



# The 15 Best Wellness Retreats in the World

Written by **Betsy Blumenthal** • January 06, 2017

15 PHOTOS



New year, new you—right? Here at *Traveler*, we don't expect you to take on 2017 without a little help, and that's why we've rounded up the 15 best wellness retreats, as voted during this year's [Readers' Choice Awards](#). Whether you're into hiking or yoga, or just need a nap-inducing Swedish massage, book now to rejuvenate both mind and body. (Oh, and expect plenty of sand, sun, and five-star dining, too.) Counting down...





## 2. Aro Hā Wellness Retreat, Glenorchy, New Zealand

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Overlooking the otherworldly expanse of Lake Wakatipu, in New Zealand's Southern Alps, the intimate, 20-room [Aro Hā Wellness Retreat](#) is close to perfect. The self-sustaining retreat's biggest draw might just be its [epic setting](#)—eco-friendly suites and singles are surrounded by colossal sapphire lakes and snowcapped peaks—but its rejuvenation offerings are also impressive. Try the 'Wellness Adventure' programs for a New Year's lift—a little yoga here, [a little hiking](#) there—and a whole lot of wholesome veggie cuisine should have you feeling fresh in no time. But it's not all body talk: a stay at Aro Hā will teach you some tricks for mindfulness, too. All the better to keep from zoning out once you're back to your desk (though we can't guarantee you won't daydream about the views).

*Courtesy Aro Hā*