

Condé Nast Traveller

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THE WORLD MADE LOCAL

WELLNESS
& SPA
GUIDE 2023



THE WORLD'S BEST SPAS • TRANSFORMATIVE PRACTITIONERS • NEW PSYCHEDELIC RETREATS
A RADICAL RESET FOR MASCULINITY • THE RISE OF BREATHWORK • ESOTERIC THERAPIES



WOODSTOCKS OF WELLNESS

WHERE THE TRIBES ARE GATHERING IN 2023

Alma Ibiza, 2-5 November

Six Senses Ibiza, hunkered down in the tranquil northern tip of the island, is the setting for a celebration of spirituality and community through music, wellness and creativity. A three-day soul adventure.

From £1,510; almafrequency.com

Verve Wiltshire, 16-17 September

Verve folds in African dance, disco flow yoga, forest bathing and gong baths. Talks cover topics such as sober-curiosity and sustainable eating. Later there are cocktails and dancing under the stars in this official Dark Sky Reserve, before falling asleep in a bell tent.

From £59 per day; feeltheverve.com

Happy Place Festival London, 15-16 July; Cheshire, 2-3 September

A gentle way in for the whole family, with talks, tranquil spoken word, breathwork, meditation, massage, yoga and fun fitness. Children can immerse themselves in craft workshops and storytelling.

From £18.70; happyplaceofficial.co.uk

Medicine Berkshire, 17-20 August

The most woo-woo of all, rolling out in the woodland of Wasing country estate, Medicine interweaves Indigenous visionaries, world music artists and solution-makers of the future to ignite understanding of how to live harmoniously.


From £200; medicinesfestival.com

Harvest Kaplankaya

Turkish Riviera, 10-14 May

On glistening Aegean shores, this festival, hosted by Six Senses Kaplankaya, dissects the themes affecting our planet, and the methods, technologies and teachings that shape our future, through talks and workshops.

From £3,471; harvestkaplankaya.com SARAH SIESE



Clockwise from top: Ibiza; Harvest Kaplankaya; food at Verve; sleeping set-up at Verve; Alma group session; burning incense at Alma

