

7 Resorts Offering Water-focused Wellness Therapies

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Cold water therapy is popular for its variable health benefits including reduced inflammation, higher energy levels, improved quality of sleep, more focus and improved immune response. These seven hotels offer **cold plunges** and cold water immersion-focused well-being experiences to cater to this 2024 wellness trend.

3. Rancho La Puerta | Tecate, México

Rancho La Puerta offers guests a unique reawakening and spiritual mental escape with water exercise and therapy, including Aqua Board, H2O Boot Camp classes, Deep Water Training and more. Plus, for those looking to recover, Rancho La Puerta also offers WATSU – water flow therapy and cold plunges for guests to use.