

JUNE 2018

Italy's
Island Oasis

A Sri Lankan
Adventure

California's
Hidden Valley

Wine Tasting
in Australia

TRAVEL + LEISURE

*A port on
Filićudi, one of
Italy's Aeolian
Islands.*



SPECIAL EDITION
FLIP THE MAGAZINE FOR OUR FIRST-EVER
GUIDE TO WELLNESS TRAVEL

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THE
T+L GUIDE
TO

WELLNESS TRAVEL

SPECIAL SECTION

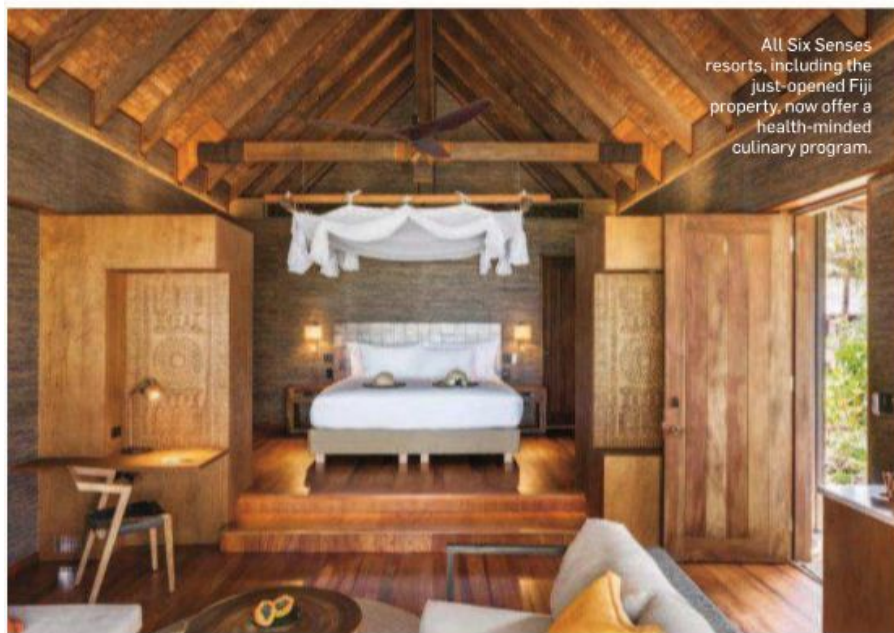


When did we all become so obsessed with wellness? At home, we compare workout routines while sipping matcha lattes, track steps on our phones, and map our genomes—all in the name of becoming our best selves. It's only fitting that we're now prioritizing healthier travel experiences, too, ones designed to put us back in tune with our bodies and quiet our minds. Travel providers have responded accordingly, tailoring their amenities to give guests effortless ways to not only sustain but also improve their health and habits. These are the destinations, treatments, and tools you need to pursue a more holistic path—wherever you go.

Canyon Ranch Tucson, one of America's top destination spas, offers hikes of all skill levels in the Sonoran Desert.

Hotels Get (Even) Healthier

Innovative programs at major hotel chains help travelers prioritize wellness wherever they go.



All Six Senses resorts, including the just-opened Fiji property, now offer a health-minded culinary program.

A GOOD GYM IS A START. But the most forward-thinking hotels are going beyond the weight room to offer health-focused amenities that pack a serious punch. Couples Resorts' **Tower Isle** (couples.com; *spa villas from \$959*), in Ocho Rios, Jamaica, takes "all-inclusive" to a new level, providing unlimited spa treatments for two to those who book into one of the eight Oasis Spa Villas. Consult with a dedicated concierge to map out an itinerary of treatments, including massages, facials, and body wraps during your stay. At the just-opened **Rosewood Phuket** (rosewoodhotels.com; *doubles from \$575; programs \$510–\$7,690*), the hotel brand introduces its new holistic health experience, Asaya, which encourages guests to cultivate self-acceptance and self-discovery. Participants determine their goals in a private meeting with a wellness guide before embarking on a program of alternative therapies, group workouts, and bespoke spa treatments.

The **Cosmopolitan of Las Vegas** (cosmopolitanlasvegas.com; *doubles from \$195; treatments \$29–\$259*) takes a

different approach to pampering, employing clinicians trained to administer in-room Reviv nutrient infusions and injections. Exhausted travelers might choose vitamin B12 to combat jet lag with a burst of natural energy, while athletes can bolster their training sessions with CoQ10+, which aids in muscle recovery.

Some hotels now integrate wellness right into their rooms: when guests at the **Four Seasons Hotel Los Angeles at Beverly Hills** (fourseasons.com; *doubles from \$695*) enter one of the seven new spa-adjacent accommodations, they hear a recorded meditation led by Deepak Chopra. High-tech touches include Mood Box devices, which mimic the changing intensity of natural daylight to help align travelers' circadian rhythms, and advanced air purifiers to catch allergens and microbes.

Six Senses has continually pursued forward-thinking health initiatives. Last year, the **Six Senses Douro Valley** (sixsenses.com; *doubles from \$700*), in Portugal, debuted a physician-designed clean-eating program that will soon be in all Six Senses resorts. The focus: boosting immunity and improving digestion by reducing sodium, sugar, and foods that can be inflammatory. Full integrative health screenings and personalized sleep and fitness guidance complement the culinary offerings. At the just-opened **Six Senses Fiji** (*doubles from \$884*), guests peruse the spa's Alchemy Bar to create their own scrubs and oils using ingredients from the on-site garden, including lemongrass and kaffir lime.

Many hotels have also sought ways to differentiate their fitness programs. **JW Marriott Hotels & Resorts** (jwmarriott.com) found forward-thinking partners to help them do so. The company recently rolled out on-demand in-room fitness videos, which include barre routines led by members of the Joffrey Ballet, and brought in wellness consultant Nora Tobin to host retreats at several JW Marriott properties throughout the year. — Sarah Bruning