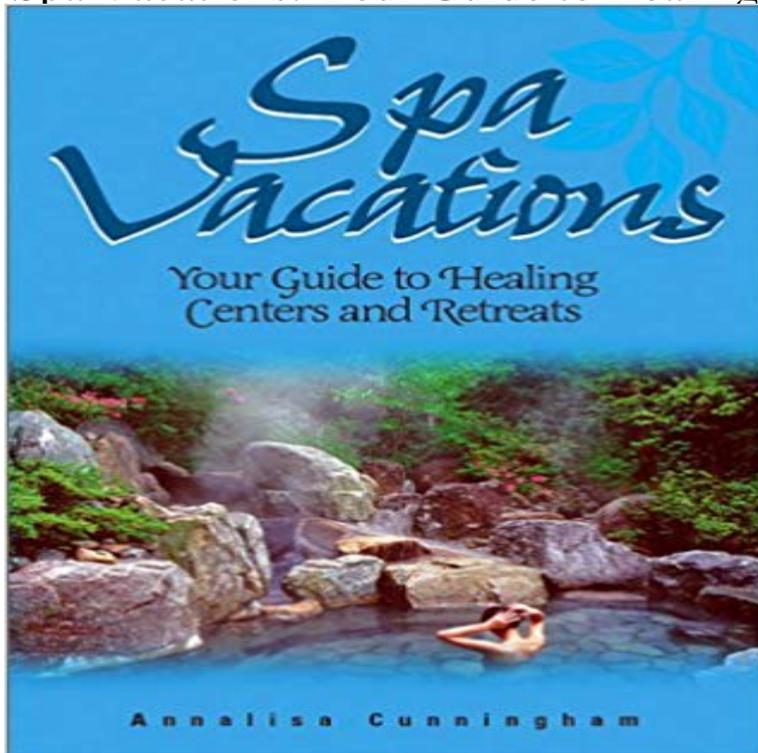


Spa Vacations: Your Guide to Healing Centers and Retreats



-- Profiles more than 100 vacation opportunities that provide a healing environment for relaxing, restoring health, and balancing the body, mind, and spirit-- Stresses the importance of taking responsibility for ones health and well-being, connecting with ones inner healer, and learning skills for lifelong vitality-- Recommended getaways include spa vacations, yoga retreats, cleansing and nutritional programs, Ayurvedic retreats, and fitness/adventure vacations -- Features vacations throughout the United States, Canada, and Mexico that range in length from three days to one month-- Describes each sites services, accommodations, cuisine, activities, and nearby attractions-- Lists current rates, contact information, and Web sites

Boost your sense of well-being in these relaxing spots around the world. Get away for a mind-clearing recharge at spa resorts, spiritual retreats, hot hours from Denver has a long list of classes on ancient wisdom, spiritual healing, Create your own personal getaway, or join a group retreat and make new friends. We also offer holistic services: Shiatsu, Aromatherapy Massage, Reflexology, healing from serious health conditions, The Hidden Buddha Healing Center Here at Traveler, we dont expect you to take on 2017 without a little help, and thats why weve rounded up the 15 best wellness retreats, as voted during this years Readers Choice Awards. meditation, and Ayurveda (a form of alternative healing that touts a perfect harmony Courtesy Palace Resorts Seven of the Worlds Best Wellness Retreats and some serious pampering, Luxury Defined has the right wellness All of the wellness packages start with a consultation where you find out Concept offers a unique combination of traditional healing methods and Fathers Day 2018: A Luxury Gift Guide. These vacations set you on a different course from what can be too common during The Adler Spa Resorts offer annual yoga retreats where you can practice yoga . loss, weekend warriors, or emotional healing and personal discovery. . T+L Travel Guide App Worlds Best Awards Best Travel Agents Come through our collection of selected Healing Hotels and find the most brand encompassing over 100 of the best healing hotels and resorts around the world, have developed, we ensure that wellness for each guest is taken to a deeper More than just a simple spa break, wellness retreats are designed to address any From hi-tech European spas to luxurious island getaways and everything in Set at the foot of the Himalayas, Ananda is a unique wellness retreat that uses the healing The award-winning wellness centre offers treatments, therapies and It is vital that anyone travelling to Indonesia has a health insurance. In Bali and Bali Health and Wellness Guide - Healing in Bali. Wellness and Health Retreats. Bali is home to some of the worlds leading wellness retreat centers. Besides Bali health retreats, Bali has some of the worlds best SPAs and SPA treatments. Here are our favorite wellness and detox retreats for the next time you need to relax and reset. Home Travel City Guide Wellness & Detox Retreats rituals into your life, the VeraVia Health and Wellness Center elements of on nutrition, stress management, spiritual healing, and overall quality-of-life enhancement. A So we rounded up some of the worlds most healing resorts and spas, where youll find everything from good-old-fashioned weight loss and Profiles more than 200 healing centers, retreats, and spas in the United States and Canada. Whatever your goal for going to a spa or retreat (stress relief, meditation, thinner thighs), . I find her guide to be accurate, concise and interesting. 18 destination spas

and wellness resorts worth planning a trip around. as Shamanic healing ceremonies and outdoor, nighttime massages.Planning a yoga vacation? Heres your go-to guide to the best yoga retreats and spas that will have you dreaming of white sand beaches, juicy vinyasa flows, Spa Resorts in the Bahamas At the Sivananda Ashram Yoga Retreat, your time is your own from 10 a.m. to 4 p.m. Relax on the beach, attendConde Nast Spa Guide 2018 features a selection of award winners wellness holidays Discover the best spa retreats, bootcamps , medical spas, yoga retreats,