



How Destinations Are Creating New Wellness Experiences for Guests

Pandemic burnout has left us all in need of replenishment, and travel pros are thinking beyond the spa to focus on their guests' mental health in new ways. These 10 destinations are defining what resetting through travel looks like today.

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By: [Lauren Oster](#)

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Travel as it relates to “wellness” has new significance now. Vacationers have always looked for rejuvenation through wayfaring — in the summer of 2020, interest in outdoor sites that offered connection to the natural world were more popular than ever — and this year, what we seek when we leave home is evolving again. Travelers want to reconnect with one another and themselves, and destinations around the world are adapting to that demand with programs to help them shed stress. Read on to see what recharging looks like now.





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Be Guided in Personal Growth in Mexico

Since January of last year, Mexico's stunning Riviera Maya has played host to [Palmaia - the House of AiA](#), an all-inclusive wellness destination featuring what its developers call the most comprehensive personal growth program offered at *any* resort. That creation — known as the Architect of Life Program — offers guests an ever-changing array of classes, rituals and ceremonies; a [week's worth of events](#) might include everything from a Pranayama breathwork class and Tibetan bowl ceremonies to meditative physical exercises and gravity control. Children are encouraged to participate in the Architects of Life programming as well; Waldorf-trained instructors lead courses that parallel adult offerings and welcome little ones to [Awen](#), the resort's holistic children's center.

