

# TRAVEL + LEISURE

2022

## World's Best Awards





# DESTINATION SPAS

Wellness retreats are booming as travelers continue to prioritize their mental and physical health. This year, that meant an emphasis on spas with outdoor offerings that encourage guests to reconnect with nature—and themselves.

## ▲ NO. 1 INTERNATIONAL DESTINATION SPA

Rancho La Puerta is set on 4,000 acres of gardens, meadows, and mountains in Baja California, Mexico.

## TOP 15 DOMESTIC SPAS

- The Ranch Malibu**  
California 93.66  
Readers in search of a health reset swear by this enclave's goal-oriented fitness regimens and plant-based cuisine. A supportive staff goes the extra mile to ensure stays are both invigorating and restorative.
- Ten Thousand Waves**  
Santa Fe, New Mexico 92.76
- Shou Sugi Ban House**  
Water Mill, New York 92.73
- Sensei Lanai, a Four Seasons Resort**  
Hawaii 92.00
- Civana Wellness Resort & Spa**  
Carefree, Arizona 91.79
- Miraval Arizona**  
Tucson, Arizona 91.63
- Canyon Ranch Tucson**  
Arizona 91.52
- Mii Amo**  
Sedona, Arizona 91.48
- Lake Austin Spa Resort**  
Austin, Texas 90.90 ★
- The Lodge at Woodloch**  
Hawley, Pennsylvania 90.57 ★
- Miraval Austin**  
Texas 88.76
- Indian Springs Resort**  
Calistoga, California 88.74
- Canyon Ranch Lenox**  
Massachusetts 88.38
- Two Bunch Palms**  
Desert Hot Springs, California 88.17
- Ojo Caliente Mineral Springs**  
Ojo Caliente, New Mexico 87.13

## TOP 5 INTERNATIONAL SPAS

- Rancho La Puerta**  
Tecate, Mexico 95.76 ★  
A profound sense of community is chief among the reasons travelers return (some annually) to this Baja California oasis. Other draws: 40 miles of nature trails, sports facilities that include pickleball courts, and menus that highlight ingredients grown at the on-site organic farm.
- Sha Wellness Clinic**  
El Albir, Spain 95.20
- Terme di Saturnia**  
Saturnia, Italy 94.15
- Mountain Trek Fitness Retreat & Health Spa**  
Ainsworth Hot Springs, British Columbia 93.26
- Chablé Maroma**  
Punta Maroma, Mexico 89.90