



# Healing havens

From the sweeping coastlines to mineral-rich springs, holistic wellness retreats have become immersive experiences that offer far more than just spa treatments

The world's most renowned retreats now combine natural beauty, thoughtful luxury, and science-based therapies to help guests restore and reset. Whether you're after total relaxation, holistic health, or a fresh approach to wellbeing, there's a destination tailored to your needs. In this guide, we uncover standout retreats from around the globe, where wellness is not just a practice, but a way of life.

**MEXICO**  
On Mexico's Riviera Maya, SHA Wellness Mexico extended its acclaimed Spanish methodology to a lush beachfront setting north of Cancun. Opening in 2023, it spans seven hectares of protected natural landscape and half a kilometer of pristine white-sand shoreline. The ultra-modern, 11-storey center has been designed by architectural firm Sordo Madaleno with native textile interiors by Alejandro Escudero, and is intended to mimic the

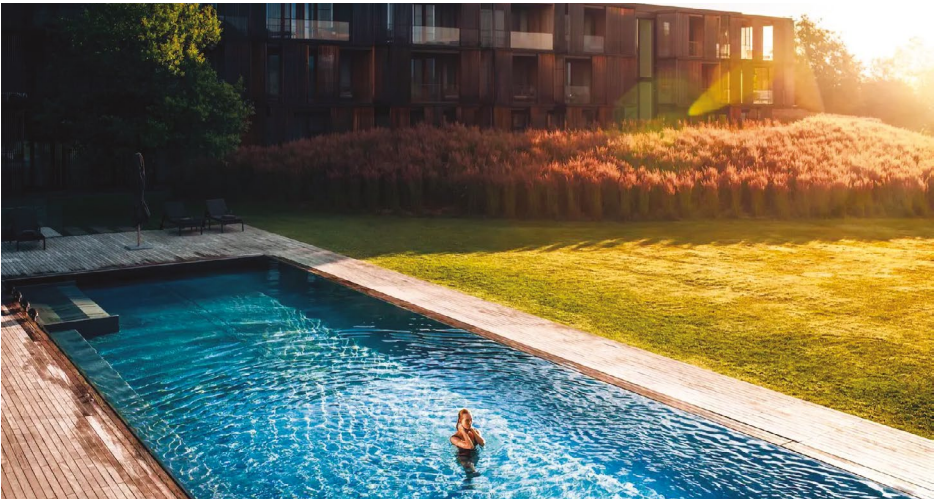
structure of human DNA. Here, diagnostic consultations, including genetic, nutritional, and metabolic profiling, are paired with curated programs addressing detox, weight management, stress resilience, and anti-aging. Guests dine on organic, macrobiotic cuisine, participate in guided movement sessions and immersive mindfulness classes, all within the serene backdrop of turquoise Caribbean waters and mangrove forests. Born out of Alfredo Bataller Parietti's personal

experience with long-term health issues, SHA Wellness aims to combine the benefits of good nutrition, as well as natural and scientific medicine in a serene, optimal atmosphere for the ultimate wellness experience. [shawellness.com](http://shawellness.com)

**AUSTRIA**  
From coastal Mexico to the Tyrolean peaks, Lanserhof Lans in Austria offers a rigorous, medically supervised approach rooted in holistic science. Since 1974, this flagship location near Innsbruck has pioneered the Lanserhof Concept, centered around holistic health and drawing on naturopathy, energy medicine, psychology, and chronomedicine to name a few. Guests begin their stay with a thorough medical assessment, which may include cardiovascular testing,

microbiome analysis and genetic screening. From these results, a bespoke health programme is created, incorporating treatments such as therapeutic fasting, oxygen therapy, cold exposure, and structured movement. The 5-storey clinic combines minimalist alpine architecture with nature-immersive elements such as forest walks, oxygen-rich air, and quiet reflection. Programs emphasise mindful eating and metabolic restoration, aimed at aligning the body and mind to result in sustained health benefits that draw attention from guests seeking both transformation and tranquility. Key facility features include an indoor-outdoor saltwater pool, bathhouse, panoramic windows, rooftop meadow, and a modular build that offers additional privacy for guests if desired. [lanserhof.com](http://lanserhof.com)

**BANGKOK**  
Back to warm climates, RAKxa Integrative Wellness in Thailand occupies 32 hectares within Bangkok's famed 'Green Lung' on Bang Krachao Island. It bridges Western medicine and Eastern traditions through a partnership with Bumrungrad Hospital's VitalLife Clinic. Programs tailored for gut health, immunity, detox, stress, and weight management incorporate advanced diagnostics, IV therapy, ozone and hyperbaric oxygen, alongside yoga, massage, sound healing, Pilates, and Muay Thai. What sets RAKxa apart is its integrative approach: each guest begins their stay with comprehensive medical assessments to personalise their wellness programme. These can include diagnostics related to hormones, stress, and mobility. Programmes are then tailored to support long-term wellbeing, combining evidence-based



therapies with practices from Thai, Chinese and Indian healing systems. Accommodation is offered in eco-conscious villas nestled among tranquil waterways and lush vegetation, creating the feeling of being completely transported. Each villa is designed to support restful sleep and deep relaxation, with features such

**Left: SHA Wellness Mexico**  
**Top: Clinique La Prairie, Lake Geneva**  
**Above: Lanserhof Tegernsee in Austria**

as blackout curtains, private outdoor terraces, and spaces that encourage barefoot connection with the natural surroundings. [rakxawellness.com](http://rakxawellness.com)

**LAKE GENEVA**  
In Switzerland, Clinique La Prairie perches majestically on the shores of Lake Geneva, overlooking the Alps from Montreux. Since 1931, this institution has balanced medical excellence featuring surgical theatres, over 50 specialists, and

advanced diagnostics, with holistic spa and longevity programming. The flagship 'Revitalisation' and longer-term longevity retreats deploy personalised nutrition, cellular therapies, cryotherapy, cognitive training, and bespoke fitness plans. Beyond its medical offerings, the clinic emphasises complete mental and emotional wellness. Guests can access yoga, meditation, and bespoke fitness sessions, as well as spa treatments that combine traditional techniques with ➤





clinical precision. The serene landscape, fresh alpine air, and deeply restful environment create an ideal backdrop for recovery and self-renewal. Founded by surgeon Paul Niehans in the 1930's, Niehans is known for developing fresh cell therapy carried out at Clinique La Prairie. After the latest extensions in the early 2000's, the environment blends contemporary design, lake views, walking trails, and bright, uncluttered interiors that reflect the clinic's medical focus. [cliniquelaprairie.com](http://cliniquelaprairie.com)

#### QATAR

Zulal Wellness Resort is the Gulf's first fully purpose built wellness destination. It features two parallel experiences: Serenity for adults seeking deep

health renewal, and Discovery, a family-inclusive offering that welcomes children into wellness with tailored programming. What sets Zulal apart is its foundation in Traditional Arabic and Islamic Medicine (TAIM), drawing on centuries old principles to inform healing. Following an initial consultation, personalised therapies may include practices such as cupping, head and abdominal massage, herbal remedies, and thermal therapy circuits, each selected to promote physical and emotional balance. The Discovery concept is one of the few retreats in the world to take a whole-family approach to wellness, offering customised programmes for children that combine mindfulness, creativity, and screen-free time. Arguably

the most architecturally unique when compared to the clinics previously mentioned, Zulal's intentional seclusion carved into the coastline and far from urban distractions enhances the feeling of truly stepping away from the everyday. Sand-toned walls, use of natural light and organic shapes foster calm and clarity, and as the region's largest dedicated wellness resort, it emphasises cultural authenticity and transformational healing in a desert-meets-sea setting. [zulal.com](http://zulal.com)

Despite their distinct settings, these retreats converge in their mission: aligning environment, tradition, and science to catalyse genuine transformation.

A *Financial Times* analysis highlights a global shift toward retreats offering medical diagnostics, DNA analysis, and neuroscience alongside conventional spa amenities.

**Above and left: The Alpine wellness travel vacation tourism concept is among the best in the world Right: The outdoor pool at Austria's stunning Lanserhof Lans**



As more travelers look for sustainable wellness, these destinations deliver depth beyond relaxation, a commitment to measurable and enduring well-being. If you're seeking more restful nights, clearer health markers, emotional equilibrium, or simply a path to deeper well-being, one of these retreats could be where transformation begins. ■

