



# DESTINATION SPAS

How we define wellness continues to evolve. This year's winners are proof that one trend-connecting with nature-is holding strong.

#### 15 REST SDAS UNITED STATES

### 1. Mil Amo \*

Sedona, Arizona 96.00 At this beloved resort. which completed a top-to-bottom refresh in 2023, guests spend their days moving from sound baths to Thai massages to hikes in the surrounding desert.

#### The Ranch **Hudson Valley** Sloatsburg, New York

Sundara Inn & Spa Wisconsin Dells Wisconsin 94.08

#### Cal-a-Vie Health Spa Vista California 93.

- The Ranch Malibu \* California 92.88
- 6. Miraval Berkshires Lenox, Massachusetts
- 7. Hilton Head Health South Carolina 92.05
- 8. Canyon Ranch Lenox Massachusetts 81.77

The Lodge at Woodloch ★ Hawley, Pennsylvania

10. Civana Wellness

#### Resort & Spa Carefree, Arizona 91.43

- 11. Miraval Arizona
- 12. The Art of Living Retreat Center Boone, North Carolina
- 13. Lake Austin Spa Resort \* Austin 90 97

- 14. Canyon Ranch Tucson
- 15. Ten Thousand Waves -Houses of the Moon Santa Fe 89.80

#### 5 BEST SPAS

## INTERNATIONAL

1. Surf Synergy Jacó, Costa Rica 98.80

This all-inclusive wellness escape on Costa Rica's Pacific coast focuses on surfing, but also

integrates yoga, cryotherapy, and breathwork into its weeklong programs.

2. Schloss Elmau Elmau, Germany 98.00

3. Amatara Welleisure Resort Phuket, Thailand 97.26

4. Rancho La Puerta ★ Tecate, Mexico 86.94

5. BodyHoliday St. Lucia 93.69



Whether readers were interested in walking along Mauna Kea or enjoying a custom wine pairing from a vintner at a villa in the south of France, these companies had them covered.

## 5 REST

## LUXURY VILLA-RENTAL COMPANIES

1. East West Hospitality

This Colorado-based provider has a portfolio of top-tier rentals in ski destinations like Lake Tahoe and Vail, plus beach retreats in Hawaii.

## Tuscany Now & More

Villas of Distinction 4. ThirdHome

5. Abercrombie & Kent Villas