

LUXURY + SELF CARE

WELLNESS TRAVEL

TELAMON TRAVEL

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26

Wellness Resorts
Here at Home

WHY I FOCUS ON
WELLNESS TRAVEL

*Yoga Retreats
Around the World*

WELLNESS RETREATS
What is a wellness retreat?

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Table of Contents

03	Why I Focus On Wellness Travel
05	What Is a Wellness Retreat
07	International Yoga + Wellness Retreats
10	Top Global Wellness Destinations
11	Restorative Destinations
13	Wellness Resorts In the United States
14	What to Expect + What to Pack
16	Retreats By Intention





WHY I FOCUS ON WELLNESS TRAVEL

The [Wellness Tourism Association](#) defines wellness travel as:

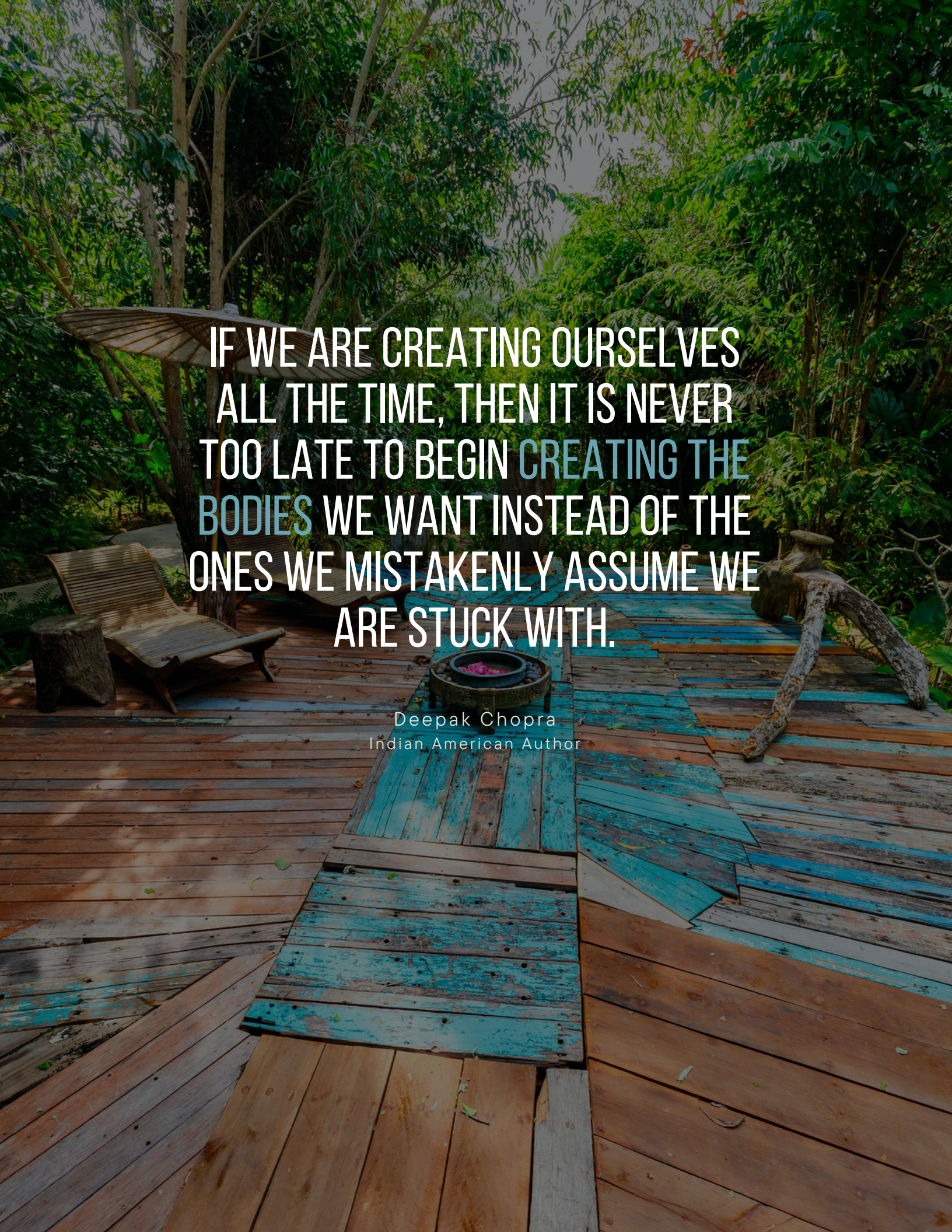
Travel that allows the traveler to maintain, enhance or kick-start a healthy lifestyle, and support or increase one's sense of wellbeing.

For me, wellness travel is deeply personal. Years ago, while working for a high-pressure tour operator, I found myself overwhelmed by daily anxiety attacks, elevated blood pressure, and mental exhaustion. Desperate for change, I turned to yoga—and it transformed my life.

The practice gave me space to breathe, reset, and rediscover a sense of peace. It inspired me to create Telamon Travel with a focus on helping others find balance, restoration, and joy through travel.

Laura Adams
Certified Travel Advisor
Wellness Travel Specialist
Owner, Telamon Travel

Wellness Travel

A wooden deck with a path made of blue-painted wooden planks leading into a dense, green forest. On the left, there is a wooden lounge chair and a small fire pit. The text is overlaid on the image.

IF WE ARE CREATING OURSELVES
ALL THE TIME, THEN IT IS NEVER
TOO LATE TO BEGIN CREATING THE
BODIES WE WANT INSTEAD OF THE
ONES WE MISTAKENLY ASSUME WE
ARE STUCK WITH.

Deepak Chopra
Indian American Author

What Is a Wellness Retreat?



A wellness retreat is a guided, intention-driven multi-day program that offers a structured or semi-structured schedule and is typically hosted by one or more facilitators. These programs may include:

- Mindfulness and wellness workshops (e.g., meditation, breathwork, nutrition)
- Physical activities (e.g., yoga, hiking, dance, nature walks)
- Time for rest, reflection, and personal growth

Retreats are often held in small facilities designed to create a nurturing and immersive experience, with accommodations and hospitality services on-site.

Unlike larger wellness resorts, retreats focus on deeper engagement and community, offering fewer but more intentional wellness activities.

SIGNATURE WELLNESS RETREATS

These are some of the most exclusive and highly curated wellness retreats available today. Perfect for travelers looking for a deep reset, meaningful celebration, or a deeply personalized experience. Each retreat is intentionally designed to offer a harmonious blend of luxury, purpose, and healing—whether through ancient traditions, immersive nature, holistic therapies, or mindful movement.

Many of these retreats cater to solo travelers, couples, and small groups, offering customized itineraries, chef-crafted cuisine, and serene settings ideal for unwinding and transformation. Whether you're celebrating a life milestone or simply seeking to recharge, these signature options provide the highest level of care and impact.

[Bee the Wellness](#) — Maui, Hawai'i
[Fivelements Retreat](#) — Bali, Indonesia
[Canyon Ranch](#) — Multiple locations

[Palmaia, The House of Aia](#) — Playa del Carmen, Mexico
[Run Wild Retreats](#) — Multiple locations
[Terra & Tu](#) — Tuscany, Italy

TYPES OF WELLNESS RETREATS AND RESORTS

Wellness experiences come in many forms, each designed to support specific areas of well-being. Here are some common types:

Yoga Retreats – Centered on yoga practice, often combined with meditation, breathwork, and clean eating.

Detox Retreats – Focused on physical cleansing through guided nutrition, juice fasting, colonics, and lymphatic therapies.

Ayurvedic Retreats – Rooted in ancient Indian medicine, incorporating dosha-balancing treatments, herbal remedies, and lifestyle alignment.

Fitness & Weight Loss Retreats – Structured around personal training, group workouts, healthy eating, and measurable goals.

Spiritual or Mindfulness Retreats – Emphasize inner stillness, meditation, journaling, and often digital detox.

Luxury Spa Resorts – Feature world-class treatments, hydrotherapy, relaxation facilities, and holistic wellness menus.

Adventure & Nature Retreats – Combine outdoor activities (like hiking or surfing) with restorative practices in inspiring natural settings.

Medical or Longevity Resorts – Offer diagnostics, personalized health planning, and regenerative therapies under medical supervision.

Couples or Connection Retreats – Designed for shared healing, bonding, and relationship rejuvenation.

Creative Retreats – Integrate art, writing, or music as a form of therapeutic self-expression.



Yoga Retreats Around the World

These retreats place yoga at the heart of the experience. Perfect for deepening your practice, exploring different yoga styles, and reconnecting with yourself in beautiful settings. Below is a small sampling of retreat options available.

UNITED STATES

3-Day Luxury Yoga, Hiking and Breathwork
— Saratoga Springs, New York (Hatha)

5-Day Luxury Ayurvedic Wellness Retreat
— Oahu, Hawai'i (Hatha, Nidra)

8-Day Awaken Your Senses Yoga Retreat
— Sitka, Alaska (Hatha, Vinyasa, Yin, Restorative)

9-Day Hiking Tour with Yoga and Meditation
— Garfield, Utah (Hatha)

INTERNATIONAL

7-Day Ayurveda Healing Retreat
— Tamarindo, Costa Rica (Hatha)

7-Day Allowing Ease Transformational Retreat
— Sacred Valley, Peru (Hatha)

8-Day Detox Luxury Wellness Retreat
— Khok Kloi, Thailand (Hatha, Vinyasa, Nidra)

8-Day Bikram Yoga & Wellness Retreat
— Algarve, Portugal (Bikram, Vinyasa, Yin)

International Wellness Retreats

Wellness retreats go beyond yoga and may include spa therapies, energy healing, detox programs, nutrition workshops, spiritual ceremonies, or simply space to breathe and recharge. These curated programs span the globe and offer transformational experiences rooted in tradition and place.

[SHA Wellness Clinic](#)
— Alicante, Spain

[Ananda in the Himalayas](#)
— Uttarakhand, India

[COMO Shambhala Estate](#)
— Bali, Indonesia

[Kamalaya Wellness Sanctuary](#)
— Koh Samui, Thailand

[Lanserhof Tegernsee](#)
— Bavaria, Germany

[Aro Hā Wellness Retreat](#)
— Glenorchy, New Zealand

[The Farm at San Benito](#)
— Lipa, Philippines

[Euphoria Retreat](#)
— Mystras, Greece

[Château de Berne](#)
— Provence, France

[Palmaia, The House of AïA](#)
— Playa del Carmen, Mexico





Top Global Wellness Destinations

These locations are known not just for beautiful settings but for their distinctive approaches to healing, rejuvenation, and mindful travel. Whether you're seeking ancient traditions or nature immersion, these destinations offer something transformative.

ASIA

Ubud, Bali, Indonesia

— Jungle retreats, Balinese healing, and eco-conscious wellness

Rishikesh, India

— Yoga ashrams, Ayurveda, and spiritual pilgrimage

Thailand (Chiang Mai & Koh Samui)

— Thai massage, temple retreats, detox

Sri Lanka

— Ayurvedic resorts, herbal medicine, and spiritual healing

Japan (Kyoto & Hakone)

— Onsen bathing, Zen, and forest therapy

EUROPE

Tuscany, Italy

— Thermal baths, slow living, vineyard wellness

Portugal (Algarve & Madeira)

— Ocean-view retreats and thalassotherapy

Switzerland (Bad Ragaz & St. Moritz)

— Luxury medical spas and alpine wellness

Greece (Santorini & Crete)

— Seaside spas and ancient healing

THE AMERICAS

Sedona, Arizona, USA

— Vortex sites, reiki, and red rock healing

Tulum, Mexico

— Cenote rituals, jungle spas, and Mayan medicine

Costa Rica (Nosara, Arenal, Osa)

— Surf, eco-lodges, and natural healing

Peru (Sacred Valley)

— Shamanic breathwork and plant medicine

British Columbia, Canada

— Wilderness immersion and cold water therapy

OTHER GEMS

Iceland

— Geothermal healing, cold therapy, and mineral springs

Maldives

— Overwater spa villas and personalized wellness

Bhutan

— Happiness-based policies, forest meditation

Morocco

— Hammams, desert retreats, herbal traditions

South Africa

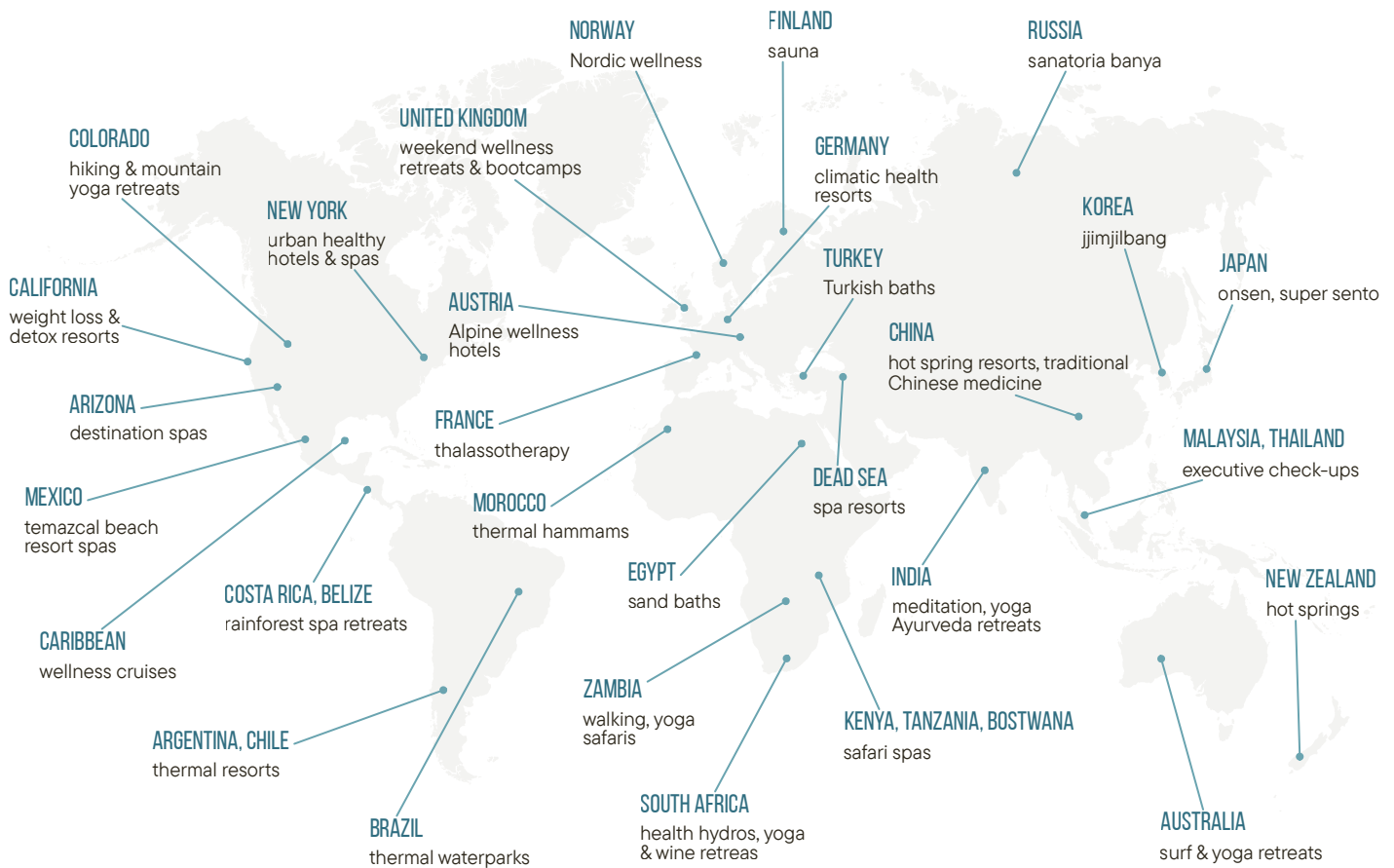
— Wellness safaris, vineyard yoga, and spa lodges

Australia (Byron Bay & Daintree)

— Rainforest escapes and Aboriginal healing

Restorative Destinations

This map highlights some of the top wellness destinations around the globe—each known for its unique approach to healing, relaxation, and holistic well-being. Whether you're drawn to sacred mountains, oceanfront spas, or jungle retreats, let these transformative locations guide your next journey toward balance and renewal.



SOURCE: GLOBAL WELLNESS INSTITUTE, GLOBAL WELLNESS TOURISM ECONOMY, NOVEMBER 2018

Additional restorative destinations can be found across every continent—each offering their own rich cultural, geographical, and therapeutic experiences. From thermal hammams in Morocco to sauna traditions in Finland, these time-honored practices are seamlessly woven into modern wellness offerings. Including them in your wellness journey allows you to connect not just with nature, but with centuries of healing wisdom that continue to transform lives around the world.



Wellness Resorts in the U.S.

A curated collection of 26 of the top wellness resorts across the country—ranging from luxury spa sanctuaries to integrative wellness lodges.

Westglow Resort & Spa
Blowing Rock, NC

Lumeria Maui
Makawao, HI

Mirbeau Inn & Spa
Skaneateles, NY

Mii amo
Sedona, AZ

Salish Lodge & Spa
Snoqualmie, WA

The Golden Door
Escondido, CA

Hana-Maui Resort
Hana, HI

Park Hyatt Beaver Creek Resort
Avon, CO

The Allison Inn & Spa
Newberg, OR

The Sagamore Resort
Lake George, NY

Hidden Pond
Kennebunkport, ME

Amira Resort
St. George, UT

Red Mountain Resort
Ivins, UT

Sensei Porcupine Creek
Rancho Mirage, CA

Ventana Inn & Spa
Big Sur, CA

The Spa at Sea Island
Sea Island, GA

Solage Calistoga
Calistoga, CA

Cornelia Spa at The Surrey
New York, NY

Miraval Resort & Spa
Tucson, AZ

Teton Mountain Lodge & Spa
Teton Village, WY

The Greenbrier Spa
White Sulphur Springs, WV

Ten Thousand Waves
Santa Fe, NM

Ojo Caliente Mineral Springs
Ojo, NM

Taylor River Lodge
Crested Butte, CO

Canyon Ranch Lenox
Lenox, MA

The Pearl Laguna
Laguna Beach, CA



What to Expect

Whether you're new to wellness travel or a seasoned seeker, knowing what to expect helps ease any uncertainty and enhances your experience.

A TYPICAL DAY

- Morning meditation or breathwork session
- Fresh, locally sourced breakfast
- Yoga or gentle movement
- Wellness workshops or coaching
- Free time for rest, journaling, or exploration
- Spa treatments or therapies
- Group dinner and connection

BEFORE YOU GO

- Set an intention for your retreat—what are you seeking?
- Communicate dietary needs in advance
- Allow yourself time to disconnect from technology

Best for: solo travelers, couples, anyone ready for a reset.



What to Pack

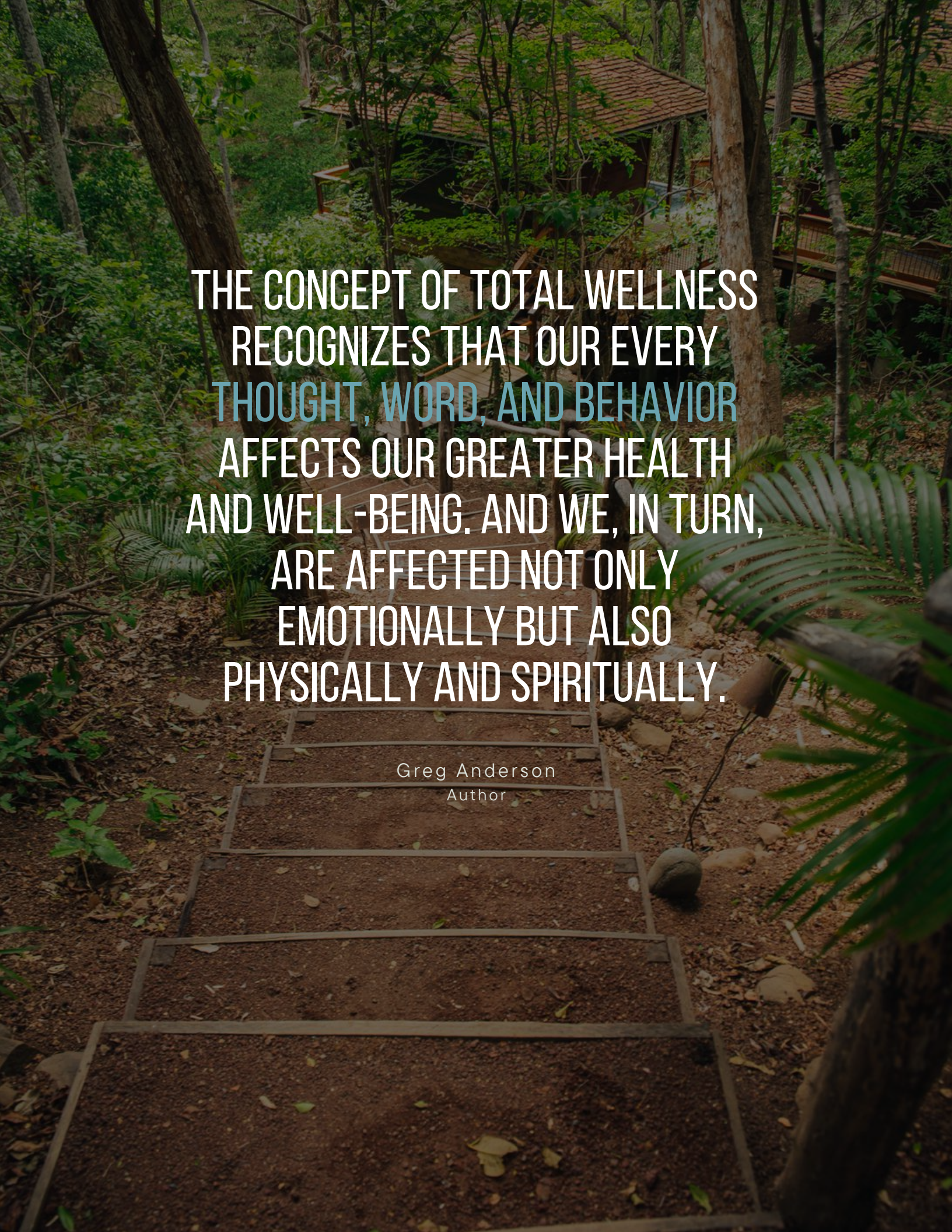
Here's a quick checklist to help you prepare:

ESSENTIALS

- Lightweight, breathable clothing (layers recommended)
- Comfortable walking or hiking shoes
- Reusable water bottle
- Travel yoga mat or mat towel
- Sunglasses, hat, and natural sunscreen
- Journal and pen for reflection
- Books or podcasts for downtime

OPTIONAL COMFORTS

- Herbal teas or adaptogens
- Essential oils or pillow spray
- Bathing suit (for spas, pools, or hot springs)
- Light snacks or supplements
- Travel pillow or eye mask



THE CONCEPT OF TOTAL WELLNESS
RECOGNIZES THAT OUR EVERY
THOUGHT, WORD, AND BEHAVIOR
AFFECTS OUR GREATER HEALTH
AND WELL-BEING. AND WE, IN TURN,
ARE AFFECTED NOT ONLY
EMOTIONALLY BUT ALSO
PHYSICALLY AND SPIRITUALLY.

Greg Anderson
Author

Retreats By Intention

Need help choosing the right destination? Here's a quick guide based on your wellness goals.



SPIRITUAL HEALING

Rishikesh, India
Sedona, Arizona, USA
Sacred Valley, Peru

NATURE IMMERSION

Costa Rica (Nosara, Arenal)
British Columbia, Canada
Byron Bay, Australia



DETOX + RESET

Kamalaya, Thailand
SHA Wellness, Spain
California detox retreats

LUXURY SPA + RELAXATION

Maldives
Switzerland (Bad Ragaz, St. Moritz)
Canyon Ranch, U.S.





READY TO BEGIN YOUR JOURNEY?

This guide is just the beginning. Whether you're looking to restore, explore, or transform—I'm here to help you curate a wellness experience that aligns with your needs and aspirations.

Visit www.telamontravel.com to explore more, or reach out to directly at laura@telamontravel.com to start planning your personalized wellness journey today.



TELAMON TRAVEL

LUXURY & WELLNESS



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