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Rejuvenate While Traveling at These 10 Luxe Destination Spas



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Modern travel can be a stressful affair.

By Cailey Rizzo on January 31, 2019

From fighting traffic on your way to the airport to squeezing your way through unruly hordes of people at the boarding gate, there are more stressors than ever while you're in transit. So why not make your destination as relaxing as possible?

There are [few vacations more relaxing than a spa retreat](#), but just because you're being pampered doesn't mean you can't be active or learn about a new culture. Some of the world's finest spas have incorporated local nature or traditional healing techniques into their offering so travelers can get a sense of the destination's culture while they're on the massage table.

From Native American sage burning in Utah to restorative blends of herbs in [Japan](#), local healers are transforming spa retreats into unforgettable cultural affairs. Indulge yourself while imbuing your destination at these globally-renowned spas. You could come back so relaxed you might not even mind airport security on the return trip.



Karyn Millet/Courtesy Chablé Resort & Spa

Chablé Resort, Mexico

Mexico is a treasure trove for travelers who find refreshment in nature. The 14-room spa at [Chablé Resort Yucatan](#) is centered around a cenote (freshwater limestone sinkhole) and a restored 18th-century hacienda house. Spa offerings include massages and facials, but with a Mayan twist. Guests can enter a temazcal (sweat lodge) with a shaman for mind-and-body healing or complete a hydrotherapy circuit that includes a steam room in a gold-tiled cave.