

The Wellness Treatments We'll Travel For in 2019

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Sound bowls, salt floats, and energy healers are all feeling a tad...done. Here are a few emerging trends we've noticed at spas around the country.

You can tell a lot about the kind of pampering a culture is craving from a snapshot of a spa menu (where'd you go, **digital detox**?). This year's crop of out-there therapies are split between the spiritual and scientific. "People are searching for answers to make them stronger in body, mind, and spirit—and they want to live longer, but healthy lives," says Susan Zurbin-Hothersall of Power Travel International, a member of Virtuoso's Wellness Community of advisors. "But nowadays the path to wellness is not one size fits all." Here's a sampling of some of the newest offerings from spas around the country, and the world.

Relaxation, Stoner Style

The gradual legalization of marijuana across the U.S. must have something to do with the weed-inspired therapies giving spa-goers a major buzz. CBD oil—the non-psychoactive substance extracted from the cannabis plant, which some research shows can be mood-enhancing and anti-inflammatory—is turning up in all sorts of treatments. The Spa Solage at [Solage, An Auberge Resort](#), in Napa, will incorporate the local brand Healthy Lotus CBD oil into virtually any of their massages, facials, or scrub treatments on request. You can do the same at a couple of Auberge's sister properties, like the Spa at Auberge Beach in Fort Lauderdale, where the 80-minute Quartz Sand, Sound, and CBD Body Wrap lets you zone out listening to your choice of mood-altering "Binaural Beats." The [The Logan Philadelphia, Curio Collection by Hilton](#) has introduced The CBD Quartet Treatment, which doses your body wrap, scalp massage, or reflexology session with cannabinoid oil. Meanwhile, the CBD Healing Massage at the [The Ritz-Carlton, Los Angeles](#) incorporates CBD-infused products from Mary's Nutritionals—and, for a vegan high, The Spa at Balboa Bay Resort in Newport Beach is doing a 50- or 80-minute CBD Remedy Massage using products by So-Cal women-founded company W!nk.