

SPA & BEAUTY *today*

THE BEST WELLNESS RETREATS AND PROGRAMS TO SIGN UP FOR IN 2024

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Wellness tourism is on the rise, currently worth \$651 billion annually—according to the Global Wellness Institute (GWI)—and continues to grow at a fast rate. It is predicted that it will expand at an average growth rate of 16.6% over the next five years and by 2027 will reach a record \$1.4 trillion.

More people are seeking getaways and travel experiences that are designed to maintain and enhance their personal well-being. Wellness is also becoming more of a priority in the corporate world with many companies taking their employees on group wellness retreats to enhance team performance and foster personal growth. As a result of these increasing needs, many resorts and hotels are offering fully immersive wellness retreats that include amenities, activities, and workshops that promote physical, mental, and spiritual health.

Wellness retreats offer many benefits for participants including offering the opportunity to disconnect from their busy lives, reducing stress and anxiety, improving health and well-being, connecting them with like-minded individuals, helping them to heal and achieve personal goals, and enabling them to gain a new perspective and outlook on life.

From yoga and meditation to a couples retreat and even an underwater retreat, we've compiled the ultimate list of the top wellness retreats and programs to sign up for in 2024. Some of these are offered year-round while others are available only on specific dates. Read on to discover and book your next life-changing adventure in paradise:

Specialty Weeks (Rancho La Puerta)

[Rancho La Puerta](#) in Tecate, Mexico, offering guests a unique reawakening and spiritual mental escape. Each week guests are welcomed to its 4,000 private acres of gardens, mountains, and meadows for partial-week stays of three or four nights. The Ranch offers over 80 fitness classes including yoga, pilates and TRX, advanced hiking trails, as well as spa treatments and therapeutic sessions from reiki and sound bathing to Watsu and reflexology massage.

Rancho La Puerta also provides inclusive healthy spa cuisine, utilizing the season's freshest ingredients from the on-property garden, and provides cooking classes at the Ranch's beloved culinary school, La Cocina Que Canta. Specialty weeks at the Ranch are offered year-round featuring visiting guest speakers, talented performers, and workshop leaders to present afternoon learning experiences and evening lectures to inspire guests to leave with a recharged sense of being. Upcoming specialty weeks include:

- **June 15 - 22:** Folk Festival Week
- **July 6-13:** Water Week



BOOK RANCHO LA PUERTA