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New Year, New You: The Best Wellness Retreats to Visit in 2022

With the New Year fast approaching, there's no better time to plan for some rest and relaxation, so you can kick off 2022 feeling rejuvenated. From the mesmerizing beaches on the island of Anguilla to the bohemian-chic village of Jose Ignacio, we've rounded up some of the best wellness destinations offering immersive well-being experiences.

Bahia Vik

Located in the bohemian-chic village of Jose Ignacio, Bahia Vik promises and tranquil and spectacular beach getaway. Guests can relax in one of the four large pools, swim in the waves, or visit the newly debuted wellness centre and spa experience, The Shack Yoga and Wellness at Bahia Vik.

Alex and Carrie Vik, the visionaries behind Vik Retreats, partnered with Isabella Channing, owner of The Shack Yoga in José Ignacio, a beloved studio frequented by locals and visitors alike, to bring the concept to life. The Shack Yoga and Wellness at Bahia Vik features a yoga studio, a state of the art fitness centre, personal training, one-off retreats and workshops, a spa, steam and sauna facilities, and a cold-pressed juice and tea bar. Visitors are invited to enjoy an array of fitness classes such as yoga, Pilates, dance, meditation, and more. Meanwhile, the spa's exceptional team of therapists offer a range of personalized treatments and therapies.