness Travel Guide—one of the first of its kind—offers 145 carefully curated destination spas and resorts with wellness programs, as well as thermal and mineral springs and healing waters around the globe.*

- INTERNATIONAL -  
RESORTS WITH WELLNESS PROGRAMS



#### 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](http://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](http://hoi-an.anantara.com)

#### BANYAN TREE SPA SANCTUARY

Banyan Tree is renowned for one of the best training programs for spa therapists in the world. At this luxurious adult-only resort in Phuket, Thailand, guests embrace wellness through the five senses, along with healthy cuisine, an award-winning spa and wellness activities. [banyantree.com/en/ap-thailand-phuket-spa-sanctuary](http://banyantree.com/en/ap-thailand-phuket-spa-sanctuary)

#### 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](http://borgoegnazia.com)

#### CANEEL BAY RESORT

Caneel Bay Resort in St. John is a green paradise set entirely within the lush Virgin Islands National Park, where nature is wellness. Enjoy an ocean-inspired wellness treatment at the spa, then a meal prepared from the property's partner organic farm on the island. [caneelbay.com](http://caneelbay.com)

#### CHEWTON GLEN

Chewton Glen is a quintessentially English Country House outside London. Relax in a hydrotherapy spa pool, aromatherapy saunas, crystal steam rooms. A beautiful place to escape the outside world and enjoy the nature around you. [chewtonglen.com](http://chewtonglen.com)

#### 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](http://evranch.com)

#### FOUR SEASONS 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. [fourseasons.com/jimbaranbay](http://fourseasons.com/jimbaranbay)

#### 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](http://fourseasons.com/sayan)

#### 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](http://kronenhof.com)

#### HACIENDA ALTAGRACIA

Nestled among the rolling hills and lush mountain tops of Pérez Zeledón surrounded by untainted natural beauty experience river rafting, hikes through private rainforest, and fitness retreats. Relax in the spa inspired by the healing traditions of Costa Rica. [altagracia.aubergeresorts.com](http://altagracia.aubergeresorts.com)

#### HALF MOON

Tucked away in a nature reserve, Half Moon offers yoga classes and massage in open air bungalows overlooking the sea. All spa products are handmade and organically grown on-property. Detox with an outdoor herbal soak, a traditional Jamaican healing remedy. [halfmoon.com](http://halfmoon.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. [harmonyunosara.com](http://harmonyunosara.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. [hotelmtilda.com](http://hotelmtilda.com)

#### INKATERRA

The first boutique hotel in Cusco, Peru, Inkaterra La Casona features a full wellness experience. Treatments include reflexology and de-stress massage, which include 100 percent natural and local botanicals. [inkaterra.com](http://inkaterra.com)

#### ITC GRAND BHARAT

Located amidst the ancient Aravalis the ITC Grand Bharat offers wellness retreats that include Ayurvedic detox and holistic wellness programs. Enjoy traditional indigenous therapies, ancient Ayurvedic practices and international healing forms of well-being at the spa. [itc-hotels.in](http://itc-hotels.in)

#### KULM HOTEL

1,856 m above sea level, the Kulm Hotel St. Moritz offers beautiful views of Lake St. Moritz. 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](http://kulm.com)