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# Editor's letter

SPA & WELLNESS COLLECTION 2026



It was at 5am on a mountaintop in Japan that I first began to appreciate the power of water. Steam swirled off the onsen I'd slipped into moments before, mineral-rich water easing tired muscles and loosening long-held tension. The region of Oita is home to the highest concentration of hot springs in the world. I was there for a week and left feeling 10 years younger but, for locals, bathing is woven into daily life. It's a practice rooted in the view that water can do more than soothe: it can restore, rebalance and perhaps even alter the passage of time.

In the latest issue of *Spa & Wellness*, we look at the world's hottest wellness trend: longevity (p6). Can centenarians offer insight into how to live longer or does the answer lie in a new wave of science-led retreats? We also take a deep dive into the health benefits of water from riding waves to overcome trauma in Morocco to listening to the soothing sound of whale song in Norway (p14).

Next up, we travel to South Korea, where a booming beauty scene is drawing in visitors in pursuit of the perfect glow (p8), before heading to LA, where rage rooms invite guests to smash glass bottles with a baseball bat — part therapy, part thrill (p24). All this, plus our roundup of spas and retreats, brought to you by our partners, to help you plan your next soul-soothing escape (p42).

*Charlotte*

Charlotte Wigram-Evans, editor



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## On the cover



Mexico's One&Only Mandarin hotel hosts temazcal ceremonies involving chanting, drumming and prayer  
Image: Rupert Peace

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IMAGE: PENNO DEUTSKI

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“A new type of trip is emerging, offering guests the chance to get away while focusing on sensuality”

### Back to the Body

**BEST FOR:** Women-only healing  
**WHY GO?** A sense of camaraderie and sisterhood sits at the heart of Back to the Body's retreats. Designed specifically for women, these week-long gatherings encourage participants to look more closely at their relationship with their bodies, process past experiences and get clear on personal desires. Programmes combine sensual bodywork sessions with guided group discussions on topics like body image, as well as sexual and intimacy coaching. A strong emphasis is placed on female bonding — sharing stories, listening to others and realising that many insecurities or questions are widely shared. There's also time for other activities, with many of the programmes often incorporating excursions into the schedule. An upcoming retreat in the Southern California high desert offers the option of day trips to Los Angeles and San Diego.  
**HOW TO DO IT:** Back to the Body's California retreat runs from 4-7 June. Prices start from \$950 (£711) for the full weekend retreat, excluding flights and transfers. [backtothebody.org](http://backtothebody.org)

### IntimacyMoons

**BEST FOR:** Couples looking to reconnect  
**WHY GO?** Run by licensed therapist Marissa Nelson, IntimacyMoons specialises in retreats for couples who are struggling in their relationships or simply want to reconnect. Marissa helps couples improve their sex lives, communication skills and emotional intimacy, all while enjoying a luxury holiday in the US or the Caribbean. The retreats are entirely private, which is ideal for those who prefer to work through sensitive issues with just their partner and coach. Each four-day retreat includes nine hours of couples therapy to talk through challenges and identify patterns, alongside customised workshops and a 60-minute couples massage. Locations include Washington, DC, Miami and Martha's Vineyard. Alternatively, couples can head to Barbados or St Lucia, where a slower pace of life provides a soothing backdrop for doing difficult emotional work.  
**HOW TO DO IT:** IntimacyMoons' in-house concierge coordinates all the travel logistics, from accommodation to private transfers. From \$12,000 (£10,395), excluding flights. [intimacymoons.com](http://intimacymoons.com)



IMAGES: SWAY PHOTOGRAPHY; GETTY; PENKO DELIVSKI

### SHA Spain

**BEST FOR:** Data and diagnostics  
**WHY GO?** For a truly 360-degree approach to sexual wellbeing, SHA is among the best. Set in the hills above Alicante, the clinic has added a dedicated unit focused on supporting women at every stage of life. What sets SHA apart is its medically researched therapies. The unit brings together gynaecologists, physiotherapists and hormone specialists to look specifically at intimate health. Treatment starts with diagnostic testing to gain a clearer picture of what's going on, both physically and emotionally. From there, personalised therapies such as pelvic floor rehab and vaginal rejuvenation may be recommended to address concerns. With tailored, evidence-based treatment plans, the aim is for guests to leave feeling informed, supported and empowered.  
**HOW TO DO IT:** SHA's Women's Health package starts at €1,300 (£1,125) as an add-on to any core programme. [shawellness.com](http://shawellness.com)

### School of Sensual Arts

**BEST FOR:** The tantra curious  
**WHY GO?** The School of Sensual Arts is a global platform focused on teaching people how to unlock their 'sensual power'. Through workshops and international retreats, Henika Patel and her team introduce participants to therapeutic movement practices like yoga and tantra, exploring how they can be used to connect more deeply with oneself and allow for greater presence and pleasure.  
 Among its 2026 offerings is a five-night 'Awaken' retreat in Spain, where guests stay at a rustic-chic villa in a quiet corner of the Costa Blanca. Days are structured around morning, afternoon and evening practice sessions, with time in between for quiet reflection or dipping toes in the Mediterranean. A private chef will prepare healthy meals and host a workshop exploring the principles of the ayurvedic diet, which encourages eating food based on your body type.  
**HOW TO DO IT:** The Awaken Retreat runs from 13-18 May. From £1,450, excluding flights and transfers. [schoolofsensualarts.co.uk](http://schoolofsensualarts.co.uk)

Clockwise from top left: Back to the Body retreats encourage women to look at their relationship with their bodies; coaches encourage couples to work on intimacy outside the classroom; the Spanish location for the School of Sensual Arts is dotted with cosy corners for journaling, reading or quiet reflection between workshops; there's also a private pool on site — perfect for cooling off between therapy sessions