



TRAVEL | BEST OF THE WORLD

Find serenity in 2024 at these new wellness retreats

Whether your idea of relaxation means a tropical spa day or an Alpinist hike, we chose the world's best rejuvenating experiences.

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For travelers, wellness now means more than just getting a massage at the hotel spa. (Though a good rubdown can feel like a mini-vacation, too.) It's about plugging into healthful habits, eating local food, and de-stressing—or taking a heart-pumping hike—in fresh surrounds.

For our annual Best of the World list, National Geographic's global community of editors, writers, photographers, and explorers found the latest, greatest, and most innovative places and experiences to help you relax and rejuvenate. Any one of these spots might help you bring a new outlook home.

Mexico & Central and South America

Banyan Tree Veya Valle de Guadalupe, Baja California, Mexico



At Baja California's Banyan Tree Veya, guests can indulge in spa treatments using local plants, do yoga with mountain views, and hike through the gardens (shown) surrounding this property in Mexico's biggest wine region.

PHOTOGRAPH COURTESY BANYAN TREE

Banyan Tree's signature "eight pillars of well being" (including rest, mindfulness, and nourishment) set the tone at [this resort in Mexico's biggest wine region](#). (Grenache grapes grown here are blended into *vino* at the onsite winery.) Guests can indulge in massages and hydrotherapy incorporating local medicinal plants (*hoja santa*, white sage) or participate in movement and grounding rituals. Just a 90-minute drive from the United States border, the property holds 30 bungalows designed by modernist Mexican architect [Michel Rojkind](#).