

Wellness Living & Travel

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MAGAZINE

WELLNESS TRAVEL GUIDE

220 GLOBAL RESORTS
& DESTINATIONS

SPIRITUAL
ROAD TRIPS





Organic Spa Media Co.

WELLNESS TRAVEL GUIDE 2019

*Our second annual Wellness Travel Guide features
220 specially curated wellness destination spas, resorts
with wellness programs, as well as thermal and
mineral springs and healing waters around the globe.*

- UNITED STATES -

RESORTS WITH WELLNESS PROGRAMS

LOMA DE VIDA LA CANTERA RESORT & SPA

Loma de Vida is a destination hotel in San Antonio, Texas, which boasts 25,000 square feet of indoor and outdoor space, 15 treatment rooms, a grotto with private saline pool, and a juice bar with handcrafted cold-pressed juices. A treatment called Silence Biorhythm will help remove toxins, energize the skin and balance the nervous system. lacanteraresort.com

LUMERIA MAUI

This peaceful spot in Maui is surrounded by lush, tropical gardens and it's a great place to get your mindfulness mojo back. Meditate, take an aromatherapy class or a horticulture workshop, and practice yoga—there are many workshops and retreats on offer. lumeriamau.com

THE MAYFLOWER GRACE INN & SPA

This New England retreat offers an elemental wellness menu based on the idea that each person has a unique constitution and biochemical makeup and that we are all made up of the same elements that can be found in nature. Guests can receive highly personalized wellness programs. gracehotels.com/mayflower

MEADOWOOD

Meadowood Napa Valley features delicious three-star Michelin dining, wellness programs, refurbished rooms and suites, and a brand-new world-class spa, with a sumptuous—but healthy—spa menu. Almost everything is locally sourced or grown in the Meadowood garden down the road. meadowood.com

MIRBEAU INN & SPA AT THE PINEHILLS

Located in Plymouth, Massachusetts, minutes away from downtown and the beach, Mirbeau Inn & Spa offers fitness classes, including yoga, Pilates, indoor cycling and wellness talks throughout the year. Enjoy the spa, which offers heated foot massage pool, and eucalyptus-infused steam rooms. mirbeau.com

MOHONK MOUNTAIN HOUSE

Mohonk Mountain House is a 148-year-old National Historic Landmark resort 90 miles north of NYC. Offering outdoor recreation, fine dining and an award-winning Spa in a beautiful, natural setting. mohonk.com

MONTAGE DEER VALLEY

Located just outside of Park City, Montage Deer Valley has activities to enjoy year-round including hiking, mountain biking, Pilates and fly fishing. Relax in the spa with toxin-cleansing Vichy shower, or Montage's signature Elements of Wellness retreat, in which a selection of spa services are customized exclusively for your individual needs. montagehotels.com

MONTAGE PALMETTO BLUFF

Set along the May River in South Carolina's Lowcountry, Montage Palmetto Bluff's 20,000 acres include extensive nature preserves, an oak moss-dappled central pond and access to miles of fresh- and salt waterways, through which you can boat, kayak and canoe. The healing powers of nature and water also take center stage at the spa, where several wellness rituals incorporate Coastal Carolina ingredients. montagehotels.com

OCEAN HOUSE

A Relais & Chateaux on a broad private beach in Watch Hill, Rhode Island, the 12,000-square-foot OH! Spa offers healing treatments, a fully equipped fitness facility and seaside terrace pool, and wellness programs through its movement and yoga studio. oceanhouse.com

OJAI VALLEY INN & SPA

The Ojai Valley Inn & Spa getaway is a Spanish hacienda-style resort located in California, just three miles outside the Los Padres National Forest. The spa menu includes Personal Journeys, Mind & Body classes and a professional line for the full wellness experience. ojairesort.com

OMNI MOUNT WASHINGTON RESORT

Centered around a landmark 1902 Spanish Renaissance building, the resort is surrounded by magnificent mountain views. Guests are encouraged to inspire a wellness change with an outdoor pool and fitness facility to hone mind, body and soul. omnihotels.com

PARK HYATT ALLEGRIA SPA

A fixture on the slopes of Beaver Creek, the Park Hyatt Beaver Creek evokes the heart of its adjacent ski village. But the resort's Allegria Spa, inspired by European therme philosophy, defines the spirit of wellness itself—in a sophisticated global mountain setting. allegriaspa.com

POST RANCH INN

Set on 100 gorgeous acres overlooking the Pacific Ocean at Big Sur, the Post Ranch Inn offers guests a chance to rejuvenate with an in-room massage, spa treatments with healing plants from the garden or yoga class. Or explore all that nature has to offer with amazing hikes. postranchinn.com

THE RANCH AT ROCK CREEK

The Ranch at Rock Creek boasts 16 varieties of wild sage, which is used in the sagebrush scrub at The Ranch's Granite Spa. This scrub highlights the restorative power of the surrounding landscape, and will leave guests feeling energetic and positive. The Ranch also offers outdoor meditation and yoga, and Natural Movement crossfit. theranchatrockcreek.com

RANCHO ENCANTADO

Four Seasons resort Rancho Encantado, a 57-acre property 10 minutes from downtown Santa Fe, might just be New Mexico's hidden gem. Situated at 7,000 feet in the Sangre de Cristo foothills, dotted along a spiritual vortex known to facilitate healing and transformation, the 65-room oasis features cozy, clean-lined guest rooms and casitas with fireplaces and private terraces, a spa with Southwestern kiva-inspired treatment rooms, and an adventure center. fourseasons.com/santafe