

OFFLINE IS THE NEW LUXURY... DIGITAL DETOX AT HOTELS



With the world feeling increasingly overwhelming (shew!), and the "White Lotus" phenomenon fueling a desire for a digital detox retreat, it's easy to see why travelers are seeking an escape that caters to that very need: a respite from the world and the noise that inundates us constantly.

So, with this in mind, We've rounded up a few hotels that offer a respite, whether that be through dedicated digital detox programming or simply a haven for those who need to disconnect.

[Canouan Estate](#) | Saint Vincent and the Grenadines

Guests of Canouan Estate, which is comprised of three luxury hotels, including [Soho Beach House](#), [Canouan](#), [Mandarin Oriental](#), [Canouan](#), and [Canouan Estate](#) [Resort & Villas](#), can opt-in for a digital detox experience, which offers a serene escape from the digital world, fostering genuine connection and relaxation. No matter which resort you choose to stay at, you can enter tech-free rooms where televisions are transformed into mirrors, and radios

are removed, initiating a tranquil environment. A dedicated Digital Detox Concierge can assist with curated offline experiences, providing printed maps and booking activities, ensuring seamless exploration without digital reliance. For those who opt into this program, mornings can begin with complimentary wellness sessions, including yoga, meditation, and breathwork, promoting inner peace, and to capture the essence of their stay, guests will also receive a welcome package containing a Polaroid camera and a memory diary, encouraging tangible memories. Evenings culminate in a Sunset Social Hour, where guests mingle, enjoy live acoustic music, and savor locally infused cocktails or mocktails, creating meaningful connections beyond the screen.



*Soho Beach House Canouan
Photo by Patrick Biller, courtesy of Canouan Estate*

Rancho La Puerta | Tecate, MX

Rancho La Puerta, a 4,000-acre property in Tecate, Mexico, is the original destination fitness resort and spa in North America. Approximately 125 guests enjoy the classic one-week program, arriving and departing on Saturdays, catering to fitness, relaxation, life transitions, empowerment, achieving goals, or being balanced in body, mind and spirit, and more. For many, the seven-day program is a life-changing experience. In terms of digital detox, the Ranch has no TVs in the rooms, and very limited cell service and WiFi in a few lounges on-property, as well as a no cell phone policy in public areas. Guests are encouraged to leave laptops, iPhone and iPads at home and fill their day with fitness and pampering including detoxifying herbal wraps.

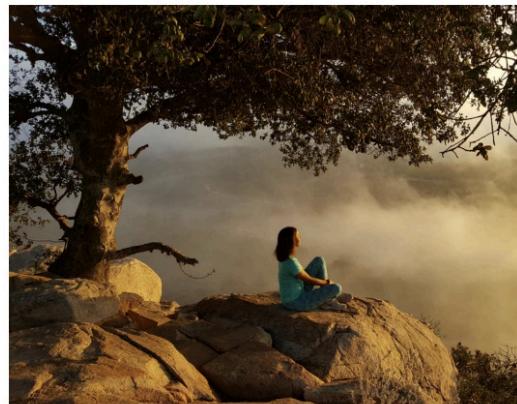


Image courtesy Rancho La Puerta