



Women'sHealth
**The Well
Travelled
Awards**
2026

Crowning the winners of the 2026 Well Travelled Awards

There are many reasons to book a break. A change of scenery, a new perspective or a hard-earned rest. But the trips that stay with you long after you've unpacked your suitcase are the ones that shift something internally – an alchemy invisible to anyone but you. It's this feeling that the *Women's Health* team set out to find.

Over the past 12 months, we've checked into retreats, spas and clinics all over the world, to understand how it *really* feels to be there. On the following pages, you'll find our editors' picks of the best that wellness travel has to offer

Best wellbeing hotels (medical)

Blending hospitality with medical oversight, these clinics will leave you rested *and* empowered to return to normality with healthy habits

Best for gut health

Mayrlife Medical Health Resort Altaussee, Austria

Life-changing. That's how guests – including our editor-in-chief, Claire Sanderson – describe a stay at this Alpine health clinic, where stars such as Rebel Wilson have checked in. Besides its beauty – it's perched on the edge of Lake Altaussee, which Claire now thinks of as her favourite place on earth – it's the level of personalisation that marks out Mayrlife from its rivals (it offers completely bespoke nutrition plans). It isn't for the faint of heart; expect a packed schedule of advanced diagnostics and treatments such as cryotherapy, oxygen therapy and shiatsu. *Seven-night programme from £2,704; mayrlife.com*

Best for longevity

Tamina Health Centre, Grand Resort Bad Ragaz, Switzerland

Grand by name, grand by nature – Tamina is a sight to behold. Set within a historic five-star hotel, with views so breathtaking they could be a screensaver, the mere act of inhaling lungfuls of air is restorative. But once you get inside, things get serious. Detailed diagnostics – from lab tests to posture and movement analysis – are paired with medical supervision throughout your stay, with a focus on understanding your health baseline in order to deliver practical guidance you can take home with you. If only you could bottle the air, too. *Three-day programme from £5,512; resortragaz.ch*

Best for burnout

Chenot Espace L'Albereta Relais & Chateaux, Italy

Whatever state you arrive in at this 19th-century villa an hour from Milan, you'll be scooped up and cared for in a way unlike anything you've ever experienced. It's this feeling of trust and surrender that Chenot specialises in and what makes it feel so very exclusive. (See also their resorts in Switzerland, Azerbaijan,

Montenegro and Morocco.)

Devised more than 50 years ago by Henri Chenot to prevent disease through diet and early intervention, the Chenot Method is rooted in the idea that by targeting the body's ageing processes, you can extend your health span, enhancing your resilience along the way. *Five-night de-stress and re-charge programme, £3,080; chenot.com*

Above: Mayrlife Medical Health Resort Altaussee, Austria. Top-right: Unplugged, Essex. Bottom: Anantara Layan Life, Thailand

PHOTOGRAPHY: REBECCA HOPE

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Best wellbeing hotels (holistic)

From herbal medicine to thermal bathing, these hotels are designed with ancient wisdom in mind

Best for Ayurveda

Six Senses Vana, India

Nestled in the Himalayan foothills, Vana is a world-class, east-meets-west healing retreat. Dosha (body type) combined with biometrics dictates Ayurvedic and Tibetan treatments. And with meditation and yoga, sound healing and excursions to Rishikesh – birthplace of yoga – opportunities for awe abound. *From £918; sixsenses.com*

Best for restoring equilibrium

Anantara Layan Life, Thailand

Programmes from mindfulness to beauty and restorative sleep draw on traditional Thai medicine, blending herbal remedies, massage, nutrition and movement with contemporary diagnostics. The itineraries are structured but not clinical and restorative, without feeling like you're in a bubble. *From £966; layanlifephuket.com*

Best for thermal healing

The Retreat at Blue Lagoon, Iceland

To visit here is to experience Iceland's famous geothermal waters, minus the crowds. Float in mineral-rich lagoons, then enter steam-filled chambers carved into volcanic rock. Treatments use silica mud and algae drawn from the water, while the combo of icy air and warm immersion does something profound to muscles *and* mood. *From £1,350; bluelagoon.com*

Best digital detoxes

While you can use app blockers and airplane mode, you can also do it as nature intended

Best for rural relaxation

Unplugged, Essex

Wood cabins nestled in the heart of the Essex countryside are designed to be so absorbing that reaching for your phone is sacrilege. It'll be locked away, anyway. Instead, there's an abundance of analogue items, including Polaroid cameras and, our ambling-loving editor's favourite, an old-school paper map. *From £390; unplugged.rest*

Best for screen-free luxury

Loire Valley Lodges, France

There's no wifi or TV in these design-led treehouses – just a walkie-talkie to call reception. Bedrooms with floor-to-ceiling windows promote forest bathing, while outdoor hot tubs are perfect for stargazing. The highlight? Pulling breakfast up to your terrace via pulley. Analogue, indeed. *From £288; loirevalleylodges.com*

Best remote off-grid getaway

ReClaim Yourself, Mongolia

The Reclaim Yourself tagline is 'yoga in extraordinary places' and the Mongolia itinerary – 10 days in two nomadic camps in the Gobi Desert's Ikh Nart Nature Reserve and the protected Khan Khentii area – more than delivers. You'll sleep in a yurt and experience the landscape on horseback, by kayak and on a raft. Basically, it's the ultimate antidote to scrolling. *From £3,595; reclaimyourself.co.uk*





Best UK spa break

Put the passport down, these homegrown spa retreats will restore your factory settings without the need to travel far

Best coastal bolthole

Scarlet, Cornwall

Staggering views, soporific massages and seasonal food make this the ultimate seaside spa break. You can even hear the waves from your bed at this luxury, adults-only escape. Think Ayurvedic treatments in tented lantern-lit rooms, cliff-top hot tubs overlooking Mawgan Porth and hanging canvas pods in the relaxation room. *From £230; scarlethotel.co.uk*

Best spa room

The Reeds, South Lodge, Sussex

South Lodge was already famous for its world-class spa facilities, but when it opened eight luxe eco-friendly lakeside spa lodges last year, the celeb count tripled. Expect an outdoor bath, an infra-red sauna overlooking a wild swimming lake and breakfast hampers each day. *Spa lodges from £1,400pn, rooms at South Lodge from £465pn; exclusive.co.uk*

Best luxury spa

Chewton Glen, Hampshire

Treehouses

At ground level you'll find all the facilities you'd expect from a world-class spa, alongside a huge list of treatments. But it's up in the trees where the magic happens. Read a book from the comfort of your terrace hot tub, set your eyes on the skies for shooting stars or book an in-room massage. *From £425pn; chewtonglen.com*



Top-left: The Reeds, South Lodge, Sussex. Above: Buahan, a Banyan Tree Escape, Bali. Top-right: Castara Retreats, Tobago. Far-right: Wylder, Ibiza

Best honeymoon havens

Whether you're celebrating your nuptials or pressing pause, these hotels put love front and centre

Best paradise island

Huvafen Fushi, Maldives

While the setting does a lot of heavy lifting (you're in the Maldives, after all) it's the depth of the experience that sets Huvafen Fushi apart from other hotels in the region competing for the loved-up pound. Highlights include an underwater spa and snorkelling trips led by a marine biologist. Romance comes naturally, but it's the quiet attentiveness and sense of being genuinely looked after that lingers longest. *Seven nights, half-board, including flights, from £3,699pp; travelbag.co.uk*

Best safari experience

Sasaab Lodge, Kenya

Set on the banks of the Ewaso Nyiro River, Sasaab marries adventure with breathing space. Days move between walking safaris, river swims and moments of stillness, while evenings are spent in suites designed for stargazing. The fact that those honeymoon extras (from breakfast in the bush to floating above the Laikipia Plateau in a hot air balloon) are more considered than showy makes the experience all the more memorable. *From £997pn; thesafaricollection.com*

Best room for romance

Buahan, Banyan Tree Escape, Bali

No walls, no doors – that's the USP of this one-of-a-kind hotel, nestled in the valley of Bali's Batur Mountain. Wooden villas deliver the kind of destination decor you'd expect from an episode of *The White Lotus*, while sleeping with just a set of curtains

separating you from the jungle beyond makes for a bucket list experience like no other. That you have your own plunge pool in the villa – together with a butler service – only adds to the love bubble experience. *From £1,053pn; banyantree.com*

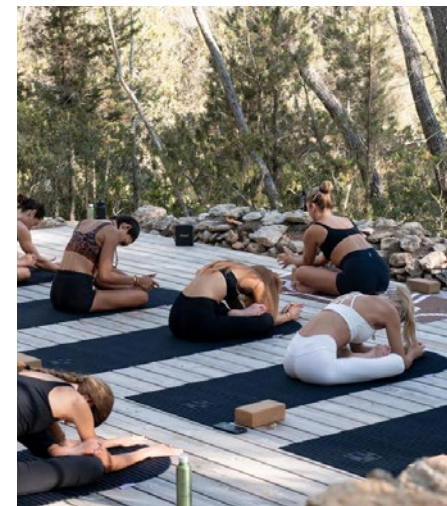
Best retreats

These top-tier retreats extract you from the daily grind and deposit you somewhere else entirely

Best for pilates

Casa Eleven, Mallorca

Anyone who's had the privilege of spending a few days roaming the hills of this belter of a Balearic isle will know that Mallorca possesses a certain kind of magic; one that's only amplified under the considered care of Amy Cath and Jule Kunz. Our editor joined a three-day retreat at



Best eco escapes

For travellers who want their holiday to tread lightly. These stays put nature first, without compromising on comfort

Best for nature

Castara Retreats, Tobago

This is nature in all her glory. Castara Retreats sits on a hillside where the rainforest spills into the sea, and life is lived outdoors – expect barefoot breakfasts, hammocks and hummingbirds darting past as you sip your coffee. The 17 treehouse-style rooms are built from local wood, food comes straight from the garden and the ocean doubles as your pool. *From £163pn; castararetreats.com*

Best for conservation

Wilderness Vumbura Plains, Botswana

Game drives to spot the Big Five, guided walks and night safaris are all part of the magic of Vumbura in the heart of the Okavango Delta. Run on 100% solar power, conservation is at its core, with Wilderness camps helping to protect 6m acres of land and wildlife, empower village communities, serve food made from regional ingredients and invest in local education. *From £1,464pn; wildernessdestinations.com*

Best for sustainability

The Wood Hotel By Elite, Swedish Lapland

One of the tallest timber buildings in the world is also one of the most unique places our editors have ever stayed. Set in Skellefteå, northern Sweden, it's a shining example of eco-conscious architecture, constructed from locally sourced wood and proudly climate neutral (it'll become climate-positive later in its lifecycle). You'll love the simple Scandinavian interiors, rooftop Vana spa with infinity pool, Sunday yoga classes and Wilderness Centre with eco-friendly snow mobiles. *From £120pn; elite.se*

Best solo getaways

From active escapes to restorative breaks, these trips deliver the independence of solo travel with support that comes with company

Best walking holiday

Camino de Santiago, Spain with Macs Adventure

Walking the last leg of the famous Santiago pilgrim route brought our travel editor to tears. The simple act of putting one foot in front of the other is a tried-and-trusted method for processing difficult emotions; do it on a route trodden by millions and, even in solitude, you'll never feel alone. Macs Adventure takes the weight off by arranging for your luggage to be delivered ahead of you each day, so you can travel light.

Seven-nights from £939pp; macsadventure.com

Best active break

Malta with SwimTrek

Got a water-based goal this year? SwimTrek offer the hand-holding you need to ensure your open-water technique is making a splash. Days are spent swimming up to 5km under cliffs, through sea caves and along the clear waters of Malta, Gozo and Comino, with expert guides keeping a close eye on conditions (along with everyone's nerves).

Three-day Malta escape from £850pp (runs from 12 June to 18 Sept); swimtrek.com

Best adventure trip

Costa Rica with Intrepid Travel

Intrepid's small group getaways mean the best of both worlds – solo travel, but with people to unpack the day. Our editor described the tour as 'an endless combination of pinch-me moments', from searching for sloths to sitting in volcanic hot springs. Being part of a group also grants access to hard-to-reach places, such as eco-farm Tierra Amiga and the indigenous Térraba community.

From £1,767pp; intrepidtravel.com

Best wellbeing cruise

Think cruising isn't for you? A new wave of ships have been built with the wellness crowd in mind. From world-class spas to rooftop tracks, these are boats worth booking

Best spa experience

Mareel Wellness & Beauty with Cunard

Cunard is the best in the business when it comes to sanctuaries at sea. Two-storey Mareel Wellness & Beauty combines spa facilities, including an Aqua Therapy Centre and treatments such as Rasul mud rituals, with wellness programmes and fitness classes, meaning you can curate a personalised floating retreat. Two-night cruises from Southampton to Hamburg start at £199pp; cunard.com

Best active adventure

Arctic Cruise with Seabourn

Polar bears, ice plunges and submarines aren't on your average cruise itinerary, but Arctic expeditions with Seabourn unlock a whole new world, which is probably why they're attracting a younger crowd. These bucket-list breaks will take you to some of the most remote places on Earth, including Iceland, Greenland and the Canadian Arctic, led by a team of expert guides.

From £7,819pp; seabourn.com

Best for fitness

Virgin Voyages

Expect state-of-the-art Technogym Artis equipment, studios running HIIT, barre and bungee classes, and PTs on hand to keep you honest. Had enough of four walls? Take your workout outside with deck yoga or a few laps of the running track. Recovery comes courtesy of turmeric açai smoothies from the juice bar, followed by an Ayurvedic treatment in the spa.

Four-night Fire & Sunset Soirées cruise from Miami to Beach Club at Bimini from £856 per cabin; virginvoyages.com



Best for community & connection

For travel that goes beyond the resort gates. These winners prioritise creating experiences to bring people together

Best for socialising

Sensoria, Dolomites, Italy

From welcome drinks to spaces designed with mingling in mind, connection is built into the very bones of Sensoria. The hotel has existed here since the 1970s, but a pandemic-era renovation put social mixing front and centre, and to be a

guest here is to feel like part of the family. The all-inclusive nature incentivises long, lazy lunches with fellow travellers and debriefing with a digestif by the fire post-dinner, while the swim-in, swim-out pool and treatment rooms overlooking the mountains only add to the ambiance. It's one of a kind. From £170pp; sensoriadolomites.com/en

Best for supporting local

Salt of Palmar, Mauritius

Besides being aesthetically pleasing, at this design-led hotel you can cook a Mauritian curry with the head chef, mix local cocktails with a bartender or take a painting class with a Mauritian artist. But the pièce de résistance in Salt's

community-nourishing crown is its Skills Swap programme, allowing guests to exchange their time, talent and skills with locals.

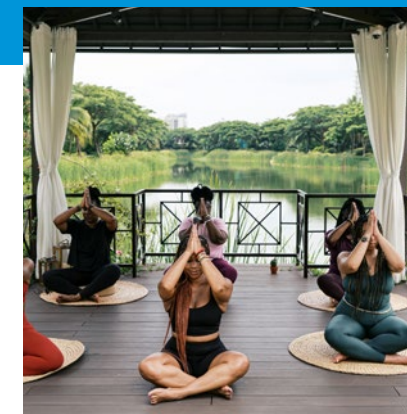
From £167pn; saltresorts.com

Best for community action

Jakes, Jamaica

Stay in one of the rainbow-hued, oceanside cottages at family run Jakes and you'll quickly become part of the family – mingling with locals at the bar and sharing conch curry and open-air film nights at neighbourhood restaurant Jack Sprat. Get involved with Breds Treasure Beach Foundation and you can support local initiatives pulling together to rebuild post-hurricane. From £131pn; jakeshotel.com

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Best specialist retreats

From optimising sleep to taking an Ayurvedic approach to fertility, these places support you with something specific

Best for sleep health

The Good Sleep Retreat, Ockenden Manor

Led by leading sleep psychologist Dr Maja Schaedel, this three-day programme is designed to determine the root cause of your issues and equip you with the tools to improve the quality of your slumber once you're back at home. Three-day programme £999; hshotels.co.uk

Best for alternative fertility

The Ananda, Himalayas

Offering anyone preparing to conceive (naturally or by IVF) the chance to immerse in Vajikarna, an ancient branch of Ayurveda connected to fertility. You'll focus on cleansing the body of toxins and stabilising hormonal fluctuation through a mix of emotional healing, acupuncture and diet. From £13,565pp; anandaspa.com

Best for inclusivity

Aligned Life Retreat, Arizona

OMNoire retreats are curated wellness itineraries for women of colour. Alongside the usual wellness retreat fare you'll do sound healing, vision boarding and mark the summer solstice. That it all unfolds in the otherworldly landscape of the Scottsdale desert in Arizona make for a unforgettable experience. Five-day retreat (10 to 14 June) from £2,102; omnoire.com