

# THE MOST SPOILING WELLNESS EXPERIENCES AROUND THE WORLD

By: Christian Stan | 6 July, 2025

HOTELS, NEWS

**From Zodiac-Inspired Massages in the Maldives to Wildlife Yoga in Kenya, Here's How to Reboot Mind, Body, and Spirit in Style This Season**

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Here's How to Reboot Mind, Body, and Spirit in Style This Season

The world is ready to relax. As summer stretches ahead and out-of-office replies pop up like daisies, this is your cue to prioritise your wellbeing and indulge in the most lavish, transformative wellness experiences from across the globe. Forget your average spa weekend—this season is about reimagining self-care with once-in-a-lifetime adventures that stimulate, soothe, and restore in equal measure.

Whether you're meditating to the sounds of the African savannah, floating in an infinity pool high above Lake Como, or aligning your chakras according to your zodiac sign in a Maldivian overwater spa, these exceptional destinations go beyond the expected to deliver truly restorative wellness escapes.

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Yoga with Wildlife at Great Plains' ol Donyo Lodge

## KENYA: Yoga with Wildlife at Great Plains' ol Donyo Lodge

Nestled between *Amboseli* and *Tsavo National Parks* and overlooking the majestic Mount Kilimanjaro, **Great Plains' ol Donyo Lodge** offers a safari wellness experience that's utterly unforgettable. Guests can stretch out on yoga mats beside private plunge pools or star bed decks, greeting the day with sun salutations to the soundtrack of birdsong and elephant calls from the nearby waterhole.





Led by **Great Plains' expert guides**—or enjoyed in peaceful solitude—yoga here is about deep connection to nature and self. The views are as therapeutic as the movement: practice atop ancient kopjes or meditate atop the twin peaks of El Mau Hills, with sweeping views across the 275,000-acre Maasai-owned Mbirikani Group Ranch.

After yoga, guests can nourish themselves with freshly pressed juices, herbal teas to aid digestion and calm the mind, and superfood-rich breakfasts prepared with wellness in mind. The lodge's therapists are on hand to provide soulful spa treatments like *The Renewal*, a massage designed to clear emotional blockages and set positive intentions for the future.



ol Donyo Lodge is located on over 111,000 hectares of private land in the heart of the Chyulu Hills, between Kenya's Tsavo and Amboseli National Parks. The property, honed from the ancient lava rock spewed out of Kilimanjaro 360,000 years ago, creates a timelessness that touches everyone visiting us. Safari experiences include horseback safaris, mountain bike safaris, guided walking safaris and open vehicle game drives.

Nightly rates start at **\$1,344**, and the experience includes an extraordinary array of activities—from game drives to guided bushwalks and conservation initiatives. The newly added Bell 505 helicopter now also offers scenic flights over the Chyulu Hills and beyond.

[greatplainsconservation.com](http://greatplainsconservation.com)

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A silhouette of a woman doing yoga on background of windows with beautiful winter landscape with trees in the snow and sunlight, young yogi girl in warrior's position

## FRANCE: Plan Ahead for Winter with Snowga at Purple Ski's Chalet Inoko

If your idea of wellness involves snow-covered serenity, plan now for a winter escape to **Chalet Inoko in Val d'Isère**, which has just been refurbished to offer even more luxury for the 2025/26 season. This chic Alpine retreat includes a hot tub, private wellness area, and spacious living quarters for up to 15 guests.

Its unique *Snowga* sessions—yoga in the snow or by the chalet's private pool—are the ultimate antidote to sore ski legs. Afterwards, unwind with massages, sauna sessions, or a soak in the hot tub overlooking the forest. A full team, including private chef and concierge, ensures every detail is perfectly handled.

Seven-night catered stays start at **€48,988**. [purpleski.com](https://www.purpleski.com)

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