

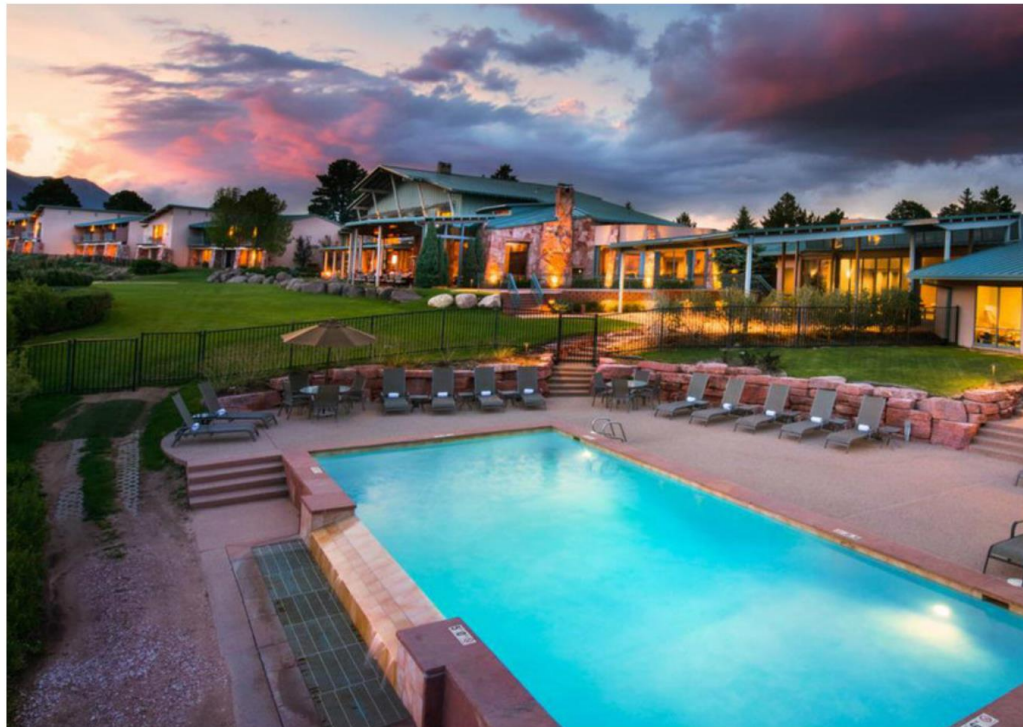
21 Wellness Resorts Around the World at Any Budget

by Lauren Dana

Does your New Year's resolution revolve around wellness? Do you love to travel? If so, now is the perfect time to plan an epic wellness-themed retreat, so you can focus on exploring a new destination and practicing self-care – all while indulging in pure relaxation. To inspire your travels, we put together a list of the 20 best wellness resorts around the world that won't (totally) blow your budget.



START >
21 SLIDES



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Garden of the Gods Club, Colorado

This Colorado Springs resort offers guests an array of amenities such as yoga classes, a 27-hole golf course, a luxe infinity pool, and a healing-focused spa. Wellness services offered include a salt inhalation room (halotherapy), **IV nutritional therapy**, **mindfulness workshops**, **energy therapy**, and **naturopathic medicine**. Spa packages start at \$329 per night and comes with a \$150 spa credit as well as breakfast for two, while nightly rates start at \$179, depending on the season.