# Global Golf & Wellness DESTINATIONS



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*CAMIRAL PILATES STUDIO*

*Scenario: You've been going nonstop trying to keep up with work, family, commitments, and your own wellness. You buy every supplement under the sun, try to eat well and work out, and listen to all the latest wellness podcasts. Yet, you still feel like you need something more. Perhaps the "thing" you're looking for is actually a place—a wellness resort, to be specific—designed for golfers and non-golfers alike, offering a luxurious reset.*

*Today, we're highlighting ten of the world's most restorative global wellness spas. The options range from standalone spas to luxury destinations where spa and wellness experiences are complemented by exceptional accommodations, golf, and other thoughtfully curated offerings. All will transport you to another realm, offering restorative services, the very best attention, and amazing health-conscious cuisine. The following spas make the perfect retreat to share with your besties, partner, or anyone wishing to escape. So, grab your clubs (or don't) and get ready to discover an unforgettable global wellness experience.*



*WHISTLING STRAITS*



*THE AMERICAN CLUB*

## *Destination Kohler*

**WISCONSIN, USA**

Next, we travel to the USA and Destination Kohler in Kohler, Wisconsin. This premier, world-class golf and wellness resort set amid 500-plus acres of private natural landscape features the Forbes-rated American Club luxury hotel, where exceptional golf, wellness, and Midwestern hospitality intersect for an unforgettable stay and are complemented by Kohler Waters Spa.

At Kohler Waters Spa, water is the focus of treatments, with a relaxation pool, hot and cold plunges, steam rooms, saunas, and a coed thermal circuit among its most popular amenities. Hydrotherapy is also the highlight of many spa treatments including massage, facials, and other restorative services. Guests can enjoy programming including yoga on the lake, cycling, and Sports Core Health & Racquet Club, complete with fitness classes, personal training, swimming, and racquet sports.

Add championship golf courses, including Whistling Straits, host of the 2021 Ryder Cup, and Blackwolf Run, host of the 1998 and 2012 U.S. Women's Opens, and Destination Kohler becomes a Midwest destination where relaxation meets luxury and world-class golf.

## *Camiral, a Quinta do Lago Resort*

**GIRONA, SPAIN**

At Camiral, a Quinta do Lago Resort in Girona, Spain, championship golf meets well-being in Catalonia's rolling hills, with Costa Brava's beaches 25 minutes away and Barcelona around an hour's drive away. Beyond its two championship golf courses and its role as host of the 2031 Ryder Cup, the property offers a Wellness Centre that's earned kudos from Condé Nast Traveler.

Camiral's Wellness Centre works with guests to create personalised programs shaped around individual needs and intentions. The centre has options for guests looking for traditional massage or aesthetic treatments, as well as those looking for guidance and a plan to reset with a detox, restore balance and calm, focus on long-term vitality, or support recovery after sport or travel.

The 10,000-square-foot Wellness Centre also offers cutting-edge treatments such as cryotherapy, oxygen chamber therapy, photobiomodulation, and pressotherapy to support muscle recovery, reduce inflammation, boost circulation, and enhance overall wellbeing. Pilates and yoga classes, tailored fitness routines, and a state-of-the-art gym enhance the experience. Guests leave refreshed and equipped with strategies for daily living.

Alongside its wellness offerings and world-class golf, guests can choose between Camiral's five-star Hotel Camiral and the boutique Lavida Hotel, while also enjoying Tour-level practise facilities and Spain's only PGA-backed National Academy.



*HOTEL CAMIRAL POOL*


ARGENTARIO CLUBHOUSE

## *Argentario Golf & Wellness Resort*

**ITALY**

Located on Tuscany's Monte Argentario peninsula near Porto Ercole, the Argentario Golf & Wellness Resort is a European wellness standout, with its Espace Wellness Centre a draw for wellness seekers. The spacious wellness centre goes well beyond a traditional hotel spa, offering indoor and outdoor spa facilities, fitness offerings, wellness programming, and outdoor recreation. Indoor highlights include a heated saline-water pool, Kneipp path, thalassotherapy tub, Turkish bath, bio-sauna with chromotherapy, treatment rooms, beauty salon, Medi SPA, Technogym fitness centre, fitness classes, and personalised training. Treatments include facials, body treatments, scrubs, aromatherapy, and massages, plus manicures and pedicures.

Outdoor offerings include two swimming pools, tennis and padel courts, jogging trails, and an outdoor fitness station. For golfers, post-golf recovery treatments provide a dedicated recovery experience after a day on the course. The resort's Medi SPA also focuses on longer-term wellbeing through nutrition, naturopathy, personal training, and treatments. Specialised spa packages are offered to allow for personalised wellness escapes.

The Argentario 18-hole Golf Club is Italy's only PGA-licensed golf facility. The resort, part of Marriott's Autograph Collection, offers five-star rooms, suites, and villas with private terraces and exceptional views; select villas also feature private gardens or terraces with hot tubs.

**THE ARGENTARIO 18-HOLE GOLF CLUB IS ITALY'S ONLY PGA-LICENSED GOLF FACILITY. THE RESORT, PART OF MARRIOTT'S AUTOGRAPH COLLECTION, OFFERS FIVE-STAR ROOMS, SUITES, AND VILLAS WITH PRIVATE TERRACES AND EXCEPTIONAL VIEWS.**

## *Heritage Le Telfair Golf & Wellness Resort*

**MAURITIUS**

Timeless elegance. Luxury. A serene setting that lets you truly unwind. These are all things you'll discover when you enter the oasis that is the Heritage Le Telfair Golf & Wellness Resort in Bel Ombre, Mauritius, a small island nation in the Indian Ocean, off the southeast coast of Africa. Among its many accolades, the resort was named the World's Best Golf Hotel at the prestigious World Golf Awards in 2025.


HERITAGE LE TELFAIR GOLF & WELLNESS RESORT



The golf and wellness resort combines championship golf, beachfront luxury, and restorative wellness experiences in a tranquil setting complemented by discreet, refined elegance. The resort's spa is set amid tropical gardens and offers a wide range of massages, spa rituals, facials, body treatments, beauty services, customised treatments, and its Signature Seven Colours treatments. Beyond restorative treatments, the resort's wellness programming includes yoga, meditation, Pilates, Tai Chi, and fitness sessions. Nature-based wellness experiences such as forest bathing, coastal treks, nature walks, and sunset yoga allow you to embrace the beauty of the area.



Whether you're coming to combine relaxation with golf or simply to unwind, Heritage Le Telfair Golf & Wellness Resort is the perfect getaway for couples, girlfriend getaways, or as a solo escape.