

Wellness Living & Travel

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MAGAZINE

## WELLNESS TRAVEL GUIDE

350+ Global Resorts  
& Destinations



APRIL 2022  
[organicspamagazine.com](http://organicspamagazine.com)



*From Burnout to Balance*  
**The Healing Power of Plants**

**FIRMING FACE SERUMS**

## CASA DI LANGA

A new sustainable retreat in northern Italy, with on-site working sustainable gardens, farms and vineyards—lots of food and wine-related programming—and a beautiful wellness center offering eco-minded treatments and rituals. [casadilanga.com](http://casadilanga.com)

## CASTELLO DEL SOLE

In Italian-speaking Ascona, Switzerland, Castello del Sole occupies a large piece of land on the lake. With a farm, garden, orchards and vineyard, it grows organic grapes, tea, corn, vegetables and fruits. It also has a WWF bird sanctuary. Castello Spa & Beauty is fueled by the bounty of the land, and features yoga, a Kneipp water course, and wellness options that connect to surrounding nature. [castellodelsole.com/en](http://castellodelsole.com/en)

## CASTEL MONASTERO RESORT & SPA

Castel Monastero Resort & Spa in Tuscany is renowned for programs that help guests detox and reboot. With three, seven and 10-day offerings, there is also a crown jewel: the Aqueae Monasterii run, with saline density pool designed for the Castel Monastero Spa by the medical team of Thalasso del Forte. [castelmonastero.com](http://castelmonastero.com)

## DEPLAR FARM

Deplar Farm is a converted sheep farm in the Fljót Valley, on Troll Peninsula, way up in northern Iceland, about as far north as you can go before you hit Greenland. With bespoke outdoor wellness offerings—hiking, communing with nature, heli-skiing, surfing (yes, in Iceland!)—and a beautiful Nordic-style spa, sauna and geothermally heated pool. [elevenexperience.com](http://elevenexperience.com)

## GRAND HOTEL KRONENHOF

Located in the heart of the Swiss Alps, experience guided hiking tours and personal Pilates classes. Or relax at the spa with a steam bath, salt grotto, sauna and solarium. Enjoy the signature Haki method, which combines physical and mental relaxation. [kronenhof.com](http://kronenhof.com)

## GRAND HOTEL TREMEZZO

Along with original mosaics, a yoga studio, three-story gym and the area's only authentic hammam (complete with marble walls and domed ceiling), the nearly 11,000-square-foot spa offers serene Lake Como views from its sauna, hydromassage-equipped infinity pool and elegant relaxation room, where comfortable loungers encourage lingering. [grandhoteltremezzo.com](http://grandhoteltremezzo.com)

## HOTEL DU PALAIS

Lavish Hotel du Palais, circa 1854, drew royalty and jet setters to Biarritz on France's Basque Coast, setting the standard as an exemplar for its marine therapies. Biarritz grew to be one of the world's most respected thalassotherapy hotspots, and, as the town's creme-de-la-creme, palatial Hotel Du Palais, of The Unbound Collection by Hyatt, continues the marine traditions at its water-based Imperial Spa. [hyatt.com](http://hyatt.com)

## HOTEL GOLDENER BERG

An intimate hotel deeply committed to the salubrity of mind, body and spirit, this Austrian haven extends guests the opportunity to restore their health in summertime with weeklong programs that range in themes from detox to slimming. [goldenerberg.at/en/](http://goldenerberg.at/en/)

## HOTEL HOCHSCHOBER

The family-owned Hotel Hochschober, a wellness lodge in the Austrian Alps on the border of Carinthia and Styria, lies on the Turracher Lake, surrounded by verdant nature. Celebrated for its unique, heated lap pool, set within the crystalline lake, the hotel also draws health seekers for its Chinese Tower, where courses in Eastern philosophy are taught. [hochschober.com](http://hochschober.com)

## HOTEL MIRAMONTI

Owned by a couple who infused it with love, Miramonti is a boutique hotel in the Southern Tyrol with a beautiful spa, a forest sauna, thermal baths and everything you need to restore yourself and reconnect with nature. [hotel-miramonti.com/en/](http://hotel-miramonti.com/en/)

## KULM HOTEL

At 6,000 feet above sea level, the Kulm Hotel St. Moritz offers beautiful views of Lake St. Moritz in Switzerland. The Kulm Hotel offers meditation classes, Nordic walking, cross-country skiing and snowshoe hikes. Relax at the spa, which focuses on relaxation, detoxification and regenerating. [kulm.com](http://kulm.com)

## PARK HOTEL VITZNAU

A castle-like facade on the outside belies the modern wellness programs offered inside the multi-level spa, which The Park describes as “a health residence,” with an extensive hydrotherapy program and multiple wellness offerings in a stunning setting near Lake Lucerne, Switzerland. [parkhotel-vitznau.ch/en](http://parkhotel-vitznau.ch/en)

## QUINTA DA COMPORTA

A member of Small Luxury Hotels of the World, this wellness boutique resort in Portugal reinforces a connection with nature, and hosts a calendar of wellness retreats intended to recalibrate mind, body and spirit. The Oryza Spa offers a hammam, pools indoors and out, saunas and restorative treatments built on local ingredients. [quintadacomporta.com](http://quintadacomporta.com)

## SANTO MARIS OIA LUXURY SPAS & SUITES

The award-winning spa in Santorini, Greece, is launching wellness suites, luxe private seaside retreats intended to spotlight the healing power of nature. A haven for peace and well-being, Anassa Spa features private yoga and signature wellness experiences inspired by the wisdom of Ancient Greece. [santomaris.gr](http://santomaris.gr)

## SAVOY PALACE

The Savoy Palace in Funchal is a welcome wellness haven, and its Laurea Spa, created as a metaphor for Madeira's Laurissilva Forest, is now the largest in Portugal. The immense thermae is a prime place to enjoy the bracing benefits of a gorgeous hot/cold circuit, then spend time yielding to the signature Laurea Massage. [lhw.com/hotel/savoy-palace-funchal-madeira-portugal](http://lhw.com/hotel/savoy-palace-funchal-madeira-portugal)

## 7 PINES

Perched on a rocky cliff on the West Coast of Ibiza, 7 Pines and the 16,000-square-foot Pure Seven Spa offer sweeping views. Ibiza has always had a spiritual side, thanks to American hippies who flocked there during the Vietnam War taking rough crystals and yoga with them, but the Spa brings wellness to a new—and sophisticated—level. [7pines.com](http://7pines.com)

## TIVOLI PALACIO DE SETE AIS HOTEL

A glorious and verdant fairyland, covered with lush plants that flourish, due to the natural springs that flow throughout the neighboring hills, have made this area in Portugal a health retreat—the parks and palaces of Sintra are a UNESCO Heritage site—since Ancient Roman times. The Tivoli offers a small, oasis-like spa that will jumpstart your well-being. [nh-hotels.com/hotel/tivoli-palacio-de-seteais](http://nh-hotels.com/hotel/tivoli-palacio-de-seteais)

## TSCHUGGEN GRAND HOTEL

Tucked into a ski mountain in the Swiss Alps, near the charming town of Arosa, the owners of Tschuggen Grand have a deep commitment to sustainability, as does the incredible staff. Yoga wellness programs are regularly on offer, along with star-gazing, cycling tours in the mountains, mushroom foraging, and a huge state-of-the-art spa, with an extensive hydrotherapy course. [tschuggen.ch/en](http://tschuggen.ch/en)

## VICTORIA-JUNGFRAU GRAND HOTEL & SPA

This historic hotel in the Bernese highlands has long-drawn regulars with its elegant style, gourmet cuisine and extensive wellness offerings. The latter includes a sauna and soaking complex, indoor and outdoor pools, fitness facilities, a spa bistro and treatments and programs that target aging, beauty, stress-relief and more. [victoria-jungfrau.ch](http://victoria-jungfrau.ch)

## OCEANIA

### THE BRANDO

The Brando's vision is a culturally rich, sustainable, environmentally protective luxury destination, set on a remote private island off Tahiti, once the home of Marlon Brando, who envisioned this island as a conservationists' paradise. There is a research facility on property, where scientists study fish, coral and other wildlife. The spa is an oasis of wellness and healing, based on traditional Tahitian treatment modalities such as the Taurumi massage, which features natural indigenous oil blends. [thebrando.com](http://thebrando.com)

### INTERCONTINENTAL BORA BORA RESORT & THALASSO SPA

Imagine a place where the sky is always clear, the sea is bright turquoise with glints of sunlight and the sandy beaches are white as pearls. The Deep Ocean Spa is one of the first thalassotherapy spas built in the South Pacific, where wellness possibilities—including a traditional Tahitian massage—are endless. [thalasso.intercontinental.com](http://thalasso.intercontinental.com)

## MIDDLE EAST

### FAIRMONT THE PALM

This luxury beachfront resort features unrivaled views of the Arabian Gulf and glittering Dubai Marina skyline, as well as an award-winning spa. Its comprehensive wellness approach includes fitness trainers, a wellness-focused spa and more. [fairmont.com/palm-dubai](http://fairmont.com/palm-dubai)