

Condé Nast Traveller

THE WORLD MADE LOCAL

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New HORIZON

FROM THE SERENGETI TO MOZAMBIQUE,
THE NEXT-GEN SAFARI LODGES TRANSFORMING AFRICA

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Open sesame

THE YEAR TO COME USHERS IN SEISMIC SHIFTS IN THE WORLD OF WELLNESS

BY JANE ALEXANDER

Expectations are sky high for **Tulâh Clinical Wellness Sanctuary** in India's Kerala, which heralds a new departure for wellbeing in this Ayurveda-heavy state by focusing on Western science and integrated holistic healthcare. The custom-built resort combines medical services and cutting-edge diagnostics with high-touch therapies, psychotherapy and energy healing.

Back home, eyeballs are swelling to **Six Senses London** at The Whiteley. Six Senses adeptly blends ancient and high-tech therapies, alongside social interactions and the solace of solitary treatments. This extravaganza north of Hyde Park, the first outpost in the UK, brags a longevity-focused medical clinic with a suite of biohacking treatments, as well as a wellness club and magnesium pool.

Northern cool is getting hotter with the launch of **Laugarás Lagoon**, on Iceland's Hvítá River (not one but two levels of geothermal bathing), and **Hagastrand Spa** in Stockholm (self-playing gong installations and an event sauna for storytelling rituals). **Van Oys Maastricht Retreat** in the Netherlands completes its rebirth with Oysana spa. The castle's boons are its 13th-century origins, mist-shrouded woods and a private spring. Set in a former stable, Oysana leans into this with a SlowSync ethos centred around harmony with nature.

Meanwhile on the other end of the thermometer, **Four Seasons Resort and Residences Amaala at Triple Bay** in Saudi Arabia lights up with desert fire rituals, stargazing and a collaboration with celebrity trainer Harley Pasternak. **Clinique La Prairie** expands its holistic longevity ethos with two new resorts – one also in Amaala, the other in Phuket, Thailand. **Mailena Wellness Resort**, on the Baja California shoreline, awakens wellness on Mexico's west coast with its state-of-the-art Wellness and Longevity Center. The beach mood continues at **Pical Resort** in Istria, which is home to Espa's first signature spa in Croatia.

Offshore, island energy is making waves. **Ūrjā** opens at **Four Seasons Resort Maldives at Kuda Huraa**, billing itself as a "naturopathy island" majoring in stillness and the body's innate power to heal. On Malta adults-only **Verdala Wellness Hotel** is the country's first integrated wellness resort, with gourmet anti-inflammatory dining and seasonal retreats. Small but mighty **Eha**, on Estonia's Hiiumaa island, part of a Unesco biosphere, has at its heart dawn mist walks, wild herb foraging and Baltic ancestral healing.

Finally, Deepak Chopra's much-anticipated **Ameyalli Wellbeing Center**, set around hot springs in Utah, is gearing up for its big reveal in 2027. The latest tech nudges up alongside ancient healing and spiritual spring cleaning – Chopra is known for his manifestation workshops, personal mantra chanting and quantum healing.

Clockwise from this picture: hot tub at Verdala Wellness Hotel; lounge and pool at Hagastrand; nature near Eha; Hagastrand's snow room



Clockwise from this picture: yoga studio at Eha; Deluxe Seaview Room at Hagastrand Spa; Hiiumaa island in Estonia



