



**Whirlpool serenity
at California's Park Hyatt
Aviara Resort, Golf Club & Spa.**

Our **A to Z** Feel-Good Guide

A collection of blissful vacation pursuits.

Sign us up for that full-body massage or invigorating facial, but when it comes to wellness, there are so many more relaxing, indulgent, and life-changing experiences waiting to be enjoyed at a spa. Wellness is anything that fuels the mind, body, or soul, and dozens of Virtuoso hotels, tour operators, cruise lines, and destinations specialize in travel of this feel-good variety. Browse our glossary to find inspiration for your next wellness getaway - who knows, you might just fall in love with forest bathing.

- Elaine Glusac

Art for Relaxation

The act of clearing energy blocks and unlocking creativity through artistic expression. It's a practice that often engages all of the senses.

TRY IT: In Tucson, the 146-room **Miraval Arizona Resort & Spa** offers classes in photography, jewelry making (with chakra-balancing gemstones), painting, and even finger painting using a live horse as the canvas. • Sign up for the creative-arts track during a stay at Texas' nature-focused, 40-room **Lake Austin Spa Resort** and you'll dabble in watercolor painting, collage crafting, and bracelet making.



Painting on horses at Miraval Arizona Resort & Spa.



Yoga at sunset with G Adventures.

Bali

A verdant Indonesian island that many wellness pilgrims proclaim as a center of healing and balance (especially around the rain forests and rice fields of Ubud).

TRY IT: Near Ubud, the 30-room **COMO Shambhala Estate** blends outdoor activities such as biking and hiking with yoga, Ayurvedic medicine, and fresh cuisine. • On **G Adventures'** nine-day, wellness-themed trip from Ubud to beachfront Sanur, travelers start each day with yoga class, then complement it with temple visits, healing rituals, cycling jaunts, and more yoga.

Cryotherapy

Used by professional athletes to speed recovery, cryotherapy exposes the body to temperatures way below freezing. The treatment pumps oxygen through the body, reducing inflammation and promoting the burning of fat.

TRY IT: The Ranch Malibu offers guests of its 18 rooms the use of a cryotherapy sauna to accelerate the results of its intense, seven-day fitness program. • Overlooking Switzerland's Lake Lucerne, the



Waldhotel's Icelab.

160-room **Waldhotel Health & Medical Excellence** maintains an Icelab for guests who want to partake in metabolism-boosting ice sessions.

Doctors in the House

Many of the world's most advanced spas maintain a staff of doctors who provide baseline assessments and scientific guidance for recommended goals.

TRY IT: In Alicante, Spain, the 104-room **SHA Wellness Clinic** employs more than 35 doctors who help

individualize guests' treatments, ranging from colon hydrotherapy to dental services to cognitive stimulation. • In Baden-Baden, a German resort town known for its thermal springs, the medical services at the 104-room **Brenners Park-Hotel & Spa** run the gamut from traditional Chinese medicine to naturopathic and aesthetic medicine.

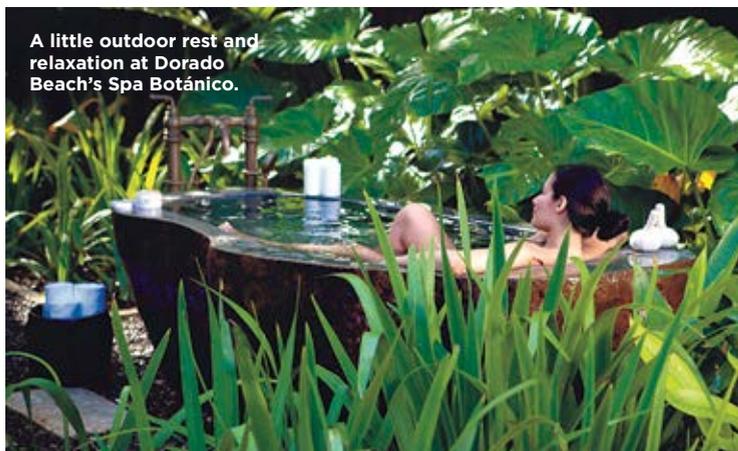


SHA Wellness Clinic's team of doctors influence and help plan guests' treatments.

Essential-Oil Blending

The use of a plant-extracted oil mixture in spa treatments, such as massages. Several spas offer custom apothecary blending.

TRY IT: Between paddleboarding at sunrise and saluting sundown in yoga class, guests can create their own massage oils (featuring local botanicals) at the 301-room **Andaz Maui at Wailea Resort**. • An herb-filled apothecary, where healers known as *manos santas* create custom massage oils, greets spa guests in the garden setting of Spa Botánico at the 115-room **Dorado Beach, a Ritz-Carlton Reserve** in Puerto Rico.



Good Night's Sleep

Sleep therapy involves learning how to switch off distractions and enjoy a restful slumber. It promotes healthy weight loss and stress reduction.

TRY IT: The Sleep with Six Senses program at Portugal's 60-room **Six Senses Douro Valley** (and available at other Six Senses Hotels, Resorts, and Spas worldwide) diagnoses insomnia patterns, tracks sleep with an app, and provides rest-promoting amenities, such as organic bedding and eye masks.

• The 212 rooms at the **Equinox Hotel, NYC**, which opens in June, are designed to promote deep sleep amid the frenzy of Manhattan with thermostats set at temperatures that induce sleep and super-luxe mattresses.



Sleep amenities courtesy of Six Senses Douro Valley.



Forest Bathing

From the Japanese term *shinrin-yoku* – “taking in the forest atmosphere” – forest bathing is the practice of immersing oneself in nature. It can result in health benefits such as reduced stress and improved mood.

TRY IT: Guides stop to examine wildflowers, river stones, and leaf patterns on mindful forest-bathing walks in the woods at the 4,200-acre, 68-room **Blackberry Farm** in Tennessee's Great Smoky Mountains. • In Pennsylvania, the 58-room **Lodge at Woodloch** offers contemplative walks that focus on breathing and awareness of the beauty of nature.



Holistic Healing

A treatment plan that addresses the complete person – mind, body, and spirit – in the pursuit of optimal wellness.

TRY IT: At the 162-room **Schloss Elmau Luxury Spa, Retreat & Cultural Hideaway** in Germany's Bavarian Alps, the multiday Turtle Spa Concept program incorporates traditional Chinese medicine while addressing exercise, nutrition, and the immune system.

• Guests of the 87-room **Rancho La Puerta Fitness Resort & Spa** in Tecate, Mexico, can choose from more than 50 exercise classes offered every day, plus mindfulness sessions, art workshops, cooking classes, and treatments in Ayurveda, acupuncture, and more.



Mii amo pays homage to its location by incorporating Native American traditions into treatments.

Indigenous Treatments

Spa treatments that honor the holistic traditions of Native Americans and pay respect to nature and the cycle of the seasons.

TRY IT: Nestled in the red rocks of Sedona's Boynton Canyon, **Mii amo**, a 16-room destination spa, offers Native American-inspired practices, such as guided imagery, which advances self-awareness and clarifies intentions. • At California's 24-room **Casa Palmero at Pebble Beach Resorts**, the Spa at Pebble Beach offers Native American cleansing ceremonies that use local white sage and elderberry.

Jogging

The act of running at a gentle pace, which can offer cardiovascular benefits, improve mood, and provide physical conditioning.

TRY IT: Join locals for a jog along **Vancouver, British Columbia's** 5.5-mile Stanley Park seawall, which immerses



Jogging at Dolder Grand.

travelers in a scenic part of the city where rain forest meets ocean. • Switzerland's **Dolder Grand** offers four self-guided or trainer-led jogging tours through Zürich, where guests lope past sights that include the famed Bahnhofstrasse and the National Museum of Zürich.

Kelp

A variety of seaweed that has long been a staple in traditional medicine. It's increasingly showing up in hydrating, antioxidant, and vitamin-rich spa treatments.



A seaweed face mask.

TRY IT: Fittingly, the Canyon Ranch spas aboard **Regent Seven Seas Cruises** ships offer an array of massages, bodywork, and facials using hydrating, seaweed-based products. • In Cabo San Lucas, Mexico, the 115-room **Resort at Pedregal** brings the ocean inside the spa by using hand-harvested seaweed extracts in its scrubs, wraps, and masks.

Life Skills

Necessary skills for everyday practice (grocery shopping, processing grief), and a big component of healthy-living programs offered at many wellness resorts.

TRY IT: The three-day VeraVia wellness retreats at the 327-room **Park Hyatt Aviara Resort, Golf Club & Spa** in Carlsbad, California, cover fitness, weight loss, nutrition, and spiritual healing; therapists also offer post-trip coaching. • Multiday programs at Miami's 110-room **Pritikin Longevity Center + Spa** incorporate medical consultations, healthy aging classes, and programs that address stress, sleep issues, emotional eating, and more.



Meet with medical professionals at Pritikin Longevity Center + Spa.



Practicing mindfulness and balance at Banyan Tree Phuket.

Mindfulness

The state of being fully aware and attentive to your present senses; it's practiced through meditation to reduce stress, strengthen connections, and improve focus.

TRY IT: Cruise line **Seabourn** partnered with holistic guru Dr. Andrew Weil to launch a mindful living program across its fleet; it includes meditation and yoga classes, mind and body seminars, and holistic spa treatments. • The mindful awareness program at Thailand's 173-room **Banyan Tree Phuket** – part of the wellness-focused Banyan Tree Hotels & Resorts brand – combines meditation and breathing exercises with daily Thai massages.



A dish from Fonteverde's nutrition program.

Nutrition

The process of eating food that satisfies the body's daily requirements. (What we know about these requirements is shifting with new research and technology.)

TRY IT: At Tuscany's 78-room **Fonteverde** resort, a nutrition program helps guests eat for better microbiota in their digestive systems. The Italian fare emphasizes fiber, nutraceuticals, and probiotics. • Therapists at the 150-room **Carillon Miami Wellness Resort** use IV therapy to inject key nutrients and vitamins into guests; the range of beneficial effects includes everything from overcoming jet lag to curbing cravings.

Oxygen Facial

A spa treatment that steams pressurized oxygen over the skin; the hydrating facial can make the face appear smoother, plumper, and younger.

TRY IT: Oxygen, vitamins, and serums combine to create age-defying results during the oxygen infusion facials at the 89-room **Solage, an Auberge Resort** in Napa Valley. • In Texas Hill Country, 496-room **La Cantera Resort & Spa** offers guests a menu of oxygen facials featuring products from Linda Meredith Advanced Skin Care.

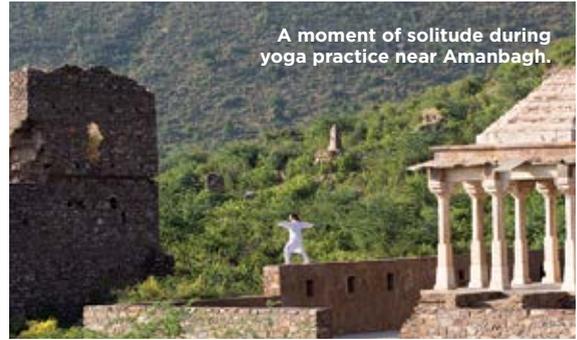


A treatment room at La Cantera Resort & Spa.

Pilgrimages

At spas, hikes with spiritual associations and cultural histories can turn essential exercise into a secular meditative experience.

TRY IT: Guests at Maui's 450-room **Fairmont Kea Lani** can follow the resort's "energy ambassador" on a 4-mile coastal trek along the Hoapili Trail, which was created in the sixteenth century to unify the island's 12 *moku* (districts). • From the 80-room **Ananda in the Himalayas**, guests can trek to Kunjapuri, a Hindu temple that sits at an elevation of 5,000 feet in the snowcapped mountains of northern India.



Quiet Time

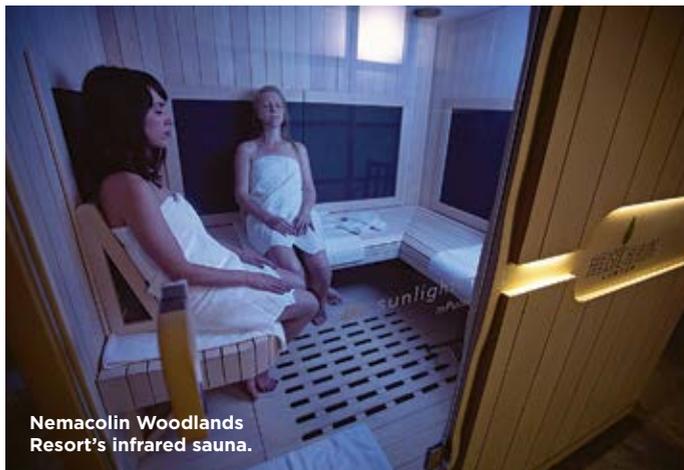
The art of silence, often practiced at spas, which encourages mindfulness and wards off distractions in a traveler's quest for inner peace.

TRY IT: Guests at the 37-room **Amanbagh** (part of the global Aman resorts brand) in rural Rajasthan, India, can journey with a yoga psychologist to the infrequently toured ruins of Bhangarh for a private sunrise meditation and hatha yoga session. • Overlooking Italy's Lake Garda, the 93-room **Lefay Resort & Spa Lago di Garda** offers six saunas, five relaxation areas, and a therapeutic energy garden for practicing tai chi, qi gong, and yoga.

Reflexology

A practice rooted in the belief that different areas of the feet correspond to specific areas in the body, so that applying pressure to the feet promotes overall health.

TRY IT: Espa Life at the 294-room **Corinthia Hotel London** recommends reflexology treatments to release blocks and promote deep relaxation. • In addition to four geothermal pools, California's 226-room **Fairmont Sonoma Mission Inn & Spa** offers reflexology with reiki – a technique that transfers healing energy from practitioner to client – for holistic renewal.



(REFLEXOLOGY) ANDRESR/GETTY IMAGES

Sound Therapy

A spa treatment focused on hearing, sound therapy uses the human voice, tuning forks, and other instruments to tune up the body's inner balance.

TRY IT: During a sound-therapy treatment in the Tierra Santa Healing House at the 169-room **Faena Hotel Miami Beach**, the vibrations emitted by singing bowls synchronize with the body's chakras for balance and stress relief. • The Woodlands Spa & Holistic Healing Center at Pennsylvania's 335-room **Nemacolin Woodlands Resort** offers infrared sauna therapy with acoustic resonance (harmonic sound waves), which promotes relaxation, pain relief, and weight loss.

Talking to Animals

From therapy dogs at airports to goat yoga classes, today's trending animal interactions aim to relieve stress and lower blood pressure.

TRY IT: Before winetasting sessions, cooking classes, or zip-lining through a redwood forest, guests at the 50-room **Calistoga Ranch, an Auberge Resort** in Napa Valley can take a morning stroll to meet the property's resident goats, Olive and Pepper, and gather fresh eggs from the chicken coop for breakfast.



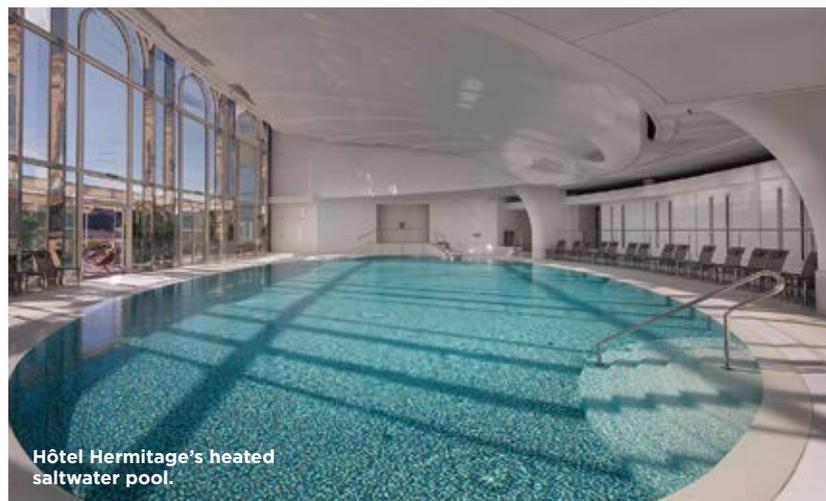
Vegan, Vegetarian

Meat-free, plant-based diets. Many vegetarians don't eat meat but will eat eggs and dairy products; vegans abstain from all animal-sourced foods.

TRY IT: **SeaDream Yacht Club's** ships, the 112-passenger *SeaDream I* and *SeaDream II*, offer raw, organic, and vegan menus on board. • The Ital Café at Jamaica's 153-room **Half Moon** features a menu inspired by local Italian cuisine, aka Rastafarian vegan fare. The raw vegan menu showcases local produce such as plantains, pumpkin seeds, and ackee.



Healthy fare and fresh juice at Half Moon's Ital Café.



Hôtel Hermitage's heated saltwater pool.

Ultra Fitness

Next-level athletic challenges and elite training for individuals who are focused on a fitness-first lifestyle.



Participants rappelling during BodyHoliday's quadrathlon.

TRY IT: Guests of the 155-room **BodyHoliday Saint Lucia** can participate in an island quadrathlon, which combines mountain biking, running, rappelling, and kayaking. • At Scottsdale, Arizona's 116-room **Sanctuary on Camelback Mountain Resort & Spa**, guests can enroll in a triathlon training program that features pro instruction from Olympic gold medal swimmer Misty Hyman.

Water Immersion

Spa treatments that involve submerging the body in water; such treatments are rooted in the belief that taking to the water is incredibly therapeutic.

TRY IT: Mexico's 304-room **Grand Velas Los Cabos** and 267-room **Grand Velas Riviera Nayarit** offer hydrothermal journeys through multiple water-based experiences, including a color-therapy steam room. • The 278-room **Hôtel Hermitage Monte-Carlo's** aqua cardio boxing class takes place in a saltwater pool overlooking the Mediterranean.



After investigating their own nutrigenetics, guests of Canyon Ranch can explore nearby nature trails.

X (and Y) Chromosome Testing

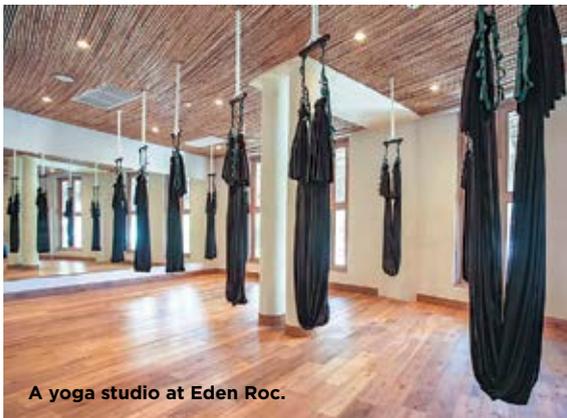
The use of DNA testing to examine a person’s genes and prescribe custom fitness and nutrition regimes.

TRY IT: Guests of the 49-room **Rancho Valencia Resort & Spa** in Southern California receive epigenetic advice on fitness, detoxing, sleep, relationships, and balance – all based on results of genetic testing. • In Massachusetts, the 126-room **Canyon Ranch, Lenox** (part of the Canyon Ranch Wellness Resorts brand) offers guests access to tests of their personal nutrigenetics – the interaction between genes and nutrients – which can influence appetite, satiety, and meal timing.

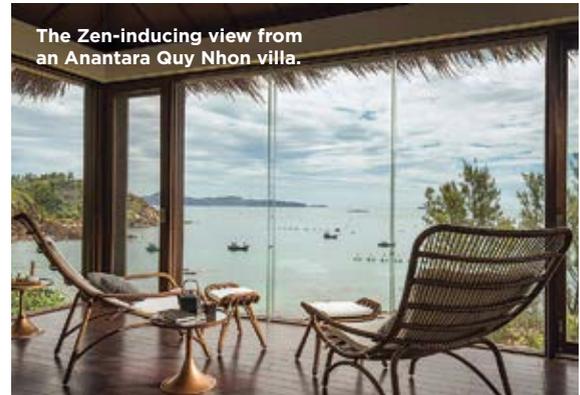
Yoga Iterations

Traditional yoga remains popular, but varieties of the ancient Hindu discipline are evolving as creative practitioners find diverting ways for students to take part.

TRY IT: The 540-room **Fairmont Orchid, Hawaii Island** offers flo-yo – floating yoga practiced on a stand-up paddleboard. It combines a total body workout with mind-body balance. • In the Dominican Republic, the 60-room **Eden Roc at Cap Cana** offers antigravity yoga, a practice that uses suspended silk hammocks to help realign the body.



A yoga studio at Eden Roc.



The Zen-inducing view from an Anantara Quy Nhon villa.

Zen Goals

Zen Buddhism directs adherents to meditate on being in the present for enlightenment, a practice being nurtured at many spas that encourage guests to tune in.

TRY IT: The Blue Mindfulness beach hike at California’s 400-room **Monarch Beach Resort** takes guests on an inner journey encouraged by the rhythm of the Pacific Ocean’s waves. • In serene southern Vietnam, the Anantara Spa at the 26-room **Anantara Quy Nhon Villas** offers private meditation sessions with a local monk.