



Musical therapy, silent retreats and holidays that prepare you for death: The VERY modern wellness travel trends set to dominate in 2020

- Wellness tourism site Health and Fitness Travel revealed the top trends for 2020
- 'Death positive' trips to address mortality and overcome grief will be popular
- Retreats where your sleep quality is analysed and improved are also set to be big
- Music therapy, digital detoxes and silent retreats are expected to be in demand

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Total silence, vibrating music bowls and absolutely zero phone signal or WiFi are some of the very modern trends set to dominate wellness travel next year.

Australian tourism giant [Health and Fitness Travel](#) revealed the most sought after health programmes for 2020 - including 'death positive' trips which help guests to address mortality and overcome grief.

Remote retreats where guests surrender phones at the door and spend entire days in silence are skyrocketing in popularity, while male-only packages designed to improve men's attitude to mental health are in higher demand than ever.



NATURE IMMERSION GETAWAYS

In the age of constant connection and non-stop social networking, a growing number of people are searching for a way to switch off and get back nature in its purest form.

Worldwide interest in mental health and illness alleviation has caused a surge in the popularity of nature-focused getaways, thanks to the scientifically proven benefits of outdoor activity for combatting depression and reducing stress.

These holidays for the spirit not only provide some always welcome vitamin D, but offer an opportunity for self-discovery by calming the mind.

Where to go: Set in the Taygetus mountains of southern Greece, **Euphoria Retreat** offers a unique blend of Chinese and Greek healing therapies to refocus your mind and ground your body.

The five night 'Wellbeing Detox' programme offers full board with reflexology treatments, cupping massages, infrared sauna therapy and slimming seaweed wraps from \$4,245 AUD per person.

