

The Best Wellness Spas & Hotels Around World

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Sprinkle your holidays with a spiritual journey with Opodo's guide to the best wellness spas in the world!

Szechenyi Thermal Bath, Budapest (Hungary)



Photo by harquail via Flickr

A mixed bathing complex, located in the City Park in Budapest. All of its 18 pools (thermal pools, steam baths, plunge pools, fitness pool, etc.) are for both men and women, as well as for children over 14 years of age. The century old geothermal medicinal bath is the most popular bath palace in the city of Budapest, Hungary.

The Farm in San Benito, Batangas (Philippines)



The resort's traditional Philippine designs of "rice barns and leaf-roofed houses" are considered environmentally friendly, as is the use of locally reared produce in its application of a holistic wellness philosophy, and the fact it has its own organic plantation that produces much of its vegan food and spa ingredients.

Take me there!

Absolute Sanctuary, Koh Samui (Thailand)



This is a wellness sanctuary and holistic spa lies amid a tropical landscape on the southern coastline of Koh Samui, Thailand. This tropical oasis integrates holistic medicine traditions from East and West to offer a menu of over 70 therapies and treatments. In addition to massages and body treatments, the menu includes ayurvedic therapies, traditional Chinese medicine, naturopathy, homeopathy, emotional and spiritual healing and other holistic services.

Take me there!

Hacienda AltaGracia, Pérez Zeledón (Costa Rica)



While relaxing in an earth-tone casita is certainly alluring, adventure is nearby: You can glimpse blue-crowned motmots in the wildlife bird refuge, ride a horse from one of the on-site stables, or partake in an ultralight flight. After a day of excitement, succumb to a bamboo massage in the spa and relax in private sun gardens.

Take me there!

Sanctum Inle Resort, Maing Thauk Village (Myanmar)



Tucked in a quiet community of wood houses on stilts. Getting to the hushed property first requires a short flight from buzzy Yangon or Mandalay to Heho, a 90-minute drive from the resort. The lofty monastic rooms are elegantly minimalist and feature natural wood and views of Inle Lake or the garden. One invigorating itinerary for the day: watching buffalo graze, followed by Sanctuary Spa's signature tamarind exfoliation.

Take me there!

Ananda in the Himalayas, Narendranagar (India)



Unite your body, mind and soul while surrounded by the awe-inspiring nature of the Himalayan foothills. This top-notch destination spa prides itself on an expansive palace estate complete with (just to name a few things) a private spa, a full-size jogging track, an amphitheater, a pool and a few private villas. Ananda sets out to rejuvenate guests through Ayurveda (or traditional Indian medicine), and each stay includes everything from traditional Indian healing experiences and meditation practices to yoga, golf, personal training sessions and more.

Take me there!

Al Maha Desert Resort, Murqab (United Arab Emirates)



The resort features 42 exclusive suites each with its own pool and deck, overlooking the endless sand dunes and lazing wilderness of Dubai Desert Conservation Reserve. Being part of the reserve, managed by Starwood on behalf of the Emirates Group, Al Maha is located within the 225 square kilometers of alluring desert landscape and offers matchless hospitality, privacy and absolute comfort adding to the romance of the desert.

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