

## Travel + Leisure Readers' 18 Favorite Destination Spas in the World of 2024

From hot spring resorts to forest hideaways, these are the best destination spas in the United States and abroad, as voted by T+L readers in the 2024 "World's Best Awards."

By [Devorah Lev-Tov](#) | Published on July 9, 2024



As the meaning of “wellness” continues to evolve in today’s post-pandemic, hyper-connected, overworked world, more and more people are prioritizing their self-care, including *Travel + Leisure* readers. This means that [wellness-focused vacations and retreats](#) are one of the fastest growing travel sectors — even tons of “regular” hotels have added wellness programs, one-off retreats,

or health-affiliated perks, giving guests a way to take care of themselves no matter where they are. But dedicated wellness retreats like these allow travelers to have a reset: they can indulge in pampering, embrace healing, and even challenge themselves to reach new physical heights.

## How Voting Works

Every year for our World's Best Awards survey, T+L asks readers to weigh in on travel experiences around the globe — to share their opinions on the top hotels, resorts, cities, islands, cruise ships, spas, airlines, and more. Over 186,000 T+L readers completed the 2024 survey. A total of more than 700,000 votes were cast across over 8,700 properties (hotels, cities, cruise lines, etc.).

Destination spas were specifically rated on the criteria below:

- Accommodations/facilities
- Treatments
- Service
- Food
- Value

For each characteristic, respondents could choose a rating of excellent, above average, average, below average, or poor. The final scores are averages of these responses.

# What Readers Loved About International Spas

Although T+L readers enjoy going abroad for wellness retreats, they don't like to stray too far from the U.S., as evidenced by our three winners this year, which are all located in Central America and the Caribbean. Still, they manage to range from hot spring havens to all-inclusive health getaways to holistic wellness revivals. The three winners are also longtime, well-respected spas that have earned their stellar reputations through the years: no flashy newcomers here. This was proven even more by the high number of repeat guests at all of the winning properties this year.

"The BodyHoliday is my happy place," says one multi-time guest of No. 3 on this year's list, the BodyHoliday in St. Lucia. "It's the kind of place where you can do everything or nothing at all. I've had glorious days chock full of activities from dawn 'til dusk...morning walk, aqua fit, spin, sunset yoga. Then other days I've just lounged on the beach with a good book all day...my greatest effort simply putting up the flag to order a smoothie. Either way, it's just perfect." Several voters also mentioned the excellent value of the all-inclusive model, which includes one spa treatment per day.

This year's winner, one of the oldest wellness retreats in the world, has made the list for the last several years, and is no stranger to the No. 1 position. Keep reading to find out why.

# International Spas Winner

Rancho La Puerta: Tecate, Mexico



PHOTO: COURTESY OF RANCHO LA PUERTA

A pioneer in the wellness retreat space, Rancho La Puerta is one of the original family-owned and operated fitness and spa resorts in the world, opened in 1940. Situated on 4,000 private acres of gardens, mountains, and meadows in Baja California, several readers mentioned the “magical” quality of the resort, including a longtime guest who wrote: “I have been going to Rancho La Puerta 18 times in the past 35 years. It has always been wonderful, and just gets better all the time — it is a magical place.” The expansive ranch boasts 40 miles of rigorous hiking trails plus more than 40 daily fitness classes, including TRX, yoga, and pilates. Recovery is easy when there are spa treatments ranging

from craniosacral therapy and acupuncture to Feldenkrais, reiki, and Watsu. “[I] love the mind-body-spirit comprehensive offering breadth,” pinpointed one voter, while another praised it as an “authentic, life-changing place and experience.” The amenities and service are also top notch, with voters mentioning “outstanding service staff [that] is like a family,” the “beautiful casitas,” and the “delicious, healthy food [that is] beautifully presented.”



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## International Spas Full List

### 1. [Rancho La Puerta](#): Tecate, Mexico

Reader Score: 95.89