

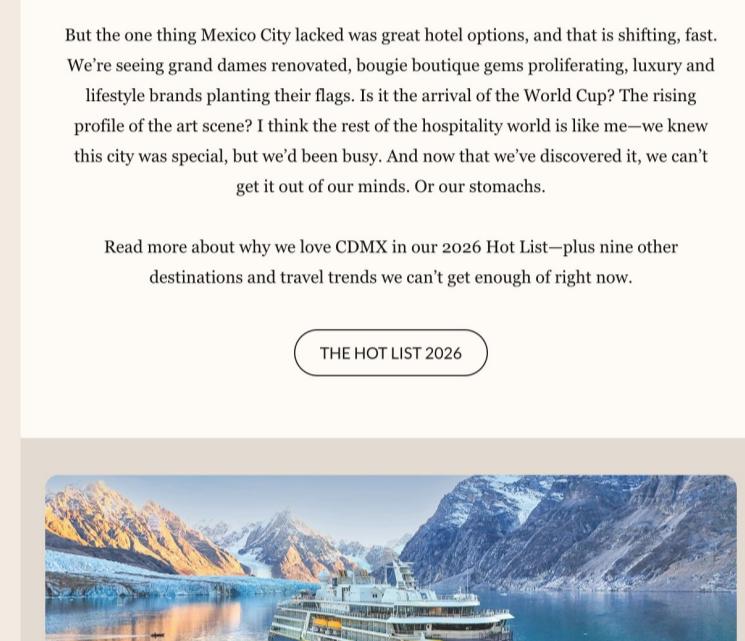


Beyond the Spa: Where to Reset for 2026

Image courtesy of Palazzo Fluggi

Wellness doesn't look the same for every traveler, but almost everyone starts thinking about a fresh start when January rolls around. Whether you're dreaming of a boot-camp-style fitness retreat or something much softer, the best wellness getaways for 2026 are about intentional renewal—be it a restorative escape to the countryside, a medical wellness program, or a spiritual retreat in the desert. From hydrotherapy circuits in Miami to Ayurvedic healing in the Caribbean, we've mapped out experiences that will leave you feeling restored, not depleted.

[BOOK A RESET](#)



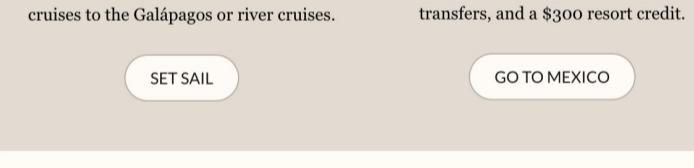
Henley's Take: Fora's 2026 Hot List

I'd never actually spent time in Mexico City until a couple years ago. Now, it's where I'd head first for a best meal—I had life-changing oysters at La Docena (you can order off-menu and get real respect, IYKYK) and a multi-hour dinner at Sarde that cost less than a night out at a mediocre spot in Tribeca. And unlike other culinary capitals, reservations in CDMX are still attainable.

But the one thing Mexico City lacked was great hotel options, and that is shifting, fast. We're seeing grand dames renovated, bougie boutique gems proliferating, luxury and lifestyle brands planting their flags. Is it the arrival of the World Cup? The rising profile of the art scene? I think the rest of the hospitality world is like me—we knew this city was special, but we'd been busy. And now that we've discovered it, we can't get it out of our minds. Or our stomachs.

Read more about why we love CDMX in our 2026 Hot List—plus nine other destinations and travel trends we can't get enough of right now.

[THE HOT LIST 2026](#)



National Geographic-Lindblad Expeditions: 20% Off

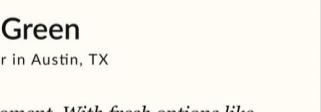
Discover remote corners of the world aboard small expedition ships led by expert naturalists and National Geographic photographers. Book by February 9 for up to 20% savings and a 50% reduced deposit on select 2026–2027 departures.

[SET SAIL](#)



Celebrity Cruises: 50% off 2nd Guest

Book a Celebrity Cruise between now and April 6, 2026 and receive 50% off the second guest with a refundable deposit. Choose non-refundable and get 75% off the second guest. Not available on cruises to the Galápagos or river cruises.



Zadún, a Ritz-Carlton Reserve (Los Cabos): 20% off

Stay between the desert and ocean, experiencing Baja healing traditions via a spa with hydrotherapy circuits. Available February 18 to March 8, 2026 for 20% off (suites only), free breakfast, airport transfers, and a \$300 resort credit.

[SET SAIL](#)

[GO TO MEXICO](#)

Spotlight



Paige Green

Fora X Advisor in Austin, TX

"Luxury cruising is having a moment. With fresh options like The Ritz-Carlton Yacht Collection and Explora Journeys, even first-time cruisers are discovering the appeal of incredible food and a truly luxurious hotel-at-sea experience."

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