

6 Vacations That Could Help You Live Longer and Healthier

All-inclusive retreats around the world aim to cultivate wellness and longevity through high-tech tests, “biohacking” treatments, meditation, breath work and more.



By **Caren Osten Gerszberg**

Oct. 17, 2024, 5:02 a.m. ET

People used to strive simply to live as long as possible, but in recent years, that goal has taken on a new dimension: How long can you live in good health? “The focus now is on health span, not life span,” said [Dr. Frank Lipman](#), a co-author of the 2020 book “The New Rules of Aging Well.” “We generally talk about extending someone’s life, but what’s the use if they’re suffering and disabled and can’t enjoy what they have?”

With [research](#) showing that modifications to factors like exercise, nutrition and sleep can make a crucial difference between aging and aging well, a host of retreats offer a range of programs, some more expensive than others, catering to those who aim to prevent disease and expand their health spans.

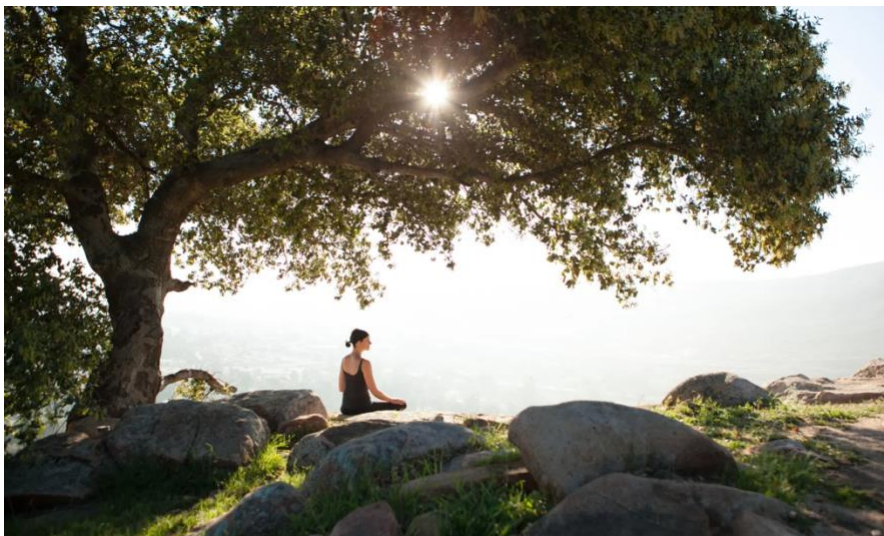
Some of these destinations begin with high-tech medical assessments like genetic and cancer screenings, as well as cardiac and cognitive tests. Many provide “biohacking” treatments involving infrared saunas, cryotherapy chambers, IVs and blood work, while others focus on more holistic ways to nurture the body and mind.

Some experts have expressed skepticism about the effectiveness of biohacking treatments on life span and suggest setting your expectations before committing to a program. “The good part of the longevity trend is that people are more aware of optimal health and that they can influence the quality and quantity of their life,” said [Dr. Kenneth R. Pelletier](#), author of “Change Your Genes, Change Your Life.” “But taking supplements and having blood transfusions, for example, are not a promise of extended longevity.”

Here are six all-inclusive spas and retreats around the world that offer longevity-based programs and treatments.

TECATE, MEXICO

[Rancho La Puerta](#)



When it comes to longevity, guests at Rancho La Puerta might be inspired by its 102-year-old co-founder, Deborah Szekely, who remains a featured speaker every Wednesday evening. The retreat, on a 4,000-acre organic farm and wilderness preserve in Tecate, Mexico, welcomes new guests every Saturday. They are encouraged to stay for a week, but shorter stays are possible.

Every day at Rancho La Puerta includes a full roster of activities like yoga, circuit training, hiking and [sound healing](#), which uses instruments like musical bowls, drums, gongs and more to “produce deep relaxation.” Visiting experts present workshops like “[Your DNA Is Not Your Destiny](#),” led by Dr. Lee Rice, a family practice and sports physician, which takes place the week of Dec. 7. In his lectures, Dr. Rice explains the growing field of [epigenetics](#) — how our health-related choices influence proteins that can alter the expression of our genes — and helps guests create wellness plans.

Saturday-to-Saturday stays start at \$5,400.