

Wellness Living & Travel

# organic spa

MAGAZINE

## WELLNESS TRAVEL GUIDE

220 GLOBAL RESORTS & DESTINATIONS

### ROSEWOOD MAYAKOBA

To reach the spa at Mexico's Rosewood Mayakoba, guests are invited to walk across a bridge to a private island hidden away by thick jungle foliage—then venture deeper into the trees. The remote setting for the 12-room, eight-suite spa not only ensures privacy and serenity, but is also a symbol of the sense of discovery that the spa celebrates, by harnessing natural elements of ancient Mayan culture to achieve overall well-being and balance. [rosewoodhotels.com/en/mayakoba-riviera-maya](http://rosewoodhotels.com/en/mayakoba-riviera-maya)

### 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](http://rosewoodhotels.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. [rosewoodtuckerspoint.com](http://rosewoodtuckerspoint.com)

### ROUND HILL HOTEL AND VILLAS

In Montego Bay, which is where you'll find Round Hill Hotel and Villas, a resort spread across 110 green acres, where luxury and wellness rehabilitation blend together seamlessly. [roundhill.com](http://roundhill.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](http://sixsenses.com)

### SONORA ISLAND RESORT & SPA

A quick seaplane, helicopter or boat ride from Vancouver, this idyllic resort is located on a private islet in British Columbia's Discovery Islands, surrounded by dense forests and Pacific Ocean-linked waterways. It's all about the outdoors here, with activities ranging from kayaking and hiking to birding and bear spotting, so it's no surprise that the resort's Island Currents Spa draws upon nature for its signature services. [sonoraresort.com](http://sonoraresort.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](http://steannes.com)

### TIVOLI PALACIO DE SETE AIS HOTEL

A glorious and verdant fairyland, covered with lush plants that flourish, due to the natural springs that flow throughout the neighboring hills, have made this area in Portugal a health retreat—the parks and palaces of Sintra are a UNESCO Heritage site—since Ancient Roman times. The Tivoli offers a small, oasis-like spa that will jumpstart your well-being. [spotivolihotels.com/en/tivoli-palacio-de-seteais](http://spotivolihotels.com/en/tivoli-palacio-de-seteais)

### TRISARA

Though Phuket is one of Thailand's busiest beach destinations, you'd never know it once past the gates of Trisara. Outfitted with indoor and outdoor relaxation areas, the villas provide an idyllic setting for treatments that draw from both traditional Thai and hyper-local healing traditions. [trisara.com](http://trisara.com)

### TSCHUGGEN GRAND HOTEL

Tucked into a ski mountain in the Swiss Alps, near the charming town of Arosa, the owners of Tschuggen Grand have a deep commitment to sustainability, as does the incredible staff. Yoga wellness programs are regularly on offer, along with star-gazing, cycling tours in the mountains, mushroom foraging, and a huge state-of-the-art spa, with an extensive hydrotherapy course. [tschuggen.ch/en](http://tschuggen.ch/en)

### 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](http://uniquegarden.com.br)

### 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](http://viceroyrivieramaya.com)

### ZEMI BEACH HOUSE

This gorgeous getaway in Anguilla, features the Zemi Thai House Spa, a sanctuary with private spa suites, a yoga deck, the island's only hammam, a fresh juice bar and so much more to set you on the path to wellness. [zemiibeach.com](http://zemiibeach.com)

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