

# Reset and Recharge: International Wellness Retreats for the Global Traveler



Pictured: Wellness Retreat in Tulum | Photo credit: Holistic City Life



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*Escape to a sanctuary of your choice, for your health.*

Over the last few years, individual wellness has been a regular topic of discussion. It has picked up steam along the way in conversations for what “wellness” signifies and the forms of wellness under consideration. For some, it’s a matter of moving away from all that’s familiar to engage in an experience new to their lifestyles. For others, it means further ingraining a mode of operation so they can perform at their best at all times.

And those aren’t in any shape or form the full extent of what wellness implies. Key wellness sectors today are not restricted to personal care, nutrition and fitness but also include medical, emotional and professional wellness. Once considered a high-end luxury-only market, there are options aplenty now for wellness to be well within the budgets of many, with some destinations and venues right in your backyard sometimes.

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The [Global Wellness Institute](#) projects worldwide wellness tourism will reach \$919 billion by 2022, with the United States being the leading market for wellness retreats and resorts offering wellness programming. If you are planning to get away to recharge, here are a few wellness retreats later this year and into 2020 to consider. Start planning so you can truly enjoy the wellness component to truly relax and reset.



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### Women's Wellness Retreats

[The Whole Experience Retreat](#) for women is a health and wellness retreat founded by Tameika G and Whitney Gee. It is hosted in different locations with upcoming trips headed to Greece (August 2019), Bali (September 2019) and Thailand (November and December 2019). Rest and relaxation, cultural experiences and vegetarian cuisine are some of the highlights; peek at their sample itinerary for a quick idea of how these trips roll.



*Pictured/Photo credit: The Whole Experience*



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[Holistic City Life Liberation Retreat](#) for women has five retreats scheduled for the remaining of the year. "We strive to always curate a holistic wellness experience for our guests. Food is an essential component of wellness. That is why I decided to partner with Nathaniel Francis, a professional plant-based chef, and Kitaka Mawuto, branding and social media consultant in Grenada to create ROOTS," says Leslie Carrington, curator of wellness experiences. ROOTS is a culinary service team dedicated to creating meals that are plant-based and crafted from fresh organic local produce. "We are dedicated to healing the whole individual, which encompasses the mind, body, and spirit. Therefore, eating healthy plant-based foods is a crucial part of this healing process."

**W Punta de Mita** is located on one of the best surf breaks in Mexico's coveted Riviera Nayarit and has partnered with [SwellWomen](#) to offer four upcoming all-female surf and wellness retreats. The female-led organization has surfing programs for women of all levels, from novice to advanced, and the 6-day retreat includes an on-site surfing program, yoga, a spa and plenty of time for beachside relaxation.

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### Men's Wellness Retreats

Granted, it is a tad bit of a search when seeking men's only retreats, but that demographic is quickly changing with more venues offering options featuring activities of interest to a male audience. [The Razor's Edge](#) is a men's personal growth retreat in Ojai, CA this October hosted by coach Zat Baraka offering a weekend transformational experience to recharge from stress. [Men's Retreats](#) has upcoming programs in Prince Edward County (Canada) and Lagos, Portugal featuring self-actualization, strength training, functional movement and mindfulness.

[Living Valley Retreat Center](#) in Kin Kin, Australia has a 21-day program designed specifically for men that includes naturopathy, detox and cleansing, and other therapeutic treatments. Or if going solo is preferred then a [30-day individual retreat](#) in Hamburg, Germany might suit your tastes. With a focus on silence and meditation, the schedule outlines time for writing, reading, group sharing and creative expression.

### Couples Wellness Retreats

These are certainly easier to find and sometimes you could have too many to choose from – a good problem to have as they say. For a digital detox, check-in and unplug at the [Aruba Marriott Resort & Stellaris Casino](#). You can opt to leave cell phones with the front desk and receive a disposable camera so you can snap some memories while you enjoy sandy shores with endless palapas. For some wellness in the wilderness, try the town of Flores, Guatemala, not far from the Tikal, Uaxactún and Yaxhá ruins, where [Las Lagunas Boutique Hotel](#) puts you right in the middle of nature. Choose from activities such as sweat trekking, hiking the historical ruins, kayaking the Quexil Lagoon, ATV tours through the jungle and boat excursions to nearby Monkey Island, where you can get up close to friendly spider monkeys.

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*Pictured/Photo credit: Santani Wellness Resort Restaurant*

Prefer some privacy instead? [Kokomo Private Island Fiji](#), a seven-star luxury private island in the South Pacific, offers a venue to focus on wellness in Fiji's most exclusive resort. Embrace self-care with spa services at [Yaukuve Spa Sanctuary](#), daily wellness cuisine and a personalized activity regime. The 4-day, 3-night wellness retreat programs include packages to activate a new fitness regime or restore the body and mind. [Santani Wellness Resort](#) in Kandy, Sri Lanka has wellness packages tailored to individual needs, starting at seven nights to experience a myriad of offerings, from a healthier balanced life to core preventative care, help with anxiety and stress, and other modern-day concerns.

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If you prefer no agenda but to simply escape the daily grind, then the thermal hot springs at the [Tabacón Resort in Arenal, Costa Rica](#) could be a strong contender for your time. Located amid rainforests at the base of an active volcano, the natural soaking pools provide a calming haven away from the crowds, especially if you spend all your time in the adults-only area. Finding a secluded nook or smaller waterfall for some well-deserved natural hydrotherapy could just be the retreat you needed.

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