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July 7, 2018 By Namita Nayyar (WF Team)

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"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences."

In order to this and more, one must be awakened, enlightened and healthy. Therefore, Women Fitness releases the list of the world's 19 most amazing fitness & wellness destinations which definitely deserve a trip to, in 2018.

1. Skyterra Wellness Retreat



Location: Lake Toxaway, North Carolina

Skyterra Wellness is a beautiful mountain retreat where you can set aside life's obligations and focus on their own health and well-being. While you're here, you can enjoy private rooms with ensuite bath in our quiet mountain lodging, chef-prepared meals and a full weekly program including boutique-level fitness classes, health

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meals, and a full weekly program including boutique-level fitness classes, health education seminars, yoga, meditation, and all kinds of seasonal outdoor recreation (waterfall hiking, stand-up paddleboarding, and more).

2. Carillon Miami Wellness Resort



Location: Miami Beach, Florida

The amazing property offers 200 fitness classes per week, a state-of-the-art spa that features largest thermal experience in the country and Miami's only igloo, acupuncture, wellness cuisine and much more all set on the pristine sands of Miami Beach.

3. Kripalu Center for Yoga & Health

Location: Stockbridge, Massachusetts

Kripalu is the nation's largest yoga retreat center and has a 40 year history located in stunning Stockbridge, MA. Kripalu is a favorite for yoga and fitness lovers alike due to it's unmatched expert staff and guest presenters and offering of classes/activities including everything from Reiki and Massages to SUP yoga and guided kayaking and hiking.

4. Hyatt Regency Waikiki Beach Resort & Spa





Location: Oahu, Hawaii

Before a massage at the on-site, award-winning Na Ho'ola Spa and a healthy, island-inspired dinner at the new Buffet at Hyatt, take on the Diamond Head Hike or catch the famous waves of Waikiki Beach just outside the hotel's doors.


5. Prana del Mar Retreat & Wellness Center



Location: Baja, Mexico

Internationally-acclaimed teachers visit each week throughout the year offering twice-daily classes in various styles – mainly yoga, meditation, and other wellness modalities. They also offer a couple of Pilates retreats as well as the occasional fitness “bootcamp”. These retreats are a great way to refresh, reset, and rejuvenate.

Go there for about a week and enjoy luxurious accommodations, delicious and healthful meals, and the option to explore the local area of Baja. We also offer an array of relaxing spa services and even a cooking class.

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