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FORA



Six Senses Douro Valley

An Insider's Guide to Wellness Travel

Let's face it: we could all use a little self care. And while the concept of "wellness" means something different to everyone — be it a fitness bootcamp or a beachside massage (we don't judge) — a wellness retreat for your next vacation is never a bad idea.

But where to choose? From Malibu to Mexico, there are a number of extra-special resorts that serve up wellness programs on a silver platter. We're talking glorious surroundings, luxurious accommodations and five-star service, coupled with world-class fitness programs, expert-led classes and once-in-a-lifetime spa treatments.

Ready to travel? Connect with me to plan and book your wellness getaway today.

Ready to get away?

Email me at susan.walser@fora.travel and I'll help you plan your dream trip.

Euphoria Retreat



Set in Greece's Peloponnese, this easy entry sanctuary combines accessible wellness programs like yoga and Pilates with ancient healing practices, making it ideal for a low-commitment yet restorative experience. Book with me to receive Fora's withIN by SLH perks which include a \$50-\$100 food & beverage credit, breakfast daily, upgrade & extended check-in/out whenever possible.

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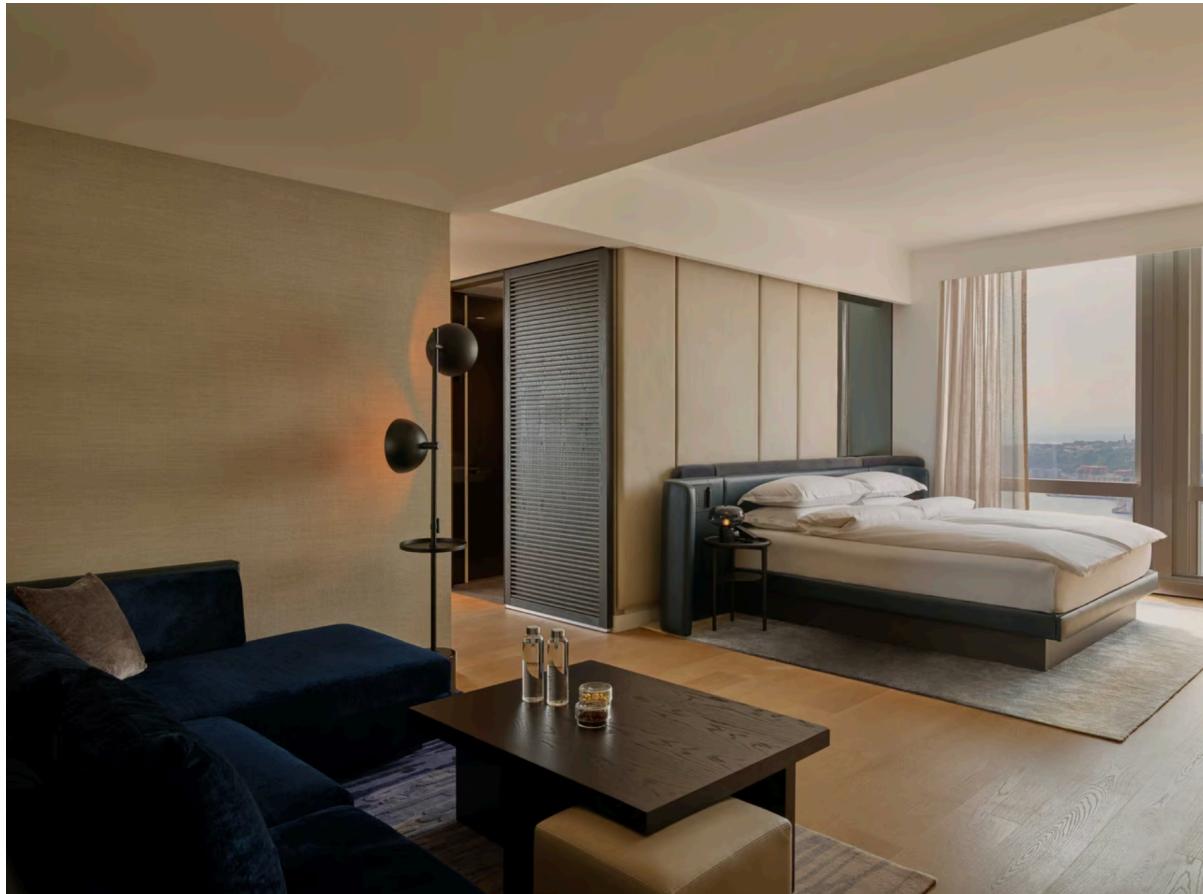
Positioned on the shores of Lake Lucerne in Switzerland, this luxury medi-spa is renowned for its advanced detoxification and biohacking therapies, offering programs that optimize physical and mental well-being. Book with me to receive Fora's Virtuoso perks such as a \$100 hotel/resort credit, breakfast daily, an upgrade & extended check-in/out whenever possible.

Four Seasons Hotel Westlake Village



Located just outside Los Angeles, this serene retreat combines luxury with wellness, featuring a state-of-the-art spa, nutrition consultations and fitness programs. When you book Four Seasons through me, you will enjoy exclusive Four Seasons Preferred Partner benefits.

Equinox Hotel, New York City



Situated in the vibrant Hudson Yards neighborhood, this hotel offers a high-energy city spa experience with cutting-edge fitness facilities, cryotherapy, infrared saunas and personalized wellness programs, perfect for travelers looking to recharge in the heart of Manhattan. Book with me to receive Fora's Virtuoso perks such as a \$100 hotel credit, breakfast daily, an upgrade & extended check-in/out whenever possible.

COMO Shambhala Estate



Set amidst Bali's lush jungle, this wellness sanctuary offers bespoke programs featuring yoga, hydrotherapy and holistic spa treatments, creating a deeply restorative experience in a secluded tropical paradise. Book with me to receive Fora's Virtuoso perks which include a \$100 hotel credit, breakfast daily, an upgrade & extended check-in/out whenever possible.

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