

The Future of Luxury Wellness Travel

Where science meets serenity – the world’s most transformative wellness destinations for 2026

VIVAMAYR, Maria Wörth, Austria

With its striking location on the glittering shores of Lake Wörthersee, over the past two decades, VIVAMAYR Maria Wörth has been at the forefront of gut health and holistic healing, built upon the concept that healthy digestion is the key to good health, longevity and beauty. Still pioneering the way as one of the world’s leading health retreats and the birthplace of modern Mayr Medicine, VIVAMAYR’s wide range of world-renowned programmes is synonymous with the highest standard of personalised medical wellness, focusing on Detox & Weight Care, Prevent & Wellbeing, Rebalance & Energy, and Movement & Mobility.

Personalised treatment plans based around the Mayr healing principles of Rest, Cleansing, Education and Substitution are undertaken in harmony with regular medical consultations and core therapies. In addition to these core elements, the therapy programme can be flexibly tailored to the health conditions of each guest. Bespoke detoxification measures, dietary changes, movement therapies, and relaxation techniques will specifically address issues such as digestive problems, stress, or exhaustion and help you reach a personal health goal.

The VIVAMAYR Cuisine:

Nutrition is a central component of VIVAMAYR’s holistic approach to wellness and longevity. At the start of every stay, the doctors will use Functional Myodiagnosics to identify food intolerances and stress factors of guests, which are factored into an individual nutrition plan, alongside personal wishes and objectives.

By creating a harmonious ratio of acid to alkaline and taking into account individual intolerances, VIVAMAYR’s cuisine will help guests achieve ideal digestion and detoxification processes, ensuring that you reach your New Year’s health goals with effects that last into the rest of 2026.

The Capra, Saas-Fee, Switzerland

The Capra is a five-star alpine wellness lodge in the car-free Swiss village of Saas-Fee, Switzerland, featuring 38 chalet-style suites blending alpine elegance with modern comfort. Maintaining their two Michelin Guide Keys in 2025, The Capra is proud to be a year-round retreat for seclusion, wellness, and, in winter, exceptional snow.

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The Capra, Saas-Fee, Switzerland



The Capra has been ranked #5 in the Wellness Hotels category of the prestigious list, 'Switzerland's 150 Best Hotels'. It's Peak Health Spa promotes a philosophy based on the research of medical and wellness experts from around the globe, offering personalised treatments from Alpine-infused facials and forest-pine body wraps to muscle regeneration treatments, to care for tired muscles after back-to-back days on the slopes.

The Capra launched a collection of year-round wellness retreats in 2025, where each day combines invigorating outdoor activities and fresh cuisine with restorative spa treatments and holistic wellness therapies. The retreats provide a tailored itinerary based on a bespoke wellness plan centring around one of the following four focus areas: Detoxification, Mental Resilience, Sleep, and Muscle Recovery.

Guests are simultaneously taken on a transformative journey fuelled by nutrition that is centred around seasonal vegetables, high-quality proteins and healthy fats, alongside activities such as Forest Bathing and Natural Kneipp therapy - a pioneering hydrotherapy and holistic healing treatment.

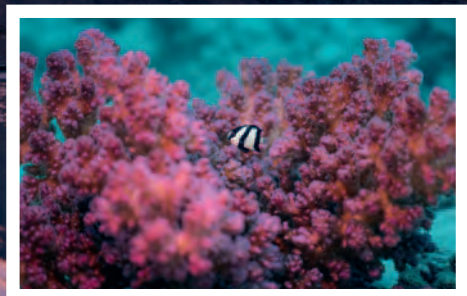
Signature treatments include the Swiss Pine Wood Vitality Massage, which utilises pre-warmed pine stamps made from a rare and resilient tree that thrives at altitudes above 1,600 metres, moved rhythmically over the body. The Swiss stone pine produces an exceptionally high concentration of resins and essential oils, giving it a distinctive, soothing fragrance. These natural compounds are known to promote relaxation, improve sleep quality, and support physical regeneration. The Forest Power Signature Body Treatment brings the healing energy of the forest into the spa. This unique treatment begins with handpicked arve-needles and lavender, used to exfoliate the body, stimulate circulation, and calm the mind. With the combination of warm honey to soothe inflamed joints, a foot and head reflexology stimulation and a pine wood massage using specially crafted pine wood tools from the sacred arve tree, guests are left feeling rejuvenated, balanced, and at peace.

AMAALA, The Red Sea, Saudi Arabia

Set along Saudi Arabia's spectacular Red Sea coast, AMAALA is preparing to open as one of the world's most ambitious wellness and lifestyle destinations for 2026, offering travellers an entirely new way to escape, reconnect and restore in the region. Developed by Red Sea Global and powered entirely by renewable energy, AMAALA unites leading wellness resorts, regenerative design and marine conservation within one distinctive destination.

At AMAALA, guests can explore the world's leading wellness approaches in a single destination. Clinique La Prairie AMAALA will offer advanced longevity-focused programs rooted in over 90 years of scientific and medical expertise, including diagnostics, cognitive health, detox and longevity-enhancing treatments, all within a private retreat designed by John Heath. Jayasom Wellness Resort AMAALA blends Western science-based medicine with Eastern healing traditions, offering multi-generational programs in a resort anchored by hydrotherapy suites, a holistic studio and wellness trails. Six Senses AMAALA, set across a dramatic coastal terrain, will feature a 3,000m2 spa with cryotherapy chambers, a longevity clinic and experiences aligned with the brand's signature pillars of movement, sleep and sustainability.

Equinox Resort AMAALA brings a high-performance approach to wellness, combining a magnesium rooftop pool and spa pavilion with recovery-focused rituals and direct access to the wellness route. Four Seasons AMAALA will feature a tranquil Organic Spa Garden, offering halotherapy, cryotherapy and other advanced therapies set within cascading landscapes. Each resort brings a distinctive perspective, from diagnostics to detox, recovery to ritual - allowing guests to curate a deeply personal path to wellbeing within one seamlessly connected destination.



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