



Luxury wellness retreats and escapes for 2020

Desert Hot Springs, Machu Picchu, Mendoza and more places to reset and detox in the New Year

Get ready for a decade of even more [wellness](#).

The global wellness industry is now valued at \$4.2 trillion, up 12.8 percent from \$3.7 trillion in 2015, according to the most recent statistics from the [Global Wellness Institute](#). And that number will only increase as people continue to prioritize [experiential travel](#), [health](#) and sustainability, data show.

Nearly half of consumers (42 percent) polled in a recent [MINDBODY](#) wellness survey said they valued experiences, such as yoga, meditation, vacations and fitness, over material possessions.




The global wellness industry became a \$4.5 trillion market in 2018, according to the Global Wellness Industry.




And luxury companies continue to capitalize on the increased demand. From free-flowing hot springs on the West Coast to wilderness safaris in Botswana and hiking up to Machu Picchu, these are some of the most luxurious wellness escapes to unwind and rest in for 2020.



Marvel Machu Picchu

Combine hikes with wellness workshops and yoga practices for a spiritual and cultural journey on this eight-day retreat from [Mountain Lodges of Peru](#). Travelers will embark on programs like “Ayurveda for Life,” which teaches about the system of medicine with historical roots in India, and venture up the Andes Mountains to Machu Picchu, the Incan citadel built in the 15th century with panoramic views of Peru above the Urubamba River valley. (Starting at \$3,660 per person).

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Cusco, Machu PicchuView Profile



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Calling all adrenaline junkies! Imagine 75 miles of thrilling, high-altitude advanced-level hikes on the most remote trails, access to seldom-visited Inca archaeological sites, and a combo of luxury lodge accommodations and sleeping under the stars in premium camping installations. Journey from the Plaza de Armas in Cusco all the way to the Sun Gate at Machu Picchu—The Black Diamond Trek has it all! #experiencemlp #machupicchu #incatrail #cusco #visitperu #andes #visitcusco

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