

AFAR

The 15 Best Destination Spas Around the World

The hustle of everyday life can be overwhelming. The solution? A visit to a destination spa. Unlike typical hotel spas where you toggle between the real world and fleeting moments of tranquility, destination spas immerse you in an environment of complete rejuvenation. And while some offer the occasional indulgence (glass of wine, anyone?), most focus on promoting clean, healthy living with holistic experiences designed to engage the senses, soothe the mind, and revitalize the spirit.

In the latest installment of AFAR's [Hotels We Love](#) series, we've scoured the globe to find the 15 best destination spas. From secluded retreats in quiet pockets of the USA to a drop-out wellness island (yes, a whole island) in the Maldives, these sanctuaries offer more than relaxation—they're a gateway to a world of serenity that rejuvenates both body and soul.

3. The Ranch Malibu



- **Location:** Malibu, California
- **Why we love it:** A luxe boot camp for holistic transformation
- **Loyalty program:** none
- **Book now**

Set on 200 sprawling acres in California's Santa Monica Mountains, **the Ranch Malibu** is a structured program focusing on fitness and weight loss that some people jokingly call "a high-end boot camp." Catering to a maximum of 25 guests per week, the Ranch offers a very private environment that's perfect for celebrities and wellness enthusiasts seeking discretion.

The 21 cottages are stripped down and designed for unplugging—think a neutral color palette and no TVs. Days begin with an early wake-up call for a two- or four-hour morning hike, followed by yoga, workout classes, meditation, massages, and more. When it comes to food, less is more, with vegan meals created for detoxing. It's all part of a deliberate approach to nutrition, reinforced by weekly cooking classes where guests can learn the secrets of the property's plant-based cuisine (all sourced from the on-site regenerative organic garden and local farms).

Coffee used to be a no-no here, but the Ranch is now serving an in-house roast with antioxidant-rich benefits. Another new elective offering: colon hydrotherapy. All in all, it's a structured program that encourages guests to disconnect from their busy lives and reconnect with their health and well-being in a luxurious setting. *From \$7,600 per person (based on double occupancy) for a six-night stay, including food and activities*