

Travel Tips: Health Benefits of Luxury Travel



By [Katie Sotack](#)

Can luxury travel be self-care? In 2017, *CNN* published the article “Travel Makes Us Happy”, but as it turns out, the ignition of our senses by new experiences makes us happy. Recent wellness [luxury travel](#) has entered the market as a [health trend](#) for those who want to increase their sense of well-being. These [luxury vacations](#) aim to go beyond experiential travel, instead of immersing the traveler in the transformational experience of travel and leading to personal fulfillment.

Here are some [travel tips](#) to ensure the longevity of your growth from luxury travel.

With our culture moving toward environmentally positive retreats and service trips as ways to seek personal enlightenment, is there still room for luxury vacations to bring us happiness? Fear not, there’s still plenty of reason to enjoy the spa and beaches at a five-star hotel. Here are the perks to wellness traveling.

1. Adventure: Self-actualization sits on top of our hierarchy of psychological needs. The idea is that when we reach our true potential we leave our ego in the dust. This allows us to live more mindful lives. Luxury wellness vacations may ask you to immerse yourself in theater, hiking, or gaming in order to ignite emotions. This results in a personal transformation

towards self-actualization.

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2. Storytelling: For all our bibliophiles out there, luxury travel rips a page right out of your book (but not literally). Wellness locations immerse the traveler in epic storytelling. Like a chapter in a book, the adversity brought on to reach the end goal will inspire personal development.

3. Activity: The reason behind branding these retreats as stories where you're the protagonist is our culture's craving for choice. In the old days, vacationers desired itineraries and classes aiming to guide their journey. Now, we've moved onto mixtures of fitness, nature, cultural immersion, and health foods. These options in activities allow a sense of purposefulness and a full experience within your vacation destination.

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4. Digital detox: Many luxury wellness vacations will not allow electronics into their vicinity. The idea of giving up our phones for a week produces sweat beads of anxiety on our upper lips as we realize this vacation isn't for Instagram. However, the long term benefits of disconnecting far outweigh the day of mild discomfort. Embark on your spa adventure with total serenity, knowing no one can disturb you.

5. Women only: If you're a woman warrior looking to relax and grow in an area uninhabited by men look no further. Certain luxury wellness vacations cater exclusively to female empowerment. With physically, mentally, and spiritually guided activities for growth, these sessions focus on moving past trauma (like divorce, assault, etc.) and inspiring growth.

Where is your ideal luxury vacation location? Share in the comments below!

Travel Trend: Micro-cations



 By [Emily Green](#)

Everyone needs a break from their day to day life, and a vacation is a perfect way to do so! Some people, especially millennials, can't afford to take a week or two off work or to shirk other commitments for the [luxury vacation](#) have been dreaming about. In an attempt to get a break, micro-cations—a vacation no longer than four nights—have become the most popular [travel trend](#) to get out of the office to any [beautiful vacation spots](#) of your choice.

Micro-cations seem to be a popular and easy travel trend among millennials. What are some benefits to taking a micro-cation rather than a vacation?

We've gathered a list of reasons why you might want to plan a micro-cation instead of a vacation. Check out these [travel tips](#) if a mini getaway seems doable (and affordable!)

- 1. You get some time away:** No matter how long you go on a trip, you still get a break from any stress, work, or drama. Soak up every ounce of your trip and enjoy every minute of it! Try new things, go on new adventures, and you'll come back with stories that you'll be telling for years to come.

Related Link: [Travel Tips: Travel Solo](#)

2. You miss less while you're away: By only taking a trip for a couple of days, you are guaranteed to miss less from any work or responsibilities you might have than if you went on a trip that lasted a week or longer. If you're dedicated to your work but know you need a break, a micro-cation is the perfect way to give yourself that break and get back to work in record time.

Related Link: [Travel Tips: How to Plan a Debt-Free Vacation](#)

3. Saves money: You might be worried about affording a vacation within the means of your budget. A micro-cation is the perfect way to give yourself your dream vacation in small doses. You can still get that luxurious vacation you've always wanted for a cheaper price by shortening your trip by a few days.

4. Take a load off from responsibility: Asking your workplace to take off for only two days instead of a week is more appealing to your employers. They know you are needed at your job but can understand that you need a PTO every now and then. You'll be able to get that much-needed vacation and get back to your regular day to day life after you're refreshed in no time.

Does taking a micro-cation sound appealing to your travel needs? Let us know in the comments below!