

# TRAVEL+ LEISURE

## 15 Wellness Retreats Around the World That Will Leave You Feeling Fully Restored

When only the finest pampering will do, these retreats are the perfect way to rejuvenate your body and mind.

BY [MAYA KACHROO-LEVINE](#)

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Is there anything more indulgent than a spa day? We think not, especially considering the treatments we found at some of the world's most relaxing hotels. For when the tension in your shoulders just isn't releasing, venture to the Tuscan countryside for an outdoor soak, or to the Sonoran Desert for al fresco meditation sessions and plant-based tasting menus. From exfoliating salt rubs infused with lavender and rosemary to fitness programs that include smoothie breaks by the pool, these wellness retreats around the world promise to relax and reinvigorate you. So if your stress level isn't

abating and only the finest spa pampering will do, here are some glamorous treatments guaranteed to leave you feeling well cared for and fully rested

## **Andronis Concept Wellness Resort, Greece**



CREDIT: COURTESY OF ANDRONIS CONCEPT WELLNESS RESORT

[Andronis Concept Wellness Resort](#) may be in Santorini, one of Greece's busiest islands for tourism, but you'll never encounter crowds here - only restorative bliss and solitude. Perched on a hilltop, the wellness resort is actually one of the highest points in Santorini, removing guests from the bustle of the island and instead offering them a private infinity pool (in every suite) overlooking the water. While the sunsets here are restorative in their own right, Andronis Concept Wellness Resort also offers daily hiking, yoga, personal training, and other fitness classes, as well as nutritionist-rooted cooking classes that promote a Mediterranean diet. Their Kallos Spa is known for using CBD and Ila balms and oils to heal the body with all-natural ingredients.