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Cure Hotels

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A couple of years ago we did a giant [Wellness Black Book](#), which was as fun to put together as it was inspiring. There's something about having all this intel at your fingertips, even if you don't have the intention of using it—I mean, I may not be rushing to Paracelsus in Switzerland to get my old fillings taken out, but I like the idea of knowing it exists. This time, we drilled down on the topic in a Short List of “Cure Hotels”—our favorite wellness retreats that offer niche healing therapies, for everything from gut health to Ayurvedic workups. Many of these were tested by us or our friends and contributors, and some made the cut after a (very) deep research dive. There are some new therapies too—IHHT anyone? We hope these at least feed your wellness resolutions, and let us know if you have any favorites that we missed in the comments! —*Yolanda*

WHERE DO YOU GO...?

To take the waters



Les Sources de Caudalie

Two Bunch Palms, Desert Hot Springs, CA – “Two Bunch Palms and wellness are nearly synonymous. That is the draw, and that’s how they deliver. The property was originally built by Al Capone and has had many lives. The constant, the magic—the piece of Earth it is. It’s about the palm trees—so mesmerizingly many of them. It’s about the abundance of water in so many forms. They have many concrete tubs (larger, with lounging areas) as well as teak tubs that are filled with the healing natural springs. What makes them unique is their richness of lithium—it’s very hard to be stressed here. You can pre-book these for allotted periods of time, which I highly recommend doing days in advance of your arrival. If a tub isn’t available, they have two pools—one more traditional, one more like a lagoon oasis. But it goes far beyond the waters with incredibly unique programming. They offer daily complimentary classes, from yoga and pilates to reiki, sound baths and Tai Chi. Then there’s the spa, which has a robust but not humongous array of treatments including massage, face and skin treatments. The treatments take place in these free-standing, beautifully-designed structures that are just the right balance of luxurious and desert organicism. I had a deep-tissue massage with Chase, and she is the type of masseuse whose name you remember for years.” — *Marissa Klurstein, author of the Happy Hoteling Substack, a highly selective yet robust curation from her life-long love of hotels*

Dunton Hot Springs, Dolores, CO – “This is a place that is deep in the rocky mountains of Colorado, about an hour from Telluride. It’s not so highly focused on treatments per se, but it is a beautiful experience of bathing in nature in an elevated setting. It’s more about time in solitude,

taking in the elements. The springs there are very iron x magnesium rich, which is great for most forms of detox.” —Jobi Manson, founder of Sēfari, offering water-immersion therapy and group journeys

San Montano, Ischia, Italy – “The resort and spa, run by fourth-generation family owners, sits atop Monte Vico on the island of Ischia, ensconced amidst seven acres of flora with a view down to a private beach cove. The guest rooms are scattered between 11 thermal seawater pools, and fragrant lavender, bay, lemon and wisteria trees scent the air. It’s hard to imagine a more unique spa experience. The Ocean View Spa offers treatments that range from traditional thermalism, incorporating spring water and mud—whose therapeutic effects have been renowned since Roman times—to various well-being therapies with water fed from the Nitrodi Spring, the oldest spa in the world, sacred to Apollo and Nitrodes nymphs.” —Lucinda Scala Quinn, cookbook author and founder of Mad Hungry

Les Sources de Caudalie – “This is always a favorite stop outside of Bordeaux, for their incredible spa, spring and hotel. I always recommend it if you’re coming to the area as an entry or exit overnight, as it’s so close to the airport. Once you have it booked, make your spa appointments immediately! It is so sought after and hard to get into. I had a great facial here ages ago, and I loved the hot water spring which is super powerful—its source is 540 meters below. I can’t wait to try the crushed Cabernet body treatment.” —Yolanda

7132 Therme, Vals – “While I haven’t been to Therme Vals since before it was renamed 7132, I know nothing has changed with its springs and the incredible architecture that houses them. Definitely a water temple like none other.” —Yolanda. “A visit to the thermal baths here, a masterpiece designed by Swiss architect Peter Zumthor, is unlike any other experience—getting lost and discovering new rooms in a place where no two days are alike thanks to the ever-changing light and weather in this Alpine valley. Most of the baths are small and cavelike, with very high ceilings beside the large main indoor and outdoor pools. From a cold plunge pool, to one at over 100F or a dip in a pool bobbing with fragrant mountain flowers, each one feels more transporting than the last. My favorite experience might be the night swim in the outdoor pool after 11pm, especially when snow is falling. Finally, the minimalist signage—no big obnoxious placard about what you can and can’t do around the pool—is also visually healing, letting you take in the space in its purest form.” —Jonathan Ducrest is a Zurich-based photographer and author of Lockdown L.A.

Juvet Landscape Hotel, Valldal, Norway – “Because the view out of my window is so otherworldly and breathtaking, there’s a chance my husband and I might actually be dead and this is what heaven looks like. Gorgeous mountains soar out of exquisite turquoise colored fjords. It smells fresh, like wildflowers. Surely this is Valhalla. But of course we are not dead Viking gods, we are merely driving to Juvet Landscape Hotel, where everything is perfect, including the cold plunge experience. Plunge-ing here is done the Norse way—no complaining, just straight into a 45 degree river, complete with waterfall and rapids. We do this every morning of our rejuvenating stay. The

hack: book spa time in advance so you can 20-yard-sprint from the ice cold water up the hill and straight into the super-hot sauna. In addition to all the clean living, there are also serious cocktails.” —*Sara Ruffin Costello is a New Orleans-based writer and designer of restaurants, bars and hotels (The Chloe, The Celestine, and the forthcoming Chloe Nashville).*

Villa 32, Taipei, Taiwan – “Forty-five minutes outside central Taipei, up the mist-shrouded camphor and maple leaf slopes of Yangming Mountain, one local *tai-pan* turned his ultra-modern, 5-BR hillside home into a posh hot-springs retreat. I still dream of my deep sleeps under the same type of cloudlike duvet said to be favored by Japan’s Chrysanthemum Emperor in my Japanese *tatami*-style suite, with its indoor and outdoor hot springs tubs of Chinese cypress. The spa manager recommended to start with a 30-minute plunge in the otherwise empty public baths, where mineral-rich curative waters infused with jade green and white sulfur really did ease the pain in my perennially achy lower back. My Chinese Meridian treatment kicked off with a strong, methodical foot massage. All therapists here train with a *qi-gong* master, evident in these 90 blissful minutes of precise chops and knowing strokes on a heated massage table. As my treatment neared completion, the therapist covered my eyes with a warm lavender scented pillow then opened the window to let in the crisp mountain air. After a cup of herbal tea, I headed back to the baths for another plunge, followed later by a delicious dinner served with the Hermès horse-bit utensils I’ve been coveting ever since.” —*Cynthia Rosenfeld is a design, culture, and travel writer whose work appears in The New York Times, Travel + Leisure and HTSI.*

Shiguchi, Hokkaido – Photographer Shouya Grigg restored five individual *kominka* houses, inspired by shiguchi, the traditional technique of joining timber without nails. Each villa is aligned with one of the five elemental symbols—*chi* (earth), *sui* (water), *ka* (fire), *fu* (wind) and *ku* (spirit)—and has their own private open-air onsen, crafted from natural stone or hinoki wood. Fed by volcanic hot spring waters renowned for their healing properties, simmering in one of these would be a soothing respite after a day of hitting the slopes in Niseko.

Takinoya Ryokan, Hokkaido – “You’ll know you’ve arrived when the smell of sulfur from Jigokudani, or Hell Valley, hits your nostrils! A place called ‘Hell Valley’ might not summon thoughts of anything curative, but once you’re inside Takinoya, the staff’s dedication to *omotenashi* (hospitality, particularly of the attentive, caring kind) is immediately reassuring, as is the private *rotemburo* (open-air onsen, or sunken thermal bath fed by natural springs) attached to one’s suite, which was my reason for booking a stay. Make sure to choose rooms listed with that amenity; not all of them have it, though every suite does have access to public onsen fed by five varieties of the local thermal waters. The *rotemburo* is surrounded by a beautiful thicket of trees and rocks, made of a thick grey slate, spacious, and shaded by a slatted roof that casts pretty shadows as you bathe. The ryokan provides pretty silken yukata (robes) and geta (traditional raised wood slippers; I have learned since that the supporting wood parts on the bottom of the footwear are charmingly called ‘teeth’!). When you’re done dipping in and out of your thermal

waters, you can slip on some tabi (split-toe) socks to pad around in, on the tatami-covered floors indoors.” —Sai Pradhan is a writer, artist and frequent traveler based in Hong Kong.

ALSO – US/CA/SA: Indian Springs, Calistoga CA, for old-school (ca 1861!) thermal soaks and the local ritual mud bath; Murrieta Hot Springs, CA reopened last year after a massive reno of its historical baths, including 50 alkaline geothermal pools in a 175-room resort; regulars love the iconic hot spring baths overlooking the Pacific at Esalen, in Big Sur, CA, some of them clothing optional; Ojo Caliente, in Taos, NM, is one of the only healing hot springs with four minerals: arsenic, lithia, soda and iron; there are 3 thermal baths at Castle Hot Springs, in the Sonoran Desert, AZ, which reopened in 2019 with new luxury lodgings; Thomas Jefferson took the waters at the hot springs of The Homestead, VA, now an Omni resort (check out the historic Jefferson Pools building); the thermal Scandinavia Spa at Whistler is a great place to soak sore muscles; at Tabacón Thermal Resort & Spa near Arenal, Costa Rica, you can bathe in a bubbling spring under the gaze of tree sloths. EU: Bagni di Pisa, IT is a thermal spa built into the ancient residence of the Grand Dukes; Palazzo Fiuggi, IT, has an extensive medically prescribed “wet area”; Hotel Royal Evian, Evian les Bains, FR “uses the four dimensions of the water cycle: celestial birth, mineral infiltration, precious reserves, and vitalizing spring.” The Retreat Hotel Blue Lagoon, Iceland, has its own private sectioned off part of the legendary volcanically heated waters. ASIA: Yuyado Sakamoto on Japan’s Noto Peninsula is a humble ryokan run by a mother-daughter team who serves farm-to-table meals with food they harvest from their own land.

For the Heidi cure



Eriro; Forestis

Eriro, Ehrwald, Austria – “If you didn’t book a room with a private sauna, head to one of the two saunas in the spa on the property’s ground floor. I especially enjoyed the spruce needle sauna, which overlooks the Alpine pastures and mountains. The other option is a Finnish sauna. The spa area itself draws nature indoors via huge boulders situated throughout, and a variety of pools: a small heated pool inspired by a Japanese onsen, a heated panoramic pool with floor-to-ceiling views, a dimly-lit meditation pool with a brass singing bowl on the ceiling that can be played by pulling a rope, and an outdoor L-shaped pool made of local granite and fed by brisk, invigorating water from the mountain’s lakes. The spa also includes a hay-and-straw-filled sound room with loungers, Tyrolean hammocks made from local sheep’s wool, and a tea station stocked with herbs foraged nearby. Personalized treatments, deeply rooted in Alpine heritage and inspired by medicinal herbs (including mountain arnica, St. John’s wort, common yarrow, ribwort plantain, and stinging nettle), are all offered. My session began with acupressure, moved on to a relaxing oil massage, and finished with sound therapy. I walked out ready to return to my room’s outdoor daybed for a midday nap.” —Rebekah Peppler is a Paris-based food, travel & lifestyle writer whose latest cookbook is le SUD.

Bio-Hotel Stanglwirt, Kitzbühel, Austria. “For a family reset, this is the place I’d go! We stayed at this Tyrolean ‘bio-hotel’ when I wrote about it for *Cookie* and Clara was super little. It is so great—from the Children’s Farm to jumping into the hay, and a whole water world for little kids. Over five different sauna experiences (the spruce one sounds divine), and the most delicious spring

water, which they celebrate as if it's wine. While I am due for a return visit, I was just talking with a friend who lives in Vienna, and she says this is every family's favorite place, and just keeps getting better." —*Yolanda*

Post Bezaú, Bezaú, Austria. "In the most western part of the country, quite close to Zurich, is this lovely spa hotel, which has been run by its 5th generation owner, Susanne Kaufmann, for close to 20 years now. It sits in the most picturesque valley, from which you can take endless hikes or just hunker down at the hotel. Since taking it on, Susanne has modernized it (structurally with award-winning architect brother Oskar Kaufmann) and its offerings—starting her own eponymous line, which has become quite a global favorite. If you're a fan, this is your place, as this is where it all began and all of the treatments in the spa of course use Susanne Kaufmann products. They offer Traditional Chinese Medicine programming, and have all sorts of options available, from IV drips to PRP." —*Yolanda*

Burgenstock, Obbürgen, Switzerland – "I've long romanticized the old-school sanitariums of Europe, thinking drinking clear broth and taking long walks would somehow feel restorative. But I once spent a weekend in the spa town of Baden-Baden and found the whole experience pretty dull. Burgenstock, the Swiss health resort near Lake Lucerne, is far more exciting—it's like the Las Vegas of spas but executed with Swiss precision. When I visited, the property had just been given a \$500 million dollar facelift—everything was top notch from the medical spa to the private cinema to the Dr Barbara Sturm products in the treatment rooms. Meals were far more tasty than the usual grain and vegetable fare—I could choose from dishes like Peking duck to mezze platters at Parisa, the Persian restaurant. Even with all the bells and whistles, perhaps the best thing about Burgenstock is still the Alpine setting. I made a nightly ritual of swimming in the outdoor infinity pool that cantilevers off the building and offers dramatic views of the lake. It was the ideal way to take in the mountain air and feel restored again." —*Maura Egan is a Brooklyn-based writer and editor and contributor to The Grand Tourist podcast/newsletter.*

Forestis, Sud Tyrol, Italy – "We took daily walks along the mountain paths. In the hotel's wellness area, an indoor-outdoor pool lets you submerge in water while surrounded by snow. Inside, double lounge beds built into nooks are so well padded that the acoustics make you nod off in an instant. The sauna and steam rooms are 'without textile'—bathing suits must be left at the door. I tried the Wasser Ritual, in which a staffer, naked but for a towel, places balls of snow infused with essential oils on hot coals while walking around the sauna, fanning you. The mix of heat, steam, and oils of spruce, larch and Swiss stone pine made inhaling especially intense." —*Nick Vinson.* The Alpenglow follows guests to the pine-paneled treatment rooms, "with breathtaking view of the Dolomites, where the facials feature bespoke products with native spruce extracts for anti-aging benefits. Before your treatment begins, you're welcomed with a soothing spruce sap tea, setting the tone for the natural, restorative journey ahead. The treatment commences with an aromatic spray crafted from various pine and spruce trees and herbs native to the Dolomites, instantly

transporting you to the heart of the forest. The spruce-infused skincare formulas smell wonderful, leaving skin feeling rejuvenated and refreshed.” —*Cian Connor is a NYC-based consultant to luxury beauty brands and spas in the areas of product, marketing and activation strategies*

Kolfuschgerhof Hotel, Sud Tyrol, Italy – “My idea of wellness is a balance of activity, stillness, and mouth-watering, mind-blowing food. I checked all of these boxes last year in the Dolomites at the family-run Kolfuschgerhof Hotel in Alta Badia. (We called it The Ker-fluffle because it’s easier to say!) The newly-renovated resort was decked out with jaw-dropping mountain views, sleekly minimal wood-paneled rooms, a gorgeous indoor swimming pool, a pampering spa with an encyclopedic menu, a fully-loaded gym, four different types of saunas to soothe tired muscles and, most importantly, super easy access to the Sellaronda, the famous 27-kilometer ski circuit around the Sella mountain range. (The trail maps are written in German and Italian!) The first day out had me stopping in my tracks every few feet to marvel at the sheer, vertical cliffs and/or ogle the Northern Italian pizza and pasta offerings at the various charming chalet-like huts perched along the mountain runs. I’ll tell you about how my sister mistakenly pressed the emergency button in the resort’s naked-only sauna with consequently irate in-the-buff Italians another time...” —*Marlien Rentmeester is the founder of Le Catch—the shopping site full of covetables—and a Substack of the same name*

ALSO – AUS: Hotel Hirschen Schwarzenberg in Bregenzerwald hooked us with its cool new bathhouse by NONA architects with two saunas and “bathrobe bar”; Forsthofgut Naturhotel, near Salzburg, has a 61K sq-foot forest spa, bathing lake and deer park/farm for kids. SWI: Guarda Val in Lenzerheide converted a ski gondola into a sauna; The Brecon, in Adelboden, is a cozy-chic chalet with a wood-fired sauna and mountain views; Waldhaus Flims, a Magic Mountain-esque Belle Époque chateau, reopens this winter after a major reno; at Le Grand Bellevue, Gstaad, you might bump into your friend’s rich aunt recovering from a facelift. IT: Schwarzschild, Sud Tyrol, promises an “energy field for mind and body” and a Susanne Kaufmann spa. IT: COMO Alpina Dolomites’ spa is an homage to the magic of Shambhala, the mothership; Adler Lodge Ritten, with modern wooden chalets perched above Bolzen, has views into several valleys.

For a spiritual upgrade



Esalen

Esalen, Big Sur, CA – This OG hippie healing retreat founded in 1962 helped launch the human potential movement (Alan Watts and Joseph Campbell taught here); with its legendary clothing-optional hot springs and personal growth workshops it has stayed true to its roots. Our friend Maca Huneeus has been multiple times and loves it for its organic vegetarian food and super communal feeling—plus “you can have amazing massages right next to the hot springs.”

Mii Amo, Sedona, AZ – For starters, it’s located in an energy vortex and surrounded by an amphitheater of red-rock cliffs. Fully redone in 2023, the charming adobe-style casitas all have kiva fireplaces, and the programming is based around multi-day “Journeys” that are spiritual smorgasbords—“Chakra Balancing,” “Soul Consciousness” and “Past Life Regression” for the mind, with “Intuitive Massage,” “Ancestral Stone Massage” and “Vortex hike” for the body.

Palmaia House of AIA, Playa del Carmen, Mexico – (AIA, if you were wondering, means higher consciousness.) “Fifty-plus Mayan and Ayurvedic-inspired classes, ceremonies, and rituals led by a veritable United Nations of visiting practitioners and master healers, encouraging spiritual, emotional, intellectual, and physical awakening, comprise Palmaia’s gratis Architects of Life program. Some aspects will sound woo-woo, yet nearly no one leaves the forgiveness ceremony without tears of catharsis streaming down their sun-kissed cheeks. The divine and delectable cacao ceremony in the jungle invites participants to sip a Toltec and Mayan-inspired cacao-and-corn concoction. Held in the comfort of the air-conditioned meditation room angled over the vast

seascape, the multi-instrument, gently vibrational gong bath is a wonderfully restorative afternoon nap. Then there is Atlantis Spa, its clay-walled massage villas ensconced among the copal trees of this primeval ecosystem. The 120-minute Mexican massage begins with an especially tender maternal lineage visualization before the deeply restorative all-over knead. Take note to add the ancestral water circuit, a private guided journey from the modern cellular recharge of the non-invasive Biocharger light and sound frequency machine to a detox in the pre-Hispanic dome-shaped sweat lodge, followed by a linger-as-long-as-you-like swim in the Edenic cenote.” —Cynthia Rosenfeld

Six Senses Ibiza, Spain – “The island is crammed with a tight-knit community of energy and sound healers, yoga teachers, crystal magicians, and holistic health practitioners. It can be tough to find them if you’re not connected to the locals, but happily, the Six Senses has unearthed a potent group of them. I have never visited a mainstream, beautiful hotel that offers traditional cacao ceremonies, shamanic drumming sessions, holotropic breathing circles, legitimate sound baths, or that retains a full-time Naturopath and Energy Healing Director who can read your energy body and talk about your past lives with his bare eyeballs.” —J.J. Martin *is the founder of the joyful, Milan-based fashion and homeware brand, LaDoubleJ*

Kakurinbo, Minobu, Japan – “For centuries, Buddhist pilgrims have traveled to Minobusan, one of Japan’s most sacred mountains and home to Kuon-ji, the head temple of the Nichiren sect. Kakurinbo, a 550-year-old temple lodge initially built for visiting monks, has in recent decades opened its *fusuma* (sliding doors) to laypeople. It’s been run by the same monastic family for quite some time, and is currently overseen by the wonderfully hospitable proprietress, Junko, and her son. There is a great reverence for simplicity and tradition here—the rooms are modest, with mattresses on the tatami mat floors and shoji screen windows that filter the alpine light in a way that would make even the most agnostic among us feel *something*. My family only spent one night here, waking up at 5 am to head up to Kuon-ji in the pitch black for morning temple. As we got closer, I swear you could feel the thundering of the drums pulsing through you like it was your own heartbeat. There were only a handful of people inside who, despite the language barrier, enthusiastically guided us to light incense, recite sutras and marvel at this palatial gilded temple. I grew up going to a long Catholic mass with my family every Sunday, and though I don’t go to church anymore, following the cues to kneel, stand, and chant alongside my parents almost felt like a return to that—at once so foreign and familiar. It was the most incredible way to wake up, and not just physically. As we headed back down the mountain afterwards, with the early-morning sun streaming through the towering Japanese red pines, I felt completely awakened—and even a little spiritually refreshed.” —Carly Shea, *YOLO associate editor*

ALSO – US/SA: Kripalu, Stockbridge, MA, for old-school personal growth workshops in a hippie-vibed compound overlooking a lake; Vedanta Spritual & Holistic Retreat, Cali Hot Springs, CA, for full moon and pranayama breathwork retreats; at Horse Shoe Farm, NC, the sweat lodge

founded by a Cherokee wisdom keeper is a draw; Arkana Sacred Valley Peru (also Yucatan) is the place for guided ayahuasca journeys. EU: Eremito, Umbria, IT, to meditate in a 16th-century candlelit monastery; Mandali Retreat Center on Lake Orta, also in IT, for no-frills silent retreats. ASIA: Amanemu, Japan, to hike the ancient pilgrim trails of Ise-Shima; Kamalaya, Koh Samui, Thailand, was built around a centuries'-old cave used by Buddhist monks for meditation; Cap Karoso in Sumba, Indonesia, debuted its Shamanic Healing Journey, harnessing the wisdom and knowledge of the island's indigenous Marapu culture.

For an Ayurvedic cleanse



Como Shambhala; The Rooster

The Art of Living Retreat Center, Boone, NC – We've been curious about this place since we first heard about it years ago, given how challenging it is to find authentic Ayurvedic treatments in the US, and its unexpected location within 380 forested acres of the Blue Ridge Mountains. Stays begin with a consultation at the property's Shankara Ayurveda Spa, with a pulse assessment from a health counselor, followed by tailored treatments for afflictions from chronic inflammation to infertility using Ayurvedic oils and techniques. It's also one of the only places in the country where you can get a full Panchakarma cleanse, an intensive program of detoxifying body treatments, yoga, and herbs. From everything we've read it sounds like the real deal, the rooms appear spartan but comfortable, and the surroundings couldn't be more beautiful.

COMO Shambhala Estate, Ubud, Bali – “I arrived feeling totally stressed, burned out, and completely done with the Bali tourism overload. The second I stepped into the gates, everything changed—the setting is one of natural harmony, a total escape. Let’s talk about the bed first—honestly, it’s the best I’ve ever slept in, the perfect balance of plush and firm. The sleep was soul-awakening, like I was getting rest from the gods. The Ayurvedic consultation at the start of the stay was incredible at pinpointing stress levels in my gut/metabolic system, and the treatments were unreal, with personalized care that was exactly what I needed—soothing, calming, and incredibly rejuvenating. The food was nourishing, delicious, and full of flavor. And the Ayurvedic advice they gave me? Life-changing. A reset for my body and mind, bringing balance back into my life. I came in frazzled and left floating.” —Jules Maury is the head of Scott Dunn Private, the UK-based expert luxury travel advisory

The Rooster, Antiparos, Greece – “This chic and intimate stay on a hill overlooking the Aegean was created with wellness in mind, after owner Athanasia Comnios’ own health recovery journey via eastern and traditional medicine practices. At its center is the serene House of Healing—which includes a sound meditation room and domed structure for candlelit full-moon ceremonies—with therapies that are holistic blends of indigenous practices. Abhi, an Ayurvedic healer from Kerala, tested my pulse and designed a treatment intended to boost my yin energy by sitting on a “smoking box” (IYKYK), and administered a classic Shirodhara treatment, in which warm oil is drizzled on the forehead to open the third eye and lower cortisol (I felt light beaming out of my skull). Those looking to go deeper can sign up for a personalized Ayurveda program to address certain health conditions or complaints.” —Alex Postman, YOLO deputy editor

Six Senses Vana, Uttarakhand, India – “Located in the Himalayan foothills, they offer a unique combination of Ayurveda, Traditional Chinese Medicine and Tibetan Healing, and the setting, service, philosophy, treatments, and care shown to every guest are, I believe, unrivaled anywhere in the spa world. Like many of our clients, I have returned to Vana time after time, and can only agree with them when they say that their time there was life-changing. It is an extraordinary place.” —Frances Geoghegan, founder and managing director, Healing Holidays

The Wildflower Hall, Shimla, India – “My grandmother was born in Shimla, in the foothills of the Himalayas, and I grew up hearing stories of her eating toasted *chilgoza* (pine nuts) and warming her toes against cozy hot water bottles in beds to stave off the cold. I have probably always held romantic notions of this quintessential ‘hill station’ ever since! The Wildflower Hall is an Oberoi hotel, which used to be a colonial residence (Kitchener, for those interested), surrounded by mountains and forests. Picnics in the cedar and pine forests behind this teak-floored old beauty of a building, strawberry picking, archery, Ayurvedic treatments at the spa, yoga sessions, and their stellar indoor pool (I found the chandeliers above the pool very charming!) make this a special stay that I’ve been wanting to re-book ever since I spent a few days there. The Oberoi team’s service and attention to detail helps; I am a big fan. If you’re a reader and writer as I am, you will also love

the old library inside the hotel, and the elegant writing desks in the suites. Cures come in all forms!” —Sai Pradhan

Ulpotha, Dambulla, Sri Lanka – “Ayurveda has been practiced on this island since its introduction from neighboring India in the 6th century. Here in a simple mud spa hut stocked with therapeutic remedies grown in the surrounding gardens, Ayurveda experts identify bodily imbalances with a thorough consultation that involves an extensive tongue exam. My doctor-prescribed programs here usually include a *sarvangadara* warm oil massage and plenty of relaxing herbal baths. They also recommend elimination therapies that range from inhaling oil to clear sinuses to enemas and bloodletting (squeamish sorts may request to avoid going to such extremes). I prefer to laze about with friends in the *ambalama* shaded day bed overlooking the paddies, where vegetarian Sri Lankan rice and curries are served family-style. Well-known visiting instructors from the UK, the US, Australia, and India lead the twice daily yoga classes. I also love that since it’s only open November-March and June-August, this holistic initiative otherwise operates as a traditional rice-growing village. That authenticity is part of its charm.” —Cynthia Rosenfeld

ALSO – US: YO1, Catskills, NY, was founded by an Ayurvedic doctor who uses your doshas to guide treatments in weight loss, detox and sleep; Civana, Carefree, AZ for its Revive to Thrive program, a 5-night physician-led Ayurvedic program with plant-based meals. EU: Engel Ayupura, Dolomites, IT, has an authentic traditional program in a chic modern chalet. ASIA: Kalari Kovilakom, Kerala, IN, for a thoughtful and thorough Ayurvedic protocol by the sea; our friend Rymn Massand loves Ananda, near Rishikesh, IN, for the yoga, lessons in Indian Vedanta, terrific food personalized to Ayurvedic needs, and fabulous results; At Carnoustie, in Kerala, IN, our friend Karla Otto loved the Ayurvedic protocols, beautiful setting and the ultra-flexible 80-year-old yoga master; some guests stay a month at Santani Wellness Resort, in Kandy, Sri Lanka, to do the immersive purgation program in a stunning mountain setting; Kayaam House, in Tangalle, Sri Lanka, occupies a stylish Geoffrey Bawah-inspired building by the sea and offers a 4-night Ayurvedic introductory journey.

For all-around good vibes

The Golden Door, Escondido, CA – This pioneering retreat has been hosting wellness pilgrims and a walk-of-fame worthy roster of celebrity guests since 1958. Founded by Deborah Szekeley (also the visionary behind Rancho La Puerta) and inspired by traditional Japanese inns and gardens, “the Door” became *the* place to find your moment of zen. The retreat still does what it does best, not pushing the biohacking or detox envelope, but offering miles of hiking trails, balanced nutritional programs, mindfulness classes, fencing, dance, along with wraps, scrubs and other chill pills. Our friend Chris Wallace was there not too long ago and remembers “reveling in the kind of Golden Age of Hollywood history, and in the way it reminded me of the California

woo-woo I grew up around in the 80s—well, that, and the daily massages. I can't remember ever feeling better."

Post Ranch Inn, Carmel, CA – "This Big Sur icon is pure magic—nature-rich, with forest bathing amidst the redwoods, night sky stargazing unparalleled on the West Coast, outdoor bathing in site-specific pools for meditation, mineral soaking, etc, each with dramatic ocean views. Spa opportunities include traditional healing modalities like massage and facials using locally sourced organic products, but also more intuitive healing arts like reiki, astrology, drumming and more, all set in cozy treatment rooms designed for one or two people with wood burning fireplaces and breathing views. The smells...oh my." —Maria Mancuso *is an LA-based designer whose work traverses costumes for TV and film, fashion, interiors, and jewelry.*

Botanic Sanctuary, Antwerp, Belgium – "The hotel is situated in a former monastery, with its spa in a building set into Antwerp's Botanical Garden, just across from the monastery's main building. The pool sits in a glass ceiled conservatory with a gym on the top floor, which gets the most beautiful light during the day. The spa is incredibly well equipped with two large saunas that look out onto the garden and filled with natural light, and reflexology foot pools." —Clara Hranek *is YOLO's social media manager*

Six Senses, Douro Valley, Portugal — "You can dive deep into wellness with their custom programs and biohacking technology, or embrace the fact that you're in Portugal to savor cured meats and fantastic wine. On a trip there with friends, I found a balance somewhere in the middle, enjoying runs around the property and flipping between the sauna and cold pool, while also indulging in a drink (or three) at dinner. The spa is a gorgeous space with all sorts of technology and treatments, but what stood out even more than the pool with underwater sound therapy was the chef at the time, Marc Lorés Panadés. A vegetarian and an Ironman, Chef Marc harvested most of the produce from the on-site organic garden and was more than happy to tweak the menu to satisfy all diets. He even invited guests to join his daily 5k through the vineyards with the hotel's resident dog, Aqua. I believe he's since moved on, but it speaks to the level of hospitality we experienced there." —Carly Shea, *YOLO associate editor*

F Zeen Kefalonia, Greece – F Zeen means "the art of living well" in ancient Greek, and this adults-only retreat founded by a local entrepreneur is a temple to the nature-centered lifestyle on this largest of the Ionian islands. Yoga and pilates are on tap all day, alongside meditation, hiking and paddleboarding, and treatments in the Idor Spa envelop you in Greek herbs. The ultra-fresh and plentiful food is locally sourced, including seafood from the village's fishermen; no one will raise an eyebrow if you order an extra glass of Robola.

Sterrekopje, Franschhoek, South Africa – "It calls itself a 'healing farm,' but it is so much more. On a restored 17th-century farm in the foothills of the Franschhoek mountains and an hour from

Cape Town, it is an aesthetic feast for the senses: heritage farmhouse buildings, fanciful painted murals, and medicinal gardens and orchards to wander around. The vision here is about transformative rest and creative play, and the owners, Nicole Boekhoorn and her wife, Fleur Huijskens, take care to shape a profound sense of calm for each guest from the very first morning. Sterrekopje's focus on rest begins with just 11 guest rooms, most in Cape Dutch-style cottages. Choose between rejuvenating suites and "abundant" or "intimate" sanctuaries that are all completely different, each one an homage to art, culture and creativity in earthy palettes. The program begins when you disconnect from your usual life and routines and let yourself slowly connect with the self and surrounding nature. The 2- to 7-night journeys held in the spa include a mix of therapies that include: ritual of touch (body therapy, meridian alignment, reflexology); alchemy for the soul (reiki, energy balance, hypnotherapy); sound awakening (sacred vibration, tribal sound bath); vital movement (yoga, qigong, flexibility); and sleep rituals (mineral salt & wildflower bath, deep sleep massage). The spa also has a large tiled hammam for massages. When not in treatment, you can hike, bike, or play (paint, draw or throw pottery in the atelier, which has its own wheels and kiln). Or walk the fragrant chakra garden, designed to reflect and stir the body's own chakras." —Marta Heine-Geldern is a travel photographer and author of Voyage Provocateur.

Bambu Indah, Ubud, Bali – "Our first morning at Bambu Indah, we woke up at 6:30AM in one of the 'matriarchically designed' tree houses and dash to meet John and Cynthia Hardy (the iconoclastic founders of Bambu Indah as well the Green School down the street). The Hardys are excited to show us progress on their new outdoor spa, located semi-deep in the jungle, and boasting twin cold plunges. Turns out it's as much about the journey as it is the actual destination. From our tree house, we wind through candlelit tunnels and pass by terraced, spring-fed pools where waiters are delivering (non-inflammatory!) breakfasts to guests in floating bamboo cabanas. We are required to zig-zag across several streams, leaping rock to rock (pure joy), as well as to navigate three bamboo bridges passing by two cute cows and a rice field. "No nannying here," John chuckles, as we arrive, already wow-ed. Designed by the Hardys' architect-daughter Elora, the cold plunges are indeed one of a kind, resembling chrysalises. We leave feeling as light and beautiful as butterflies. So enchanted are we by the Hardy way, serious consideration is given to snatching up one of their new residences, rolling out on property this year." —Sara Ruffin Costello

Chiva Som, Hua Hin, Thailand – Open for more than a quarter century, it built a loyal following of regulars who return for a gentle holistic blend of eastern and western therapies in a soothing beachfront setting. "We were prescribed acupuncture, Pilates, and yoga; daily Thai massage improved our flexibility and organ function. We piled our plates high with organic food and still lost weight, as there's no added sugar or fat. The pool is a lovely oasis with water lilies floating in it—we still dream of sleeping in one of their beautiful pavilions." —Inez van Lamsweerde is half of the prolific Dutch photography partnership, Inez and Vinoodh

Rosewood Luang Prabang, Laos – “A gushing river runs beneath the hilltop Sense Spa towards this resort straddling an effusive waterfall on this Lao town’s pastoral fringe. Inside one of the spa’s canvas clad spa tents, I met revered local healer Mr. Xong, who adapts lost Hmong remedies into modern day massage therapies, applying the warm poultices he custom-makes for guests by foraging for herbs and flowers in the surrounding primary forest. I’m not usually one for rubbing hot accoutrements on me, but the scent of these compresses won me over even before the herbal healing worked its way along my travel-weary meridians. Restoration here goes beyond these Bill Bensley-designed walls, thanks to the resident Vipassana silent meditation master, a former Buddhist monk who led me on meditation walks to remote, gilded shrines where revered abbots practice the esoteric art of Sak Yant Buddhist tattoos and early morning silent meditation amidst the forceful roaring of water rushing past my stunning riverside villa.” —Cynthia Rosenfeld

ALSO: US/MX: Miraval in Tucson, AZ has been taking guests on customized wellness “journeys” for decades, directed by the intention you set on arrival; since 1940, Rancho La Puerta in Tecate, MX, has been a beloved holistic wellness retreat, with early-morning mountain hikes, 50+ classes a day, and pilgrimage-worthy farm-to-table food; since it opened, Inness in Accord, NY, has been a favorite city escape with its tennis courts, golf course, and hiking trails—and now a new spa, gym and bathhouse; Nômade Holbox, MX, offers workshops on topics like lucid dreaming and tarot card reading on its luxurious, jungle-like property. UK: Yeotown, Devon – this humble cottage is a favorite spot of our friend Sophy Roberts, who spent a few days hiking along the coast, enjoying their vegan meals, and finding it “totally deeply correcting;” Broughton Sanctuary in Yorkshire, dubbed a ‘House of Transformation,’ hosts 50+ retreats each year. EU: LeFay, Lake Garda is known for its gentle approach to wellness in a sumptuous setting.

For a longer healthspan/Biohacking



Kamalaya Kohsamui; Euphoria

Canyon Ranch, Tucson, AZ – The Ranch’s new LONGEVITY8 program is your ultimate health reboot over four days that is as high-tech as it is hands-on. The eight stands for the key pillars of wellness—nutrition, fitness, sleep, spiritual wellness, mental health, outdoor activities, strength, and integrative medicine—that are explored here. You’ll undergo 15+ diagnostic tests (think genetic screening, body scans, VO2 Max), dive into more than 200 biomarkers to receive a personalized health roadmap, followed by 18 1-on-1 consultations with health experts who’ll keep you on track for six months. Fair warning: It’s \$20K all-in. But your health is priceless, right?

Palazzo Fiuggi, Italy – A friend who prefers to fly under the radar in his health explorations writes, “Palazzo Fiuggi has a very good medical team, broad offer of treatments, latest equipment, the least spartan 5-star accommodation of the European cure hotels, a beautiful SPA village in vicinity and the best food of any of its peers (Heinz Beck is offering an impressive low calorie concept). The gym and its team are excellent and the one hour drive from Rome Fiumicino airport makes it easily reachable. A little on the posh side.” * “This Liberty-style palazzo was built in 1913 to be the grandest hotel in Europe, and the first on the continent with a swimming pool. More recently, it reopened as a health spa (after a short turn as the Italian outpost of The Ranch). While most guests book for a week or longer, you can arrange for a shorter stay—not a bad way to finish off a gluttonous Italian vacation. We opted for the longevity program (there are also detox, restorative, and medical diagnostic programs you can sign up for). We had body scans, EKGs, a body mechanic evaluation, thalassotherapy treatments, and chose to do the ‘optimum weight’

program, which meant 1,200 calories a day. While all of it was very interesting, the thing we were most excited about was the body mechanic evaluation in which our walking/running/stance was evaluated, which showed we needed to strengthen our dorsal muscles for better posture. Each day, we did long swims in the indoor/outdoor pool, followed by a Kneipp bath (a shallow pool with hot water on one side and cold on the other, which you walk between 10 times), followed by infrared sauna, a sauna/steam/cold plunge, and ending in the salt room (a room made of Himalayan salt bricks). Heaven.” —*Yolanda*

Euphoria, Mystras, Greece – “I loved Euphoria for its pine-scented mountain setting near Sparta on the Peloponnese. Also for its design—a hybrid of historical Greek farmhouse and futurism (e.g., a disorienting sphere-shaped pool)—hot/cold rooms (hammam, ice chamber, saunas), and unusual programming, including a “free your voice” class led by a Greek drama teacher designed to release emotion. I was aware that they had a medical arm—founder Marina Efraimoglou, a former investment banker who created Euphoria after her own cancer journey, has from the start integrated eastern and western approaches—but I never met with a doctor nor spotted one, as it’s firmly a “white coat-free zone.” Now they’ve introduced a new biohacking/diagnostic longevity offering, the 360-Degree Advanced Medical Cellular Wellness Programme, which sounds pretty cool. They call it “the world’s first scientifically proven cellular therapy for comprehensive health management using natural methods,” which was tested on over 10,000 people. It begins with biomarker testing to identify underlying imbalances, followed by more medical diagnostics, precise hyper-personalized wellness, diet and fitness interventions, and ‘become your own healer’ workshops to help you carry your health empowerment into daily life. I imagine it also includes plenty of Blue Zone staple olive oil, as the region is home to the kalamata olive.” —Alex Postman

Clinique La Prairie, Montreux – The weeklong protocols at this cutting-edge anti-aging clinic sound straight out of a sci-fi film. Their 7-day Revitalization “activates the immune system and supports cellular longevity” using a medical approach that regenerates key body systems (brain, heart, metabolism, immunity and microbiota, if you were wondering); a Brain Potential program that optimizes brain function and slows cognitive decline; not to mention a stem-cell beauty treatment in which stem cells are extracted from fat tissues, purified and then injected back into the body for a regenerative boost. The clinic’s sleek modern wing, with its massive glass walls overlooking Lake Geneva and the Swiss Alps, exudes a Bond-lair vibe. And while those glass walls might not scream privacy, rest assured, the clinic’s “custodians of the secret” ethos ensures absolute discretion.

Kamalaya, Koh Samui, Thailand – A friend described this revered wellness resort as more of a Buddhist sanctuary than clinic, and in fact it was founded on combining the principles of TCM, Ayurveda, Thai and Eastern medicine with research-based functional medicine. But their newest facility, Longevity House, brings their holistic programming into the future, with technologies designed to supercharge their prevention tactics. Ozone and hyperbaric oxygen therapies can

oxygenate tissues, killing bacteria and viruses and speeding up healing, IV therapy can augment nutritional deficits, while personalized DNA-based health assessments and preventive cancer screenings will give you a sense of the road ahead so that you can leave your stay with a long-term protocol in hand.

The Upper House, Hong Kong – “Their 10x Longevity program offers an array of state-of-the-art equipment like the hyperbaric oxygen chamber and a red light and near infrared LED therapy bed. But on arrival, I went straight to the private ‘Recovery Room,’ housing a cold plunge and 70-degrees-Celsius infrared sauna duo. Between the calming effects of each 15-minute sauna stint, I challenged myself to linger longer in the roomy tub’s frigid water, distracting myself with this singular metropolis’ mesmerizing skyline. It worked!” —Cynthia Rosenfeld

ALSO – US: At Carillon, Miami FL, their new Longevity Lab focuses on anti-aging using treatment plans from IV therapy to hormone balancing; The Ranch Malibu recently introduced The Ranch Private Healthspan, designed to address health concerns including diabetes and menopause; at Sensei Lanai & Porcupine Creek in Rancho Mirage, CA—founded by Larry Ellison and Dr. David Agus—their Sensei Way Program tweaks the dials on mindset, nutrition, and fitness. EU: Our friend Maca tried the longevity-focused Palace Merano, in South Tyrol, IT, and liked that you eat healthy and well, get daily wraps and massages, without too much exertion. Set in a historic lakeside palace, “It’s not a run around in your robe type of place,” she says; Villa Eden in Merano, IT, has only 25 suites and thus all the privacy you could want for their longevity medical analysis protocol; the Original Meyr in South Tyrol, IT, offers deep diagnostics with their diagnostic and advanced longevity module; across its properties, Lanserhof swarms longevity from genetic, environmental and lifestyle angles to find sustainable solutions. ASIA: Four Seasons Maldives Landaa Giraavaru has introduced a new longevity diagnostics concept called PraMā, centred on an evidence-based screening system which their team uses to draw comprehensive assessments to create bespoke wellness programmes.

For a full medical workup



Buchinger-Wilhelmi Überlingen

Buchinger-Wilhelmi Überlingen, Germany – “With all the travel we do, my husband and I have found that doing all of our medical checkups when we are at the Buchinger fasting clinic in Überlingen is so convenient. Here, you can get all of your bloodwork done, have your microbiome checked, even do genetic testing...and anything a doctor finds and wants to have a scan of—it’s all done in-house. You save so much time and relieve yourself of so much schedule-making stress by doing it all here, while you’re there on a fast anyway.” —Yolanda

Villa Stephanie, Baden-Baden, Germany – “This gleaming residential medi-spa opened a few years back as part of the Brenners Park Hotel, a stately Belle Époque building in a historic spa town surrounded by Black Forest. (I highly recommend a dip in the 19th century public thermal baths, though be warned: clothing is optional.) You can stay in either building and access both—I opted to go all-in on the feeling of sleeping in a plush private hospital. My stay began with a consultation with Dr. Harry König, a naturopathic/osteopathic doctor who leads the clinic’s “House of Wellbeing.” After a thorough discussion of my state of body and mind, he sent some blood samples off to be evaluated for irregularities and performed an ultrasound to uncover any hidden issues (my carotid artery was pronounced clean as a whistle, but one of my kidneys is smaller than the other, which could create issues later.) Over the following 2 days, he pretzeled me up for some chiropractic corrections for my lower back and sent me to a physical therapist for exercises I could take home; dispensed herbs for my seasonal-affective disorder; and put me through some other unusual protocols, from a bioelectrical impedance test to determine any BMI issues and a Kirlian

photograph to reveal my energy emissions (both fine!). Those with specific complaints can meet with specialists from a gynecologist to cardiologist and dentist, or have a genetic profile done. By the end, I had never felt so (literally) seen in my life—attuned to some of my body’s vulnerabilities and with a sense of control over the once unknowable—and feeling very sorry that we don’t have anything like this in the States.” —Alex Postman

Waldhotel, Lake Lucerne, Switzerland – The medi-spa facility within this sprawling Alpine Bürgenstock resort sits behind a striking wood and stone facade designed by architect Matteo Thun. Advanced diagnostic tests (blood and biomarker analysis, genetic screening, neurological assessments, stress tests) are deployed as part of a complete check-up to get a fuller picture of a patient’s needs, and then in consultation with a doctor, you can choose one of the 11 different programs (from weight management to burn-out) or take a custom-tailored path. One highlight: the colorful plant-based dishes at the restaurant Verbena, where on Sundays everything is green and on Thursday, it’s orange!

RAKxa Wellness & Medical Retreat, Bangkok – Tucked away in the city’s Bang Krachao, aka its “green lung,” this place is all about mixing high-tech health solutions with holistic practices—think cutting-edge medical care alongside traditional Thai medicine, Ayurveda, and energy healing. Their programs, from detox to anti-aging, are tailored and backed by top-notch experts from one of Bangkok’s leading hospitals.

ALSO – US: Canyon Ranch, Lenox, MA, does medical evaluations, advanced diagnostics and personalized care plans through a functional medicine lens. EU: At SHA Wellness, Alicante, Spain, a full medical workup—which could include DNA analysis and a 3D body scan—is a cornerstone of their integrative approach. ASIA: The founder of Soneva Secret in the Maldives, Sonu Shirdasani, launched their “Soneva Soul” program after his own recovery from illness, to connect ancient healing traditions with modern science in protocols that blend integrative medicine, regenerative therapies, movement, and nutrition, all set in a sandy paradise where you’ll never need to wear shoes.

For a detox/cleanse/gut reset



Sha Wellness Clinic; Chenot Palace

We Care, Desert Hot Springs – We admit we’re kind of fascinated by this intimate retreat (20 guests at a time) with a culty reputation, that friends have returned from after even 3 days, professing to feel euphoric. That said, daily colonics are the crux of the treatment, with a nutrient-dense liquid diet of supplements mixed with tea, lemon water, green juice and vegetable soup. Spa treatments are designed to detoxify and stimulate lymphatics, including cupping and mud wraps. “You’re running from class to colonic to cleansing circle,” our friend Maca says—and you leave feeling clean as a whistle.

SHA Wellness Clinic, Alicante, Spain – SHA Wellness Clinic Spain was a pathbreaker when it launched in 2008, the brainchild of founder Alfredo Battaler Perietti, who overcame decades of illness after changing his diet. Their Intensive Detox and Optimal Weight program is a weeklong commitment that begins with a doctor’s intake to test everything from body composition to vascular health, followed by a consultation with a nutritionist. The resulting tailored program includes a prescription for a low-calorie diet of nutrient-rich foods (including daily shots of apple cider vinegar), colon hydrotherapy, and detoxing spa treatments. All of which somehow manages to feel very glamorous during your stay at this gleaming white flagship overlooking the Mediterranean. The brand opened a Cancun location in 2024 with similar offerings.

Chenot Palace Weggis, Switzerland – “I did the advanced detox programme and it is very effective at removing any inflammation and provides a complete rest to the gut. It removes any irritation, as

there is no sugar or salt in the food and it is 100% vegan. I went for a complete reset, and it served me well. My energy doubled in the 7 days I was there. They get you off the caffeine too, which is really hard for me, but totally worth it. I love their hydratherapy and mud-wrap treatments—they are so effective. I also opted in for the ozone therapy and their food allergy tests, which act like a barometer to ensure you know which food types are causing inflammation. Plus the facilities are brand new and the rooms are lovely.” —Eisha Bharti Pasricha, artistic director of Gleneagles, Estelle Manor and Maison Estelle. “I spent just under a week at Chenot and did the detox program, which was a carefully calibrated and calorie-restricted diet (albeit with utterly exquisite food—at no point did I feel hungry), and a daily program of hydrotherapy, mud bath and traditional Chinese medicine massage to support my body to detox, reset and regenerate. The setting is fairytale-beautiful, and the hotel itself is gloriously comfortable; the staff are kind and attentive, and I never wanted to leave. But on the flight home, I felt like a new, healthier, glowier person with boundless energy and a newfound commitment to live a healthier existence, or at the very least to go back to Chenot soon!” —Skye McAlpine is a food writer and cookbook author whose latest is A Table For Friends

Lanserhof (Lans, Austria; Tegernsee, Germany; Sylt, Germany) — “After 18 years at Viva Mayr, this April was my first experience at Lanserhof Sylt. I loved the spectacular dunes covered in heather and beach grasses and the local thatched roofs. The clinic boasts 20,000 square meters, the interior is modern and calm, and everywhere there is a view of the dunes and the Wadden Sea. The cure focuses on the thorough regeneration of gut health. Around 1915, Frank Xaver Mayr discovered that our gut is the root of good health, and developed a program based around mild fasting, with stale spelt bread and yoghurt followed by broth or tea in the early evening allowing the stomach to cleanse and purify, benefiting the entire body. The food served at Lanserhof has been adapted to be tastier than its original iteration. Alongside the diet, there is a full and comprehensive program of medical and therapeutic treatments and many useful tests. I left with a flat stomach, loads of energy, and longing to return for another 10 days soon.” —Nick Vinson runs Vinson&Co, a London-based bureau specializing in creative direction and interiors for the luxury goods industry.

Buchinger Wilhelmi (Überlingen and Marbella) – “Within the last two years I have discovered the joys (yes, joys!) and health benefits of fasting. I started two years ago with my first visit with Yolanda to the Buchinger Wilhelmi fasting clinic on the shores of Lake Constance in Germany. I went for two weeks, and we started with a transition to lower calories first—three solid meals, vegetable based, that approximately add up to 800 calories per day) and after two days, moved into liquids in the form of brothy vegetable soups, water, and tea (lots of tea!) at around 200-250 calories a day. The fast is doctor-supervised, you see a nurse every morning who checks your blood pressure and weight and makes sure the fast is working well for you. When I’m there, I get a battery of tests done—from ultrasounds to mitochondria, and I have massages, colonics, and some intense cranial sacral work, which I call voodoo medicine, but it honestly works. I train, swim, and walk 2 hours every day, and when I’m there, I have never felt more energized, clear and healthy in

my life. Buchinger has really given me incredible tools for self-care once I leave the facility and I carry on with these health and diet philosophies throughout the rest of the year.” —Matt Hranek is the founder of WM Brown magazine, in print and on Substack. “I went on a ten-day fast at Buchinger Marbella to give my body time to reset, and to educate myself with extensive testing. Working with their team of doctors and practitioners in a beautiful and low-key coastal setting felt far more nurturing and powerful than I could have imagined. Every day felt like a gift, even while fasting (I never got hungry because of their smart structure tbh) and I left feeling wiser, lighter, and more connected. I actually didn’t want to leave. I hope to return every year as a birthday gift to myself.” —Emilie Hawtin is a brand consultant, writer and the founder of Clementina: tailored clothing for women made in collaboration with global ateliers

The LifeCo, Bodrum – “It’s one of my favorite wellness destinations. I love visiting off-season in April or May and find the simplicity, authenticity, and strictness exactly what I need. It’s such a beautiful spot to go hiking and the beachfront is so nice to relax when you are on a juice cleanse as well as the sunshine. I always discover a new biohack when I go—last time I was there I tried a new machine called the Biocharger and I could really feel the healing energy.” —Margo Marrone is the London-based founder of The Organic Pharmacy and cofounder of Eyeam

ALSO: US/MX: At Carillon, Miami Beach, hormone and gut health experts tailor regimens using detox herbs; Haramara Retreat, Sayulita, recommended by our favorite detox expert Dr. Linda Lancaster, uses her Clorox baths. EU: Villa Stephanie, Baden-Baden, Germany – The Kings Way is Dr. Harry König’s 10-day detox and weight-loss cure in a clinical setting surrounded by the Black Forest. Viva Mayr, Maria Wörth, Austria, and MayrLife, Autausee, use the OG Dr. Franz Zaver Mayr method built on chewing food thoroughly and gut cleansing; Grand Resort Bad Ragaz, Switzerland, offers a microbiome treatment with individual testing and nutrition packages.

For wellness without deprivation



Lily of the Valley

COMO Parrot Cay, Turks & Caicos – “This wellness paradise on a private island of white sand, turquoise water, and gently swaying palms offers daily yoga and pilates classes as well as private instruction in both disciplines. The food choices include an entire spa menu—plenty of seafood, greens and health juices like the “liver and gallbladder flush”. The spa is phenomenal, with the best massages and facials administered by highly skilled therapists. They also offer several yoga retreats a year with excellent yoga instructors from around the world.” —*Jan Shaw is a NYC-based former investment banker turned consultant in the wellness and gallery world, with a passion for fashion and travel.*

Les Prés d'Eugénie, Eugénie-les-Bains, France. “At first glance, this former country estate of Napoleon III and Empress Eugénie appears to be the most elegant countryside hotel-restaurant—it has an incredible art and antiques collection, inspiring gardens, and a lovely outdoor pool. But being in a historic town known for its natural thermal waters, it also has a longstanding wellness program. One of the restaurants has had 3 Michelin Stars since 1977, but Chef Michael Guerard—who basically invented nouvelle cuisine—is dedicated to a light take on fine dining, and there are plenty of vegetarian options. We tried some of the spa offerings, including the kaolin weightless mud bath they are known for. The thermal waters are channeled into the spa, and there’s even a treatment plan for people who come with prescriptions from their doctors. Those people have their own facilities here—some are hotel guests, while some are just here for the cure. Because they have their own spa wing, it has an almost Magic Mountain vibe to it. Personally, I wouldn’t mind holing up here for a couple of years!” —*Yolanda*

Lily of the Valley, La Croix-Valmer, France – There are so many activities at this Philippe Starck-designed coastal hotel about 30 minutes south of St. Tropez, from *longe côte* (group-led exercise in the sea in wetsuits), to “crazy stairs” (exactly as it sounds). There are also great treatments, many of them innovative—the lymphatic drainage cryotherapy, LED therapy for jet lag, Indiba (regenerative radio frequency treatment) that are best in class. We loved the osteopath, who was such a healer. For food, guests can choose between a program conceived by consulting nutritionist Jacques Fricker, which leans Mediterranean diet, or no program at all. Everyone eats in the same restaurant, so nothing feels restrictive. Regardless of what program you’re on, all the food is made from seasonal ingredients, and leans hearty and unfussy.” —*Yolanda*. “Lily of the Valley was gentle and lets your other half have a normal holiday—it’s number one for this.” —Jules Maury

Alila Villas Uluwatu, Bali – “Despite the naff name, the half and day-long ‘Journey to You’ programs at the WOHA-designed, bamboo-and-recycled-wood Spa Alila really are an unsurpassable pamper. Committing means rising with the sun for downward dogs on the jagged cliff overlooking the Indian Ocean on Bali’s Bukit Peninsula, followed by a seemingly endless spa breakfast of gluten free breads with homemade jams and fresh fruits. I opted for the all-day program, which included outstanding treatments like spa’s updated take on a traditional Balinese crème hair bath, this one made of fresh avocado and shea butter with coconut, lavender and rosemary oils. Next, I stretched out for a coffee and coconut body scrub plus cocoa and coffee mask and finally a classic Balinese Massage with its 75 heavenly minutes of expert body stroking. Rest up in the Andaman Sea facing whitewashed villas with their natural breezeways and repeat as needed.” —Cynthia Rosenfeld

ALSO: US/CA: Hacienda Alta Gracia, Costa Rica – Partake in purifying rituals, healing waters, holistic treatments (cupping, lymphatic drainage) at the Casa de Agua, an outpost of NYC-based The Well, here dropped into the birdsong-filled green hills of the Talamanca mountains . EU: Hotel de Len, Cortina, IT – Reborn after major renovations, the modern-Alpine retreat has a stunning rooftop spa that will definitely compete with your slope time; Villa Paradiso, Lago di Garda, IT – Our friend Maca called it “sweet”—good results with a gentler, non-fitnessy experience in a beautiful setting. AFRICA: Royal Mansour, Marrakech, MO – This sanctuary of opulence set in a 3-story white marble atrium is a treat for a day of hammam-ing and water therapy, but guests can also sign on for a weeklong program of weight management, immunity boosting, and various other options ministered by the King’s of Morocco’s therapists.

To solve your sleep issues



Sensei Lanai

Sensei Lanai, Hawaii – Their five-night Rest & Reset program helps guests fine-tune their sleep cycles. With data captured from a “Whoop 4.0” band before arrival, a personal Sensei Guide will interpret key biomarkers, including heart rate and sleep quality. Private sessions include Sleep 1:1, in which nocturnal patterns are evaluated and treated with a custom plan.

Lanserhof Tengersee, Germany – “I go to Lanserhof once a year for all of it! Detox, sleep, silence, self-care. It gives me a week to stop and be slow and think about my body and soul. This year I went to the Lanserhof in Tegernsee and loved the architecture. It’s very zen and high tech at the same time. The programs are so effective, which is why I go back every year. It’s so good for me!”
—Marie-Louise Scio is the CEO and creative director of the Pellicano Group of hotels

Preidlhof, South Tyrol, Italy – This family-owned and -run retreat in the mountains specializes in emotional recovery (trauma, stress, menopause...), with a focus on sleep therapy. The program begins with an evaluation of sleep patterns using tech devices, both nocturnal and daytime habits, and offers sleep hygiene sessions and mindfulness practices intended to transform sleep quality—and if that won’t do the trick, the bracing mountain air should help you sleep like a baby.

Six Senses Douro Valley, Portugal – Their program lends guests sleep trackers to use during their stay, providing valuable insights into their sleep patterns. It also includes personalised fitness activities, spa treatments, and nutrition recommendations to ensure you hit the pillow feeling your

best. Even if you don't sign up for the program, you'll sleep soundly after a day spent swimming, hiking, biking, or hopping between their three different saunas and pools in the spa's vitality suite.

ALSO: EU: Chenot Palace Weggis, Lake Lucerne, SWI, recently launched a new Sleep Cycles module, with hacks including “neuro-acoustic deep relaxation” and “whole body photobiomodulation,” improving energy production through the mitochondria. Lefay Lake Garda, IT's “Il Sentiero di Hypnos” program addresses insomnia through phytotherapy, acupuncture and moxibustion. ASIA: Maxx Well Being Centre in Bodrum's Sleep Wellness Program is a standout, incorporating Float Therapy, Yoga Nidra, Access Bars sessions, and sleep and diet coaching. COMO Metropolitan Singapore launched a Sleep Dreams initiative with new cocoon-like rooms that are designed for jet-lag recovery, access to hyperbaric chambers for an extra oxygen boost, and SleepHub sound technology to help sync up your sleep cycles.

To hike/boot-camp your way to better health



The Ashram; Stanly Ranch

The Ashram, Calabasas, CA – “My favorite place to go for a total reset. There have been many attempts to copy the program, but none live up to the Ashram. It may not be for everyone. Every week there are 12 guests sharing a house. It's not luxurious by any means. Each person has their own room, but bathrooms are shared by 2-3 people. The program consists of 10-12 miles of hiking per day, a yoga class at 6:00 every am and another one at 6:00 pm every night. There is a massage

every day after the hike. The food is all locally sourced ingredients, but calories are very limited (you are allowed to ask for extra food) and no caffeine. You will finish the week feeling so much healthier, both physically and mentally.” —*Jan Shaw*

The Ranch, Malibu, CA – They might be infamous for their mid-hike snack of six almonds, but if you need just a bit of ass-kicking, their signature program—with its 5:30 am wake up call, hours of hiking and workout classes, and no-nonsense plant-based menu—will whip you into shape in as little as four days. They recently launched the Ranch Private Healthspan Program for guests on or weaning off of GLP-1 weight-loss medications, those with diabetes, or peri/menopause. It kicks off with a pre-program consultation, so you can hit the ground running (and hiking) with a personalized fitness and nutrition program, cholesterol testing, colon hydrotherapy and energy healing sessions, and before departure, a visit with their holistic health practitioner to develop a prescriptive plan to keep working towards health goals at home.

The Coast Ridge, Stinson, CA – “Here, I quickly learned, the point is to see what our bodies are capable of, not what they can live without. It was somewhere during the first of two treks our first day, between ocean-vista switchbacks and ladder-climbing over creeks, that I realized this place was extraordinary. For starters, there are the West Marin forests: babbling brooks, wild mushrooms and exotic ferns, moss-covered rocks, and, of course, panoramic views of the Pacific and the Golden Gate playing peekaboo along every trail. Also, the days are jam-packed with strenuous hiking, power and restorative yoga, core/cardio workouts, nightly deep tissue massages and group bonding sessions by campfire. But it’s all curated in such a way as to never overwhelm you or ask something impossible. I’d experienced the odd euphoria-inducing endorphin rush or so-called ‘runner’s high’ in the past (a weeklong juice fast, intensive ‘hot/fit’ power yoga classes). But the combination of these adrenaline boosters compressed into a long weekend catapults the body well past its comfort zone and into that perpetually floaty, energetic state where you’re dancing in the clouds. And when the friendly hiking guides dole out five almonds after a climb up a steep ravine, you’ll savor these like a ruminant animal chewing its cud and swear they’re the best damn nuts you’ve ever eaten. After a couple of days—of swapping out morning coffee for herbal tea and eating small vegetarian plates in lieu of meat washed down with alcohol—it all just starts to feel very natural. It’s as if your body, which you’ve coaxed into days of detoxifying, is gratefully granting you a reset.” —*Jason Edwards is a private chef based in the Hamptons*

Stanly Ranch, Napa, CA – Napa Valley has a variety of hiking trails, from leisurely strolls through rolling vineyards to more invigorating routes on varied terrain. Many trailheads are just a short drive from the hotel, and the Bay Trail—part of a network of hundreds of miles of paths connecting Napa Valley with the Bay Area—connects the road just past the resort’s eucalyptus-lined entrance, winding along the San Pablo Bay Estuary. Cyclists can book guided rides through wine country’s vineyards and backroads or join locally led group rides every Saturday morning.

Between morning hikes and evening strolls, you can enjoy dozens of weekly fitness classes and a well-equipped gym and spa complex overlooking the vineyards.

Blackberry Mountain, Walland, TN – With over 900 miles of hiking in the surrounding Great Smoky Mountains National Park and a network of trails directly on their property, there's something for everyone here, whether you want to hit the trails for an hour or a full day. They have a gentle guided morning hike before breakfast, and more intrepid mountaineers can head off-site with a guide to explore waterfalls, or scramble up mountaintops for epic views of the Smokies. For the elevation-averse, there's plenty more to stay active—biking, fly-fishing, horseback riding, yoga, pilates, strength training classes, kayaking, canoeing, and surf-and-turf conditioning circuits.

Killiehuntly, Scotland – “Perfectly situated in the Cairngorms National Park, you don't even have to leave the 4,000-acre estate to get a good hike in. But you should, because there's dozens of Munros (Scottish mountains over 3,000ft) nearby that are out-of-this-world beautiful in even the most egregious weather. If you forget a pair of wellies or need to borrow a thick Norwegian sweater, their mudroom has you covered. That's also where you'll find your lunch before you head out the door, perfectly bound in wax paper and twine, ready for your day's adventure. Make sure to pack a copy of *The Living Mountain*, Nan Shepherd's inspiring tribute to this part of the world to read as you warm up in the sauna or by the fireplace at the end of a long day in the elements.” — Carly Shea, *YOLO associate editor*

BodyHoliday, St. Lucia – If you can't sit still on the beach, they have just about every kind of workout on or off the sand—bootcamps, body weight circuits, power walking, and Baywatch-esque group runs. Take part in their Three Peak Challenge, summiting the island's highest peak, Mount Gimie, the iconic Gros Piton and Petit Piton mountains all in the same day. Or go your own way on their WellFit trail, a one-mile loop with different exercise stations. In their massive indoor gym of course there's even more—pole fitness, spinning, boxing, yoga, dance classes and personal training.

Amankora, Bhutan – “The immersive forest that surrounds the Thimphu lodge and mountain ranges by Paro lodge are bold and penetrating in the best way. The region is rooted in all things wholesome and healing, which comes through in everything and everyone you encounter in Bhutan. The spa design and menu draws from ancient, timeworn wellness traditions, incorporating exotic ingredients whose names alone carry promise...smoked butter, Peruvian black and purple mud, frankincense, pearl, plant stem cells from lilac flowers and argan trees, etc.” — Maria Mancuso

Also: US: Amangiri, UT for their via ferrata, slot-canyons and network of on-property trails. EU: Chalet Pelerin, France, for glacier hiking, whitewater rafting, heli-skiing and e-mountain biking.

For a healthy friend-cation (or long weekend with your mom when she's paying)



Amangiri

Amangiri, Canyon Point, UT – More than a few of our friends have flocked here in a group for a 50th birthday or other milestone; its price (upwards of \$4K/night) relegates it to special-occasion status, but it really *is* special. With its stunning location surrounded by soaring mesas and vast desert, its intimate scale that makes it (at least we hear!) feel ultra-exclusive, and sleek linear architecture with a central pool built around a natural rock formation, it's unlike anywhere else on earth. Your time there can be spent exploring the slot canyons (and Instagram-darling Antelope canyon) or in the spa, submitting to treatments inspired by Navajo healing therapies, and soaking up some of the best stargazing on the planet. Last year they opened 10 tented pavilions, if you feel like getting wild.

Shou Sugi Ban House, Water Mill, NY – A mindful approach to wellness inspired by the Japanese philosophy of wabi-sabi (the beauty of imperfection), you can spend your day soaking and thermal pools and getting spa treatments (with Tata Harper products), or join a retreat—2025 options include confidence boosting and neural reprogramming. “I stayed here with my daughter, Clara, and we loved how the day was filled up with activities like sound baths, beach walks, yoga—and that we didn’t have to make any decisions. The food, which happened to be vegan, was insane (chef Mads Rudslund). They have since opened the Shou Sugi Ban Inn next door, which lets you access the spa facilities for a less intense immersion.” —*Yolanda*

Troutbeck, Amenia, NY – “Just two easy hours from New York City by car or train, The Barns at Troutbeck offer a restorative escape that is the epitome of low-key, country chic. Set within the boutique hotel’s extensive gardens and grounds, The Barns are a series of design-led buildings made of reclaimed timber from the decommissioned Tappan Zee Bridge. Stepping into the natural light of these serene spaces, you’ll actually *want* to do a yoga class, or Pilates, or a guided meditation. There is nothing “medi” about this spa, but it’s the perfect place for acupuncture, sound bathing, astrology reading, or a good old-fashioned workout. A particular highlight are the treatments that incorporate UK skincare line Wildsmith, including a Radical Botany Facial, a Salt Scrub, and a New Life (for expecting parents) massage that is designed to ground and center, all the while yielding healthy, glowing skin. After a half day spent in The Barns, you’ll want to head for the 250-year-old manor house where a crackling fire, and a low-lit bar with excellent cocktails and snacks awaits.” —Christina Ohly Evans is the US correspondent for the *Financial Times*’ HTSI section.

Mayflower Inn & Spa, Litchfield, CT – “Once in a while friends ask me to suggest a getaway spa weekend (yikes!), and for years I had nothing. But after visiting the Mayflower Spa in leafy Connecticut, I can say, hands down, it’s my favorite spa retreat. The 20,000 spa partners with the New York-based The Well and offers everything from sound baths to acupuncture facials (my favorite treatment, which includes lymphatic drainage and gua sha scraping), but it’s the serene garden room where you can sack out and take in the Connecticut countryside that really is the most transportive thing about the place. Pro tip: leave enough time during your stay to check out the shops of nearby New Preston.” —Maura Egan

Twin Farms, Barnard, VT – This all-inclusive R&C is a known babymoon kind of place, but it could also be a weekend with mom thing! Their new treehouse rooms, perched up to 20 feet above the forest floor, feel like floating sanctuaries with their expansive floor-to-ceiling windows that bring the outdoors right to you. Explore the sprawling 300-acre estate, from hiking the Green Mountains on 7 miles of trails to wandering through a labyrinth or soaking in a Japanese onsen bath tucked discreetly in the woods. Everything here wants you to slow down—feed the chickens, meander through the gardens, or take a moment in the glass-walled greenhouse. To refuel, their farm-to-table menu draws from the best of locally sourced produce.

Soho Farmhouse, Oxfordshire – “Expanding on the charm of the Cowshed brand, the Farmhouse spa and wellness facility has one of the most stunning indoor/outdoor pools that begins housed under a barn roof and travels outdoors into a T shape. Nearby is the lake, with lounging decks for hanging out and special treatment rooms featuring steam, ice baths, and infrared saunas. Don’t miss the private mineral bath—a highlight. The Wellness Barn is a gorgeous studio space where mat pilates, and yoga and meditation classes happen, as well as ozone therapy in a futuristic pod.” —Maria Mancuso

ALSO – US: The Pearl, Laguna Beach, CA, has challenging and beautiful hikes, morning yoga, and incredible massage; The Inn at Mattei's Tavern, in the charming town of Los Olivos, CA (of *Sideways* fame) is perfect for a wine weekend followed by a deep-tissue massage in the Lavender Barn; or head to Stanly Ranch in Napa instead and sweat out the toxins in the Springhouse sauna or wake up in a cold plunge. UK: The Newt in Somerset has stunning gardens and orchards, a cider cellar, and a Roman bath.

A massage that lives in your head long after it's over



Finca Cortesin; Nihi Sumba

The Aman New York “Their Signature Treatment is stuck in my brain from a stay more than three months ago—I can still relax just thinking about it. It starts with a full body scrub before moving into massage, which includes cranial sacral work.” —*Yolanda*

Heckfield Place, Hampshire, England – “Easily the best treatment I have had recently was at Heckfield Place in their spa the Bothy. When I say no expense was spared, detail spared or modality probed I really mean it. The facility itself is mindblowing not only for the space, but also the staff, and it helps that you are under ancient English oak trees looking out of a pasture of Jersey cows grazing, reminding you of where 95% of the food you eat is coming from (some just talk that talk). I had what I thought was a ‘massage’ but which actually defied categorization and was totally revelatory. The kind of which you both are healed, but also are gently led to understand at a

visceral level how you might continue to heal yourself after you leave.” David Prior is the founder and CEO of PRIOR, a NY-and Milan-based travel design company

Finca Cortesin, Andalusia, Spain & The Rooster, Antiparos, Greece. “It was weeks after I had lost my father and somehow the masseuse at Finca Cortesin tapped into my soul and let so much release it was frightening. She just knew. The same happened in The Rooster after I lost my mother—the extraordinary release was beyond my control and life changing. He had trained in India and again—tapped without any information at all into my very soul.” —Jules Maury

Buchinger Wilhelmi, Marbella, Spain – “Having struggled with back issues and various ailments, I scheduled some craniosacral sessions here, one which quite literally made my legs the same length! I have dealt with a small difference between my leg lengths, which has long resulted in back pain on one side, and at the end of the session there was no difference. Don’t ask me how it works, but I saw the physical difference. For anyone with back issues, the Bruess Massage was also an incredible treatment, focusing on the back area with the use of incredible oils. I left feeling looser than I ever have in my entire life. Another must mention is at Kamalame Cay in the Bahamas. The spa and massage rooms are at the end of a long pontoon style dock, and you’re quite literally on the water. There’s nothing more relaxing than a massage with the sound of the crashing waves just beneath you, and the walk back to your room from the dock is simply dreamlike. My last visit here was over 5 years ago, and I still haven’t forgotten about it.” —Clara Hranek

Mandarin Oriental Bangkok, Thailand – “When in Bangkok, I always stay at the fabulous Mandarin Oriental. Their Oriental Spa is located in a restored teakwood house set across the river from the hotel, and one of my greatest pleasures is taking in the views of the Chao Phraya River before I enjoy a sumptuous four-handed Oriental Harmony massage.” —Frances Geoghegan

Nihi Sumba, Indonesia – “Their now-iconic ‘spa safari’ was a huge surprise when I did it about 5 years ago, unfolding in several stages. It began as a hike through a local Sumanese village, where locals still live in hat-shaped straw platforms, and continued on via a grassy path to an open-air pavilion that sits on a cliff’s edge. Here my feet were bathed in flower-petal-infused water, then I lay on a table in a tent for a languorous (but rigorous!) massage, as the Pacific crashed like a gong beneath me. It was one of those experiences that was so out of body that I kept telling myself, “remember how this feels”...and clearly I do! But that’s not all. Next, I was led to a small balcony in the cliffside for a healthy meal of freshly grilled fish, along with fruit and detoxifying juice. Amazingly, Nihi has just announced that they’re taking the spa safari to the *next-next* level with the introduction of “Wild Wellness,” with four different locations and experiences of the island’s natural beauty and health-boosting properties. Something I would gladly travel the 10,000 air miles back to experience.” —Alex Postman

Al Moudira, Luxor, Egypt – “There are places that are rejuvenating in themselves, and this feeling started the moment I first came to Al Moudira in December 2023. Set in a lush oasis on the West Bank of Luxor, Egypt, Al Moudira is a magical universe of its own, where the hand-printed walls and antiques sourced from all over the Middle East already emanate a special energy of creativity and singularity. Days were spent tucked away in the confines of Villa Zeina, resulting in a total recharge. Ramesh, the resident masseur from Kerala, has an intuitive touch for unknitting even the tiniest last bits of stress in your body, and a stroll through their vast farmland at the back of the hotel at sunset with the golden glow on me and the mountains of the Valley of the Kings beyond had me flying home like a bird, the animal the ancient Egyptians aptly thought symbolised ‘regeneration.’” —Philomena Schurer Merckoll is the founder of Riad Mena in Marrakech

Amansara, Siem Reap, Cambodia – “Thanks to a longtime Aman spa manager who spent over a year training four blind masseurs, the Daley Blind Massage ranks on par with any spa treatment I’ve had. At Amansara, guests often add this amenity after a private meal at Aman’s traditional Khmer wooden house on stilts inside the Angkor Wat temple complex, lingering on wooden daybeds plumped up Aman-style with neutral hued pillows while the blind therapists expertly rub out every last knot. One of these therapists, Daley, and his wife made necessary upgrades to “Amanize” the ground floor of their simple village house just off the road to Angkor. At this model of cleanliness with its two well-padded massage tables and a private changing room, the very busy Daley delivers foot and full body dry massages at lower than Aman prices while his children play outside in the palm fringed countryside. While I’ve been blessed with countless effective and relaxing spa treatments, there’s no other like this, which genuinely extends the healing all the way to my heart.” —Cynthia Rosenfeld

RAAS Devigarh, near Udaipur – “My best friend and I travelled to Rajasthan, and spent our first nights at the RAAS Devigarh. Of the memories and sensations that keep calling me back ... a shower of rose petals gently falling from the sky, seemingly tossed by the giant Ganesh sitting on top of the arched entrance way, secret nooks amongst the wondering turrets and balconies, rich gold velvets, bowls of floating marigolds, frangipani...a flute playing, faded murals of a royal past, and a massage that called all my senses forward. It was my first Ayurvedic massage, every detail another layer of beauty, from flowers placed beneath the massage table soothing my gaze, to delicately scented oils and a level of care both extravagant and purposeful. I still think of this experience as my entrance into India.” —Patricia Garcia Gomez is a water practitioner and sensory immersion artist who created RewildRestore, an ocean-centric retreat experience.

Estelle Manor, Oxfordshire, England – “I have travelled far and wide across the globe to many spas and of course I am partial, but the best massage I have ever had is at my own sanctuary at Eynsham Baths. The treatments are rooted in ancient healing rituals from the Ayurvedic Potli massage to the Chi Nei Tsang and the Marma Chikitsa Vitality, to name a few. The products took me 3 years to develop. The oils have deep vibrational qualities because of the way they have been

formulated. And as for the music, well it will transport you to another world.” —Eisha Bharti Pasricha

For long-term Covid and chronic Lyme

I’ve had chronic Lyme for more than a decade, and have tried many different therapies for it over the years. The most successful treatment I did was an Ayurvedic approach with Dr. Linda Lancaster, which got rid of most of my symptoms. However, after getting back a positive *Borrelia* presence in my blood work two years in a row from my doctor at Buchinger, he suggested I do IHHT therapy (Intermittent Hypoxia Hyperoxia Treatment—not to be confused with the texting definition, which is “in her head tonight”), 2-3 times per week, ideally 10 treatments in total. The very oversimplified explanation of it is an oxygen therapy that is administered to you while seated in a chair for 40 minutes, where the oxygen is decreased and increased. It apparently has great success with long-term Covid, fibromyalgia, MS, and even cognitive decline. I’m certainly not an expert on it, but I did do a lot of research on where to get it, because you’ll need to be somewhere for 3 weeks in order to do it. Makes me want to move to Vienna for a bit! Biohacker investors, you need to look into this and bring it into NYC, SF, and LA! —*Yolanda*

IHHT Therapy is also called Metabolic Air Training and Reoxy Therapy. LiveO2 isn’t straight IHHT, but it seems to utilize elements of it, and if you search that, you’ll find it more readily available in the States.

Austria

Biogena Plaza, Salzburg and Vienna

Biocannovea, Vienna

Revisalut, Vienna

Vienna 1080

Lanserhof

Viva Mayr

Switzerland

Zurich

Paracelsus Recovery

Kusnacht Practice

Ayun

Germany

Lanserhof

Buchinger

England

London

Levitas Clinic

Paracelsus Recovery

Heart Lung Centre

Ozone Clinic, Hampshire

Harpenden Wellness, Hertfordshire

Italy

Weinegg Hotel, Sud Tyrol

Medical Calo, Bari

Latvia

Antiaging Institute, Riga

Australia

Breath and Body Clinic, New South Wales

The Orchard Prahran, Melbourne

California

Body Centre Day Spa

Florida

Spine and Wellness Center, Coral Springs

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