

Wellness Living & Travel

organic spa[™]

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WELLNESS TRAVEL GUIDE

2022

As we focus on how to ease stress and bring more wellness into our lives, Wellness Travel has become the most rapidly growing sector of the travel industry. Our fifth annual Wellness Travel Guide—with expertly curated top wellness destination spas, resorts with wellness programs, and thermal and mineral springs and healing waters—will be your guide to restorative destinations and journeys around the globe.

.....SOUTH AMERICA/..... CENTRAL AMERICA

THE RETREAT COSTA RICA

The Retreat Costa Rica houses the 7,500-square-foot Vida Mia Healing Center and Spa. Along with a comprehensive wellness program, the property now has added a naturopath, acupuncturist and Ayurvedic expert to the staff, along with crystal healing therapies, detox and energy balancing rituals, and more. theretreatcostarica.com