

# HARCOURT HEALTH

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## Heal Your Body and Spirit – The Lure of Eco Spas



Immersing yourself in the embalming and healing powers of nature takes on a whole new dimension when you travel to some of the purest ecological spa destinations in the world. The regenerative, restorative, and detoxifying powers of hot springs have been sought after for centuries.

“Because of the toxic environment of urban living, many people seek the simple, unspoiled bounty of nature for healing from within. In the form of thermal springs, botanical treatments, yoga, meditation and massage therapies, these spa retreats open the doors to nature as never before.” – [Wellbeing Experts from LifeStyle.co.uk](#)

Let's look at some incredible eco Spa's you can visit all over the world.

#### 1. Tabacon Hot Springs, Costa Rica

Preserving nature's delicate balance, this resort offers the ultimate experience of 100% natural hydrotherapy in the pristine waters of the area's hot springs. Nestled below the Arenal volcano, formed through nature's gravity and heated by the volcano, the water fountains are rich in minerals believed to have immense healing properties.

#### 2. Unu Spa/ Inkaterra, Pueblo Hotel, Machu Picchu

Ancient mysticism combines with [Andean medicinal traditions of the Incas](#) to bring you treatments containing coca leaf in this eco-friendly, calming resort, featuring one-of-a-kind eucalyptus sauna huts. The retreat's spa products – orchids, mint, eucalyptus, and mountain lemon – are derived from the nature surrounding it.

#### 3. Natur – Med Termal Spa, Turkey

Turkey's rejuvenating spa world beckons you to this spectacular resort to detoxify and cure you of ailments. Founded by a physician practicing holistic medicine, it offers the benefits of nature's finest minerals and hot springs along the Aegean coastline, soaked in the scents of the native olive and tangerine trees. Spa and hotel packages include diverse offerings, including yoga, ozone therapy, soil treatments, and acupuncture.

#### 4. Gili Lankanfushi, Maldives

Imagine the serenity and exhilaration of meditating by the crystal waters of a lagoon in far-away Maldives? Committed to preserving nature and its bounty, this resort boasts its own organic garden-to-kitchen menu. Allow your spirits to soar as you let ayurvedic therapy, massage and ocean therapy using seaweed-based organic products bring nature's healing touch to your body and mind, in absolute tranquility.

#### 5. Kamalaya Spa, Thailand

The exotic traditions of south-east Asia invite you to surrender to the purification techniques practiced in this part of the world, which include oriental herbal therapies and detoxifying cuisine. A sanctuary set on the [Koh Samui island, Kamalaya](#) is a comprehensive health resort.

The next time you wish to slip away from the rigors of your daily life to seek peace and harmony within yourself, renew your touch with nature's blissful abundance to revive your senses and spirit at one of these eco spa resorts.

Link to story: <https://harcourthealth.com/heal-your-body-and-spirit-the-lure-of-eco-spas/>