

AFAR

The Hotels and Resorts We Love for Wellness in 2023

These are the 20 hotels we recommend most for wellness in 2023.

The most extraordinary hotel wellness experiences today have evolved far beyond a massage at the spa. More travelers than ever before intend to boost their well-being on their trips, and many retreats are responding with results-driven experiences that aim to improve the mental, physical, and spiritual status quo of their guests. We've been [reporting on this trend](#) and have also rounded up a list of 20 hotels that stand head and shoulders above the rest in the wellness category. This list is our first edition of our new Hotels We Love series. The places that made our list have the tools to transform our mind, body, and spirit, but not just with personal regimens and programs. They also connect us to destinations in meaningful ways by tapping into local cultures and traditions, using raw natural ingredients from the area where possible, and putting nature front and center. From a palatial spa complex in Marrakech to a boot camp-style retreat in Italy, these 20 hotels set a benchmark for wellness retreats today.



The Ranch Italy's program is located at the Palazzo Fiuggi, a historic wellness retreat and five-star resort. Photo by Jessie Beck

6. The Ranch Italy

- **Fiuggi, Italy**
- **Book now**

With a program more focused on fitness and weight loss than spirituality and relaxation, the new Italian sister property to iconic California-based **the Ranch Malibu** brings the retreat's boot camp mentality to the medieval town of Fiuggi in Lazio outside of Rome. Here, mineral-rich waters have attracted wellness seekers for centuries, many as guests at the 1910 Palazzo Fiuggi, where guests (dubbed Ranchers) stay. Just as in Malibu, **the Ranch Italy** participants **follow a daily routine** of early wake-up calls, hikes, workout classes, massages, and communal, vegan meals—but with a slightly more laid-back, Italian twist. Think trails with views of the Apennine Mountains, vegan takes on locally inspired dishes, and bedding down in one of the Palazzo Fiuggi's 102 serene, neutral-hued guest rooms.