

Healthy holidays: 50 best wellness retreats, spas and feel-good destinations



Sheriden Rhodes



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Reggaeates at Jewel Grande Montego Bay Resort and Spa.

We've come a long way since wellness travel involved packing runners in case you could squeeze in an early morning jog, or goggles for a few laps of a chlorine-rich pool. If you were really lucky, perhaps it was a Swedish massage at a rudimentary hotel spa, a gym work out or round of golf.

Now wellness travel is booming, and continues to gather momentum, as those of us living in developed countries seek to calm our nervous systems, eat and sleep better, move more, be

40. SLEEP IN AN ENERGY POD AT KATA ROCKS PHUKET

Step into the futuristic looking Energy Pod, a chair-helmet contraption, and leave the world behind. After being lulled to sleep (or at least into a comatose state) by soothing sounds, Thai spa therapists deliver a foot therapy treatment using acupressure points, energising immune and circulatory systems, as well as reducing water retention and puffiness. See katarocks.com

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