

# Condé Nast Traveller

THE WORLD MADE LOCAL

MARCH 2026

## New HORIZON

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

*Inside*

SUNSHINE SKIING, TAHOE STYLE  
IN FASHION ON MOROCCO'S ATLANTIC COAST  
AN EPIC JOURNEY THROUGH GHANA  
AUSTRALIA'S BUZZIEST CORNERS  
THE EVOLUTION OF PUBS WITH ROOMS





## 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.

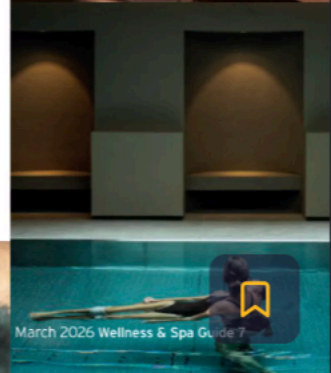
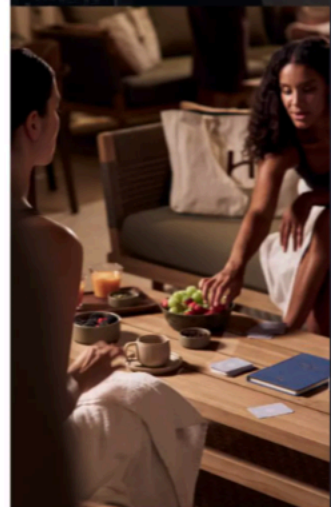
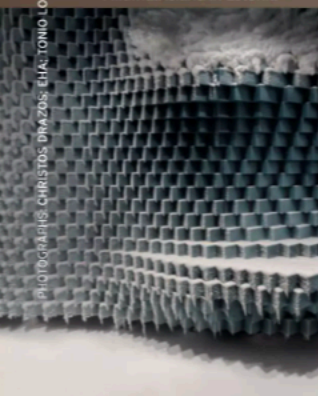
Offshore, island energy is making waves. **Ūrjā** opens at **Four Seasons Resort Maldives at Kuda Huraa**, billing itself as a "naturopathy island" majoring in stillness and the body's innate power to heal. On Malta adults-only **Verdala Wellness Hotel** is the country's first integrated wellness resort, 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





## MONTREUX, SWITZERLAND

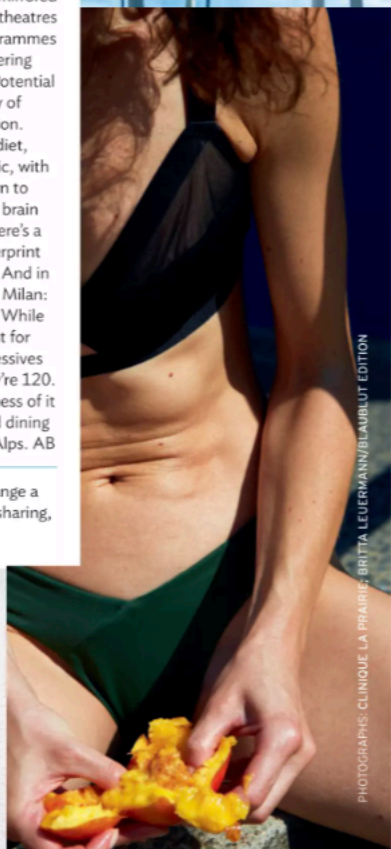
### Clinique La Prairie

THE PATRICIAN ESTABLISHMENT WITH DEEP ROOTS IN HISTORY AND A HIGH-TECH TAKE ON HEALTH

There are two important things to know about Clinique La Prairie, set on the banks of Lake Geneva. First, for those into longevity this is the OG, its DNA spliced by the pioneers who began studying the field back in 1931 (if you're curious about the guests, there's a corridor plastered with framed thank-you letters from Pope Pius XII, Truman Capote and Carla Bruni). Secondly, it's insanely glamorous, so pack your best Brunello Cucinelli cashmere tracksuit. The architecture has evolved over the decades, from the Heidi-style hotel to the pink-mirrored clinic that houses up to 50 doctors and specialists, three surgery theatres and all the latest imaging equipment. These are utilised in programmes ranging from Master Detox to Healthy Weight – but considering my family history of Alzheimer's, I opted to trial its new Brain Potential one, developed alongside neuroscientists at the University of Lausanne, to create a personalised plan for neuro-protection.

Overseen by a GP, we begin with the basics: analysing my diet, movement, sleep and stress. Then it gets exciting and futuristic, with a DNA test to pinpoint whether I have specific genes known to adversely affect the brain, and an MRI to assess any red-flag brain atrophy or white matter alteration (such as mini strokes). There's a precision gut-brain assessment to identify my microbial fingerprint and create a bespoke prescription for a prebiotic supplement. And in the gym I undergo the sort of fitness assessments used by AC Milan: balance, memory, reactions and peripheral vision are scored. While there's no magic pill for dementia, the programme is brilliant for learning how to counter decline, and for those longevity obsessives who want their brains to work as well as their bodies when they're 120. Despite its intensity, there's also time to enjoy the very Swiss-ness of it all: the immaculate service, sunset walks beside the lake – and dining on my neuro-nutrition menu with views of the snow-covered Alps. AB

Healing Holidays ([healingholidays.com/condenast](http://healingholidays.com/condenast)) can arrange a six-night Master Detox programme from £18,999 per person sharing, including transfers, full board and treatments



PHOTOGRAPHS: CLINIQUE LA PRAIRIE; BRITTA LEUERMANN/BLAUBLUT EDITION

