

TRAVEL • REST STOP • HOTELS

# 17 Hotels Doing Wellness Travel Right

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In an age of hyperproductivity, extreme optimization, and multi-function everything, people are starting to vacation differently. Many travelers are moving past crammed itineraries and busy sightseeing, in favor of more intentional tourism. To create more restorative moments of rest and overall wellness, we've seen a rise in [grief retreats](#), [quiet quests](#), and even "[calmcations](#)".

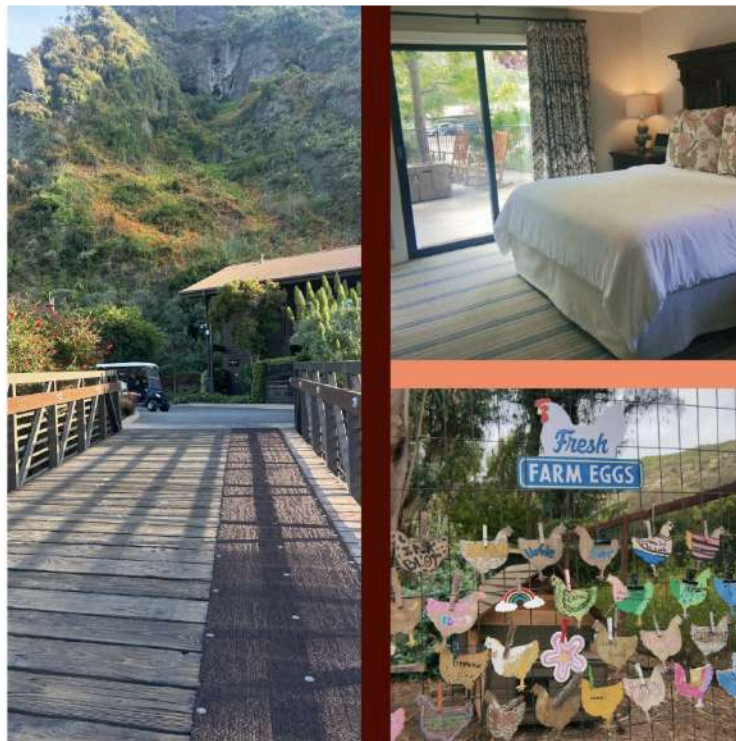
Wellness tourism is booming, and it's not slowing down anytime soon, with the industry projected to grow from \$1 trillion to \$3.25 trillion between 2025 and 2034, per [Fundamental Business Insights](#). The industry broadly refers to hotels and retreats with a wellness specialty, whether that means a workout program, a cutting-edge spa, a plant-based menu — or all of the above. But some properties are also carving out more specific niches with offerings like equine therapy, spiritual rituals, falconry, in-room infrared therapy, and a menu of [biohacking therapies](#).

Henley Vazquez, the co-founder of modern travel agency Fora, says she tends to see an uptick in wellness travel bookings in January. She has a few theories as to why that might be: "One is that you come out of the holidays and you want a fresh start in the new year. Instead of just making a New Year's resolution, you're actually going and doing something about it," Vazquez says. But she also thinks there's a greater awareness around health and wellness following the COVID-19 lockdown, as many people turned to the great outdoors for relief. "For lack of anything else to do, [people] bought a pair of hiking boots and climbed a mountain and found out, 'Actually, this makes me feel really good,'" she says.

These days, there are options for every kind of traveler, making wellness travel more appealing and more accessible than ever before. But wellness has also become a baseline consideration for even the most traditional trips. Someone seeking out a summer beach vacation might also be asking themselves, "How do I come back as a better person?" Vazquez explains.

With so many wellness offerings to choose from, these are the tried-and-true properties Popsugar editors believe are doing wellness tourism right. From a luxury lifestyle hotel in Portugal, to a relaxing oceanfront property in Laguna Beach, we rounded up some of the standout stays for health, fitness, and overall wellness. Read on for our recs, but be warned: travel bookings may ensue.

## 03



PS Photography | Chandler Plante

# The Ranch at Laguna Beach

"Here, wellness feels enchanting, not intimidating. After check-in, a golf cart drove me straight to the beach where I ordered a lobster roll and sipped a smoothie on the sand before the sun permanently dipped behind the clouds. Slipping into dry clothes, I went for a walk around the grounds, and could barely believe I was still in California, surrounded by massive eucalyptus trees, rolling hills, and bright pops of orange nasturtiums. I chose to do another quick workout in my (gorgeous) room, but [The Ranch](#) also offers fitness sessions of its own, including a 45-minute restorative yoga class in the chef's garden, and a HIIT fitness class — both complimentary for overnight resort guests.

Dinner featured produce and fresh herbs from the hotel's own half-acre [Harvest Farm](#), which I had the privilege of visiting the next morning (daily farm tours are available for all overnight resort guests). I got the mushroom risotto and had to stop myself from licking the plate. That night the staff helped me light the fire pit, where I listened to music and enjoyed a rare moment of total solitude.

It's worth noting that my Oura ring tracked 105 more minutes of restorative time than usual during my stay at The Ranch — wellness tourism, indeed. But it wasn't over just yet: In the morning, our wonderful farm guide led us around the Harvest Farm and let us feed the chickens — an enthusiastic first for me. We sampled strawberries, smelled the lemon balm, and learned about the produce being grown for the summer menu.

In the end, I was sad to go, but I resolved to return for some of The Ranch's additional wellness offerings, like [the Recovery Cabana](#), which features an infrared sauna and a cold plunge. Advanced wellness enthusiasts might also be interested in the hotel's [Revitalize Experience](#), which allows guests to choose from a curated menu of IV therapies, and have the treatment performed in-room or in outdoor wellness spaces." — Chandler Plante, staff writer & social producer