

The Wellness TRAVEL *Resorts to Melt Away Your Troubles* boom:

Written by Wendy Rose Gould

Wellness travel goes by a lot of names these days: burnout breaks, calmcations, renewal retreats. Whatever the trendy label du jour, the through-line among them all remains the same. Increasingly, travelers are craving—nay, longing—for vacations designed to support their mental, physical, and emotional well-being rather than simply offer escapism or a ‘gram-worthy shot of a latte.

“We are seeing a clear and sustained shift toward wellness-driven travel,” says Erik Aiple, travel expert and CEO of Fit4Travel. “*People are intentionally choosing experiences that help them reset and not just escape or check a destination off their ‘bucket list.’ This is no longer a niche; it is becoming a core reason people travel.*”

Erin Clifford, LPC, a corporate wellness consultant who works closely with high-performing

professionals, agrees. She says she’s seen this pivot among her clients, noting that a primary travel goal is to reset their nervous system and find space for reflection.

She tells us, “The benefits are both immediate and long-term. From a mental health perspective, stepping away from daily demands allows your nervous system to downshift, which can reduce stress, improve mood, and enhance cognitive clarity. And physically, many of these wellness destinations prioritize sleep, nutrition, and movement to support energy regulation and overall health.”

The idea is to return from vacation feeling legitimately refreshed, and not, ironically, in need of a “vacation.” Ahead, we’re sharing some of the most iconic wellness resorts that’ll help you melt away tension and troubles.





CANYON RANCH

on the East & West Coast

With roots dating back to the 1970s, Canyon Ranch has become one of the most iconic “old money” sort of resorts in the United States. Today, there are two locations: Lenox, Massachusetts and Tucson, Arizona (the original). Though one offers picturesque Berkshires and the other a magical desert oasis, both deliver a full-stop wellness experience with an ethos built around holistic, lifelong health versus quick fixes or surface-level luxury.

“I often recommend Canyon Ranch because it takes a comprehensive approach to well-being,” Clifford says. “Guests have access to experts in nutrition, movement, and mental health, as well as structured programming that supports real lifestyle shifts. It is an ideal environment for someone who wants both insight and a clear path forward.”