

THE RETREATS LEADING THE LONGEVITY MOVEMENT

WHERE TO GO WHEN LIVING LONGER AND STRONGER IS ON THE AGENDA.

Longevity has matured beyond a niche pursuit. In response to demand, a new generation of medical-grade wellness retreats is emerging where advanced diagnostics, precision therapies and data-driven longevity programs provide guests insights that meaningfully shift how they perform, age and recover.

For travelers willing to invest in their well-being, these best-in-class retreats are setting the standard for what a health-focused journey can deliver.

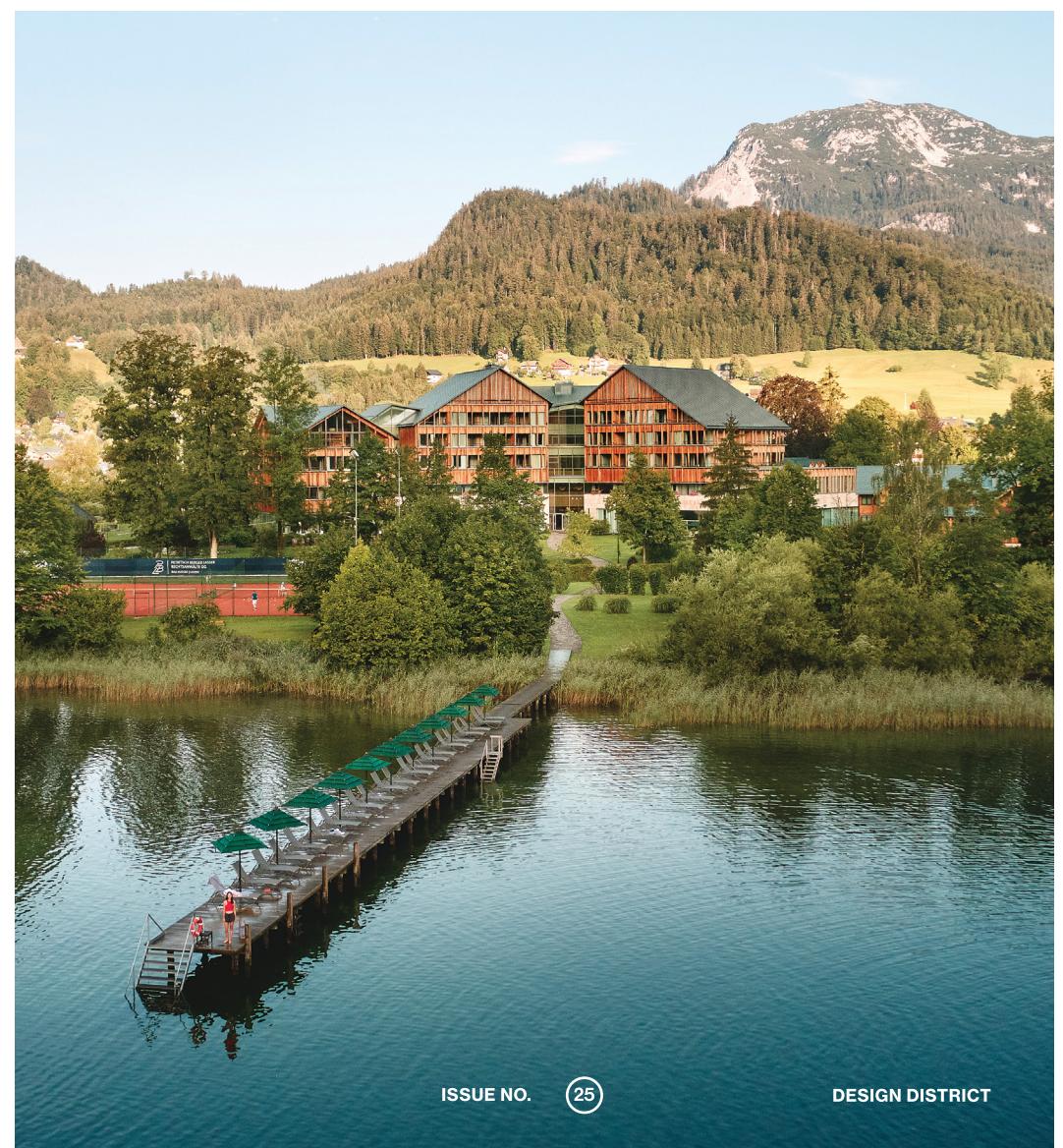
EUPHORIA RETREAT, GREECE

Euphoria Retreat sits in a pine forest above the Byzantine village of Mystras, a UNESCO heritage site that has been a place of healing for millennia. Earlier this year, Euphoria Retreat launched its 360-degree Euphoria Methodos Advanced Medical Programme, with its signature treatment being the Human Regenerator, a noninvasive, drug-free therapy that supports deep cellular regeneration, combats inflammation and pain, and accelerates the body's natural healing and anti-aging processes.

"AI advancements are enhancing longevity with more specific diagnostics that will help people stay healthier for longer and prevent disease from occurring," says founder Marina Efraimoglou.

Guests begin the program with biomarker analysis and precision diagnostics before moving into phases of targeted interventions, from nutrition and fitness plans to self-healing workshops, all supported by a two-month aftercare program.

This June, Euphoria will host the second edition of its 10-day Wellbeing Festival, exploring longevity through Greek philosophy, modern science and daily practice. "Human connection is essential to our well-being, and the festival is a chance to learn and bond with like-minded individuals in an intimate setting," says Efraimoglou.



MAYRLIFE, AUSTRIA

Set in Altaussee, an alpine region long regarded as one of Europe's great natural healing basins, Mayrlife draws upon centuries of therapeutic salt culture.

Anchored in the research of late Austrian physician Franz Xaver Mayr, the Mayr protocol focuses on gut regeneration and cellular renewal through nutrition, digestion and long-term health. Guests stay in serene guest rooms with lake views while undergoing diagnostic testing that maps food sensitivities, metabolic patterns and inflammatory markers. This data guides tailored programs with nutrition plans and cooking classes based on cutting-edge microbiome research and medical treatments, including manual abdominal treatment, biofrequency analysis, cryotherapy, and saline sauna and steam detoxification. Daily movement options range from outdoor yoga to mountain bike tours and guided hikes.

"We do not count calories or rely on generic meal plans," says CEO Dr. Dieter Resch. "Everything we do is entirely personalized." He adds that "the next wave of wellness is an approach where gut health, epigenetics, stress regulation and sleep quality are not treated as separate fields but as pillars of one integrated system that delivers vitality long after [a guest's] stay."

THIS PAGE: THE RETREAT COSTA RICA'S MAIN POOL, PHOTO COURTESY OF THE RETREAT COSTA RICA;
OPPOSITE PAGE (FROM TOP): A VIEW OF GREECE'S EUPHORIA RETREAT, PHOTO BY STAVROS HABAKIS;
MAYRLIFE IN AUSTRIA, PHOTO COURTESY OF MAYRLIFE MEDICAL HEALTH RESORT ALTAUSSEE.



THE RETREAT, COSTA RICA

Perched on a quartz mountain near the town of Atenas, The Retreat Costa Rica has recently undergone a multimillion-dollar expansion, adding 26,000 square feet of wellness space, including a community clubhouse, 10 new apartments and three dining concepts.

Guests move through spaces designed for well-being, from a state-of-the-art gym and yoga shala to lofts following feng shui principles with sweeping views of the Gulf of Nicoya. Among the spa's signature offerings is the Self-Love Crystal Scrub, a 60-minute ritual designed to support emotional renewal and intention-setting, which combines amber and garnet crystals with a Vichy massage, followed by a deeply hydrating oil application blended with blue tansy and bergamot.

The dining is also a highlight. Restaurants Mystique and La Diosa offer farm-to-table dishes with wine pairings that complement the resort's gardens and coffee plantation. There are also saltwater pools, a meditation deck, and jungle and river trails to explore.

"The one thing I've learned over the past decade is that community heals and social wellness is a key to creating community," says founder Diana Stobo. The expansion was conceived to cultivate connection through aesthetically beautiful spaces and shared experiences. "With all that's happening around AI and social media, people want to be a part of something real."

The retreat's philosophy centers on feeling good rather than restrictive therapies, whether through dining with a glass of wine, nature walks, yoga, art therapy or watching sunsets.



TULĀH'S SOUND HEALING DOME, THE SONORIUM; PHOTO BY HORMIS ANTONY THARAKAN.

TULĀH, INDIA

Arriving this month to Kerala, India (on the Malabar Coast), is Tulāh, a clinical healing sanctuary built across 30 acres of medicinal gardens and rewilded forest. Programs weave Ayurveda, yoga, Vedanta, Tibetan and traditional Chinese medicine with advanced diagnostics, genomic and microbiome mapping and regenerative therapies. Custom data-based treatment plans address a variety of health and wellness concerns.

Suites, treatment rooms and public spaces blend into the landscape, and

they use rainwater harvesting and radiant cooling instead of air-conditioning. Native flora supplies plants for the apothecary and the restaurant, where chefs create menus from responsibly sourced produce, fish and organic meats from local purveyors.

Keralan founder Faizal Kottikollon, an engineer and social-impact entrepreneur whose earlier projects include Meitra Hospital and large-scale education initiatives in India and Africa, is focused on merging health care and hospitality. "The beauty of clinical wellness is that you heal people, and that is the biggest blessing you can get in life," he says.

SHA WELLNESS CLINIC; SPAIN, MEXICO AND UNITED ARAB EMIRATES

SHA helped redefine the concept of longevity and peak performance when it opened on a hillside in Valencia, Spain, in 2008. The original property remains a global benchmark, blending Mediterranean nutrition, holistic disciplines and advanced diagnostics that have earned it more than 100 international awards, including repeated recognition as a world-leading wellness clinic.

"Our mission has always been to add life to our guests' years by going far beyond the absence of illness and helping them unlock their full potential through an evidence-based, integrated approach," says Alejandro Bataller, co-founder and managing director. Each guest experience begins with a comprehensive biometric and functional health assessment in which detailed physiological data is analyzed by physicians to personalize a preventive and therapeutic journey.

In 2024, the brand opened in Costa Mujeres, Mexico. The swooping white structure was inspired by the human genome, and it curves alongside an idyllic beach and protected reef. Programs combine the latest scientific advancements to test 88 key biomarkers to slow down aging; the suite of treatments include ozone therapies, hydrotherapy and indigenous practices such as *temazcal* (a type of sweat lodge) ceremonies.

Next up for SHA is SHA Emirates Island, an outpost set to open in 2027 that will be located in AlJurf, United Arab Emirates, between Dubai and Abu Dhabi. It's billed as the first private island entirely dedicated to healthy living.

The intention is to create environments where guests can focus fully on their health, according to Bataller. "We want our resorts to function like a blue zone," he says, referencing communities studied for their exceptional longevity.



SHA GUESTS PRACTICING YOGA; PHOTO COURTESY OF SHA.