

Take Me There

Rebuild your spirit, reclaim your wellbeing at these leading wellness retreats...

BY JUDY CHAPMAN



While many of us have been cocooning over the last two years, the folk behind the scenes at the world's leading wellness retreats have been evolving and expanding their programmes to new levels, and they are ready for us!

Let's face it. It's been a difficult time and it can be complex to truly understand and grasp the reality of how things have changed. Which is why it's essential to

take regular time out to cultivate inner strength, clarity, and balance in this shifting landscape.

Wellness retreats around the world have stepped up for the challenge and are ready to help humanity heal. Alongside evidence-based detox retreats to target inflammation and post-viral fatigue, many have also introduced high-vibrational energy healing work to help people

create a sense of optimism, self-love, and a robust and enlivened spirit.

The beauty of a wellness retreat is that we not only get to explore and experience new landscapes and cultures, but we're bound to return home feeling much healthier than when we arrived.

Feeling inspired? Here are several retreats to inspire your next getaway. Let the healing begin...

Elevate your spiritual side at Yaan Healing Sanctuary in Mexico

When you feel the need to purify your being at a spiritual level then *Yaan Healing Sanctuary* is one of Tulum's hippest healing destinations. Stay in luxury eco-cabins and explore a menu of ancient Mayan rituals, indigenous and

holistic therapies. For a deeper detox, try one of the Yaan cleanses facilitated by a team of practitioners, yogi's and nutritionists. These consist of ozone therapy, colon therapy, juice detox and fasting as well as unique purifying ceremonies and treatments. Standout experiences include the Temazcal Mexican sweat lodge and a healing water circuit with hot and cold massage pools fed by natural spring water purified through a complex osmosis system and ultraviolet beams of light resulting in magical liquid water therapy! Yaan is very much an energy healing destination, a place to clean our body and energy so that we can live in a high vibrational state of being. Depart reborn. <https://yaanhealingsanctuary.com>

Let nature heal you at The Well at Hacienda AltaGracia in Costa Rica

Nature is your healer at this luxury holistic retreat set on 180 acres of lush rainforest at the foothills of the Talamanca Mountains in Costa Rica. The concept of this destination is to disconnect to reconnect. Check into one of Hacienda AltaGracia, Auberge Resorts Collection's 50 'Casitas' designed using natural and local materials and immerse in an array of nature nurture adventures. Longevity and wellness retreats are hosted by world-renowned thought leaders with bespoke evergreen programs crafted with the individual's needs and goals in mind. Wellness treatments range from signature therapies incorporating local rituals, lunar gong baths and craniosacral facials, to Celluma light therapy, lymph boots and infrared saunas for recovery. Other experiences to rebuild and expand your spirit include guided hikes, tree climbing, natural river baths, mindful movement, waterfall discovery, exploring indigenous tribal



villages and horseback riding.

P.S. AltaGracia is a holistic rate resort, meaning all meals and non-alcoholic beverages, as well as a calendar of daily wellness, adventure and culinary experiences, are included in their nightly rates. <https://aubergeresorts.com/altagracia/wellness/retreats>

Jumpstart your wellbeing the Carillon Miami Wellness Resort, Miami Beach, Florida

Located along the white sand shores of Miami Beach, **Carillon Miami Wellness Resort** welcomes guests to world-class wellness curated team of gifted practitioners and Board-Certified physicians. What's new is that Carillon Miami recently launched its partnership with premier anti-aging and medical wellness center 'The Biostation' to help guests take their



Carillon Miami Wellness Resort, Miami Beach, Florida

health to new heights with cutting-edge therapies that both prevent and reverse the impacts of aging on the body. Book the four-night **'Jump Start Your Health & Wellness'** which include extensive diagnostic testing and comprehensive evaluations, personalized wellness plans, lipotropic injections, nutrient therapy treatments, and ongoing monitoring following the retreat. Accommodation is a one or two-bedroom luxury apartment, four curated touchless wellness experiences, food and beverage credit, access to 65+ weekly fitness classes, and the

renowned Thermal Hydrotherapy Circuit.

P.S. This epic hotel offers all the latest modalities: vibroacoustic, electromagnetic, cryotherapy, infrared therapies and a rock-climbing wall!

www.carillonhotel.com

Enhance your immunity at Amangiri in Utah

There are several retreat programs to explore at Aman's iconic property set against a vast landscape of desert, canyons and gorges in Utah.

With the ever-increasing focus on the function of the immune system, consider the **'Immune Health & Optimisation Program'** on the menu until late June this year. Led by Ryan Bean, a renowned yoga instructor and Wim Hof-certified cold emersion guide, this retreat combines yoga with breathwork, a personalised nutritional programme and therapies to give one's immune system a powerful boost and guide one how to protect their body's natural defences moving forward. Another option is the year-round two-night **'Restore & Rebalance'**, which is valid until next year, and offers a full spa and wellness experience encouraging guests to slow down and restore inner balance in magical surroundings.

www.aman.com/resorts/amangiri

Experience a deep detox at Sha Wellness Clinic, Spain

Considering the events over the last two years, there's never been a more pertinent time to give your body a thorough detox. **Sha Wellness Clinic** set in the Mediterranean is a state-of-the-art sanctuary with a stellar



Sha Wellness Clinic, Spain

reputation for its year-round integrative retreats. **'Advanced Detox'** focuses on purifying the body of toxins accumulated in the digestive system and liver, bringing the body back to balance with nutrition, therapies and treatments. The *Advanced Detox* can be booked as a 7, 14 or 21 day program and includes personalized nutritious meals, consultations, natural therapies and medical treatments. There are several luxury accommodations options, from deluxe to royal and presidential suites, all offering all the comforts one needs for a detox.

<https://shawellnessclinic.com>

Strengthen your immune resilience at Kamalaya in Thailand

'Feel life's potential' is the theme of Kamalaya, one of the world's best holistic wellness sanctuaries. Set on a private cove on Koh Samui island this destination offers a retreat stay that will transform and inspire. There are year-round wellness programs themed around longevity, sleep, stress, fitness, detox – and the **'Resilience and Immunity'**. This retreat focuses on post-viral fatigue, building stress resilience and achieving optimal immunity. Rooted in



Kamalaya Koh Samui Wellness Program, Resilience & Immunity



Traditional Chinese Medicine, it comprises nutrition, therapies and treatments to reduce inflammation, address issues regarding auto immune concerns, and help one rebuild a robust immunity. In addition - movement, mindfulness training and meditation to help one cultivate inner calm and resilience which we all need in these changing times. Kamalaya is a stunning retreat with gorgeous villas, lush grounds to explore, a daily menu of yoga and movement, as well as one of the most sought-after, must-visit spas in the region.

www.kamalaya.com

Take your health to new heights at Aro Ha Wellness Retreat, New Zealand

Tap into your highest potential as you immerse in mountain medicine at one of the world's best adventure wellness

retreats. Located on the South Island of this pristine country, the sustainable boutique retreat offers programs that will wake you and remake you by building the immune system, calming the nervous system, and delighting in the rising sun, all comprising of daily hikes, plant-based food, yoga, fitness classes and daily spa therapies. If you aren't able to travel abroad right now, keep your eye on Aro Ha's online **'Seasonal Renew Cleanse'** program that is a 5-day curated online cleanse to get you into the rhythm of wellbeing. Adapt healthier habits, improve your sleep and make long-term adjustments to enhance your energy and life span.

www.aro-ha.com

Learn the power of meditation Deepak Chopra style!

There's never been a more essential time to cultivate a grounded meditation



THE WELL at Hacienda AltaGracia, Pérez Zeledón, Costa Rica



ALG Wellness Spa, THE WELL



ALTA GRACIA, THE WELL

practice. A regular meditation practice is said to give one a sense of clarity and purpose that is powerful beyond measure. With this in mind, join world-renowned alternative medicine advocate, Deepak Chopra on one of his retreats this year, held in appealing locales including Maui, Florida, California and Canada. Alternatively, twice a month at

the **CIVANA Wellness Resort & Spa**, immerse in five-nights of twice-daily meditation and yoga, Ayurveda talks, guided hikes, sound healing, soulful spa treatments and detoxifying vegan meals. Whatever your choice, feel inspired in the knowing you'll return home feeling cleansed, clear, and centered. <https://chopra.com/retreats>

Explore your inner potential at Path of Love in Colorado

Looking for an immersive retreat that will awaken and alter you at your deepest core? This November and the world-renowned **'Path of Love'** retreat will return to Sunrise Ranch located at the base of the Rocky Mountains in stunning Colorado. Path of Love is a 7-day residential retreat that will appeal to those who want to know the truth about themselves. It's an intensive personal growth program that is hosted across 14 countries in several languages. Expect to tap into deep inner work, explore relationships with self and others in a supportive environment

facilitated by qualified therapists. Enjoy farm-to-table cuisine. From private and double rooms to dorm style, are several accommodation choices appealing to all budgets.

Dates: November 12-19th, 2022
Pathretreats.com

Celebrate a health New Year's Eve retreat in Byron Bay, Australia

Looking to swap your winter for an Aussie summer? Check out **Radiance Retreats** New Year's Eve retreat held in Byron Bay each year. Facilitated by one of Australia's best known yoga authors, Radiance Retreats consists of 6-nights staying in gorgeous rustic cabins surrounded by beautiful forests and ocean. Experience daily yoga, pranayama, core strength classes, sound healing, beautiful vegan food, massages, nature walks, tea tree lake dips and so much more! As well, a new year cleansing ceremony to welcome in the new year. This will be one of the best (and healthiest) new year retreats to remember - and your body will

thank you for it later!

Dates: December 28th - January 3rd, 2023
www.radianceretreats.com

Experience a wellness retreat in the heart of New York

New Yorkers don't need to travel far to experience top-notch holistic wellness. **The Well** is in downtown Manhattan and offers an integration of the best of East and Western health disciplines for preventative health. Take advantage of this opportunity to address those niggling symptoms relating to your sleep, stress levels, aches and pains and gut health, that, if left unchecked, can accumulate to more chronic issues. Facilitated by a functional doctors and practitioners, feel reassured you will receive personalized care on your journey.

The Well houses standout facilities including a fitness gym, steam, sauna, and a sound dome. Highlights include a wellness library, mindful movement classes and a fantastic healthy eatery with a curated collection of essential

retail products.

P.S If you prefer a nearby weekend retreat, The Well has opened at the Mayflower Inn & Spa in Connecticut. www.the-well.com

Immerse in nature medicine at Menla Mountain Retreat in the Catskills

Just a few hours drive from New York City in the Catskills is **Menla**, a Tibet-inspired retreat and healing spa. Situated on 330 acres of pristine forest, Menla offers a breathtaking setting for true and lasting wellness. The beauty of booking a retreat at this destination is there are a variety of accommodation choices, from deluxe suites and individual and shared cabins, to camping options that suit all budgets and styles. Breathe in fresh forest air as you embark on nature hikes and forest foraging. Meals are organic and nutritious with most produce harvested from the onsite gardens. At the heart of Menla is the Dewa Spa that offers some of the best healing treatments in the state, with outstanding Tibetan therapies. All this, plus steam and sauna and daily yoga. Some of the retreats on the menu this year are themed around Indo-Tibetan Buddhism, yoga, ayurveda, couples connect, sound healing and nourishing your divine self. <https://menla.org>



Menla Mountain Retreat in the Catskills, NY

Judy Chapman is an International Spa Designer and consults for hotel, spa and wellness brands around the world including **Menla Mountain Retreat** in the USA. Judy also develops white label skincare products for spas and individuals. She is the former Editor-in-Chief of *Spa Asia* magazine and author of several books on wellness and spas. Judy is currently based in Byron Bay, Australia. www.judychapman.com.au