

Condé Nast Traveller

THE WORLD MADE LOCAL

JANUARY/FEBRUARY 2026

THE 2026 GOLD LIST

OUR ANNUAL EDIT OF THE WORLD'S MOST UNFORGETTABLE HOTELS

Plus

A SOUL JOURNEY IN BOLIVIA
IN SEARCH OF SAPPORO'S BEST DISH
KYLIE ON BIG AUSSIE SKIES
CHINA'S NEW FUTURE-FACING STAYS
PARATY BEYOND THE WHITEWASH

HEALTH FIX

PHOTOGRAPH: ALEX LAMBRECHTS. MODEL: ELLA R AT SCOUT MODEL AGENCY

WELL, WELL, WELL

WHAT CAN WE LOOK FORWARD TO THIS YEAR? FROM SAUNA RAVES TO JUNGIAN SHADOW WORK, THESE ARE THE WELLNESS TRENDS PEAKING IN 2026

BY JANE ALEXANDER

Jumping into a new year of wellness

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HEALTH FIX



Clockwise from this picture:
healing waves; taking a dip;
nutritious dish at Clinique La
Prairie; Kamalaya's Cognitive
House; loungers at Sha Spain;
Kamalaya flora; downtime;
treatment at Siro One Za'abeel





Clockwise from this picture: calming interior at Clinique La Prairie; deep relaxation; seating area at Hooke London; Siro Boka Place, Montenegro



PHOTOGRAPHS: CLINIQUE LA PRAIRIE; NATELEE COCKS; VENETIA DEARDEN; ROMAN DE GIULI/STILLS; DANIEL HERENDI; KAMALAYA KOH SAMUI; MR TRIPPER; SIRO ONE ZAABEEL; LEAN TIMMS; CHRIS WISE

MIND MATTERS

Brain retreats are firing synapses everywhere, as sophisticated mapping and modulation allow cognitive health to be measured more precisely and calibrated more effectively than ever. Clinique La Prairie's Brain Potential retreat in Switzerland includes a cerebral MRI and genetic, DNA and microbiota screening, alongside nutrition advice for brain health, and plans for brain-body movement and cranio-targeted supplementation. Spain's Sha has a "cognitive boost pack" on its menu (folding in a neurocognitive assessment, mindfulness, a neuro training app, supplements and other boons); and Thailand's Kamalaya Koh Samui has a dedicated facility, Cognitive House, which provides neuro-lymphatic therapy to stimulate lymphatic flow and support the nervous system, as well as vagus nerve neuromodulation to deliver electrical impulses to that kingpin connector. In Mexico Rancho La Puerta runs biannual Brain Health weeks, including workshops and lectures with leading doctors. Aside from the medispas, day clinics such as Hooke London offer brain health diagnostics, positive psychology and

brain-friendly nutrition, and everyday wearables including Neve headphones, dubbed the "Apple watch for your mind", and powerful personal systems such as Sens AI, available in the UK from Healf, track shifts in mood, stress and focus, and can even help access certain brain states using sound and light stimulation.

SMART URBAN HUBS

Spa breaks once spelt serene stays with views of cows and countryside, but urban hotels are becoming wellness destinations in their own right. London's hotels are bossing the trend: The Chancery Rosewood's Asaya Spa and Taktouk Clinic are lifestyle riffs on a medispa, where treatments merge massages with neuro-enhancing soundscapes, aesthetics and advanced skin tech, including Korean facials. Six Senses London at The Whiteley hits the sweet spot, with the first magnesium pool among the city's hotels, and visitors feel like they are as close to the brand's Kaplankaya or Ibiza resorts as possible in the heart of town. Clinic collabs are also strong, as One&Only tag-teams with Chenot at Portonovi and Clinique La Prairie in Dubai, and The Emory

twins up with longevity club Surrene. Inhabit's hotels are plumping for a quieter take: their 2025 urban retreat offered everything expected from a rural wellness sanctuary (healing work, yoga, meditation and nourishing food from renowned wellness purveyor Yeotown) in the heart of Zone 1.

THE POWER OF COMMUNITY

Building on the wellness festival mini-boom of recent years, the pendulum appears to be swinging in favour of the communal over the reclusive. Siro Hotels (from Montenegro to Dubai) is building its expanding wellness offering on the bedrock of dynamic social hubs. "From desert hikes to wellness talks and community gatherings, everything is designed to help you connect with like-minded people," says the group's Mattheos Georgiou. LA-born Remedy Place was the first modern social space to redefine a night out with friends as something that might involve a sound bath or watching a film while being hooked up to an infusion. A London outpost is often mooted, but certainly on the cards in the capital for 2026 is a healthy rivalry between two new ➤

HEALTH FIX



Clockwise from below: Asaya Spa at The Chancery Rosewood; sauna time; Clinique La Prairie at One&Only One Za'abeel; The Chancery Rosewood's atrium; steam room at Surrenne, The Emory; pool pals

wellness-centric members' clubs. Six Senses London promises to "cultivate connection and elevate wellbeing" and Tramp Health, the health-focused sister of the rebooted legendary nightclub, will offer communal wellness rituals alongside the standard gym, mindfulness studios and saunas. Bathhouses and saunas have always been hubs for storytelling and bonding, and there are already group aufguss ceremonies led by sauna masters all over Europe, including Switzerland (Grand Resort Bad Ragaz), Norway (The Well), Romania (Therme București) and Italy (Preidlhof). Closer to home, Sweheat Sauna in London's Royal Victoria Dock incorporates Lithuanian rituals using birch branches and berries, and self-dubbed "experimental social wellness space" AndSoul is pushing the boundaries with sober sauna raving – perhaps taking inspiration from Budapest's legendary Sparty at Széchenyi Thermal Bath – as well as yoga-dance-HIIT mashups by Sanctum, psychedelic speed dating (which prioritises meaningful connection) and tantra workshops.

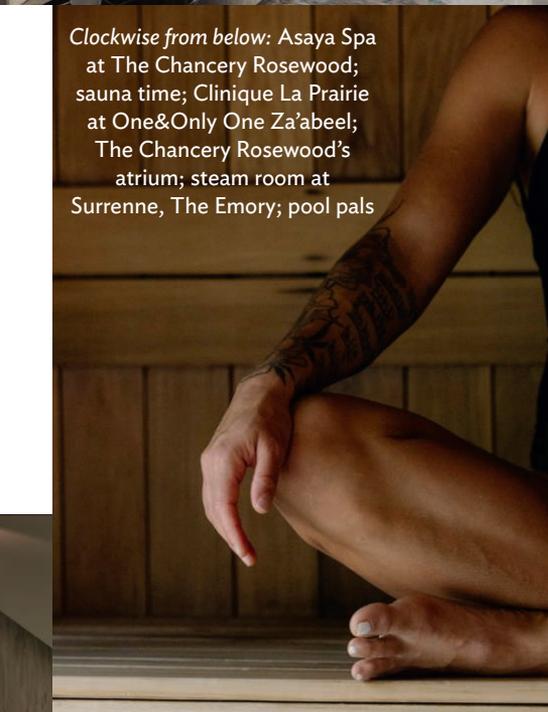
CHINESE MEDICINE

Shenzhen's wellness scene went viral on TikTok last year, with vloggers raving about wild 24-hour spas such as Tenz, which mixes saunas with arcade games and cold plunge pools with ice cream. The city's proximity to

Hong Kong makes it easy for travellers there to dip a toe into Chinese wellness, but it's just the tip of the iceberg as global health brands set up spas throughout China. Clinique La Prairie's Anji resort in Zhejiang Province delivers cutting-edge longevity programmes in a serene setting. Four Seasons already has a strong urban presence in China, but its forthcoming luxury resort, Moganshan, will be a mountain retreat with direct access to natural hot springs and bamboo trails. The Lux Collective's Salt of Mount Siguniang is being built in the foothills of the Unesco World Heritage site, and sister hotel Lux Shaoguan will sit in the shadow of another Unesco site, Danxia Mountain in Northern Guangdong, near the Nanhua Zen Temple, the cradle of Zen Buddhism. Meanwhile, longevity's rich list are heading to Chinese clinics for human stem cell rejuvenation, considered the gold standard of regenerative medicine – but caution is advised, as some clinics can offer unproven therapies. Having researched the field thoroughly, aesthetics pioneer Esther Fieldgrass of EF Future Health is curating client trips to Shanghai for the treatments.

FRIENDLY AI

Sha's Tailor-Made programme uses AI to craft individualised plans based on online assessments, and at Hawaii's ➤



HEALTH FIX

Clockwise from this picture:
pool at Buff Medical
Resort; The Dreaming's
Samhain Retreat;
Community Sauna
Network cabin; ofuro bath
at Sensei Lanai, a Four
Seasons Resort; Tamina
Therme ice fountain



shamanic retreats such as those run by The Foundation for Shamanic Studies teach the art of the psychopomp (in which the shaman acts as a conductor of souls to the afterlife). Tibetan Buddhism's ancient practice of retreating into literal darkness to trigger visionary experiences is birthing a flurry of tailor-built darkness centres. The EvoDark retreat in Germany takes guests into total blackout for several days, and Community Sauna Baths in Hackney turns its sauna pitch black for multi-sensory "saunas-nesia" sessions. The Menla retreat centre in New York state kicked off the modern take on "death tending" and now training as a death doula is on the up; and a cortège of retreats and workshops – such as Sacred Circle Training Co CIC in the UK and Going With Grace in the USA – encourage participants to ponder their impermanence. For a softer take, Charlotte Church's The Dreaming holds a delicious Samhain Retreat deep in the Welsh Cambrian Mountains, honouring the cycle of death and rebirth with rituals rooted in ancient Celtic lore.

CLEAN AND PURE HOMES

Wellness real estate doubled between 2019 and 2024, and, according to the Global Wellness Institute, is one of the fastest-growing parts of the £4.8 trillion wellness economy. Brands known for their destination spas, such as Four Seasons, Six Senses, Aman, Banyan Tree, Sha, Canyon Ranch and Miraval, are expanding into residential communities with top spa and fitness facilities, a roster of wholesome activities, healthy food and like-minded neighbours. Three quarters of Four Seasons' future projects include a residential element, and Sha Emirates residences (coming to AlJurf in 2027) promise a gated second-home island community with an emphasis on longevity. Deepak Chopra's Ameyalli in the USA is planning a wellbeing and longevity research hub, plus a community of residences and cottages. Back in the Middle East, Dubai's Eywa feels like a walk into the future; the all-residential "wild luxury" block, inspired by the banyan tree, creates a positive energy field, using a pyramid packed with more than 3,355 crystals running through its centre to boost natural healing. The communal wellness facilities are equally epic, with a crystal-infused meditation cave, cryotherapy chambers and waterfalls.

Sensei Lanai, a Four Seasons Resort, guests on the Optimal Well-Being programme are sent smart health-tracking bands a fortnight before check-in so their diet, exercise, sleep and mindfulness can be optimised in advance. Deepak Chopra's wellness resort, Ameyalli, set to open in the USA in 2027, promises "Deepak's digital AI with a wearable" (who needs the real thing?). Buff Medical Resort in Germany already offers MRIs and electrocardiograms with AI-supported diagnostics. Wellness residences such as Eywa in Dubai and Tim Fu's villas on Slovenia's Lake Bled are being designed with AI from the ground up, integrating it with the building's biome and tracking and adapting light, temperature, air quality and scent.

HEALING FOR EVERYONE

Wellness is clambering off its privileged perch. Holistic psychotherapist Fiona Arrigo was a pioneer with her pro bono retreats for vulnerable groups, and her company has a charitable

arm. "How do we look after those who can't even afford a session?" she asks. "Wellness simply has to become more democratic." Community Massage London and the Association of Community and Multibed Acupuncture clinics are championing low-cost clinics, and Live Karma Yoga stretches out cheap sessions. European thermal baths have a long history of affordable hydrotherapy and sauna; even at high luxe Grand Resort Bad Ragaz, the newly renovated public access Tamina Therme only costs from £25. The Community Sauna Network has 20 locations across the UK, letting guests sweat without breaking the bank, and Inhabit's Community Wellness Series includes a free lunchtime programme of yoga, breathwork, lectures and talking therapies for local workers.

EMBRACING THE DARK SIDE

The wellness world is sparkingly bright, but true growth comes with a dose of darkness. Jungian shadow work is everywhere, and

PHOTOGRAPHS: CASSANDRA BRADSHAW; BUFF MEDICAL RESORT; LILY DIZDAREVIC; ROBB GORDON; TAMINA THERME AT GRAND RESORT BAD RAGAZ