

4 Immersive and Restorative Wellness Destinations from Mexico to Menorca

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By Nicholas Tamarin



Refuges from Mexico to Menorca are immersive and restorative.



Photography by Sargent Architectural Photography.

Firm: Denton House

Project: Chileno Bay Golf and Beach Club spa, Cabo San Lucas, Mexico.

Standout: Hand-troweled skylights, oak-slat ceilings, and a calming palette of ocean blues and sandy-beach whites blur the line between indoors and out and nourish chi as does the relaxation lounge with marble chaises longues overlooking a reflexology pool.



Photography courtesy of Miraval Berkshires.

Firm: [Clodagh](#)

Project: Miraval Berkshires, Lenox, Massachusetts.

Standout: The *Interior Design* Hall of Fame member channeled a New England country house in her third commission from the brand, this project encompassing the design of the property's 100 guest rooms as well as the Life in Balance Spa, where a bluestone-clad lounge's 60-foot-long custom banquette centers on a gas fireplace.



Photography by Karel Balas.

Firm: [Chzon](#)

Project: Menorca Experimental spa, Sant Llorenç, Spain.

Standout: Inside the hotel, which was conceived as the summer residence of an imaginary artist, the massage rooms, hammam, and sauna draw on the region's style and substance, specifically stone, concrete, tile, and wood, rendered in half-moon shapes and saturated colors, inspired by the works of Joan Miró and Pablo Picasso.



Photography by Raúl Rosillo.

Firm: Equipo Construcción

Project: Aire Ancient Baths, Copenhagen.

Standout: At Arkitema's Hotel Ottilia, a former Carlsberg brewery from 1881, the boutique spa chain maintains its antique feel with preserved brick walls, beams, and columns enclosing seven pools, ranging from the icy Frigidarium to the scalding Caldarium.