

# World's Best Stress Relief Detox Spas

There are plenty of options for individuals interested in wellness travel. From yoga retreats and fitness breaks to spa packages and meditation holidays, the options for health destination retreats are endless. That said people can get the best stress relief experience from detox retreats, which gives them an opportunity to relax physically and mentally. A one week vacation in a detox spa retreat can help restore and rejuvenate the person's health and lifestyle.

Here are three of the top stress relief and wellness spa retreat centers in the world that offer travelers a health-focused and relaxing vacation experience:



## 1. Canyon Ranch, Tucson, Arizona

Canyon Ranch is an all-inclusive health resort that provides luxurious relaxation facilities. This top detox and spa retreat has played host to a number of celebrities and allows guests to rest and rejuvenate.

The resort package includes spa services, healthy food, fitness, exercise, as well as meditation. Stress relief treatment aims to release muscle tension, improve circulation and encourage deep relaxation. The treatment consists of classic massage as well as advanced restorative touch therapies, Asian therapies, soothing body treatments and scrubs, and body rituals (e.g. detoxifying, anti-aging and revitalizing).

Body wraps are also available and are used to promote relaxation in individuals, such as a moor mud wrap or detoxifying herbal wrap. Visitors to this resort can also take advantage of educational sessions that are designed to encourage lifelong dedication to a healthy lifestyle. A one week retreat package is available from \$11,740 per person.



## 2. Coworth Park Hotel & Spa, Ascot, England

Coworth Park Hotel & Spa in Ascot provides a variety of wellness services. Leisure services such as

horseback riding and English afternoon tea and healthy cuisine are also offered. This is a 5–star hotel which has a spa that has been named by Conde Nast Traveler as the number 1 hotel spa in the UK.

The spa offers various massage treatments intended for stress relief and relaxation, such as the Swedish massage, hot and cold stone therapy, personalized aromatherapy, target tension massage, Thai massage and more. There are also soothing facials and body treatments at the spa that provide a pleasant and rejuvenating experience.

Relaxing body treatments take advantage of the healing properties of natural substances like lavender, earthy minerals, ginger, mud, spirulina, and damask rose. Double rooms at Coworth Park Hotel & Spa are available from \$468 a night.



### **3. Gaia Retreat & Spa, NSW, Australia**

Gaia Retreat & Spa in Byron Bay is a famous retreat center. It is co–owned by Olivia Newton John and its detox spa packages have been popular among celebrities such as Oprah. The retreat features relaxing bungalows among subtropical forests, and offers spa services, yoga, meditation, organic cuisine and natural healing sessions.

Stress relief treatments include various massage therapy services, deep tissue massage, aromatherapy and reflexology. Additionally, guided yoga and meditation sessions involve performing movement and breathing techniques to relieve stress. Retreats are available from \$3,723 per person with the five night refresh package. Travelers can also opt for complete pampering with the seven night restore package.

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