


THE AFFLUENT LIFESTYLE MAGAZINE

Jetset

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ROBERT
HERJAVEC
BEYOND THE TANK

A woman in a black swimsuit is floating on her back in a natural pool of water. The pool is surrounded by dense, lush green tropical vegetation, including ferns and other plants. The water is clear and reflects the surrounding greenery. The woman has her arms and legs spread out, appearing relaxed and at ease.

How the World's Next-
Generation Wellness
Retreats are Focusing
on Mind, Body and Spirit

BY ALEXANDRA OWENS

Holistic Harmony

COMO SHAMBHALA ESTATE, BALI



HACIENDA ALTAGRACIA, AUBERGE COLLECTION



HACIENDA ALTAGRACIA, AUBERGE COLLECTION



HOTEL BELMAR

Long before wellness became a global, multi-trillion-dollar industry, Costa Rica—consistently ranked among the world’s happiest countries—quietly shaped its own approach to holistic living. *Pura vida*, the national saying meaning “pure life” which is woven into everyday conversation, has always expressed something deeper: A worldview rooted in presence, gratitude, and trust in the rhythm of nature. There, wellbeing isn’t a prescriptive regimen, but a way of moving through life with intention and joy.

“This philosophy naturally aligns with holistic wellbeing, where emotional, physical, and environmental harmony all play essential roles,” says Hotel Belmar Managing Director, Pedro Belmar.

As wellness tourism evolves beyond standard spa menus, Costa Rica feels ahead of its time. The country, home to the Nicoya Peninsula’s Blue Zone, helped shape the modern idea of integrated wellness by drawing on its most abundant resources—biodiversity, agrarian traditions, and a deep respect for the wild—and weaving them into authentic experiences that extend beyond the treatment room.

“Nature is the ultimate healer,” says Auberge Resorts Collection VP of Operations, Wellbeing, Vivianne Garcia-Tuñon, noting its ability to lower stress and activate the “happy four” hormones (dopamine, oxytocin, serotonin, and endorphins) in the brain.

From Monteverde’s cloud forest to the beaches of the Peninsula Papagayo, Costa Rica continues to redefine what next-generation wellness looks like.

HACIENDA ALTAGRACIA, AUBERGE COLLECTION COSTA RICA

Tucked along 180 private acres in the foothills of the Talamanca Mountains, Hacienda AltaGracia, Auberge Collection embodies a philosophy shaped by the same principles that guide Costa Rican life. Here, nature isn’t a backdrop; it’s the healer, teacher, and heartbeat of wellness.

“Hacienda AltaGracia’s approach to wellness centers on the joy of wellbeing, achieved through a deep and reverent connection to Mother Earth,” says Garcia-Tuñon. “Each treatment, program, and experience honors ancient traditions and the natural rhythms of the land, creating transformative moments of awe.”

Every guest receives a consultation with an integrative health coach before arrival. These conversations inform personalized itineraries inspired by both best-in-class longevity science and Blue Zone wisdom. Casa de Agua—the largest spa in Central America—reflects this hybrid approach. Many treatments incorporate local ingredients—like volcanic stone and mineral clay—and unfold outdoors. The River Bath, one of the property’s most beloved experiences, leads guests into the forest to immerse in cold, crystalline mountain water and cleanse their aura followed by a detoxifying scrub and warm herbal soak.

Daily life serves as an invitation to reconnect with the land as well: Horseback rides along trails with sweeping views of the valley, open-air yoga classes, and dinners rooted in plant-forward, Costa Rican home cooking all celebrate the region’s natural and cultural richness while inviting a deeper connection to nature and self.

HOTEL BELMAR COSTA RICA

Wrapped in the cool mist of the Monteverde cloud forest—where trees drip with orchids and birdsong seems to rise from every direction—you’ll discover Hotel Belmar. The family-owned, regenerative property sits within



Director of Wellness, Spa, and Retail Arnaud Dicutegard. “Some guests seek deep inner work, others simply want to enjoy good food, family time, nature, or rest. For us, wellness is not about adding more—it is removing what gets in the way of feeling present and connected.”

In recent years, the resort has evolved from a traditional spa model into a full-spectrum experience grounded in both scientific innovation and ancestral practices. Biomarker-driven programs, longevity consultations, and performance recovery sessions coexist with energy therapies, intention-setting rituals, and ceremonies rooted in Costa Rican culture.

But much of the wellness here happens far from treatment rooms. Guests surf or scuba dive along the peninsula’s coral-rich bays and paddle through the mangroves. Every room opens to the ocean breeze, creating an uninterrupted connection to the landscape. Meals celebrate fresh seafood and produce, emphasizing nourishment over restriction.

an exceptionally biodiverse ecosystem that naturally slows the body and resets the mind.

“Instead of focusing solely on traditional spa treatments, we emphasize rituals, encounters, and spaces that restore balance: Clean mountain air, farm-to-table nourishment, daily yoga, handcrafted natural beverages, and meaningful connections with the land through sustainable practices,” says Belmar. “Wellness here feels natural, unforced, and personal.”

At Hotel Belmar, guests are invited to visit Finca Madre Tierra, Costa Rica’s first carbon neutral farm, to grind sugarcane, pick coffee beans, and harvest their own lunch to be prepared by a chef back at the property. Garden-to-glass cocktail classes highlight herbs and botanicals grown steps away, while kombucha, vegetable juices, super-food smoothies, and even craft beer are made on-site in a nod to Costa Rica’s agrarian traditions.

Canopy walks in the hotel’s private reserve SAVIA immerse travelers in the quiet of nature, whether they’re watching the sunset from a towering suspension bridge or forest bathing along a trail that encourages stillness and presence of mind.

FOUR SEASONS RESORT PENINSULA PAPAGAYO COSTA RICA

Flanked by sparkling Pacific waters, the 1,400-acre Peninsula Papagayo has become the poster child of relaxation in Costa Rica, boasting five-star resorts, uncrowded golden sand beaches, and pristine dry tropical forests. Here, Four Seasons Resort Peninsula Papagayo takes a

notably inclusive approach to wellness, designed to meet guests wherever they may be.

“Wellness should feel natural, not forced,” says Four Seasons Resort Peninsula Papagayo Senior

“Nature is the foundation,” Dicutegard says. “Being outdoors helps people regulate stress, slow down, and reconnect with themselves. It is not something we have to teach. Our role is to simply create the space for it to happen.”

