

## Where Americans Are Going for Wellness Retreats – 2025 New Report Released

From Arizona to Thailand: The Top Global Destinations for the Fast-Growing U.S. Wellness Travel Market

NEW YORK, NY, UNITED STATES, June 3, 2025 /EINPresswire.com/ -- Americans are traveling not just for adventure, but for transformation. In its newly released report, "Where Americans Are Going for Wellness Retreats – 2025," Wellness Retreats Thailand reveals the most searched destinations for wellness travel, with fresh insights into what drives U.S. travelers to yoga retreats, longevity clinics, and tropical spa getaways.



Wellness Retreat

Wellness travel is now a \$300 billion+ segment in the U.S., and it's only accelerating. From DNA-driven anti-aging programs to forest bathing in Costa Rica, Americans are pursuing vacations that restore mind, body, and soul. The new report analyzes 12 months of Google search data and industry trends to uncover where—and why—Americans are planning their next wellness escapes.

☐ Top 10 Most Searched Wellness Retreat Destinations by Americans (2024–2025)

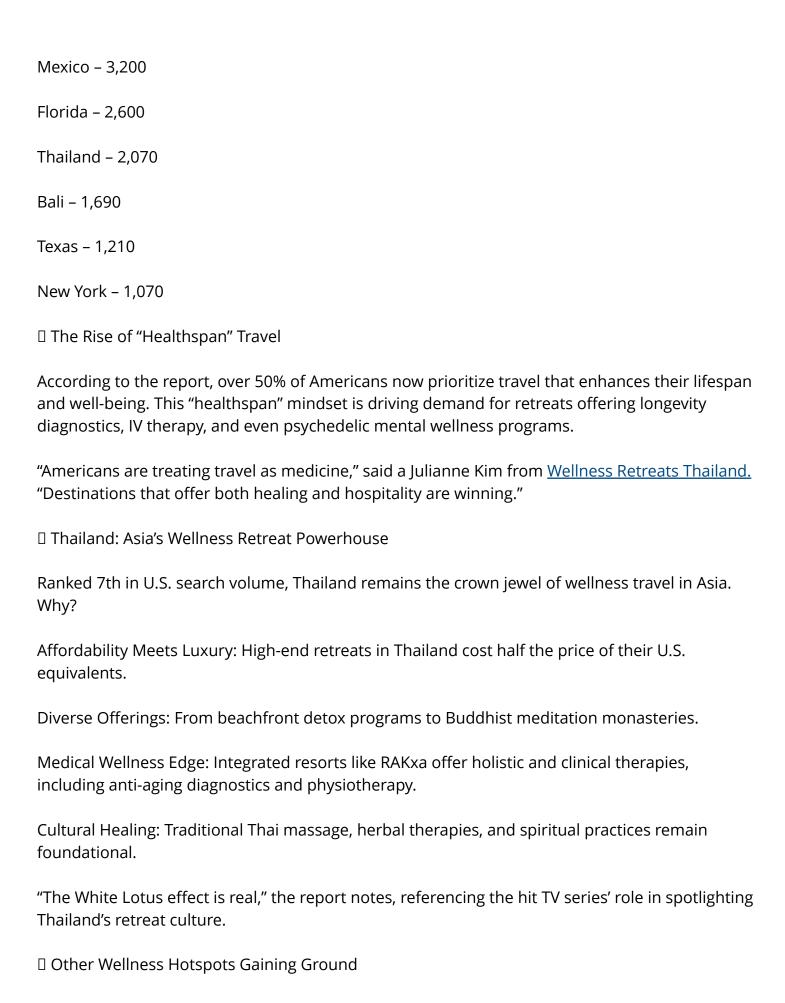
Based on average monthly U.S. search volume for wellness-related keywords:

Arizona – 10,200

Costa Rica - 5,700

California - 4,500

U.S. (General) – 4,200



Costa Rica (Rank #2): A nature lover's paradise for eco-wellness, featuring rainforest hikes, hot springs, and "pura vida" lifestyle retreats.

Mexico (Rank #5): From Tulum's jungle yoga sanctuaries to Baja's heritage spas, Mexico combines affordability with cultural depth.

Bali (Rank #8): A magnet for spiritual seekers, offering sound healing, plant-based cuisine, and sacred water temple rituals in Ubud.

□□ Domestic Demand Still Booming

While global destinations rise, the U.S. still leads the world in overall wellness spending. Arizona, California, Florida, and New York are seeing steady growth in wellness-driven domestic tourism.

Arizona (#1) in particular has become a wellness icon thanks to Sedona's spiritual energy and luxury desert resorts like Canyon Ranch and Miraval.

☐ 2025 Wellness Travel Trends to Watch

Solo Retreats on the Rise: 60% of guests at Thai retreat Kamalaya come alone, seeking self-renewal.

Medical Meets Leisure: Americans are combining checkups with vacations—especially in Thailand and Mexico.

Spiritual Escapes: Vipassana meditation, shamanic healing, and yoga teacher trainings are exploding in popularity.

Nature as Therapy: From shinrin-yoku in Costa Rica to island hikes in Koh Phangan, nature is the new wellness clinic.

☐ Why This Matters

As the Global Wellness Institute forecasts the global wellness tourism market to reach \$1.3 trillion by 2028, this report offers an early glimpse into the consumer behavior shaping that future.

The full report, including detailed destination guides and retreat examples, is available here.

John Fajardo Wellness Retreats Thailand email us here EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information. © 1995-2025 Newsmatics Inc. All Right Reserved.