

Women's Health

The 2023 Women's Health Travel Awards Are Here

Editors scoured the globe to bring you the best.

BY MARIDEL REYES, LINDSAY GELLER AND NEHA TANDON PUBLISHED: JUN 6, 2023

A vacation should light you up, whether it's a jaunt to a neighboring town or a trip around the world. And that's especially true when said journey incorporates the great outdoors. To this end, *Women's Health* editors have been going hard on their airline and auto miles and now have the recs, experiences, and stories to show for it.

Plus, there are actual health benefits to taking PTO. Studies have found that vacations can positively impact everything from blood pressure to creativity and energy levels. And you don't have to go far (or for that long) to reap tangible rewards: Planning and anticipating a trip can bring as much enjoyment as the vacation itself, finds a 2014 study from Cornell University. That's why *Women's Health* launched the inaugural Healthy Travel Awards. It's the definitive guide to the buzziest and best places, experiences, products, and services that nourish a wellness traveler's mind, body, and soul.

How We Chose The Winners

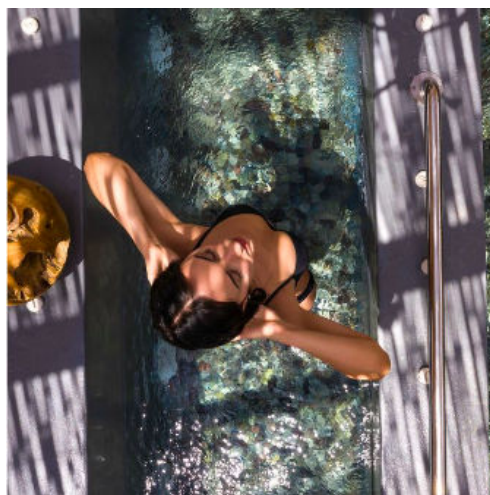
Women's Health didn't need to go far to assemble a globe-trotting panel of experts: A scroll on our social feeds shows editors checking out new wellness experiences worldwide—and testing the latest and greatest innovations in our New York City backyard. (One editor clocked 9 countries and flew 32,000 miles in the past year—more than the circumference of planet Earth.)

WH staffers are uber-connected trendspotters. So the panel consulted their travel, hospitality, beauty, and wellness contacts to learn about the latest gotta-try breakthroughs. Then, after sifting through hundreds of entries, the panel personally tested many of the finalists. The result: A truly comprehensive winner's circle of the year's best and brightest.

Spas That Are Truly Transformative

WH editors have the tough job of visiting the best spas in the world and trying cutting-edges treatments to determine which ones move the needle. Beauty Director Brian Underwood has experienced some of the most sought-after beauty treatments in the world. Fitness Editor Jennifer Nied was a former staffer at a spa magazine and now tests innovative recovery methods to see what *actually* lives up to the hype. All the below picks have been visited, vetted, and adored by *WH* staff. After a combined decades of travel, use their favorites to start planning your next getaway.

BEST HOTEL SPA



**Evexia Spa at Andronis
Arcadia, Greece**

On the island of Santorini, a few minutes from Oia, is the Evexia Spa at Andronis Arcadia. The facilities sit on a caldera—the remaining outer ring of a collapsed volcano—a place that’s said to be energetically charged. “It certainly feels powerful to stand on the cliffs overlooking the Aegean, taking in the salty, mineralized air,” says *WH* Features Director Kristin Canning, who visited in October 2022.

“It helped me sleep like a rock and feel deeply grounded during my stay.”

The spa offers Thai massage (bodywork that’s performed on the floor, as the therapist assists you in stretches designed to increase blood flow and range of motion), as well as massages with crystals, warm poultices, and marma therapy, an Ayurvedic technique targeting energetic points along the body. Evexia also has Kneipp therapy, which involves walking through alternating cold and hot pools with acupressure and reflexology stones on the bottom. The spa works with different wellness luminaries worldwide for a year of residency, so these experts always create different programs. In 2023, Dr. Zulia Frost, MD, is partnering with the spa to offer red-light therapy using a wearable device called the FlexBeam, as well as incorporate her training in Traditional Chinese Medicine (TCM) and acupuncture to help develop treatments that blend eastern and western medicine. “Being there felt as much like an opportunity to learn as it did to relax,” recalls Canning.

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EVEXIA SPA AT ANDRONIS ARCADIA