

Discover stories through wellness travel with Wild Rose Wellness Travel—stories of cultures, landscapes, people, and most importantly, stories of YOU.

Every woman deserves a room of her own. As a wellness advisor, I have a passion for Japan's wellness landscape. I will share with you journeys that evoke a deep sense of belonging to nature. I create experiences where the journey itself becomes a narrative—an exploration of well-being, adventure, and personal transformation.

Hello, I'm Li Wiesel and I believe that travel isn't just about seeing new places. It's about discovering the stories that connect us to the world and to ourselves. With my background in mindfulness practice and years of immersion in Japanese culture, I offer a fresh perspective on women's emotional struggles—especially for those in high-pressure, burned-out careers.

My client-tailored wellness tours will allow you to discover new dimensions of YOU, your inner most urgent desires, and your purpose in this life. Each of you is like an acorn letting die of our outdated personality. I sincerely hope that visiting Japan is a walk up call to summon your courage to find out about who you are.

For me, wellness travel is more than just a vacation. It is stepping out of the comfort zone to allow the experience manifest to its fullest mystery. With a bit of planning, we find ourselves in a place where a new energy is sprouted to experience the outer world at each moment with curiosity and self-care. This is what happened to me when I was discovering the hidden gems and immersing myself in the culture that celebrates wellness in all its forms.

Whether you seek stillness, clarity, or connection, we'll find a path together—one that leads you not just across the world but back to yourself and to a profound healing. Your journey is unique, and I'm here to ensure it's exactly what you need. One of the services I offer is to give each potential client an hour free consultation of “getting to you” session. Let me help you take the next step in your well-being journey to Japan, and together, we'll create the perfect get-away tailored just for you.

Every journey I embark on is an exploration of both the outer world and my inner self. Through storytelling, I invite you to join me on these adventures. A wellness journey is not just about the destination but about uncovering and sharing the personal stories that come with it. Whether it's a friendly invitation to spend time at hot springs, practicing mindfulness in a natural forest, or learning the ancient art of meditation in a temple tucked away in Japan—I believe every travel story holds the potential to heal, inspire, and awaken.