

Luxury Hotel Insider

Insights to global luxury travel

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[Miraval Arizona Resort](#) offers a Desert Sky Zipline adventure

One of the newest trends in spas is the active wellness vacation. Not only can you get a massage, you can get active at these luxury hotel spas. It's the perfect choice for those who like to sweat before they relax. See more of our favorites at the [World's Best Spa Resorts](#), [Facebook](#), [Pinterest](#), and [Google+](#)

SPAS WITH A KICK



The Cliff House Hotel - Waterford, Ireland

Enjoy yoga, archery, sea kayaking, climbing, snorkeling, surfing, and moonlight paddling here. Follow up with a seaweed facial or Irish peat bath at the seaside spa The Well.

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What a Hotel!



Guests at this floral Hawaiian resort and spa can try paddleboarding, outrigger canoeing, or a treatment at its spa without walls.

[Guess the Hotel!](#)



Four Seasons Hotel - Westlake Village, CA

The hotel has created The Ranch 4.0. This four-day program consists of 8 to 10 hours of daily exercise and a daily massage. The intense physical regimen is complemented by daily vegetarian meals.

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Book Groups at the
World's Best Hotels



Travaasa - Austin, TX , USA

A climbing wall, zip line, hikes, hatchet throwing, mechanical bull riding, aqua fitness, two-step dance class, and kettle bell workouts are just a few of the more active adventures available here. They share space with more traditional spa treatments such as avocado body wraps, lavender vanilla hand treatments, and Thai massages.

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Ananda in the Himalyas - Narendranagar, India

Nature treks, birdwatching, white water rafting, yoga, and safaris to the Rajaji National Park abound here. The

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24,000 square foot spa offers an extensive menu of over 80 body and beauty treatments, integrating the traditional Indian systems of Ayurveda with the more contemporary Western spa approach.



COMO Shambhala Estate - Bali, Indonesia

Here, Bali's lush landscape is a natural fitness center. Trek through rice paddies, ascend Mt Batur at dawn, walk the Campuhan Ridge, or brave the Kintamani Bike Challenge. COMO Shambhala combines traditional Eastern techniques with cutting-edge holistic care. It offers a variety of massages, facials, and Ayurvedic programs.

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Laucala Island Resort - Fiji

A variety of watersports introduce guests to Fiji's azure oceans, while rainforest walking tours, farm visits, and horseback riding are ways to explore the island. Spa treatments begin in a relaxation lounge, followed by a foot bath incorporating a hibiscus, a honey and sugar-crystal polish, and a gentle massage.

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Phulay Bay, A Ritz-Carlton Reserve - Krabi, Thailand

Guests can trek through the palm and rubber plantations on the back of an elephant and kayak across the Andaman Sea. Blending the soothing rhythms of the sea with extraordinary treatments, guests can indulge in a journey into the realm of traditionally inspired Thai, Asian, and European treatment experiences.

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Tides Inn - Irvington, VA, USA

Hit the links at the Tides Inn's Golden Eagle. Harvest Chesapeake oysters. Paddle board or kayak Carter's Creek. Fly fish the Chesapeake. Then relax at Journey Spa® at the Tides. This waterfront spa offers signature and classic spa treatments, including a Ginger Zest scrub and massage, a Men's Journey facial, and reflexology.

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Belmond Hotel Cipriani - Venice, Italy

Guests can see Venice by kayak or hire a water cycle from the hotel and pedal alongside gondoliers on the canals. After water adventure, the Casanova Wellness Center entices guests with pampering in the gardens

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where the legendary lover wooed his ladies. Indulge in a Rose Infinity Facial or Traditional Thai massage.

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