



10 Wellness Retreats to Check Into for New Year's

From fireworks to meditation, start a new New Year's tradition at one of these wellness resorts around the world.

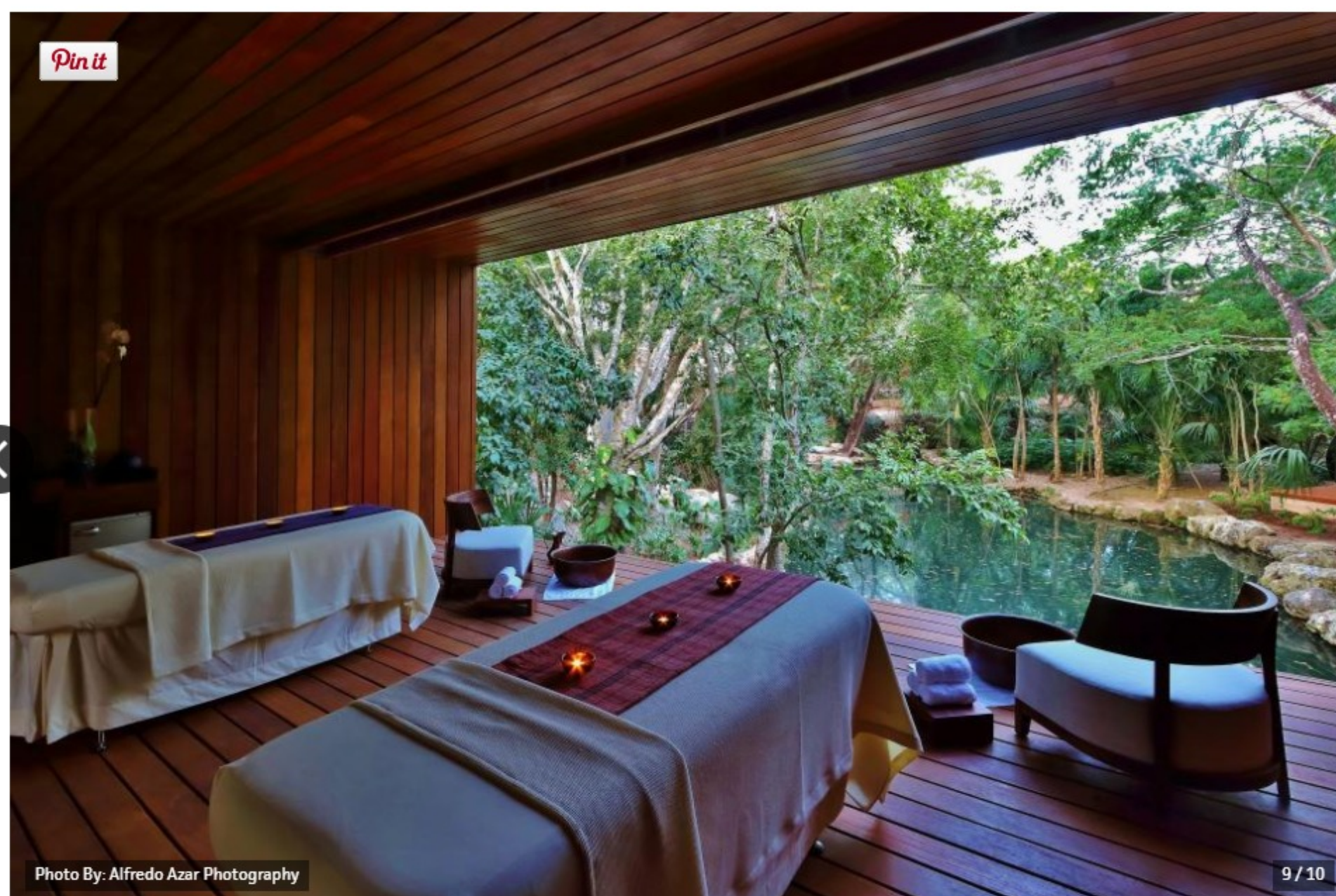
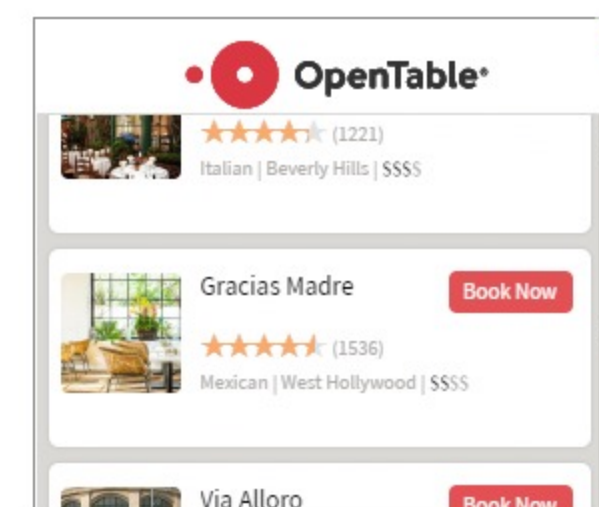
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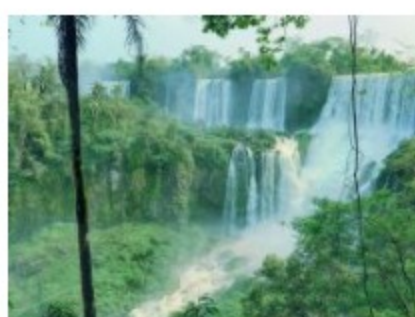


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Chable Resort & Spa, Mexico

Less than two years old, [Chable Resort & Spa](#) on the Yucatan Peninsula is recognized for its spa, which focuses on treatments that highlight ancient Mayan rituals and shamanism. Many of these treatments incorporate the spring-fed cenote (a deep pool believed to hold energetic properties) that the spa is built around. Speaking of energetic properties, experience an energy cleansing ceremony and Mayan oracle reading on Dec. 31. The New Year starts with a cenote water blessing ceremony and temazcal (sweat lodge) ritual. The latter involves a traditional Mayan ceremony, best likened to meditative sweating. Of course, there's fun to be had too, complete with an all-out New Year's Eve party and New Year's Day brunch.

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