

2021 Wellness Travel Awards

Every year, we honor leading spas that elevate the practices of wellness, environmental stewardship and sustainability, all the while maintaining high standards of luxury, hospitality and design.

Now, more than ever, it is important to celebrate these spas for their efforts on behalf of nature conservation; energy efficiency; innovative use of local, natural and organic ingredients on their spa and culinary menus; recycling, upcycling, reuse and other initiatives geared toward lessening the footprint that leads to climate change.

We also evaluate spas for integrative and holistic health and wellness programs that foster leadership in the industry and set a new and higher standard. Innovators in wellness, hospitality and design can—and do—create a ripple effect across many other industries!

— *The Editors*

Best Detox

The Ranch Malibu

USA

Early to bed and early to rise at The Ranch supports the likelihood of a loss of three to six percent body weight, an enhanced mood, refocused mind and more salubrious habits. Off the grid on 200 remote acres above Malibu, the original bootcamp for celebrities and glitterati offers reset programs of seven or nine days, as well as private coaching at the mother facility. Four-day jumpstart initiatives at Four Seasons Westlake also can be accessed. Guests follow a rigorous daily schedule, which consists of a daily morning hike, weight training, yoga and massage. Menus present creatively healthy and fulfilling meals with this caveat: vegan, no sugar, gluten-free, dairy-free and satisfying.