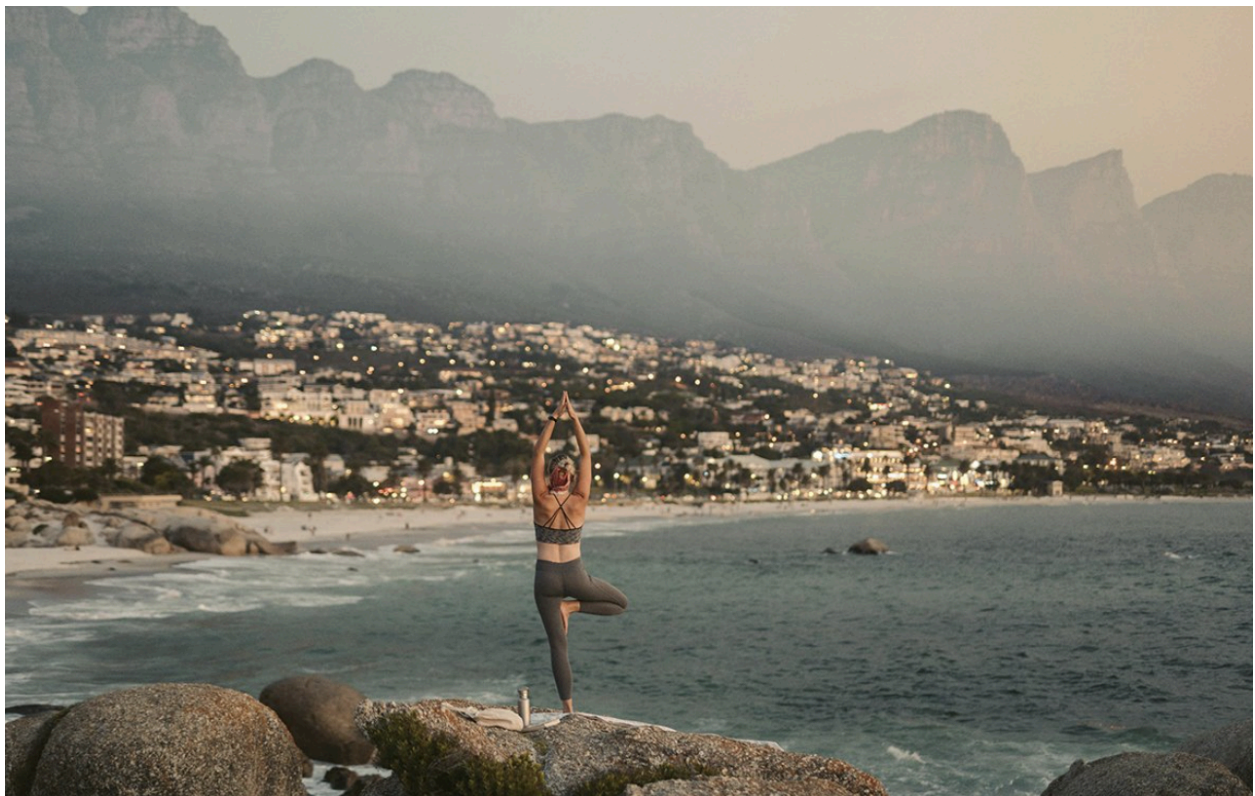


# SPA & BEAUTY *today*

## THE BEST WELLNESS RETREATS AND PROGRAMS TO SIGN UP FOR IN 2024

KAMALA KIRK · JUNE 3, 2024



Wellness tourism is on the rise, currently worth \$651 billion annually—according to the Global Wellness Institute (GWI)—and continues to grow at a fast rate. It is predicted that it will expand at an average growth rate of 16.6% over the next five years and by 2027 will reach a record \$1.4 trillion.

More people are seeking getaways and travel experiences that are designed to maintain and enhance their personal well-being. Wellness is also becoming more of a priority in the corporate world with many companies taking their employees on group wellness retreats to enhance team performance and foster personal growth. As a result of these increasing needs, many resorts and hotels are offering fully immersive wellness retreats that include amenities, activities, and workshops that promote physical, mental, and spiritual health.

Wellness retreats offer many benefits for participants including offering the opportunity to disconnect from their busy lives, reducing stress and anxiety, improving health and well-being, connecting them with like-minded individuals, helping them to heal and achieve personal goals, and enabling them to gain a new perspective and outlook on life.

From yoga and meditation to a couples retreat and even an underwater retreat, we've compiled the ultimate list of the top wellness retreats and programs to sign up for in 2024. Some of these are offered year-round while others are available only on specific dates. Read on to discover and book your next life-changing adventure in paradise:

## Tone Up + Wine Down Wellness Weekend (Hotel Californian)



Celebrated for its stylish atmosphere and eclectic decor, [Hotel Californian](#) is a luxurious 121-room property in Santa Barbara—inspired by the Moorish Troubadours of medieval Spain and iconoclasts of the Mediterranean.

From June 7 to 9, 2024, wellness-centric guests are invited to a [Tone Up + Wine Down Wellness Weekend](#) inclusive of wellness classes and expos, including Reiki-Infused Chakra Sound Baths, Yoga Sculpt, Vinyasa Flows, and more. Relax and recharge with specialized classes, samples, wellness tips and more and finish each class with a beverage station, featuring wine from Foley Family Wines portfolio.