

Ready for Wellness Travel?

Wellness travel is hot. It is an exploding niche in the wellness and travel industries. There is good reason for the growth. People in the western world are cope with stress constantly.

Screen glare assaults us daily. Phones ringing, iPad's beeping, emails and other notifications surging in. We live in a fast-paced world where we tend to be in "fight or flight" stress mode all the time. It's exhausting. And that's before dealing with traffic and family life responsibilities.

We also are living in a time where more people are taking more charge for our own health and wellness. We know food choices are important. We know exercise is important. We know that stress is hard on our bodies, mind and spirit. It can be a challenge to fit it in all the "need to dos". Wellness travel helps restore us.

Wellness travel starts when we identify we need a break. We may decide to improve our

health or our well-being. We know we're tired and need renewed.

In a recent survey, people revealed the most important things in their wellness travel. Nature and experiencing it topped the list. Also important were peace and quiet, rest and relaxation. We want massage, learning opportunities, physical activities and healthy food options.

Everyone has their own definition of wellness travel. Cruise lines, hotels, resorts, and even airports are trying to help meet the needs. Quiet rooms, massage, yoga space and walking trails are now available in unexpected places.

Most people escape on the weekends. If you're tired of fighting those crowds, try an early in the week retreat. Many spas and hotels offer special discount rates for Sunday – Thursday travelers.