

Wellness Living & Travel

organic spa

MAGAZINE

WELLNESS TRAVEL GUIDE

250 GLOBAL RESORTS
& DESTINATIONS

WELLNESS IN
THAILAND

TRAVEL TO THE EDGE

SCOTTSDALE:
A SPA WONDERLAND

Mapping Genes for Health

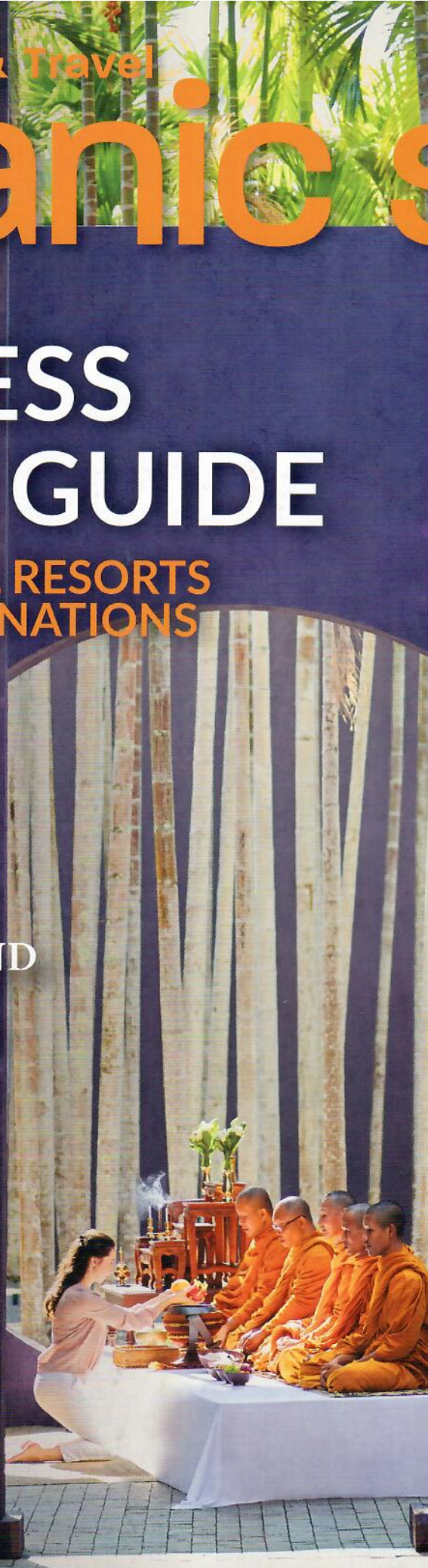
UNIQUE
ISLAND SPAS

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SIX SENSES QING CHENG MOUNTAIN

Six Senses Chengdu is less than an hour from the city center in China's Sichuan province, and a beautiful hike up the Qing Cheng mountains. With a focus on healthy eating and longevity in the wellness programs, you can experience Tai Chi, traditional Chinese massage and Chinese reflexology. sixsenses.com

SIX SENSES SAMUI

Set on the shores of the shimmering Gulf of Thailand, Six Senses Samui, in Kohf Samui, is an oasis of tranquility, with a focus on multipronged wellness. Or, you can just hike, snorkel and relax. sixsenses.com

SONG SAA

This idyllic private-island sanctuary in Cambodia's Koh Rong archipelago is state-of-the-art-sustainable—the owners even created a local NGO to conserve the natural environment and partner with local villages. It is also as gorgeously organic as it gets. songsaa.com

SOUKYA INTERNATIONAL HOLISTIC HEALTH CENTRE

Surrounded by acres of organic gardens, the Soukya Centre is an oasis and wellness destination one hour from the city of Bangalore. More than a spa, this center is an "integrative medical treatment facility" based on Ayurvedic philosophies. soukya.com

SPICE VILLAGE

The Spice Village draws on the essence of a mountain tribal village, re-imagined to modern standards. A breath of fresh air with a mountaintop climate, this wellness resort offers an on-site Ayurvedic spa and is sustainable on its own using organic gardens and fruit orchards. cghearth.com

VANA MALSI ESTATE

This state-of-the-art wellness retreat in the beautiful Himalayan foothills earned Platinum certification and features a Tibetan Healing Center (which joins separate centers for Ayurveda, Yoga, Wellness, Spa, and Aqua & Fitness) for serious wellness and healing. vana.co.in

VIVANTA BY TAJ BEKAL

The excellent Jiva Grande Spa at the Vivanta by Taj Bekal features 165,000 square feet and offers guests Ayurvedic and Indian herbal treatments. Plus multiweek yoga, detox, Ayurvedic wellness and spiritual retreat programs and holistic experiences. healinghotelsofttheworld.com/hotels/vivanta-by-taj-bekal-kerala-india

AUSTRALIA/ NEW ZEALAND

GWINGANNA LIFESTYLE RETREAT

Situated near Australia's Gold Coast, Gwinganna is a luxury boot camp in the bush. On arrival, guests visit the Wellness Therapies Cottage for a health assessment and private consultation with a naturopath. The gorgeous Asian-inspired spa offers nurturing treatments. gwinganna.com

CARIBBEAN

BODYHOLIDAY

Nestled into its own private cove on miles of white sand, surrounded by acres of tropical gardens and rainforest, BodyHoliday offers what could be called a truly restorative vacation. From its world-renowned spa and unimaginable list of sports and activities to its award-winning restaurants and wine salon, the BodyHoliday in St. Lucia strikes the right balance for those in search of a truly rejuvenating getaway. thebodyholiday.com

EUROPE

BÜRGENSTOCK RESORT

Following a nine-year, \$500 million renovation, the Swiss icon has been reinvented for a new generation of travelers—especially those seeking wellness. As part of the redevelopment, the four-hotel complex now features two world-class spas and a full medical center, making it one of Europe's most extensive wellness hubs. buergenstock.ch

THE CHATEAU

The Chateau is designed as an organic destination wellness spa. Spa rituals evoke the European tradition, with an herbal-infused sauna and a salt grotto, for example, and the spa uses organic products in its treatments. thechateau.com.my

EREMITO

Eremito takes its name from the Italian word for hermit, and it is, indeed, a place for quiet contemplation. This adult-only luxury hotel with no Wi-Fi or cell service offers yoga and meditation programs, digital detox and quiet space for healing, a bit of the monastic experience for modern times. eremito.com

EUPHORIA RETREAT

Set by a UNESCO World Heritage Site in the Greek Peloponnese, Euphoria Retreat is a true sanctuary for those looking for transformation—in a stunning setting. Euphoria has it all: Detox, Weight Loss, Fitness, Yoga and Mindfulness programs, based on a meld of Ancient Green and Chinese philosophies. Food is delicious, healthy and nutrient-dense, and the spa, literally, has everything. euphoriaretreat.com

GRAN CANARIA WELLNESS

A spa for wellness and health, located in Spain, Gran Canaria Wellness hews close to the local culture, with spa and wellness offerings that rejuvenate mind, body and spirit. grancanariawellness.com

LIFECCLASS

The LifeClass at Portoroz Hotel in Slovenia offers guests one of the most comprehensive thermal, health and wellness programs in Europe. Equipped with modern facilities, this resort includes a centre for beauty, fitness and Ayurveda practices. lifecclass.net

POSIA

"Posia" means "spring" or "source" and it is the perfect place to reconnect with yourself. With three pools, a spa with Ayurvedic wellness and a stunning location in San Foca, in Salento, Italy, on the waters of the Adriatic, a retreat at Posia will help restore, refresh and rebalance mind, body and soul. posia.it

RICHMOND NUA WELLNESS SPA

A destination where wellness is not a trend, but an encouraged lifestyle. Located in Turkey, the Richmond Nua Wellness Spa, birthplace of Global Wellness Day, promotes the belief that peace achieved by mental, physical and spiritual harmony is a way of existence. richmondnua.com

SHA WELLNESS CLINIC

Not only is it a Mediterranean getaway, but the SHA Wellness Clinic in Alicante, Spain, is serious about its dedication to health. The wellness area blends unique Eastern healing modalities, a macrobiotic menu and cutting-edge Western medical treatments to keep guests on their path toward good health. shawellnessclinic.com

SOUTH AMERICA/ CENTRAL AMERICA

HARMONY HOTEL

The Harmony Hotel, in the surfer town of Nosara, Costa Rica, is all about eco-friendly wellness and cleansing. The wellness retreat is centered around nature, situated between the jungle and beaches. harmonynosara.com

KUROTEL LONGEVITY MEDICAL CENTER & SPA

A complete package of wellness, the Kurotel has many programs to suit all guests. Weight loss, health longevity, fitness and spa are some of the choices on menu for all interested parties. Located in Brazil, it is a destination for wellness. kurotel.com.br

PURA VIDA RETREAT & SPA

One part Healing Hotels of the World, Pura Vida is a mountaintop resort located along the provinces of Costa Rica. Enjoy the wellness experience with an inner explanation through yoga or explore with an eco-adventure on location. puravidaspa.com

THE RETREAT COSTA RICA

The Retreat Costa Rica recently unveiled the new 7,500-square-foot Vida Mia Healing Center and Spa. Along with a comprehensive wellness program, the property now has added a naturopath, acupuncturist and Ayurvedic expert to the staff, along with Crystal Healing Therapies, Detox and Energy Balancing Rituals, and more. theretreatcostarica.com

UNIQUE GARDEN

Set about 33 miles from the sprawling city of Sao Paulo, this eco-haven started as a retreat for blind children and their families—and now offers healing and respite for all. The Wellness Programs are divided into Fit, Relax or Detox, and each is a comprehensive wellness journey. uniquegarden.com.br