

10 Relaxing Mexico Resorts for a Wellness-focused Getaway

Relax and reinvigorate with wellness experiences at these Mexico hotels.

By [Patricia Doherty](#) | Published on June 30, 2023



As if Mexico's sunshine, beaches, and natural beauty weren't enough to rejuvenate any visitor, these [resorts](#) deliver healing treatments in plush spas for the ultimate in [wellness experiences](#). Therapies combine indigenous customs and modern science, using natural ingredients to promote health, mindfulness, and serenity. In various locations throughout Mexico, these resorts offer personal attention and restorative treatments designed to last long after the vacation ends.

Chablé Yucatán, Chocholá

This secluded [resort](#) about 30 minutes from Merida features private casitas and expansive villas set in a lush landscape. Their [wellness](#) programs combine ancient Mayan healing customs with advanced therapeutic methods. After a personal consultation, guests can choose from three Chablé Spa Journeys: Fountain of Youth, Tree of Life, and Heaven on Earth. The Spa's energy center is the cenote, considered a sacred site, where a welcome ritual takes place. Treatments include hydrotherapy, massage, flotation, and aromatherapy.

<https://www.travelandleisure.com/mexico-wellness-resorts-7551457>