



Wellness Living & Travel

organic spa

MAGAZINE

WELLNESS TRAVEL GUIDE

220 GLOBAL RESORTS & DESTINATIONS

SPIRITUAL ROAD TRIPS

Unique Wellness RETREATS

LOS CABOS IS HOT!

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WELLNESS TRAVEL GUIDE 2019

*Our second annual Wellness Travel Guide features
220 specially curated wellness destination spas, resorts
with wellness programs, as well as thermal and
mineral springs and healing waters around the globe.*

PHOTO: Kamalaya

- INTERNATIONAL - RESORTS WITH WELLNESS PROGRAMS

FAIRMONT CHATEAU LAKE LOUISE

Set among Alberta's Banff National Park in Canada, Fairmont Chateau Lake Louise, offers spectacular mountain views and transformative wellness offerings with the outdoors at the heart of it all. Explore the scenic landscape with its Guided Adventure Program and soothe your overexerted body at the spa, specializing in more than 20 treatments and services. fairmont.com/lake-louise

FAIRMONT THE PALM

This luxury beachfront resort features unrivalled views of the Arabian Gulf and glittering Dubai Marina skyline, as well as an award-winning spa. Its comprehensive wellness approach includes fitness trainers, a menu of authentic spa treatments from luxurious facials and result-focused body treatments, and a partnership with a leading rejuvenation and antiaging aesthetics pioneer. fairmont.com/palm-dubai

FOUR SEASONS RESORT BALI 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

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

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

GRAND HOTEL TREMEZZO

Along with original mosaics, a yoga studio, three-story gym and the area's only authentic hammam (complete with marble walls and domed ceiling), the nearly 11,000-square-foot spa offers serene Lake Como views from its sauna, hydromassage-equipped infinity pool and elegant relaxation room, where comfortable loungers encourage lingering. grandhoteltremezzo.com

GRAND VELAS LOS CABOS

The Mexican-owned resort has 304 rooms, all overlooking the Sea of Cortez. But, you'll want to book one of the six, two-level Wellness Suites, which include an exercise bike, MUSE brain sensing headband for meditation, crudite mini bar, spa treatments, a deck large enough for yoga, and a spa concierge. In the spa, go for regionally inspired Nopal Massage, designed for its anti-inflammatory results. loscabos.grandvelas.com

HACIENDA ALTAGRACIA

Surrounded by untainted natural beauty and nestled among the rolling hills and lush mountaintops of Perez Zeledon in Costa Rica, experience river rafting, hikes through private rainforest, and fitness retreats. Relax in the spa inspired by the healing traditions of the region. altagracia.aubergeresorts.com

HALF MOON BAY

Tucked away in a beautiful nature reserve in Jamaica, the Fern Tree Spa at Half Moon Bay in Montego Bay, Jamaica, is a wellness mecca in the Caribbean, featuring local, organic ingredients and traditional Jamaican healing remedies, a cafe with raw vegan dishes and cold-pressed drinks, an outdoor yoga pavilion and meditation labyrinth, intended to coax guests back to wellness. halfmoon.com

HOTEL GOLDENER BERG

An intimate hotel deeply committed to the salubrity of mind, body, and spirit, this Austrian haven extends guests the opportunity to restore their health in summertime with weeklong programs that range in themes from detox to slimming. goldenerberg.co.uk

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. harmonynosara.com

HOTEL HOCHSCHOBER

The family-owned Hotel Hochschober, a wellness lodge in the Austrian Alps on the border of Carinthia and Styria, lies on the Turracher Lake, surrounded by verdant nature. Celebrated for its unique, heated lap pool, set within the crystalline lake, the hotel also draws health seekers for its Chinese Tower, where courses in Eastern philosophy are taught. hochschober.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

HOTEL MIRAMONTI

Owned by a couple who infused it with love, Miramonti is a boutique hotel in the Southern Tyrol with a beautiful spa, a forest sauna, thermal baths and everything you need to restore yourself and reconnect with nature. hotel-miramonti.com/en/home.html

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

INTERCONTINENTAL BORA BORA RESORT & THALASSO SPA

Imagine a place where the sky is always clear, the sea is bright turquoise with glints of sunlight and the sandy beaches are white as pearls. The Deep Ocean Spa is one of the first thalassotherapy spas built in the South Pacific, where wellness possibilities—including a traditional Tahitian massage—are endless. thalasso.intercontinental.com