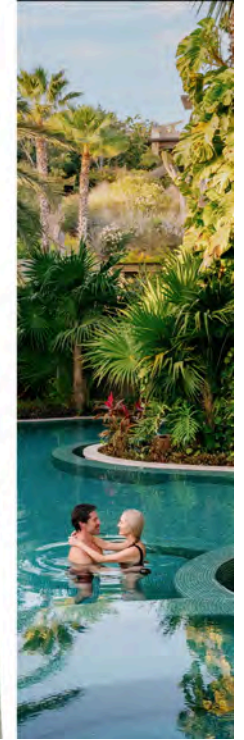
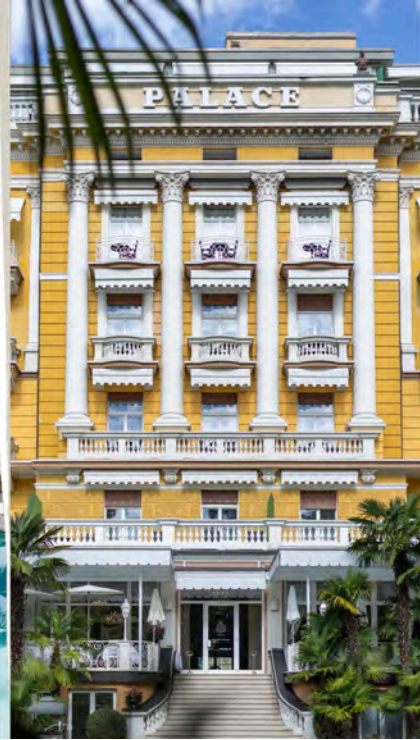


courtesy of hotels



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## The 10 Best New Wellness Resorts

From European wellness clinics to professional training camps, these destinations are made to change your body and your mind.

By [Garrett Munce](#) PUBLISHED: FEB 5, 2026

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If you've **been to a hotel** in the past year or so, you may have noticed something new. Nearly **every hotel**, from the casual roadside stop to the all-inclusive resort has all of a sudden started to focus on wellness. There are **mocktail menus** at complimentary happy hours, group yoga classes, locally sourced in-room snacks—the list goes on and on to varying degrees of what one might consider wellness. This is by design because, well, we all are obsessed with being well right now. Wellness, however you define it, has stopped being something just a few travelers want and become something nearly every **traveler expects**. Hotels are not dumb, either. They know that we, as travelers, are willing

to pay big bucks for wellness. The global wellness market was valued at \$893.9 billion in 2024, according to Statista, and is showing no signs of slowing down.

This influx, from our perspective, is not a bad thing. We're already working to well-ify our lives back home, so why would we want to leave that behind when we travel? But we also say this with confidence: Not all wellness travel is created equal. We believe that to truly classify as a wellness destination worth traveling for, you have to offer more than just nonalcoholic mini-bar options and a treadmill in the "gym." In order for a hotel or resort to really be a wellness destination in our book, it has to offer something unique that you can't get anywhere else and, more than that, has to integrate wellness into every aspect of the property.

These are tall orders, but luckily for the wellness obsessed like us, more and more properties are moving in that direction. Some are brand-spanking-new, built from the ground up with wellness in mind. Others are more established but have gone back to the drawing board to redefine what wellness means to them and truly create something new. Still others have quietly been on the wellness tip for years but have pushed the envelope by providing new resources and new experiences built on their wealth of wellness knowledge. We spent the year traveling the globe to find the most exciting, most innovative, and most unique new wellness destinations around the world for this list. So whether you want to train better, sleep better, eat better or just feel better, these are the places worth booking for a visit.

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Hotel Esencia

## Best for a Celeb-Endorsed Chill-out

### Hotel Esencia

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You can't walk right up to Hotel Esencia. Nestled in sprawling and meticulously landscaped grounds that make you feel more like you're stepping into a jungle than a resort, the hotel prides itself on privacy and, though it's smack-dab in the middle of the Mayan Riviera, it feels like its own world unto itself. Turn one corner and you may encounter a peacock crossing in front of you; turn another and you might spot a celebrity on vacation. It's designed to be an escape from reality, and after spending just a few hours there, you begin to question why you would ever leave.

The property began life as a vacation home for an Italian duchess but now is an ultra-chic, traditional, yet minimalist boutique hotel, kind of like if Wes Anderson designed a Mexican vacation home for the coolest royal you know. Everything is painted white, all the towels are striped, and the rooms are peppered but not cluttered with local art and

prioritize privacy. Personal butlers leave morning coffee in special boxes outside your door, and anything you could want is just a WhatsApp message away. Three on-site restaurants feature a rotating selection of local dishes, but if you want pizza or sushi, you can get that too. And just a short walk away is a private lagoon that's home to families of manatees that the staff will gladly take you to see via paddleboard.

But really the main event is the spa, which was fully reconceived, renovated, and reopened in 2025. Drawing inspiration from local traditions and modern wellness treatments, the circular structure creates a Zen vortex of calm and houses one of the most well-designed hydrotherapy circuits we've ever seen. Every room has an enormous picture window that looks out into the jungle, bringing nature into every aspect of the spa. Outside is a traditional temazcal (think an Aztec sweat lodge) where you can not only sweat but scrub, mask, and massage. A variety of unique massages and treatments seamlessly blend different Indigenous and global techniques for some of the most interesting treatments we've ever received, like the Shiro-Maya massage that uses an Ayurvedic technique to activate your third eye as well as relax the body. Upstairs is a sensory-deprivation tank, which, used before a massage, delivered one of the most out-of-body spa experiences we've ever had. Local healers and energy workers are also available for deeper work as well. If Hotel Esencia is the gold standard of an understated luxury resort, the spa is the crown jewel.

#### **The Vibe:**

**Ultra-private, understated Zen hideaway with traditional Mexican flair.**

#### **Features:**

**Three on-site restaurants, personal butlers, well-appointed gym, off-site excursions including manatee spotting, luxurious rooms, a wide variety of spa options.**

#### **Don't-Miss Treatments:**

**Shiro-Maya massage, temazcal, Floating Journey, hydrotherapy**