



A Step-By-Step Guide to Luxury Wellness Travel

Everything You Need to Plan a Soulful, Restorative Getaway

Curated by Telamon Travel
Superior Luxury. Elevated Escapes.

WELCOME

to Your Next Great Escape



TELAMON TRAVEL

luxury

*opulent, refined, bespoke,
elevated, indulgent, lavish,
exquisite, curated,
impeccable*

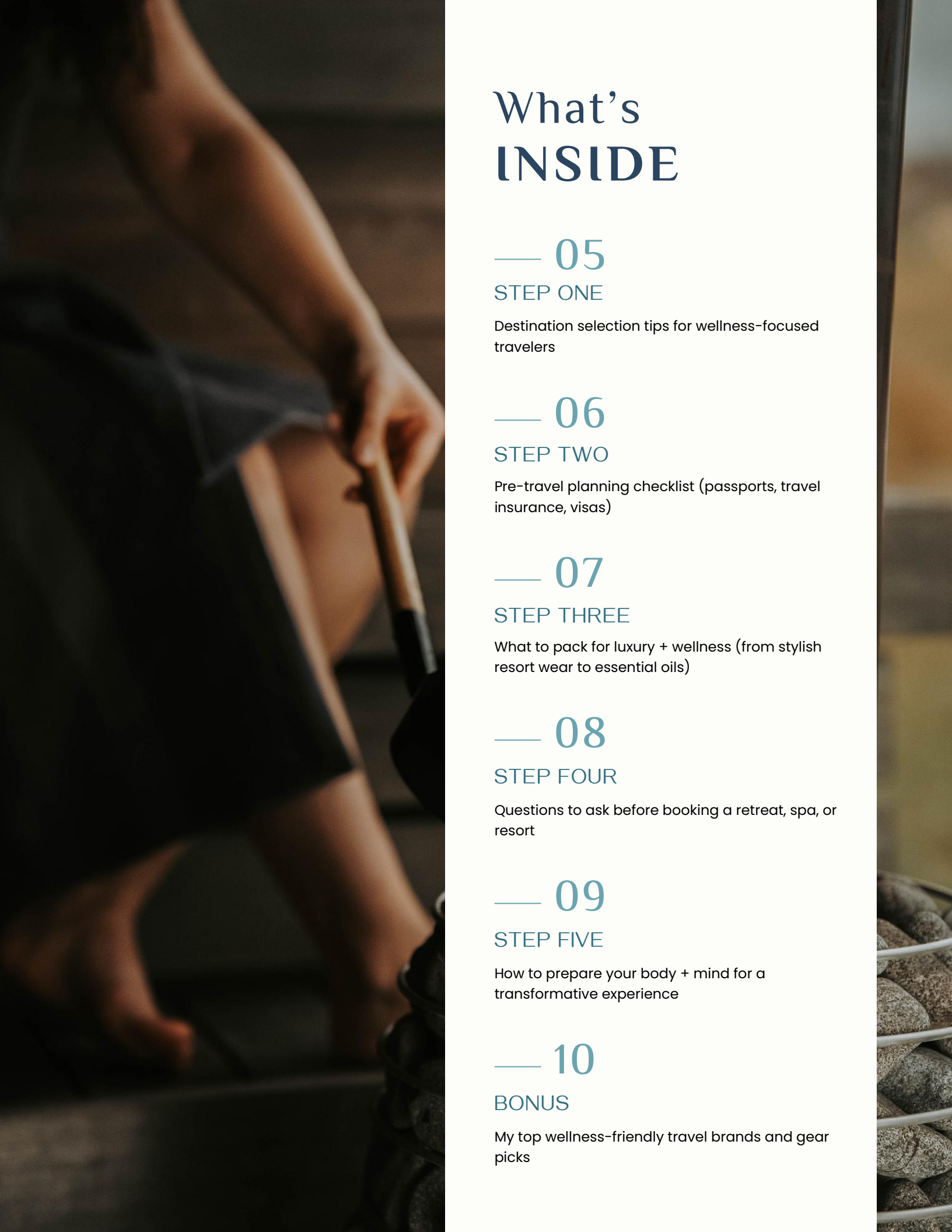


Whether you're dreaming of sunrise yoga in Bali, thermal springs in Iceland, or a wellness river cruise through Europe, this guide was designed to take the stress out of planning and bring clarity to your journey.

As a Certified Travel Advisor and Wellness Travel Specialist, I've personally curated every detail to help you travel in comfort, style, and soul-aligned purpose.

Let's begin.

Laura Adams
*Certified Travel Advisor
Wellness Travel Specialist*



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You have the power to
protect your peace.



STEP ONE

CHOOSE YOUR WELLNESS-FOCUSED DESTINATION

Here are a few questions to guide your decision:

- Do you prefer mountains, coastlines, or countryside?
- Are you seeking stillness and solitude, or adventure and exploration?
- Would you like a structured retreat or a personalized, flexible itinerary?
- What climate do you feel best in: warm and tropical or cool and crisp?



Top 20 Wellness Destinations to Consider

1. Costa Rica – Jungle retreats and volcanic hot springs
2. Iceland – Geothermal spas and majestic landscapes
3. Italy – Spa towns and slow food experiences
4. Thailand – Holistic healing and cultural depth
5. Austria – Forest bathing and alpine wellness hotels
6. The Danube River – Wellness cruises with European flair
7. Bali, Indonesia – Spiritual sanctuaries and lush, tropical settings
8. Sedona, Arizona – Energy vortexes, red rock landscapes, and desert serenity
9. Japan – Onsen culture, Zen retreats, and forest immersion
10. Switzerland – Luxury spas, mountain air, and wellness clinics
11. India – Authentic Ayurvedic retreats and yoga ashrams
12. France (Provence) – Lavender fields, thermal waters, and countryside calm
13. New Zealand – Nature-based healing and eco-luxury lodges
14. South Africa – Safari wellness retreats and coastal rejuvenation
15. Greece – Island tranquility, thalassotherapy, and coastal mindfulness
16. Portugal – Cliffside escapes, holistic retreats, and coastal hiking
17. British Columbia, Canada – Rainforest spas and sustainable luxury
18. Morocco – Desert wellness camps, hammams, and mountain escapes
19. The Maldives – Overwater serenity and barefoot luxury
20. Tulum, Mexico – Boho-luxe retreats and oceanfront mindfulness

STEP TWO

PRE-TRAVEL PLANNING ESSENTIALS

Before you pack your bags or book your flight, a little thoughtful preparation can make all the difference. These pre-travel essentials help ensure a smooth, stress-free journey—so you can fully relax and immerse yourself in the experience ahead.

- ☐ Valid passport (check expiration date!)
- ☐ Travel insurance with health & wellness coverage
- ☐ Visa or entry permits (as required by destination)
- ☐ Health and safety protocols (vaccines, testing, etc.)
- ☐ Notify your bank and credit card companies
- ☐ Arrange pet or house sitting if needed
- ☐ Download travel apps (currency, translation, meditation)



STEP THREE

WHAT TO PACK FOR LUXURY & WELLNESS

Packing for a luxury wellness journey is about balancing comfort, elegance, and intentionality. You want to feel at ease in your body, aligned with your surroundings, and ready for moments of both movement and stillness. The right items can enhance your experience, supporting your rest, rituals, and relaxation.



Essentials

- Lightweight activewear
- Stylish resort wear
- A cozy wrap or shawl
- Swimsuit
- Comfortable walking sandals or slip-ons
- Journal + pen
- A favorite book or e-reader
- Reusable water bottle + market tote
- Herbal teas or daily supplements

Optional, but Lovely

- Travel diffuser + essential oils
- Sleep mask + ear plugs
- Travel yoga mat or meditation cushion
- In-flight skincare minis
- Crystals or talismans
- Luxury self-care extras (silk pillowcase, dry brush, body oil, etc.)



STEP FOUR

QUESTIONS TO ASK BEFORE YOU TRAVEL

Not all wellness retreats or luxury experiences are created equal. Before you commit, take time to ask the right questions—so your destination truly aligns with your needs, preferences, and intentions. This quick guide will help you book with clarity and confidence.

- What wellness services are included? (massages, classes, consultations?)
- Is the retreat focused more on fitness, mindfulness, or relaxation?
- How flexible is the daily schedule?
- Is there support for dietary needs or food allergies?
- What is the group size or guest capacity?
- Is the location remote or easily accessible?





STEP FIVE

PREPARE YOUR MIND & BODY

A luxury wellness journey begins long before you arrive. Preparing your body and mind helps you transition from daily demands into a space of calm, presence, and renewal. These simple practices set the tone for a deeply restorative and meaningful experience.

- ✓ Begin stretching or gentle movement at home
- ✓ Adjust your sleep schedule if traveling across time zones
- ✓ Hydrate well before travel
- ✓ Set intentions: What do you hope to release or invite in?
- ✓ Create a calming playlist or download guided meditations
- ✓ Pack a personal comfort item (crystal, photo, affirmation card)

BONUS

MY GO-TO BRANDS
FOR ELEVATED
WELLNESS



alo yoga

stylish and comfortable for travel + practice

OSEA

ocean-inspired skincare for glowing travel skin

slip

silk sleep masks and pillowcases for restful nights

Saje®

NATURAL WELLNESS

essential oils and travel-friendly diffusers

BEEKMAN 1802

clean bath + body care perfect for wellness retreats

Calm

guided meditation app on the go

LET'S PLAN TOGETHER

YOUR JOURNEY
BEGINS
NOW

You deserve more than just a vacation—you deserve an experience that nourishes every part of you.

When you're ready to turn this checklist into reality, I'm here to help plan the wellness escape of your dreams. From start to finish, I'll take care of the details so you can focus on what truly matters: rest, renewal, and discovery.

This guide is just the beginning. Whether you're envisioning tranquil coastlines, mountain sanctuaries, or a transformative retreat, I'm here to bring that vision to life—with care, creativity, and a touch of luxury.

Visit telamontravel.com or [schedule](#) a complimentary call.

Follow along on Instagram [@TelamonTravel](#) for travel inspiration, behind-the-scenes planning, and a steady dose of wanderlust.

— *Laura*





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