

Top 10 Wellness Retreats in Mexico for Travelers

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Mexico has numerous wellness retreats and resorts that offer nature immersion, healthy eating and more.
Credit: 2021 Rancho La Puerta

For those seeking a vacation that emphasizes personal health, Mexico is an ideal spot.

Many visitors travel to the country to stay at the different wellness retreats that have been designed to improve physical and mental well-being. These 10 retreats each offer a unique experience that will kick start a client's journey to better health.

For Fitness and Holistic Therapy: Rancho La Puerta

Designed to strengthen the body and enrich the mind, [Rancho La Puerta](#) in Baja encourages integrative wellness by offering fitness classes, wellness workshops, educational lectures and holistic therapies. Unique class offerings include chanting/crystal bowls, sound healing, acupuncture, water dance and biodynamic craniosacral therapy. Weeklong experiences are set on 4,000 acres that include an organic garden, gyms, spas, pools, hiking trails and more.