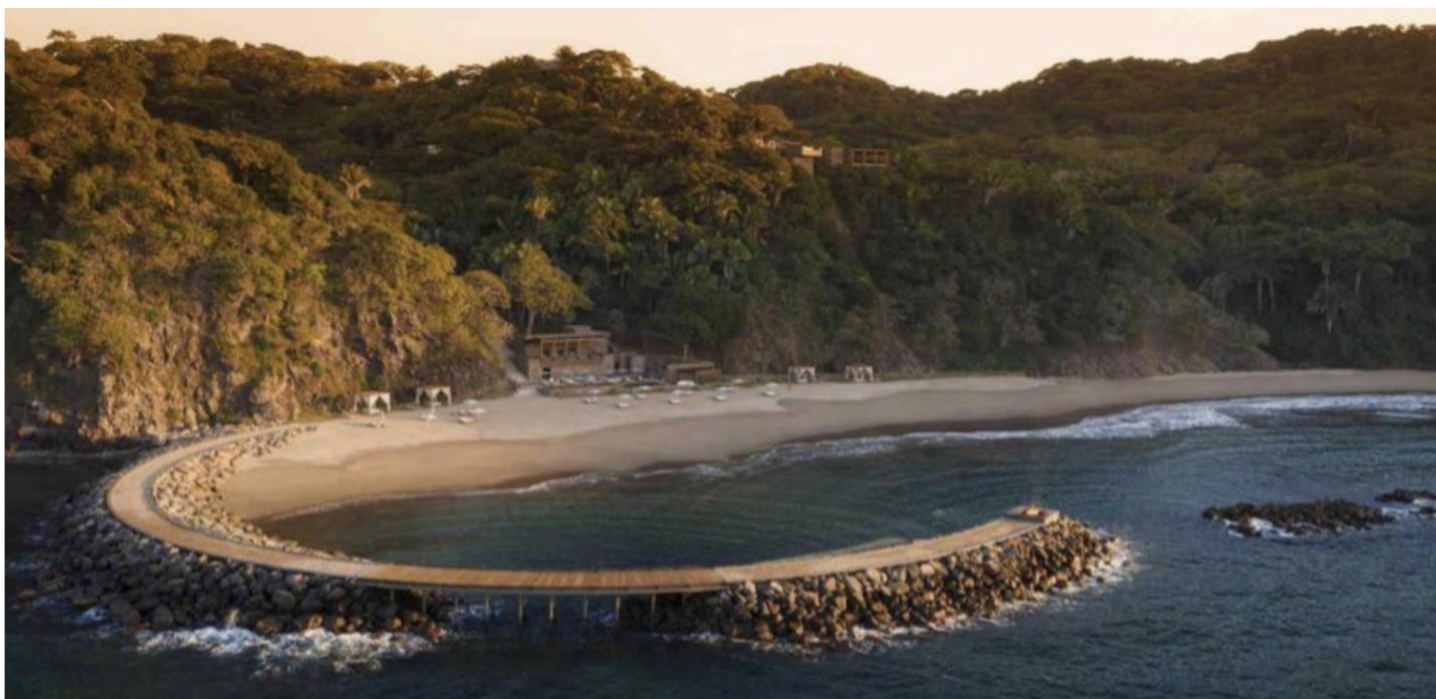


10 Relaxing Mexico Resorts For A Wellness-Focused Getaway

Relax and reinvigorate with the ultimate wellness experiences at these resorts in Mexico as they promote health, mindfulness, and serenity

BY: PATRICIA DOHERTY | PUBLISHED: MAY 07, 2024 12:00 PM SGT



As if Mexico's sunshine, beaches, and natural beauty weren't enough to rejuvenate any visitor, these resorts deliver healing treatments in plush spas for the ultimate in wellness experiences. Therapies combine indigenous customs and modern science, using natural ingredients to promote health, mindfulness, and serenity.

In various locations throughout Mexico, these resorts offer personal attention and restorative treatments designed to last long after the vacation ends.

The best wellness-focused resorts in Mexico

Rancho La Puerta, Tecate

Set on 4,000 acres about three miles (4.82 km) south of the US border, **Rancho La Puerta** was founded in 1940. The resort includes 40 miles (64.37 km) of **hiking trails**, 32 acres of landscaped gardens, an organic farm, and three full-service holistic spas. Guests stay in individual casitas and dine on a lacto-ovo-vegetarian diet. A range of holistic **therapies** is offered, including massage, body treatments, facials, detox, reflexology, and wraps. Lectures, concerts, fitness workshops, cooking classes, and hikes are all part of an immersive wellness vacation.