



What to expect from health and wellness travel in 2021



Wellness therapies support mental and physical health © Absolute Sanctuary

“Close your eyes, take a deep breath, count to ten...” As 2020 ends with the first COVID-19 vaccines being administered, the wellness industry is adapting for 2021 with retreats to restore, realign and rejuvenate travelers.

After a year of super stress; of anxiety; of limited-to-no travel – of limited-to-no leaving the house! – of fretting; of comfort eating; of doom-scrolling; of mask-wearing; of longing; of lost connections; of just Way Too Much – we’ve perhaps forgotten that we need to take care of ourselves too.

“This year, more than any other, has highlighted the importance of looking after your health and wellness,” says Paul Joseph, Founder of [Health and Fitness Travel](#). “The various global restrictions coupled with the outbreak of the pandemic in 2020 have only made people appreciate any opportunities to better their health both physically and mentally.”

Many have started already: according to a [report by Fitbit](#), the number of people meditating this year has increased by 2900%; Asos says [sales of sleep aids have increased by 219%](#); and Joseph confirms inquiries for wellness holidays are up too. The emerging trends from the wellness industry include treatments and retreats designed to help us heal after a very long, painful year. Here’s what to expect.

Combating stress and anxiety

Studies show that since the start of the pandemic, cases of anxiety have skyrocketed with [almost half of the UK population saying they’ve suffered from high levels of stress](#). Using a bespoke combination of holistic and medically-backed treatments, including counselling, stress management holidays are designed to reduce tension long-term.

Minutes from the golden beaches of [Ko Samui](#), [Absolute Sanctuary in Thailand](#) offers a destress and unwind package which features bio impedance analysis and 15 different treatments, including a Reiki session. Alternatively, travelers could unwind amongst 2700 acres of [Tuscan](#) vineyards, olive groves and glittering lakes at [Toscana Resort Castelfalfi](#), an eco-retreat offering [Brainkinetik®](#) sessions that promote positivity and help manage stress.