

GRAZIA

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By Grazia Staff

INDULGENT ESCAPES: A GLOBAL ODYSSEY OF LUXURY AND WELLNESS

In a world where relaxation is a rare and cherished commodity, self-care has become the epitome of true luxury.



Nayara Tented Camp: This eco-conscious retreat seamlessly blends luxurious tented suites with the lush surroundings, including an on-site sloth sanctuary and armadillo reserve.

Words by Casey Brennan

The Amanya resort in Turks and Caicos stands as a testament to luxury, being part of the renowned global Aman brand. Nestled in a nature reserve on a private beach in Provinciales, this resort offers the ultimate mind and body reset through its Mindfulness and Stress Management Immersion. The program includes morning wellness classes like Pilates, Qi gong, yoga, and Pranayama, along with wellness therapy such as postural reprogramming and hypnotherapy, complemented by relaxing massages and delicious meals. “A haven at its roots, Amanya translates to ‘place of peace’ and the resort has opened this season as a reimagined sanctuary. Tom Rutherford, general manager of Amanya, tells GRAZIA USA. “Alongside a series of specialized wellness programs hosted by resident and visiting specialists, guests can explore their own physical and wellness journey while connecting with loved ones and nature alike, encouraging them to feel relaxed and rejuvenated this winter season and beyond.”



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At Palm Heights on Grand Cayman’s famed Seven Mile Beach, guests will be delighted to lounge at the property’s stunning 60,000-square foot Garden Club spa, a true wellness sanctuary in the Caribbean paradise. Not only is the space super chic – uniforms by Matteau and products from Costa Brazil, Biologique Recherche and iS Clinical – but the treatments are nurturing and relaxing. In the heart of the Costa Rican rainforest, Nayara Tented Camp beckons nature lovers and spa aficionados. The rooms feature private plunge pools fed by waters from natural hot springs, providing breathtaking views of the nearby Arenal volcano (there are also communal hot spring pools dotting the resort property). “Our personalized wellness journey is a seamless fusion of body, mind, and nature, cultivating absolute harmony and peace,” says Laura Rodriguez, Wellness Director.

Las Torres Patagonia in Chile takes luxury a step further by incorporating a voluntourism program. In addition to a wide array of pampering treatments, guests can embark on a 12-day excursion to help rebuild trails in the UNESCO-designated biosphere reserve in collaboration with the environmental nonprofit ConservationVIP. “Our voluntourism is the bridge that connects our passion for travel with our commitment to health and wellness,” says John Ojeda, sustainability manager at Las Torres Patagonia. “It’s the embodiment of the family’s mission to explore the world, embracing cultures, and leaving a positive footprint wherever we go.”

Across the pond, amid the rolling hills of Oxfordshire, Soho Farmhouse provides a quintessentially British retreat with a touch of bohemian flair. While the property offers a range of country-inspired activities, the Soho Farmhouse Cowshed Spa stands out as a must-visit destination. The newly extended Lazy Lake facilities now include a contract therapy circuit including a steam room, ice room, three infrared sauna cabins, four Onsen-style baths and an outdoor decking space for seated massages with a scenic woodland view.



Dromoland: Reopened in 2023, the Castle Spa at Dromoland focuses on revitalizing science- and nature-backed therapies, featuring botanicals sourced from the estate.

Ireland's Dromoland Castle, set amidst 500 acres of grand grounds, captivates romantics and families alike. There is a focus on disconnecting." In a world saturated with screen-based stimuli, there is a noticeable surge in the desire for individuals to break away and disconnect," says Spa Manager Kerry Kelly. "The Castle Spa's Amber and Quartz Crystal bed sound bath offers a unique and personalized therapeutic session. The aim is to guide participants into a profound state of relaxation, potentially fostering enhanced sleep, decreased stress levels, and elevated moods."



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Back stateside, on the shores of Miami Beach, The Carillon Miami emerges as a true wellness haven, offering holistic therapies, oceanfront meditation sessions, IV vitamin drips, acupuncture, sleep therapy, and a menu of touchless therapies. "Through state-of-the-art touchless wellness spa technology, we redefine relaxation with a seamless fusion of cutting-edge treatments that go beyond the ordinary," says Tammy Pabel, VP of Spa & Wellness Operations at Carillon Miami.



Shou Sugi Ban House: This idyllic Hamptons destination retreat features thirteen Studios and a Bed & Breakfast. A Residence is also available for long-term rentals.

At Shou Sugi Ban house, the first destination spa and wellness retreat in the Hamptons, here are healing powers at work. Set on three acres, guests can explore the beautiful area with guided beach walks and wild swimming opportunities. Meals are curated by Mads Reflund, co-founder of Noma in Copenhagen.



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In the foothills of the Great Smoky Mountains, Blackberry Farm offers a sanctuary for those seeking a tranquil escape. The Wellhouse at Blackberry Farm is a spa retreat where wellness and nature intertwine. Signature treatments using ingredients from the surrounding landscape are designed to soothe the soul. Explore the property's vast gardens, go for a hike, or simply relax on the porch with a glass of local wine.

What happens in Vegas can be detoxed with a visit to Awana Spa at Resorts World. The 27,000-square-foot spa and wellness facility provide an exquisite escape from the dazzling lights of the Strip, featuring Fountain of Youth healing pools and a performance sauna experience curated by the "Sauna Meister."