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(Luxury Self-Care)

These Spectacular Resorts Put Wellbeing At The Forefront

Vacation mode reimagined.

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Wellness is not a fleeting trend. Over the last few years, the concept of self-care has finally cemented itself into the mainstream consciousness in a breadth of tangible and important ways, from a new wave of holistic membership spaces sweeping major cities to a more open dialogue about mental health. That intentionality extends to vacations, too. While cultural immersion, sightseeing, and seeking out thrilling adventures remain key drivers, one of the biggest motivations for a growing segment of travelers is health and well-being. According to the [Global Wellness Institute](#), wellness tourism is expected to hit \$817 billion this year. And reservations at wellness-focused properties of [the Leading Hotels of the World](#), a luxury hotel booking platform, are pacing 14% above 2023.

It wasn't too long ago that a wellness-minded retreat or experience consisted of pilgrimaging to exclusive health spas in Budapest or the Évian region of France. Today, wellness resorts are as varied as the guests who visit them. Whether you're interested in body scrubs in Bali or forest bathing at an agritourism site in South Africa, there's a self-care sanctuary to suit. "Travelers are prioritizing creative and innovative approaches to wellness, which makes offerings such as forest bathing, art therapy, and biohacking increasingly desirable experiences," says Shannon Knapp, president and CEO of the Leading Hotels of the World.

In need of a vacation that will leave you rested, nourished, and refreshed? Scroll on for the best wellness resorts in the world.

Best Culinary Offerings

Rancho La Puerta, Tecate, Mexico



All too often, food at a wellness resort means tiny portions of raw vegetables and flavorless protein. That couldn't be further from the menu offering at Rancho La Puerta. Dining is a full-blown experience that tastes delicious and connects guests to the land. A point of pride for the resort, the lacto-ovo cuisine spotlights produce grown in the on-site organic gardens and produced locally and features recipes perfected over the past 80 years. Renowned chefs lead cooking classes at La Cocina.