

Top 7 Beauty and Detox Destinations Around the Globe

It's been proven time and again: vacation is one of the best ways to refresh your mind, body and spirit. Want to further enhance the benefits of your next stretch of time off? Head to one of the world's most luxurious spas—in gorgeous Bora Bora, Malibu, Spain, or Iceland—to recharge, refresh, and make the most of every ounce of your free time.



1. SHA Wellness Clinic: Spain

You won't go kicking and screaming to Alicante, Spain, a city on the country's eastern coast that just so happens to border the Mediterranean Sea. The cerulean waters set the scene for relaxation, whether you're lounging on the beach or having one of the world-famous spa treatments at [SHA Wellness Clinic](#). SHA welcomes its guests for more long-term stays than other spas, and their menu includes days-long detox and fitness programs for those ready to really rejuvenate themselves. Of course, you don't have to stick around longer than a few hours if you want to dip your toes into a pedicure tub, breathe deeply at the oxygen bar, or replenish healthy skin cells with a facial.

2. COMO Shambhala: Bali, Indonesia

Beach? Absolutely. Bali? Even better. Add [the renowned treatments](#) provided by yoga and ayurvedic experts at [COMO Shambhala Estate, Bali](#), and you will have one extraordinarily relaxing getaway. The staff here specializes in hands-on, holistic treatments tailored to you. For example, aestheticians at COMO will analyze your skin before coming up with the customized facial that your skin needs; your post-vacation glow will be brighter than ever.

3. Harem Escape: Morocco

Are you somebody who hardly has time for treating yourself, let alone making reservations to attend a luxury spa day? Do you have a career that demands your time and full focus, but you're striving to give yourself a little attention? The [Harem Escape Spa](#), located in Morocco, offers a chance to get away and rejuvenate your mind, body and spirit. A lot of the guests at this spa are women looking to add a bit of luxury and relaxation to their hectic schedules. Not only does the Harem Escape Spa offer packages with food, wine tasting, full body massages, manicure and pedicures as well as daily meditations, nearly eighty percent of their profits go to local charities which are created to help young girls with their education and careers.

4. The Farm at San Benito: Philippines

The [Farm at San Benito](#) offers holistic healing and wellness practices where people can balance their mind and bodies with nourishing foods in an eco-friendly place. The Farm believes this kind of personal journey is a necessity, at least once a year. The farm offers naturally pleasing treatments such as detox cleanses, beauty and longevity treatments, and provides many different accommodations such as the Master Villa, Narra Pool Villa and the Garden Villa.

5. Ion Spa: Iceland

Located less than an hour from Reykjavik, the ION Luxury Hotel is one incredible experience. This hotel—located in one of the most Instagrammable destinations ever—provides several all-natural diversions to keep you from posting, including Northern Lights, a day of fly fishing, or a trek across an ancient glacier. The [ION spa](#), their specialty, allows you to warm up in their sauna or heated outdoor pool, unwind in relaxation rooms, and indulge in face masks, massages, skin treatments and much more.

6. Deep Ocean Spa: Bora Bora, French Polynesia

Your computer might have a photo of Bora Bora as one of its factory-loaded screensavers. The thatch-roof huts that stand over turquoise waters have been romanticized in the minds of weary office workers for years and years: it's time to take some photos of your own. While in Bora Bora, head to the InterContinental Resort and take a walk right over the water at [Deep Ocean Spa](#), which is literally outfitted with glass floors. Gaze into the enchantingly blue depths while you have the spa's signature Deep Blue Massage, which incorporates marine-harvested ingredients to authenticate your island-inspired treatment.

7. The Ranch At Live Oak: Malibu, California

If you're looking for a stateside retreat and need an excuse to move your body while on vacation, [The Ranch at Live Oak](#) is perfect. Ocean views, 1500-calorie meat-, carb-, and sugar-free daily meals, plus targeted yoga and weight workouts will have you svelte and focused in one week. Don't have a week? Their four day version, R4.0, offers a condensed edition of the week-long program, with a bit more connectivity.