



Health, Wellness & Modern Green Living

organic spa

MAGAZINE

WELLNESS TRAVEL GUIDE

165 GLOBAL RESORTS & DESTINATIONS

► TRANSFORMATIVE TRAVEL

Serene Sri Lanka

Herbal Healing in Brazil

Zen Escapes in Vietnam

Mineral Soaks in New Mexico

+ Goat Yoga

+ *Spring Beauty Trends*

+ Modern Mocktails

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WELLNESS TRAVEL GUIDE

2018

Our Wellness Travel Guide—one of the first of its kind—offers 165 carefully curated destination spas and resorts with wellness programs, as well as thermal and mineral springs and healing waters around the globe.

RESORTS WITH WELLNESS PROGRAMS

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

ITC GRAND BHARAT

Located amidst the ancient Aravales 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

KULM HOTEL

At 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

LE SOLEIL D'OR

Le Soleil d'Or is a secluded resort just an hour's flight from Miami. 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

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

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

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

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

RITZ CARLTON, DORADO BEACH

The Ritz-Carlton, Dorado Beach, is not just a luxury beachside hotel. It has a deep history of sustainability and environmentalism. Spa Botanico offers an oasis for health and wellness, organic treatments and outdoor fitness activities. ritzcarlton.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

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

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

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

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

ROSEWOOD TUCKERS 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. rosewoodtuckerspoin.com