

Sole Searching: Why Foot Health May Be Wellness's Next Longevity Frontier

Hotels and retreats worldwide are putting the feet front and center, as new research ties foot and lower-leg strength to healthy aging.

NEW YORK, NY, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- Step count may still be the most familiar shorthand for health, but the feet doing the walking are rarely part of the conversation. The wellness world tracks biological age, metabolic health, muscle mass and cognitive performance, yet when it comes to foot health and healthy aging the topic has received far less attention. According to a 2025 [KURU Footwear survey](#), 81% of U.S. adults have experienced foot pain, while [Harvard Health](#) has called feet one of the most overlooked parts of a fitness routine. New research is also pointing to the role of lower-leg strength and foot function as we age: separate studies have linked [reduced toe strength](#) to a significantly higher risk of falls in older adults.

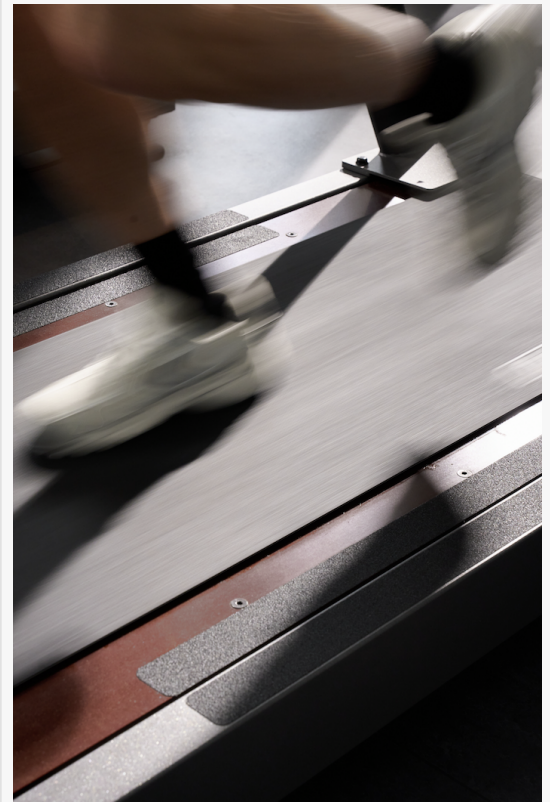
As more people talk about the importance of foot health, luxury properties around the world are tapping into this emerging trend through new programs/treatments designed to highlight the feet.

- Mount Med Resort (Wildschönau, Austrian Alps):

Mount Med Resort takes the trend a step further with a dedicated 40-minute foot gymnastics program, using gripping, spreading and stabilization exercises to strengthen the small muscles of the foot and support long-term mobility and balance, the same muscles researchers now link to healthy aging and injury prevention.

- Miavana by Time + Tide (Nosy Ankao, Madagascar):

Miavana by Time + Tide turns its entire private Madagascar island into the spa: treatments can take place in your villa, on the beach or deep in the forest, and each begins with a purifying foot ritual using Miavana sea sand and fresh lime, literally the first step before any bodywork begins.



Runner training at Mount Med Resort

Treatments are enhanced with organic, rare African botanicals from Terres D'Afrique alongside hand-harvested island ingredients.

- The Sira, a Luxury Collection Resort and Spa (Lombok, Indonesia):

Part of the resort's two-day wedding treatment, the signature Sirih Foot Wash steeps warm water with betel leaf, a plant prized across Southeast Asia for its soothing, cleansing properties. In Sasak culture, the sirih leaf is traditionally given as a welcome gift symbolizing respect and hospitality, making it a deliberate choice as a bride-to-be steps into her new chapter.

- Chiva-Som (Hua Hin, Thailand):

The 50-minute Oriental Foot Ritual starts with a cleansing polish of the feet and legs, moves into a signature foot-and-leg massage, and ends wrapped in a herb-infused steamed towel, an unhurried ritual built entirely around the lower body.

- Phulay Bay, a Ritz-Carlton Reserve (Krabi, Thailand):

At Phulay Bay, a Ritz-Carlton Reserve, the signature Phulay Spiritual Treatment begins with a soothing foot bath in purifying waters and closes with a simultaneous head-and-foot massage; the spa also offers a standalone Thai Foot Massage on the menu.

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Radhika Khemka, Reserve Yogi and Wellness Expert at Phulay Bay, a Ritz-Carlton Reserve



Kitesurfer at Miavana by Time + Tide
(Credit: Nikola Bagarov)

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