

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



A gentle pace toward restoration: Slowing down to reconnect with each other and the land during a mindful walk through the sun-dappled olive groves of Tuscany.

Wellness Travel... Beyond the Spa

Dear Friends,

Over the years, we've seen the idea of wellness travel quietly evolve. What once meant a few spa appointments between sightseeing outings now looks very different and, perhaps, far more meaningful. Instead of starting with a look through the treatment menu, today's wellness-seeking guests are getting an idea of space, nature, intention, and the opportunity to truly slow down.

It is these restorative trips that stay with us the longest. Perhaps it was days shaped by early morning yoga or hikes to wide horizons. Perhaps it was having a meaningful conversation with a local artisan. Today's wellness retreats emphasize movement that feels grounding rather than punishing, meals that tell a story of place, and those delicious moments of stillness on a quiet forest path, beneath a star-filled sky, or beside the vast sea.

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Our Rebecca Recommends portfolio brims with destinations where wellbeing is woven into daily life. In many places, nature takes the lead. Remote wilderness reserves offer guided hikes that reveal ancient stories etched into rock. In vineyards and on working farms, wellness is found in soil, sunlight, and seasonal rhythms. On dramatic coastlines, the ocean sets the pace.

Not to be overlooked, wellness flourishes in our favorite urban settings, as well. Buzzing city experiences are reframed through a group jog in the park, creative immersion, and locally sourced dining. Historic estates near European capitals make it easy to combine a city stay with quiet contemplation amidst countryside walls, gardens, and pathways.

Food, too, plays a starring role in our personal wellness. From farm-to-table kitchens and immersive cooking classes to foraging walks and wine country meals, it's not indulgence for indulgence's sake, but culinary experiences that remind us that what we eat, how it's prepared, and where it comes from matter.

As you peruse this newsletter, imagine your clients in need of a reset. Picture them in a sunrise yoga class overlooking ancient landscapes, on long walks or bike rides, or wild swims and hikes. Perhaps they'll want to experience indigenous wisdom and ancient philosophies, whether through Himalayan healing practices or First Nations storytelling. Whatever their version of wellness, whether that's active and curious, or just craving rest and restoration, you'll find it here, from South Africa to Scotland.

Help your clients see a new way to wellness through intentionally designed experiences that balance health, curiosity, and cultural connection. Should you have questions or want an introduction to one of our partners, please reach out.

Fondly,

Rebecca



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[News from Africa](#)



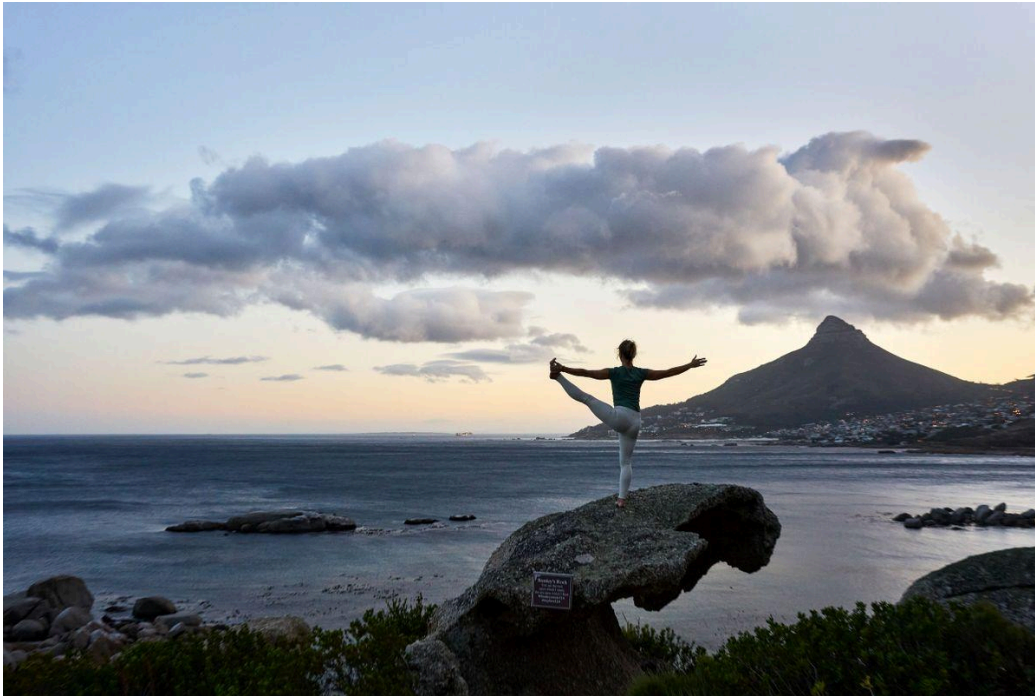
Under some of the clearest skies in the world, the universe unfolds: a guided stargazing journey at Bushmans Kloof where experts share celestial stories, and nature offers a profound connection.

[Bushmans Kloof Wilderness Reserve & Wellness Retreat](#) - A Soulful Retreat Where the Stars Align

Set in the heart of South Africa's Cederberg Mountains, Bushmans Kloof offers a sanctuary where nature and wellness intertwine. Guests can immerse themselves in stargazing experiences under some of the clearest skies in the world, guided by experts who share celestial stories. For those seeking active restoration, guided hikes through rugged landscapes reveal ancient rock art and indigenous flora, fostering a deep connection to the land. The spa complements this with treatments inspired by local botanicals, creating a holistic sense of balance. For an unforgettable cultural experience, arrange for your clients to dine at Kadoro, the property's remote shepherd's cottage, where candlelight and traditional flavors evoke a timeless sense of tranquility.

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A moment of mindful movement on Stanley's Rock at The Twelve Apostles Hotel & Spa, where wellness is immersive and authentic.

[The Twelve Apostles Hotel and Spa](#) - A Restorative Cape Town Retreat

Set between the Atlantic Ocean and the dramatic slopes of Table Mountain National Park, The Twelve Apostles Hotel & Spa offers a thoughtful blend of luxury and wellbeing. The award-winning spa features signature treatments, hydrotherapy pools, and a custom-built Rasul Chamber, where steam, mineral-rich muds, and gentle chromotherapy create a deeply cleansing ritual, followed by an invigorating rain shower. The surrounding wilderness invites guests to reconnect with nature through guided hikes in the National Park, revealing medicinal plants and edible herbs, along with tailored foraging experiences that highlight the Cape's unique biodiversity.

After a day of exploration, guests may retreat to their sea-facing suite, where the sound of the ocean provides a naturally calming backdrop, or enjoy a picnic at Stanley's Rock, taking in panoramic views that encourage rest and reflection. Here, wellness is immersive, authentic, and designed to restore both body and mind.

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Wellness is in the atmosphere. Let the state-of-the-art Vitality Pool melt away the outside world.

[Babylonstoren, Franschhoek Wine Valley, South Africa](#) - A Slow and Soulful Summer Reset

As the new year unfolds, Babylonstoren in South Africa's Cape Winelands hums with quiet energy. Days stretch long and warm, perfect for drifting between cool pools, shady oaks, and gentle walks through the gardens and orchards. Everywhere, intoxicating colors and fragrant flowers speak of the generous abundance of an African summer. It is a beautiful time to stay.

On the farm, wellness extends far beyond traditional spa offerings. Movement, rest, and nourishment are thoughtfully balanced through experiences that allow guests to slow down and reconnect. Stretch and Breathe sessions, guided by expert instructors, take place in the serene yoga studio, on the lawn beneath ancient oaks, or in the soft, dappled light of the Clivia House. Each setting invites a quieter rhythm and restores both body and mind.



Where every path is an invitation to slow down and reconnect. Discovering the quiet wonders of Babylonstoren.

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The fragrant heart of the Cape Winelands. Babylonstoren's lavender in full, glorious bloom.

Nature offers its own kind of healing on the farm. The Mountain Pool Drive provides rare access to crystal-clear mountain water and panoramic valley views. With picnics delivered to these secluded spots, moments of stillness unfold effortlessly. Alongside these wild swims, the spa's state-of-the-art vitality pools, the retro-cool cement farm dam, and rustic natural dams tucked between trees each offer their own kind of restorative pause.

Curiosity is nurtured as well. A wander through the Kitchen Garden leads to the newly opened Byzantium: a copper-clad ode to bees, pollination, and the abundance they bring. Expert-led garden and farm walks offer deeper insight into the plants, traditions, and local wisdom that have shaped Babylonstoren's culture of care.

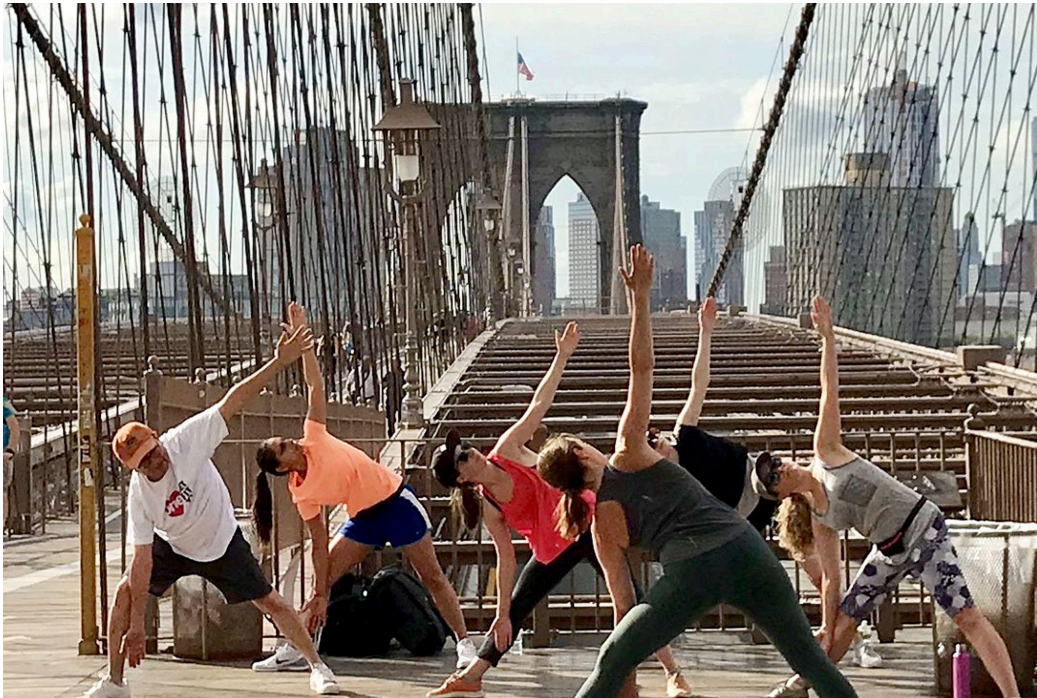
There is also gentle joy in learning something new. Workshops led by skilled hands, from gardening and foraging to seasonal food preservation, invite guests to reconnect with the quiet pleasure of making. As the old folks say, a little task is good for the soul.

Here, wellness is not built around appointments, but around an atmosphere that is grounded, generous, and deeply connected to the land.

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[News from Americas](#)



Sunrise serenity and mindful movement high above the city. A moment of urban restoration on an iconic New York City bridge, curated by American Stories Travel.

[American Stories Travel, East Coast, United States](#) - Wellness, NYC Style: Restorative Journeys Beyond the Spa

New York City might not be the first place that comes to mind for a wellness escape ... but it should be. Look past the buzz, and you'll find calm in the chaos: sun-dappled parks, vibrant local culture, mindful movement, and creative experiences designed to nourish the whole traveler. With American Stories Travel, wellness is about restoration through connection, creativity, and joy.

Their [VIP NYC Shopping Tour & Pampering Experience](#) is a perfect example of mindful indulgence. Personalized shopping with a stylist, private access, and a rejuvenating spa experience offers the space to slow down, feel good, and rediscover delight in the everyday.

Have clients looking to reconnect through culture? The private [NYC VIP Art & Design Experience](#) invites reflection and inspiration through curated studio visits and gallery moments. And foodies can get grounded with a [Private NYC Hands-On Cooking Class](#) that brings wellness to the table through local ingredients and sensory joy.

And for those who find restoration in movement, AST offers wellness in motion like a [Private New York City Yoga Walk](#), an [NYC Personalized Running Tour](#), and a scenic [Private Bike Tour of Central Park](#), just to name a few. Wellness isn't one-size-fits-all. In New York City, it's personal, powerful, and designed just for your clients.

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A space for intentional movement and deep restoration in the yoga deck and tranquil adult pool area.

[Curtain Bluff, Antigua](#) - Barefoot Bliss

One of the Caribbean's most iconic five-star beachfront resorts, and Antigua's only Relais & Châteaux property, Curtain Bluff is an all-inclusive sanctuary offering guests the highest level of service and a true taste of island luxury. The ultimate destination for a relaxing getaway, the boutique property invites guests to unwind at [The Spa](#), where treatment rooms are just steps away from the sea, and the luxurious cliffside soaking tub beckons a freshly brewed cup of tea from herbs picked straight from the garden. The adults-only Wellness Area additionally features an infinity pool and jacuzzi, along with a yoga pavilion where weekly yoga and pilates classes take place.

Beyond the spa, the property's recently launched Mindful Menus highlight the health benefits of local ingredients, including sea moss and green papaya, while also championing local farmers, fishing communities, and herb cultivators. Guests can also take part in intimate cooking classes led by Chef Christophe and his team to learn to prepare authentic Caribbean and international dishes using these fresh, locally sourced ingredients. Beyond culinary skills, participants gain insights into the hotel's sustainable practices and enjoy a unique cultural experience, culminating in a delicious meal and wine cellar tour.

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Enter the Temazcal: a journey of purification and rebirth, guided by ancient Mayan wisdom.

[Journey Mexico](#) - Where Nature Is the Greatest Healer

In the decades that Journey has spent exploring remote corners across Latin America, they've found wellness to be woven into the region's nuanced cultures and customs. There are plenty of exceptional spa experiences (from NASA-engineered massage treatments to state-of-the-art hydrotherapy sanctuaries), but they believe it's through immersion in nature that a sense of wellbeing reveals itself most powerfully. Appreciating, experiencing, and connecting with one's surroundings: a deep breath away from the busy day-to-day, realigning one's internal compass, and embracing the natural world's restorative qualities.

Invite your clients to pause at a private cenote on Mexico's Yucatán Peninsula, embracing the stillness as a local shaman leads a Maya blessing ritual. Arrange a private charter sail through the Brazilian Amazon (perfect for family bonding), venturing into the forest's inner reaches beneath star-peppered skies. The rolling white dunes and floating blue lagoons of Lençóis Maranhenses offer the ideal setting to disconnect from the phone and enjoy time with friends and family, while in Costa Rica, travel by helicopter into remote wilderness for secluded surf, rainforest hikes, and yoga by the sea.

If there's one thing we're reminded of time and again, it's that spending time in nature is an unbeatable way to feel rejuvenated, fulfilled, and connected.

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Whole-body restoration in wine country. Starting the day right with Stretch and Tone at Meadowood Napa Valley.

[Meadowood Napa Valley, California](#) - Wine Country Stillness

Nestled within 250 acres of pristine woodland, Meadowood Napa Valley redefines wellness travel by weaving restorative practices into the fabric of Napa's natural beauty and leverages its unique setting to create transformative wellness journeys. Approximately three miles of mulched pathways are tucked into the hillside, leading guests around the estate and offering unmatched views of the vineyards that blanket the valley floor and the mountain ranges that envelop Napa Valley. The Meadowood Labyrinth presents an opportunity to encourage a reflective experience in a focused and sacred space. The journey to the center brings attention to the present moment, letting go of distractions, hesitation, and responsibilities to others.

The property's curated fitness programming exemplifies this holistic approach. New in 2026 are several classes designed to combine fitness and mobility, in harmony with one another. Stretch and Tone, a full-body flow, combines dynamic stretches, core work, and light resistance training, while Core Burn and Deep Stretch pairs intentional mobility exercises with abdominal strengthening, releasing tension in hips, shoulders, and lower back while challenging stabilizer muscles through controlled sequences. Additional special programming includes Candlelight Restorative Yoga & Yoga Nidra on January 29th, offering deep relaxation through guided meditation and gentle postures. Gently turn inward with this candlelit evening of restorative yoga and restful meditation. Like the earth in hibernation, guests will be guided into a space of deep calm, allowing the mind to quiet and the nervous system to regulate.

These experiences integrate seamlessly with a wine country itinerary, where every element - from movement to dining to relaxation - serves guests' wellbeing intentionally and authentically.

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[News from Asia](#)



Finding serenity through Himalayan salt house breathwork at Dwarika's Sanctuary, aligning mind, body, and spirit.

[Dwarika's Sanctuary, Dhulikhel, Nepal](#) - A Himalayan Awakening

Today's travelers seek journeys with deeper meaning. They are drawn to places that offer curated, personalized wellbeing experiences shaped by culture and landscape.

Set before the eternal Himalayas, Dwarika's Sanctuary is a space where ancient Himalayan philosophies come alive. Rooted in the wisdom of the Vedas and Buddhism, it creates an atmosphere that opens the way for an inner journey, towards balance, harmony, and well-being. It is designed for travelers seeking not just rest, but profound renewal of body, mind, and spirit.

Wellbeing here is immersive and deeply personal. Curated experiences unfold through Ayurvedic doctor consultations, crystal room meditation, and Himalayan salt house breathwork, each thoughtfully designed to align mind, body, and spirit, drawing from time-honored Himalayan traditions. Experiences extend beyond the Sanctuary, opening pathways to serene hikes, spiritual encounters, and dharma talk with lama.

A minimum three-night stay allows guests to fully immerse themselves in the rhythm of Himalayan wellbeing and an immersive transformation.

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[News from Australasia](#)



Where the journey is as restorative as the destination. Not far from Blanket Bay, don't miss chasing the rainbow to a hidden waterfall, only accessible by air, for a truly elevated reset.

[Blanket Bay, Glenorchy, New Zealand](#) - Nature's Ultimate Prescription for Rejuvenation

Nestled on Lake Wakatipu with the majestic Southern Alps backdrop, Blanket Bay is a luxury lodge and a sanctuary. The stunning natural surroundings are key to the health experience, offering an unparalleled natural prescription for rejuvenation.

The moment your clients arrive, the sheer scale and beauty of the environment begin to work. Imagine waking up to the mist rising off the lake, surrounded by towering, snow-dusted mountains. This vista is not merely beautiful; it is profoundly restorative. Scientific studies confirm that exposure to natural landscapes, especially those as vast and pristine as this, reduces stress hormones, lowers blood pressure, and boosts mood. At Blanket Bay, this therapy can simply be the view from your window.

The local environment dictates the excellent cuisine. Chefs craft menus with clean, seasonal ingredients sourced from local Otago farms and waters. This focus on hyper-local, fresh food is integral to a restorative health experience.

Activities include quiet contemplation on lakeside trails, deep breathing of the world's cleanest air, adventurous alpine excursions with guided hikes into the Routeburn and Dart Valleys, and stargazing - the night sky is a tranquil astronomical spectacle that promotes deep relaxation.

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The purest form of restoration. Experience the ROKI Pure Pool as part of your tailored wellness 'rituals, resets, and rewilds' in Queenstown. Photo credit - ROKI Collection

[Southern Crossings, Australia, New Zealand, and Fiji](#) - Rewild the Soul Across the South Pacific

In an increasingly fast-paced world, wellness travel has become less of a trend and more of a necessity. Today's luxury travelers seek experiences that help them disconnect deeply, reconnect meaningfully, and return home transformed. An easygoing outdoor lifestyle, bountiful fresh produce, wide-open spaces, and breathtaking nature are the foundations for nourishing, restorative travel. Across Australia, New Zealand, and Fiji, Southern Crossings curates journeys that blend restorative natural settings with world-class lodges, nourishing cuisine, and personalized wellbeing experiences.

From rainforest-wrapped spas to ocean-view yoga decks and soul-stirring wilderness walks, this corner of the world is home to some of the most inspiring wellness escapes on earth.

This year, Southern Crossings' destinations have welcomed a collection of new wellness-focused stays, from New Zealand's ultraluxe ROKI Collection Queenstown with its wellness "rituals, resets and rewilds" and an indulgent new wellness sanctuary to the new Sanctuary at Alba Hot Springs and Spa with its 31 geothermal pools in Australia's Mornington Peninsula.

New Zealand's new world-class golf resort, Te Arai Links, has added a state-of-the-art spa and fitness center to its offering (which also includes yoga and pilates, beach walks and cycling, pickle ball, tennis, surfing, and horse riding); and Huka Lodge's recent renovations (revealed in March 2025) also included a stunning new wellness zone, while Flockhill in New Zealand's South Island will also unveil its nurturing new Wellness Spa in January.

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Finding true stillness where Fiji's warm breezes meet the horizon. A moment of deep restoration at Kokomo Private Island, curated by Southern Crossings. Photo credit - Kokomo Private Island Resort

Halcyon House on Australia's east coast has just expanded its wellness offering with an exclusive-use Hot and Cold therapy suite, while the Red Centre is set to welcome a new multi-day hike through Australia's spiritual heart, which includes exclusive-to-hikers accommodation within Uluru-Kata Tjuta National Park, including two nights at a new purpose-built lodge with a Wellness Centre offering foot spas, bathing, massages, and more.

Fiji's slower pace, friendly welcome, and warm tropical breezes invite instant relaxation, only enhanced by luxury island resort spas like Kokomo Private Island's Yaukuve Spa Sanctuary with its range of personalized wellness experiences.

From forest bathing to beachside yoga (performed to the soothing sounds of the didgeridoo), floating saunas and secluded alpine hot tubs, art workshops and cooking classes, spiritually led rituals providing connection to First Nations cultures, or active adventures enlivening all the senses, Southern Crossings' Travel Designers can curate tailored wellness-focused experiences right across the regions. Imagine:

- A sunrise yoga and breathwork session on Bronte Beach to the soothing sounds of the didgeridoo, a scenic coastal walk, surf lesson, and healthy breakfast in Bondi.
- A restorative, multi-sensory cultural wellness experience that combines Maori traditions with the restorative properties of nature at the Maori-owned Wai Ariki wellness center in Rotorua.
- Snorkeling with Weedy Sea Dragons on Australia's Mornington Peninsula, then joining a local marine biologist for a hair and skincare masterclass inspired by local ingredients.

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A moment of focused creation and deep cultural connection: transforming earth into art with an Aboriginal artist, amidst the spiritual heartland of Australia. Photo credit - Tourism Australia

- Learning to paddle a waka (a traditional Maori double-hulled canoe) on the tranquil waters of Abel Tasman National Park.
- Swimming with wild dusky dolphins and feasting on freshly foraged flavors on New Zealand's Kaikoura Coast.
- Learning traditional painting techniques and captivating creation stories from a local Aboriginal artist in Australia's spiritual heart

Relaxing or invigorating, nurturing and nourishing, these experiences are just the beginning.

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[News from Europe](#)



Hiking the ancient paths of the Santorini caldera allows for open horizons and fresh sea air that guides reflection and deepens the connection to the island.

[Curated Greece](#) - Holistic Wellness, the Curated Greek Way

Wellness in Greece naturally roots in its Mediterranean way of life and ancient Greek values. Principles such as aretê (excellence) and eudaimonia (flourishing) support a holistic balance of body and mind. Visit Greece's most iconic destinations while experiencing them in their most nourishing and caring form.

In the buzzing capital of Athens, calm is found in the early hours. A sunrise yoga practice grounds participants in the present moment as the city slowly awakens, framed by its ancient landmarks and philosophical heritage. In the Cyclades, Paros, guests walk through an organic farm overlooking the Aegean, discovering Mediterranean crops and sustainable cultivation methods. A farm-to-table meal follows with seasonal ingredients, turning eating into a mindful, sensory ritual. Santorini's iconic landscape naturally invites movement in nature. Hiking along the caldera's rim, travelers follow ancient paths shaped by its volcano, guided by open horizons and fresh sea air. It's an active meditation, encouraging reflection and deep connection to the island.

Crete completes the journey off the beaten path and is deeply human, fostering a sense of belonging. Explore mountain villages, share simple moments with locals, and end the day at a shepherd's farm with traditional food and live music under the stars.

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Finding a quieter rhythm amidst the lavender.

[Découvertes, France](#) - A Sensory Path to French well-being in Provence

Wellbeing is no longer confined to the spa. Découvertes DMC France crafts restorative itineraries where nature, culture, and mindful movement come together to create deeper, more meaningful renewal.

Picture your travelers beginning the day with sunrise yoga, facing the lavender plains, the scent of wild herbs drifting on the breeze. Imagine a guided mindful hike through the ochre trails of Roussillon, each step revealing colors and landscapes shaped by the centuries, or see them settling into a private perfumery workshop in Grasse, where they'll blend their own fragrance through an experience designed to reconnect them with emotion and intention.

In Provence, nourishment becomes an act of mindfulness. Travelers join local chefs for farm-to-table cooking experiences on elegant estates, harvesting seasonal ingredients before preparing meals that celebrate simplicity, flavor, and presence.

For quiet contemplation, curated visits to peaceful abbeys or hidden gardens provide intimate moments of stillness, perfect for reflection and grounding.

With Découvertes DMC France, wellness is woven into the rhythm of travel—through sensory discovery, connection with local culture, and the beauty of time spent intentionally. In Provence, rejuvenation is a way of being.

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Beyond the ordinary: Dive into a world of restorative calm with full access to the pool, sauna, and gym at Brach Madrid.

[Evok Collection, Madrid, Paris, Rome, and Venice](#) - Urban Sanctuaries of Calm

Relax, recharge, and reconnect at Brach. From Madrid to Paris, and soon Rome, the Evok Collection's wellness experiences offer expert care, innovative treatments, and moments of pure calm to help one feel their best.

Brach Madrid

Wellness at Brach Madrid goes beyond the ordinary. La Capsule Wellness Retreats combine traditional therapies with modern techniques to restore balance and ease stress.

- **Recover Retreat - Stress Relief**

A 3-hour full reset featuring one personalized practice (acupuncture, EFT, or hypnosis), a sensory isolation float, and a Clarins rebalancing massage or traditional bodywork (Chi Nei Tsang, Tui Na, Shiatsu). Completed with a CBD wellness drink, this retreat relaxes the body, boosts energy, and nurtures inner calm.

All retreats include full access to the pool, infrared sauna, steam room, and gym for a fully immersive experience.

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Where calm is perfected. Indulge in innovative treatments like Pressotherapy at Brach Paris.

Brach Paris

At Brach Paris, technology meets therapeutic expertise. Signature experiences focus on proven recovery methods to refresh and energize.

- **Pressotherapy**

Using Normatec 3 compression boots, this sequential treatment stimulates circulation, drains toxins, reduces inflammation, and accelerates muscle recovery. It also alleviates swelling and heaviness in the legs, creating a true feeling of lightness.

Brach Rome (opening next year)

Wellness at Brach Rome will follow the brand's philosophy of immersive care. Combining advanced recovery tools and personalized therapies, the Roman destination will offer experiences designed to reset, revitalize, and harmonize energy.

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A moment of stillness, framed by Iceland's raw elements. The silence, light, and lava fields offer space for clarity and deep restoration.

[Nine Worlds, Iceland, and Greenland](#) - Wellness Through Iceland's Elements: Water, Lava, Light & Silence

In Iceland, wellness is defined by immersion in the elements themselves. Nine Worlds designs journeys where nature becomes the primary tool for restoration, offering space, stillness, and sensory connection that allow both body and mind to reset.

These itineraries are designed for guests who value subtlety and depth. Days unfold slowly, with private guided walks across ancient lava fields, gentle hikes through expansive landscapes, and moments of stillness shaped by silence, light, and open space. Movement is purposeful rather than strenuous, allowing the body to engage while the mind unwinds.

- Geothermal bathing is experienced as ritual, not routine, as warm, mineral-rich waters offer grounding and calm rather than spectacle.
- Culinary moments focus on nourishment and seasonality, with thoughtfully prepared Icelandic ingredients enjoyed in unhurried settings that encourage presence and conversation.
- Privacy, flexibility, and flow define each journey. With private guides and carefully paced days, clients are free to follow their own rhythm, disconnect from external demands, and reconnect with themselves.

This approach to wellness resonates deeply with seasoned travelers seeking clarity, simplicity, and a refined sense of restoration. It's an experience that feels quietly luxurious and distinctly Icelandic.

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Focused creation and mental clarity: A private pottery workshop with a local artisan, transforming raw earth into art as a meditative practice in the tranquil Italian countryside.

[Vakay in Tuscany, Italy](#) - Wellness in Italy: Beyond the Spa

Wellness in Italy goes far beyond traditional spa experiences. True restoration comes from journeys that use nature, culture, and mindful movement to nurture body and mind.

For guests staying in Vakay villas, wellness begins in private, unhurried spaces. Many properties feature dedicated relaxation and spa areas (saunas, heated pools, and tranquil outdoor settings) designed to encourage deep rest. Thoughtfully integrated with the surrounding landscape, these villas create a natural rhythm of calm that supports restoration from the moment guests arrive.

Vakay crafts itineraries in which mindful activity complements this sense of balance. Guided walks through olive groves, coastal paths, or countryside trails invite travelers to slow down and reconnect with their senses. Sunrise yoga in historic landscapes or gentle cycling through vineyards transforms movement into a grounding, meditative practice.

Cultural immersion remains central to holistic wellness. Private workshops with local artisans encourage focused creativity, while reflective moments in historic settings support mental clarity and emotional balance. Nourishment follows the same philosophy: farm-to-table meals highlight seasonal ingredients, mindful preparation, and the joy of sharing food rooted in local traditions.

This is the Vakay difference: whether curating a mindful retreat among olive groves, a restorative countryside escape rooted in local traditions, a nature-immersed wellness journey, or a private stay designed for deep rest and renewal, they craft Italian experiences that linger vividly long after the trip is over.

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[News from Ireland](#)



A sanctuary carved from nature: The glass spa at Ashford Castle, where tranquility and ancient Irish heritage meet for a journey of deep restoration.

[Ashford Castle, Cong, Ireland](#) - A Journey of Nature and Connection

At Ashford Castle, wellness is woven into the very fabric of the estate and its surroundings. It's about rediscovering balance through nature, heritage, and authentic human connection.

Imagine your guests breathing in the crisp, fresh air as they wander along tranquil woodland paths, pausing to take in the stillness of Lough Corrib's shimmering waters. The gentle rhythm of the lake and the whisper of ancient trees invite a sense of calm that restores mind and body.

Wellbeing here extends beyond the estate gates. Guided by local experts and Ashford Castle's Experience Ambassadors, your clients will meet craftspeople whose artistry is shaped by generations of tradition. From hands-on workshops with skilled artisans to conversations that reveal the stories behind their craft, these encounters nourish the soul and deepen one's connection to Ireland's living heritage.

True wellness is more than a fleeting moment of stillness and is about curiosity, discovery, and experiences that linger long after your clients return home. At Ashford Castle, every breath of fresh air, every shared story, and every crafted piece becomes part of a journey that grounds one in the spirit of Ireland.

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Standing small beneath the ancient trees of Dromgarriff Rainforest.

A special moment of stillness with the sound of cascading waterfalls as your guide. Photo credit - Alexander Baxter

[Park Hotel Kenmare, County Kerry, Ireland](#) - A Collection of Nature-Rooted Homes in West Cork's Rare Rainforest

Just an hour from Park Hotel Kenmare, in the Beara Peninsula in South West Ireland, tucked along Glengarriff, in West Cork, Dromgarriff Rainforest is a setting of green calm. This private estate, set within one of Ireland's rarest oakwood forests, is now open to guests with five beautifully individual houses available to rent, each offering a different way to experience the land, the water, the woods, and the deep peace of this extraordinary corner of the country.

Under the care of the Meehan family, Bryan and Tara Meehan are also the custodians of Park Hotel Kenmare—the estate is stepping into a new chapter. Their focus is on careful stewardship of the oakwood, which is considered part of Ireland's temperate rainforest, and on welcoming guests who value not just comfort, but connection to place.

Protecting this environment is at the heart of Bryan and Tara's plans for the estate. From rewilding projects and woodland care to working with local conservation groups, the forest is being carefully nurtured from invasive growth and deer grazing, ensuring its ancient beauty thrives for generations to come.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Unplug, breathe, and connect. A perfect scene of stillness in the stunning Dromgarriff Rainforest. Photo credit - Alexander Baxter

The five self-contained houses dotted across the estate each have their own character and design, yet all are rooted in the landscape and light-filled. Guests can tailor their stay to be as quiet or as active as they like, with options including catered dinners by local chefs; yoga, massage, forest bathing, sound baths and meditation in the privacy of the home or out in the woodland; sea swimming and a barrel sauna session; hiking; exploring nearby Glengarriff village's cafés, craft shops, and ferry to Garinish Island; day trips to Bantry, Clonakilty, Kinsale, Skibbereen, and Kenmare; Michelin-style dining in Ballydehob or Baltimore; sailing, kayaking, fishing, and more.

REBECCA RECOMMENDS

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[News from the United Kingdom](#)



A restorative journey begins in the kitchen. Slowing down to find nourishment and connection in a mindful farmhouse baking session in County Down.

[Dream Escape, United Kingdom and Ireland](#) - Ireland's Laden Larder: Restorative Culinary Journeys

Ireland's lush landscapes and rich coastal waters provide the foundation for immersive culinary experiences that nourish body and soul. Dream Escape invites travelers to slow down, connect with nature, and embrace mindful practices rooted in local culture with restorative adventures where food becomes a gateway to wellbeing.

Guests may start with a farmhouse baking session in County Down, where they'll knead soda farls and potato breads using family recipes, savoring the meditative rhythm of cooking. In County Armagh, they'll stroll through orchards to pick Bramley apples before crafting seasonal treats like apple soda bread and potato apple bread, an exercise in mindfulness and heritage.

For those seeking coastal calm, oyster shucking on the Flaggy Shore or foraging along the Burren shoreline offers a sensory connection to Ireland's pristine environment, blending physical activity with ecological storytelling. At Ballymaloe in County Cork, guests immerse themselves in farm-to-table living, cooking with organic produce and staying in serene surroundings that encourage reflection and renewal.

Each experience celebrates provenance and seasonality, transforming simple acts ... kneading dough, tasting seaweed, sharing stories ... into holistic rituals. These itineraries harmonize cultural immersion, nature, and nourishment, creating journeys that restore mental clarity, physical vitality, and spiritual balance. Read more [HERE](#).

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Walk, breathe, and simply be. Reconnecting with nature's rhythm in the tranquil beauty of Great Fosters' historic gardens.

[Great Fosters Estate, Egham, Surrey, England](#) - A Restorative, Nature-Filled Escape

At Great Fosters, wellness is woven into the stories, landscapes, and culture that surround this remarkable Surrey estate. Guests can slow down and reconnect with nature and the rich heritage of the region, whether that's a peaceful morning wandering the estate's 50 acres of gardens, or an inspiring day out at nearby RHS Wisley, one of the UK's most celebrated horticultural gardens.

For those seeking culture with a sense of occasion, Windsor is just moments away, rich in royal landmarks, riverside walks, and charming boutiques. These curated outings, paired with nourishing seasonal dining back at the hotel, create a holistic experience that restores without rushing.

Great Fosters invites travelers to discover wellness through curiosity, culture, and calm, thoughtfully crafted moments that go far beyond traditional spa rituals.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Wellness rooted in the land. The chef's daily harvest from Bodysgallen Hall's gardens embodies nourishment as the truest form of restoration, going beyond the spa.

[Historic House Hotels, Bodysgallen Hall & Spa, Llandudno, North Wales](#) - A Gentle Journey to Balance and Wellbeing

Situated in a commanding position on Mount Pydew, Bodysgallen Hall offers a deeply restorative escape, where wellbeing is found not only in the Spa but is lived through thoughtful connection with the land, history, and quiet rhythms of North Wales. Here, wellness is an invitation to pause, breathe, and reconnect with nature and self.

Surrounded by 200 acres of wooded parkland, Bodysgallen's gardens are a sanctuary of calm. Guests are invited to wander through the herb-scented, 17th-century parterre into walled rose gardens, talk to the gardeners, and learn how they maintain the garden's year-round colour and interest. They'll discover peaceful woodland walks, bathe in the forest aromas, or simply sit on the grass terrace taking in views across the gardens that stretch to the mountains.

Nutritious, locally sourced dining enriches the wellness experience further. Fresh Welsh ingredients take center stage, from garden fruit and vegetables to coast-caught seafood. Meals are complemented with quiet walks through the landscape or a moment of stillness in the historic grounds.

Comfortable, character-filled rooms promise deep restorative rest, their warmth and charm setting the scene for unhurried mornings and mindful beginnings. Guests wake to birdsong, crisp air, and the quiet magic of the Welsh countryside.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Serenity on a grand scale. The tranquil gardens of Bodysgallen Hall & Spa meet the majestic peaks of Snowdonia, a perfect view for balance and reflection.

Explore the wider landscape, perhaps a coastal walk along Llandudno Victorian cornice, or a climb toward the Great Orme, where sweeping sea views inspire reflection and lightness.

Culture enriches wellbeing further. Visit the medieval walls of Conwy, explore local craft studios, or take time inside historic Welsh churches and castles that invite quiet contemplation. Each experience grounds your clients in place, offering a slower, more present way of travelling.

At Bodysgallen Hall, wellness grows from nature, history, and intention.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Pausing in the archway of time. The grand scale of history and the serene landscape offer a powerful moment of “beyond the spa” reflection at Hartwell House.

[Historic House Hotels, Hartwell House & Spa, Buckinghamshire, England](#) - A Taste of English Provenance

Set within 90 acres of historic Buckinghamshire parkland, Hartwell House’s restorative approach to wellness is shaped by centuries of calm, contemplation, and connection to the natural world. Rather than conventional spa rituals alone, guests are invited to experience wellbeing through the House’s unique landscape, heritage, and sense of place.

Nature-based healing lies at the heart of the Hartwell experience. Guided walks through the Capability Brown–style grounds encourage mindful movement, while dusk brings opportunities for stargazing beneath some of the county’s clearest skies, an invitation to slow the breath and reconnect with the rhythms of nature. Seasonal garden tours reveal the estate’s botanical heritage, highlighting plants long associated with rest, recovery, and renewal.

Sleep and restoration are carefully considered, with comfortable guest rooms and an atmosphere designed to promote deep rest. Sound and silence play equal roles, whether through moments of guided relaxation or the profound quiet found within the House’s historic walls.

Drawing on local wisdom, Hartwell House also collaborates with regional experts to offer private sessions in mindful movement and traditional wellbeing practices, creating personalized moments of calm that reflect both the estate’s heritage and its enduring capacity to nurture body and mind.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Walled garden whispers and a peaceful read for two.

[Historic House Hotels, Middlethorpe Hall & Spa, North Yorkshire, England](#) - A Setting for Timeless Wellbeing

Discover a perfect escape at Middlethorpe Hall, where wellbeing extends beyond traditional spa treatments. Guests find a dreamy haven on the edge of York, with tranquil gardens and mindful dining, restful sleep, and nature-led experiences.

Set within 20 acres of historic parkland and gardens, the Hall encourages exploration of grassy pathways that lead through a series of garden rooms, filled with aromas from roses and herbaceous borders. Discover wildflower corners and seated niches to take in the soothing sound of birdsong and the trickling water from the stone fountain. Join a guided mindful movement session, with gentle yoga moves and sound bath, which takes place in the ancient dove cote or in the garden on warmer days. Breathe fresh country air and find personal rhythm among ancient trees and manicured lawns.

Guests can stroll in York, where centuries of history invite curiosity and calm contemplation. They'll explore quiet cloisters, riverside walks, or hidden heritage corners that enrich the spirit while keeping the mind present and engaged. Afternoons might entice cycling along the River Ouse, a guided visit to the city's museums, or time simply spent in the magnificent York Minster, allowing for reflection.

Culinary wellbeing plays its part, too, with seasonal, locally sourced ingredients designed to comfort, nourish, and energize. Each dish is thoughtfully prepared, celebrating produce grown in Middlethorpe's garden and Yorkshire's rich farmland. Meals are paired with herbal teas, fresh juices, or a gentle afternoon stroll for a balanced, holistic approach to wellness.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



*Finding simple joys and quiet moments. A mindful walk with a loyal companion
beside the tranquil lake at Middlethorpe Hall & Spa.*

At day's end, guests retire to elegant, characterful rooms where comfort promotes restorative sleep. Wellbeing at Middlethorpe Hall is a thoughtful journey of restoration, rooted in place, culture, and nature, designed to nurture body, mind, and spirit.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Finding inner calm and a vibrant view. The perfect autumn escape in the heart of Belgravia.

[The Hari, London, England](#) - Finding Calm in the Capital

Wellness at The Hari is woven into every stay, offering the perfect balance of fitness, relaxation, and self-care in the heart of Belgravia. Prior to arrival, guests can contact the concierge team to book a special Jet Lag Recovery IV Therapy from the comfort of their suites. In partnership with Nurris, this energizing treatment is packed with essential fluids, vitamins, and nutrients, and helps alleviate fatigue and improve mental clarity. The treatment is exclusively designed to rehydrate, boost energy, and restore balance to the body after travel.

After a revitalizing session at The Hari, guests are encouraged to work on their sense of peace by visiting *Re:mind*, a meditation and healing center based in Eccleston Yards. Their sacred approach to wellness brings calm to the busy streets of London. The sessions focus on sound therapy, breathwork, and energy healing as tools to help guests rest and grow.

Although London is famous for its fast-paced energy, The Hari wishes to inspire guests to interact with the capital city in a slightly different way: to work on the body and mind and to connect with their spirit before enjoying all that London has to offer.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



The Milestone Hotel & Residences in Kensington features a new Wellness Centre that seamlessly blends luxury and inner calm through cutting-edge therapies, restorative sleep, mindful movement, and tranquil spa facilities.

[The Milestone Hotel & Residences](#) - Elevated Wellness in the Heart of Kensington

In the heart of Kensington, The Milestone's newly unveiled Wellness Centre redefines restorative travel for the modern luxury guest. Designed as an all-encompassing sanctuary, it combines cutting-edge therapies with timeless comfort. Guests can indulge in hot and cold therapy rituals, alternating between an invigorating cold plunge and a soothing infrared sauna to restore balance and vitality. Sleep is elevated to an art form with Savoir mattresses, ensuring deep, restorative rest, while nourishing menus curated by the Executive Chef provide wholesome fuel for body and mind.

For those seeking mindful movement, private yoga sessions arranged in the serenity of one's suite offer a bespoke approach to wellness. Complemented by rejuvenating spa treatments and a tranquil resistance pool, every detail is crafted to nurture physical health and inner calm. At The Milestone, wellness is woven seamlessly into the guest experience in one of London's most iconic settings.

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Where the day begins in gentle peace. Sunrise, dew-kissed grass, and a moment of quiet wellness in the fields of The Newt in Somerset. The Art of Living Well, naturally.

[The Newt in Somerset, United Kingdom](#) - The Art of Living Well

Consider booking exclusive [Live Well](#) retreats, available from January to March, in collaboration with stellar speakers and industry leaders. With a focus on nourishment, movement, and balance, this new series of winter wellness breaks tap into the natural energy of Somerset's green and pleasant land. Guests will enjoy bespoke menus in The Newt's estate eateries and spend some all-important time reconnecting with nature.

Your clients can set their own pace on these self-guided retreats, choosing from menus designed to nourish and fulfill, and exploring the estate, spa, and complimentary wellness schedule as much (or as little) as they like.

- January 28-30th: [Nourish](#). Itinerary [here](#).
- February 11-13th: [Move](#). Itinerary [here](#).
- March 11-13th: [Balance](#). Itinerary [here](#).

REBECCA RECOMMENDS

Inspirational destinations & properties of excellence



Absolute stillness. Floating in the serene waters of The Torridon's lake, a moment of pure Scottish escape.

[The Torridon, Wester Ross, Scotland](#) - Wellness Without Walls

At The Torridon, wellness is inspired by the raw beauty of the Highlands and a commitment to authentic experiences. Wellness Without Walls invites guests to embrace nature and nurture body and mind in extraordinary ways.

Guests may start with guided walks or e-bike adventures through ancient landscapes, or join stargazing sessions under some of Europe's darkest skies for a moment of cosmic calm. They can explore the Victorian Kitchen garden, learning about seasonal herbs and produce that shape the hotel's menus and wellbeing ethos.

For restorative sleep, The Torridon offers thoughtful touches such as Sleep Well Tea from Camellia's Tea House and a guided tea meditation, along with tranquil spaces for mindfulness in the garden or by Loch Torridon. Wild swimming is available for those seeking invigorating immersion in pristine waters.

Celebrate Highland heritage with local expertise, from whisky tastings to designing a personal tweed or tartan and learning about the history of these ancient cloths.