

By Laura Begley Bloom • January 31, 2024

The 15 Best Destination Spas Around the World

If you're looking for serenity in 2024, check out these top destination spas.



A two-bedroom Villa at Andronis Concept Wellness Resort Courtesy of Andronis Concept Wellness Resort

The hustle of everyday life can be overwhelming. The solution? A visit to a destination spa. Unlike typical hotel spas where you toggle between the real world and fleeting moments of tranquility, destination spas immerse you in an environment of complete rejuvenation. And while some offer the occasional indulgence (glass of wine, anyone?), most focus on promoting clean, healthy living with holistic experiences designed to engage the senses, soothe the mind, and revitalize the spirit.

In the latest installment of AFAR's [Hotels We Love](#) series, we've scoured the globe to find the 15 best destination spas. From secluded retreats in quiet pockets of the USA to a drop-out wellness island (yes, a whole island) in the Maldives, these sanctuaries offer more than relaxation—they're a gateway to a world of serenity that rejuvenates both body and soul.

7. Rancho La Puerta



A bedroom at Rancho La Puerta Courtesy of Rancho La Puerta

- **Location:** Tecate, Mexico
- **Why we love it:** A time-honored wellness sanctuary
- **Book now**

Founded by Deborah and Edmond Szekely in 1940 in Tecate, Mexico, as a summer health camp, **Rancho La Puerta** has grown into an acclaimed wellness destination. As a guest, you're not just visiting a spa; you're immersing yourself in a legacy that's been nurtured by the Szekely family for generations. The motto is "*siempre mejor*" or "always better," and the property is committed to helping people live healthier and happier lives.

Guests stay in one of the 86 casitas adorned with vibrant Mexican textiles and terra-cotta tile floors. Physical activity is a key component of the experience, with a daily roster of optional activities like hiking, qi gong, kickboxing, and cycling, all surrounded by 4,000 acres of natural beauty. Rancho La Puerta's commitment to the environment shows in its sustainable practices, including water conservation and green construction. And Rancho La Puerta keeps evolving—look for Mayan-style Cacao Ceremonies during full moons, new women's retreats focused on menopause, and residences for sale in a new private village if you don't ever want to leave. *From \$4,900 per person for a weeklong stay (based on double occupancy), including meals, daily fitness, and activities*