

13 Wellness Travel Ideas For An Empowering NYE Getaway

Begin 2022 centered and recharged.

By: [Nicole Kliet](#)

Wellness is one of those terms that feels overused and generalized but still resonates deeply with your wants and needs. It can manifest in many ways, from something as simple as turning off your phone in the evening or scribbling away in an adult coloring book, all the way to booking a self-care vacation in a far-flung tropical destination complete with yoga classes and green juices. In other words, there are many faces of wellness. But in the context of travel, there is arguably no better time to focus a trip on this theme of well-being than New Year's Eve.

December 31 festivities often entail sipping on a few too many glasses of champagne while dressed in a slightly itchy sequin dress or uncomfortable suit—but why? We say it's time to flip the script and take the beginning of a new year as an opportunity to turn inward. And no, wellness travel doesn't *have* to be an expensive itinerary-focused retreat (though if you do well with a routine, there's options for that below as well). It can also come in the way of unplugging in nature or surrounding yourself in a place that's full of historical significance. Whichever way you choose to do it, make this year the one you finally stop saying, "But, I hate New Year's Eve."

Bohemian Beach Views In Uruguay

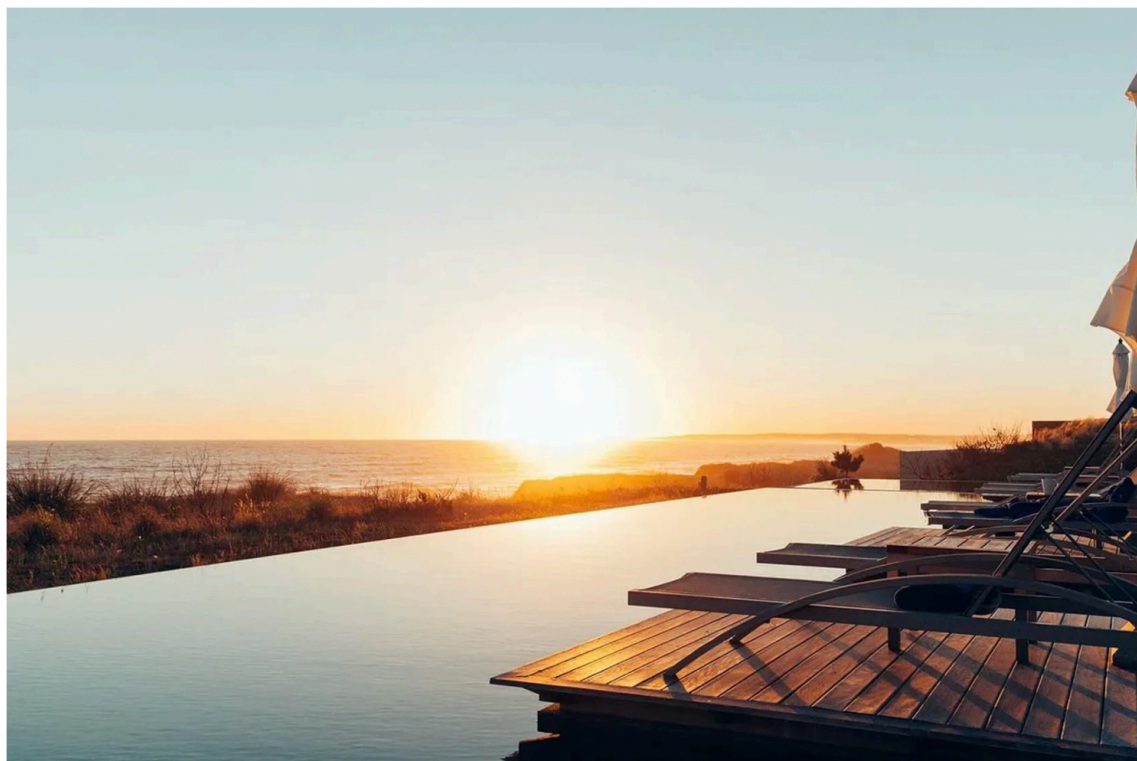


Photo: Courtesy of Bahia Vik

[Bahia Vik](#) can be discovered in the sandy dunes of Monsa Beach in the South American country of Uruguay. The property, located in the bohemian-chic village of Jose Ignacio, offers open architecture to help guests more fully immerse with the natural landscape. Take a dip in one of the four pools, swim in the ocean, or head for the newly-opened wellness center and spa experience, The Shack Yoga and Wellness at Bahia Vik. Here, you'll find a yoga studio, fitness center, personal training, one-off retreats and workshops, a spa, steam and sauna facilities, and a cold-pressed juice and tea bar—all the fixings for a NYE wellness getaway.