

The Best Wellness Retreats Around the World for the New Year

 *December 2, 2021*

From the mesmerizing beaches on the island of Anguilla to the bohemian-chic village of Jose Ignacio, each location offers an immersive experience to relax and rejuvenate.

Bahia Vik

Located in the bohemian-chic village of Jose Ignacio, Bahia Vik promises a 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 center 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 center, personal training, one-off retreats and workshops, a spa, steam and sauna facilities, and a cold-pressed juice and tea bar. The spa's exceptional team of therapists offer a range of personalized treatments and therapies. Visitors will enjoy an array of fitness classes such as yoga, Pilates, dance, meditation, and more.