

The best wellness retreats for 2019

Nora Zelevansky, CNN • Published 15th January 2019



The best new wellness retreats for 2019: Anantara Kihavah is set on a private island in the Maldives within a UNESCO Biosphere Reserve.

Anantara Hotels, Resorts & Spas

(CNN) — Once, a simple hangover breakfast might have sufficed for a reset on January 1, but not today: The world is moving lightning fast and keeping up doesn't generally include taking a moment to breathe.

So, it's no surprise that the retreat trend continues to grow: According to the [Global Wellness Institute](#), worldwide wellness was a \$4.2 trillion industry in 2017, with \$639 billion dedicated to "wellness tourism."

For 2019, people are once again turning to well-being retreats for a chance to escape, unplug, reset and start anew. And the definition of "wellness" continues to expand: "We have noticed a spike in [travel](#) requests that are spearheaded by a keen interest in wellness and spirituality," says Sarah Casewit, co-founder of Naya Traveler, an international, women-run company that specializes in custom itineraries.

"People's understanding of wellness goes well beyond a fancy spa and an infinity pool: [It's] a wholesome, all-encompassing theme that explores the healing elements of physical treatments, as well as spirituality, cuisine and art, within the cultural context."

Here, we've uncovered 11 holistic wellness retreat [destinations](#) around the world -- with offerings from TED-style talks to ancient shamanic rituals -- designed to help people relax, heal and get inspired:

The Ranch, Dolomites

Where: Hotel & Spa Rosa Alpina, the Dolomites, Italy

When: August 25 to October 19

What: In 2010, The Ranch at Malibu -- a six-day, seven-night (minimum) integrative wellness retreat destination on a working ranch in California's Santa Monica Mountains -- opened, attracting Hollywood's elite and making an instant name for itself.

Now, they're taking their show on the road to a charming Alpine hotel in San Cassiano, offering 22 guests an Italian pop-up version of their mind-body recalibration.

The program includes intense fitness and wellness regimens (eight hours of low-impact activity for calorie burn—often hikes and yoga, offset by massage) and a strict vegan diet.

Never fear: Using locally grown ingredients, chefs prepare plant-based versions of Italian fare like spinach and zucchini lasagna with homemade macadamia nut "ricotta" cheese.

Don't miss: This UNESCO Natural World Heritage site has hundreds of miles of trails -- all with varied views. Some days, retreaters hike ridge-lines at higher altitudes; on other days, they're in the woodland forest, along running streams and by waterfalls.

The Ranch Dolomites at Rosa Alpina Hotel & Spa, Strada Micurá de Rù, 20, 39036 San Cassiano in Badia (BZ) Italy, (+39) 0471 849 500