

Health, Wellness & Modern Green Living

# organic spa

MAGAZINE

## WELLNESS TRAVEL GUIDE

**165** GLOBAL RESORTS  
& DESTINATIONS

### ► TRANSFORMATIVE TRAVEL

Serene Sri Lanka

*Herbal Healing in Brazil*

Zen Escapes in Vietnam

*Mineral Soaks in New Mexico*

+ Goat Yoga

+ *Spring Beauty Trends*

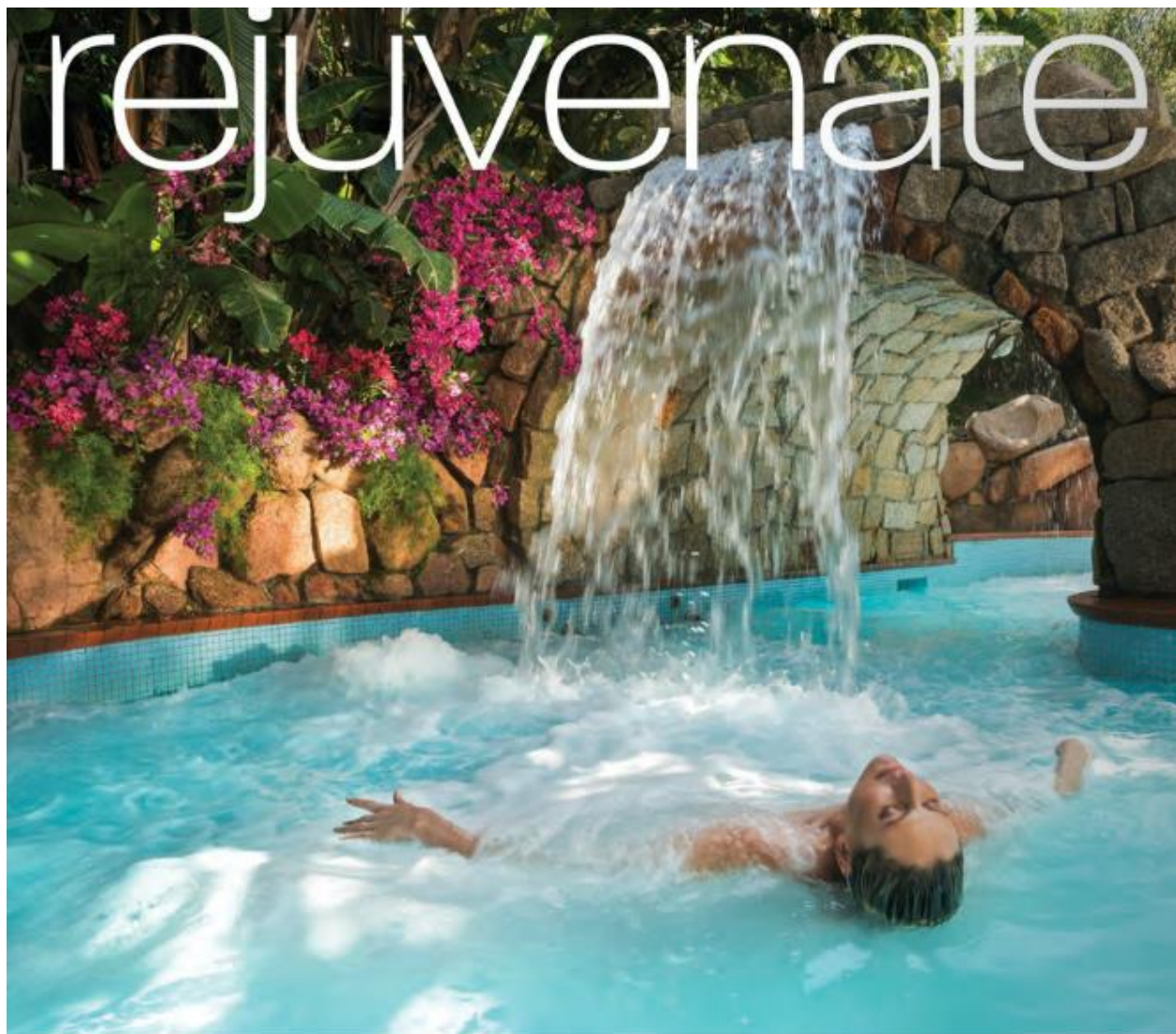
+ Modern Mocktails

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Forsyth



## Sardinian Seawater Soak

Italy is full of spots where you can soak in natural mineral waters (no surprise, since the practice was popularized by the ancient Romans), but one of the country's best thalassotherapy experiences is found on the island of Sardinia. There, tucked away in a garden among the 116-acre, beachfront Forte Village Resort, lies the Acquaforte Thalasso & Spa, developed by a doctor over 25 years ago.

Designed to evoke a grotto, the central indoor/outdoor water circuit features six pure Sardinian seawater pools, each with a specific temperature, saline density and mineral makeup to promote different results. While some are made of pure, mineral-rich seawater, or feature lots of sea salt to

help relax muscles and fight inflammation, most unique are the green-hued pools infused with sea oil, brine, mint and aloe, which encourage detoxification and boost endorphins. Completing the entire circuit leaves the body revived and energized, with circulation boosted and skin healed.

For deeper results, pair a daily soak with one of the spa's targeted treatments (a cryotherapy leg wrap or waterbed-set honey-and-salt massage), or make like the spa's long list of regulars—which include world-class athletes and Russian astronauts—and come for a customized multi-day wellness, fitness or health program. [fortevillageresort.com](http://fortevillageresort.com)

—Sandra Ramani

- INTERNATIONAL -  
THERMAL & MINERAL SPRINGS & HEALING WATERS

#### ADLER THERMAE SPA RESORT

This luxe, rural hotel and spa is located in Italy, just a few paces away from the vineyards of Montalcino. The healing waters of Tuscany are a thousand square meters of indoor and outdoor pools, completed by beautiful scenery year-round. [adler-thermae.com](http://adler-thermae.com)

#### BLUE LAGOON

Located on an otherworldly geothermal seawater lagoon in Iceland, the Blue Lagoon offers in-water massage, and healing treatment ingredients feature silica mud, sea salt and algae, as well as all the benefits of geothermal water. [bluelagoon.com](http://bluelagoon.com)

#### DIVANI APOLLON PALACE & THALASSO

In the heart of the Athenian Riviera, Divani Apollon Palace & Thalasso offers two outdoor swimming pools, one with seawater, the biggest Thalassotherapy pool in Greece. With a focus on detoxing seaweed treatments, Divani offers nutritional counseling, private training and more to help guests meet their wellness goals. [divaniapollonhotel.com](http://divaniapollonhotel.com)

#### FORTE VILLAGE RESORT

One of Italy's best thalassotherapy circuits, with six pure Sardinian seawater pools, each with a specific temperature, saline density and mineral makeup. While some are made of pure, mineral-rich seawater, or feature sea salt to help relax muscles and fight inflammation, most unique are the green-hued pools infused with sea oil, brine, mint and aloe, to encourage detoxification and draining and boost endorphins. [fortevillageresort.com](http://fortevillageresort.com)

#### THE GAINSBOROUGH BATH SPA

Gainsborough Bath Spa, located minutes from the remains of the fifth-century Roman baths, offers a Roman Bath hydrotherapy circuit, organic facials, muscle-easing magnesium wraps, a signature Aquasana (in-water yoga) and watsu massage, in the central heated thermal pool. [thegainsboroughbathspa.co.uk](http://thegainsboroughbathspa.co.uk)

#### GRAIL SPRINGS RETREAT FOR WELL-BEING

Located near Bancroft, Ontario, known as the Mineral Capital of Canada, Grail Springs Retreat for Well-Being takes a holistic approach to wellness, in a gorgeous natural setting. Offerings include yoga, detox, healing spa treatments, expert talks on the art of living well. [grailsprings.com](http://grailsprings.com)

#### HARRISON HOT SPRINGS RESORT & SPA

Take a dip in one of the spa's healing mineral springs at Harrison Hot Springs Resort & Spa. The oasis is an hour-and-a-half drive from Vancouver and provides body treatments, from the Glow with organic cane sugar to the Reveal Facial with marine-derived ingredients. [harrisonresort.com](http://harrisonresort.com)

#### ROGNER BAD BLUMAU

An Austrian destination and resort, the Rogner Bad Blumau healing waters include a sauna and highly mineralized water for bathing. Each pool is an experience as guests enjoy indoor and outdoor thermal baths that glide through the Indian Ocean and South Sea. [blumau.com](http://blumau.com)

#### SAVA HOTELS & RESORTS

The Sava Hotels & Resorts puts an emphasis on health, beauty and inner peace. The wellness center offers traditional and modern services for beauty and relaxation, using the black thermal mineral water of natural springs to ease pain and enhance well-being. [sava-hotels-resorts.com](http://sava-hotels-resorts.com)

#### SCANDINAVE SPA

The Scandinave Spa is a Canadian resort in the Blue Mountains featuring the refreshing rinse of Scandinavian baths. Senses are awakened while cleansing the body, soothing muscles and giving guests a general sensation of well-being that comes with the full immersion and experience. [scandinave.com](http://scandinave.com)

#### SPIRIT HOTEL

Surrounded by greenery and lakes, this Hungarian destination houses over 20 pools and Jacuzzis in its wellness Oasis. Each exclusively designed pool guarantees a sense of well-being and a regenerative rest. The nature of the Oasis supplements relaxation with a soothing bathing environment. [spirithotel.hu](http://spirithotel.hu)

#### TABACON THERMAL RESORT & SPA

Nestled in the heart of Costa Rican rainforest in a mystical setting at the base of the Arenal Volcano, Tabacon provides luxurious accommodations, fresh service philosophy with "Pura Vida" style. A tropical and exotic destination combining adventure with relaxing and steaming hot springs. Explore Costa Rica's largest network of volcano heated, naturally flowing hot springs, delight your senses with cuisine inspired by local fares. Experience a spa treatment rendered in outdoor bungalows next to the soothing sounds of gently rushing streams and local wildlife. [tabacon.com](http://tabacon.com)

#### THERMES MARINS MONTE-CARLO

A hub of high-tech and a place of pure serenity, the Thermes Marins Monte-Cristo resort inspires well-being through deep, relaxing treatments. With a poolside view of the Mediterranean, its Aqua Fitness Center incorporates thermal energy and seawater for healing experience. [thermesmarinsmontecarlo.com](http://thermesmarinsmontecarlo.com)

#### TOBIRA ONSEN MYOJINKAN HOTEL

Set on wooded grounds, the tranquil hot springs of the Tobira Onsen Myojinkan Hotel is located near the Matsumoto Castle. A historical atmosphere provides guests with traditional bathing experiences in their standing bath and open-air bath, complete with healing amenities. [myojinkan.tobira-group.com](http://myojinkan.tobira-group.com)