

VERANDA

The 19 Most Incredible Spas to Experience Around the World

From hideaways in the Hamptons to far-flung immersive retreats, these spas are some of the best in the world for restoring balance and achieving wellness.

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The very **best spas** in the world offer way more than signature massages or sauna access. From tropical retreats in Southeast Asia to medical institutes in Switzerland to American **desert spas**, each one of these spas offers its unique take on restoration based on its natural environment and wellness philosophy. These spa resorts offer a variety of wellness experiences—plus all the fabulous amenities one would expect from a **luxury hotel**—for a curated experience that helps restore balance and indulge your senses.

The following spas are world-renowned not only for their incredible spa menus and **swoon-worthy pools** but for the overall experience they offer, be it culinary delights, one-of-a-kind excursions, or jaw-dropping accommodations. From **road trip-able destinations** that offer one-day packages to far-flung, week-long retreats, these spas truly deliver something for every type of wellness-seeker. Read on for the best spas around the world.

Rancho La Puerta: Mexico



Just an hour and a half drive from San Diego lies an idyllic spa retreat at the crossroads of the Laguna and Sierra Juarez mountain ranges. Since 1940, **Rancho La Puerta** has been paving the way for wellness in North America, winning it many accolades over the years. There are a wide variety of experiences offered, from traditional, weekend-long relaxation-focused journeys to 14-day detox programs.

Rancho La Puerta now offers a 21-day Perfect Balance Sabbatical, where guests learn how to achieve work-life balance. Guests will have the opportunity to receive spa treatments, cooking classes, fitness experiences, and have access to all the resort's amenities while maintaining a flexible work schedule.