

**HARMONY  
HOTEL**  
Costa Rica

## Where to Reset for 2016

A new breed of wellness retreats mixes yoga, surfing, and hiking with organic cooking classes, cultural excursions, and alternative medicine. A healthier lifestyle is just a trip away.

by JEN MURPHY

## CONNECT STAY



For more wellness-related getaways, visit [afar.com/interests/wellness-travel](http://afar.com/interests/wellness-travel).



### 1 LUMERIA Maui, Hawaii

If you're looking for tropical tranquility, bypass Maui's buzzy resort enclaves and head away from the coast to the island's laid-back Upcountry. At Lumeria, a 24-room wellness retreat, visitors can start the day with a guided sunrise meditation, then strengthen their yoga practice, learn to hula or surf, and go snorkeling off the north shore. Spa treatments

include Hawaiian massage and acupuncture as well as nontraditional therapies such as crystal healing and shaman-led journeys. The schedule is flexible, so you'll have plenty of time to learn about Hawaii's *paniolo* (cowboy) culture or just take in the ocean views from your room's private lanai. *From \$359. [lumeriamau.com](http://lumeriamau.com)*

### 2 KAMALAYA Koh Samui, Thailand

Thailand's pioneering wellness retreat is known for its 3- to 14-day programs that address everything from burnout to sleep issues. The resort celebrated its 10th anniversary in 2015 by adding a 25-meter lap pool, a state-of-the-art gym, and a new fitness regimen for guests who want something more strenuous than massage. Every visit starts with a

consultation to help you develop a schedule of meals, therapies, and classes for your stay. If structure stresses you out, there's also a "wellness à la carte" option that lets you mix and match from more than 70 treatments and adventures including visits to Wat Plai Laem temple. *From \$185 (three-night programs from \$1,520). [kamalaya.com](http://kamalaya.com)*

### 3 HARMONY HOTEL Nosara, Costa Rica

This low-key hotel in the sleepy town of Nosara is a surfer's paradise. A two-minute walk through the jungle takes you to Playa Guiones, an idyllic beach with waves year-round. Begin your morning with a surf lesson, or, if you're a seasoned pro, just rent a board from the hotel's surf shack. Refuel with avocado toast or a mango,

seed smoothie at the juice bar, which is stocked with organic ingredients from the hotel's own farm. Before your next surf session, join the staff on a native plant walk, take a Hatha yoga class, or, if your body craves more than a good stretch, book a massage or an energy balancing session at the Healing Centre. *From \$330. [harmonynosara.com](http://harmonynosara.com)*





## Vacations that Will Make You Move

### JAKES HOTEL, VILLAS, AND SPA

*Treasure Beach, Jamaica*

Personal trainer Ross Anti hosts weeklong fitness retreats that include everything from mountain biking and ropes courses to TRX training and farm-to-table meals.

From \$2,800. [jakeshotel.com](http://jakeshotel.com)

### WILDFITNESS

*Andalucía, Spain, and elsewhere*

Wildfitness takes the gym outdoors. Box in a lemon tree grove, do cardio around the garden, then forage for wild herbs to add to your dinner.

From \$3,600. [wildfitness.com](http://wildfitness.com)

### ESCAPE TO SHAPE

*Hudson, NY*

This globe-trotting fitness company's Destination Detox in upstate New York combines raw foods, farm-to-table meals, Pilates, yoga, and circuit training.

From \$3,500 per person based on a shared room. [escapetoshape.com](http://escapetoshape.com)

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### ARO HĀ

*Glenorchy, New Zealand*

At Aro Hā, a wellness retreat in New Zealand's Southern Alps, you'll find that being in a remote wilderness makes everything more appealing—even raw food and hours-long hikes. The day begins with the hum of Tibetan singing bowls, which rouse you for sunrise yoga. After a delicious gluten- and dairy-free breakfast, you

can take part in vegetarian cooking demos, enjoy a therapeutic massage, practice meditation, or head out on a three- to four-hour hike through Mount Aspiring National Park. By dinnertime you'll be asking for seconds of carrot tacos with "living" green chile corn chowder.

Five-day stays from \$2,970, all-inclusive. [aro-ha.com](http://aro-ha.com)

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### DWARIKA'S RESORT

*Dhulikhel, Nepal*

Set in the hills just 50 minutes from Kathmandu, Dwarika's Resort feels like a remote mountain oasis. Each of the 40 suites has a private balcony overlooking the Himalayas. Ten-day cleansing packages begin with a consultation with an Ayurvedic doctor who determines your body type (fire, air, water) and suggests a tailored program

of diet and activities to improve both your physical and emotional health. You might sit in the Himalayan salt room to boost your immune system, walk barefoot through a meditation maze, or hike 90 minutes to Dwarika's organic farm to harvest ingredients for a dinner of Zen Buddhist dishes. From \$360. [dwarikas-dhulikhel.com](http://dwarikas-dhulikhel.com)