



## Twenty for 20: Iconic Spas of the 21st Century

When you're ready to reboot, these environmentally forward spas care about you, and our world, too.

BY BECCA HENSLEY | SEPTEMBER 29 2021

Touch. I'm craving it. Having experienced the first part of a pandemic that hasn't quite expired and having forgone my frequent spa habit for so many months, I'm inclined to agree with the words of chess champion Bobby Fischer who wrote: "Nothing eases suffering like human touch." As the world heals, and the best spas in the world reopen and reimagine themselves, we're all likely to turn to our preferred vitality sanctums with renewed gusto, hoping to have our suffering eased.

What we'll find when we do will be the continuation of an eco-conscious and sustainability trend that had already begun, but has been accelerated by Covid-19's unique circumstances. Susie Ellis, CEO and co-founder of the Global Wellness Institute and Global Wellness Summit, notes that consumers will continue to "demand more sustainable products and offerings from the wellness industry, and wellness companies must walk the walk in their green commitments."

When you're ready for your reboot, these environmentally forward spas care about you, and our world, too.

### **Vida Mia Healing Center, The Retreat, Costa Rica**



The Retreat has merely 13 phone and television free rooms / ©The Retreat

Positioned on a 50-acre, mystical quartz mountain, overlooking the lush Nicoya Peninsula, famed for its salubrious Blue Zone attributes, The Retreat has merely 13 phone and television free rooms, each centered by a selenite crystal to awaken the chakras. With Pacific Ocean views and briny sea air, this sustainable haven leaves few marks on the surrounding territory.

This wild as possible approach ensures that guests can plug into mother earth's natural rainforest cures. A coffee plantation, organic gardens, jungle-scape, a river and saltwater pools are connected by a criss-cross of pathways.

At the 8,000-sq-ft Vida Mia Healing Center & Spa, guests can receive extensive Ayurvedic treatments, crystal healing, farm-to-spa rituals, chromotherapy treatments and watsu — among other therapies. With 80% of the ingredients hailing from the farm, meals nourish guests organically, without sugar, gluten or processed inclusions. Daily yoga and meditation ensures all guests maintain an eco-caring kind of mind.

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