

## 11 Top Wellness And Medical Spas



**Joanne Shurvell** Contributor 

Travel

*I write about travel, food, culture and fashion.*

Follow

If you want to start the year by breaking from routine or to address mind and body issues, a health-focused resort is ideal. Rather than booking a resort with a sauna, pool and hot tub, try one that offers more in terms of treatments and therapies. Here are some of the world's best wellness retreats that will help you feel rejuvenated, relaxed and healthier. There's even one spa that offers programs to deal with long-covid.

### 10. **Andronis Concept Wellness Resort**, Santorini, Greece



Andronis Concept Wellness Resort, Santorini, Greece ANDRONIS CONCEPT WELLNESS RESORT

Set on one of the highest points of Santorini, Andronis Concept features suites with private, ocean-facing infinity pools. A hiking path runs parallel to the property and wellness experts offer daily hikes, yoga, tennis, personal training, nutritionist approved Greek cookery lessons, and launched in 2021, CBD treatments using Ila's concentrate balm which is known to alleviate inflammation and numb pain caused by trauma.