



For travelers, wellness now means more than just getting a massage at the hotel spa. (Though a good rubdown can feel like a mini-vacation, too.) It's about plugging into healthful habits, eating local food, and de-stressing—or taking a heart-pumping hike—in fresh surrounds.

For our annual Best of the World list, National Geographic's global community of editors, writers, photographers, and explorers found the latest, greatest, and most innovative places and experiences to help you relax and rejuvenate. Any one of these spots might help you bring a new outlook home.

Mexico & Central and South America

The Shack, José Ignacio, Uruguay

Teachers prompt poses in both English and Spanish at this yoga center in the chic [Uruguay](#) beach town known for its sea-to-table restaurants and [booming wine scene](#). The Shack recently relocated to the [Bahia Vik](#) resort on Mansa Beach, meaning that its American-Uruguayan owner Isabella Channing can now host weeklong themed retreats like February's "Yoga for Bad People." Classes take place three times a day in a barn-like, wood-lined studio with views toward the wild Atlantic Ocean.