

Spa Resorts

Spa resorts may vary in size and style, but they're a dream destination for many people. They are basically hotels that offer all the services a spa would, plus exercises classes, sessions with personal trainers and nutritionists. Some spa resorts are advertised as perfect for families while others are promoted for couples or business travellers.

Visitors are encouraged to experience the power of healthy living. Because there are so many services and activities on offer, often visitors are guided by a personal assistant who helps them to organise their stay. There are also doctors, nurses and physiotherapists on site.

Apart from spending time in the spa or in the gym, visitors can take part in group discussions and workshops on how to improve one's quality of life. Talks are given on a variety of topics, such as keeping fit and motivated, getting better sleep or building better relationships. Visitors can also take up new activities such as yoga, meditation or swimming.