

Wellness retreats are the latest New Year's Eve trend

Set yourself up for the best 2025 with a New Year's Eve wellness break – these are the best ones to book this year.

By Anita Bhagwandas 5 December 2024



Le Barthélemy Hotel & Spa

Le Barthélemy Hotel & Spa, St. Barths

For a grounding and luxurious New Year's Eve experience in paradise, Le Barthélemy Hotel & Spa in St. Barths offers its unique Beachfront & Balanced wellness programme. This new wellness experience, introduced in October 2024, leverages the tranquil beauty of the island's secluded side and integrates bioelectrical health science for benefits like improved sleep, reduced inflammation, and stress relief. Designed to rejuvenate body and soul, the experience immerses guests in nature while promoting holistic wellness.

New Year's experience: The Beachfront & Balanced package includes an ocean-facing room with energising crystals, grounding scents, and a dedicated grounding mat to enhance relaxation and balance. Guests can also enjoy a guided grounding meditation walk along the beach, a La Mer signature spa treatment, and access to holistic activities like guided hiking through lush mountain trails, coral restoration excursions, rare water healing therapies and zero-waste cooking classes. Villa guests enjoy exclusive access to the hotel's facilities, 24/7 concierge service, and private transfers, ensuring a seamless and luxurious start to 2025.

BOOK NOW AT LE BARTHÉLEMY