



LM

LUXURY MAGAZINE

SPRING/SUMMER 2022

Outdoor Recess

Connecting to nature has become a central tenet in a new wellness travel wave.

BY NORA ZELEVANSKY

Most hotels and resorts give a token nod to wellness with ubiquitous yoga classes, basic massages, and in-room amenities like lavender bath salts. The following nine restorative properties take into account that spending time outside decreases anxiety and blood pressure and increases immunity and self-esteem. Expert practitioners and intentional, often al fresco facilities ensure healing is not just an added benefit of being on vacation but rather a goal and an expectation of the journey. →



Montage Healdsburg

Courtesy Montage Healdsburg/Christian Horan



QUINTA DA COMPORTA Comporta, Portugal

In 2019 hotelier and architect Miguel Cãncio Martins designed and opened Quinta in the coastal town of Comporta to evoke “a genuine sense of belonging.” For him, well-being begins with caring for the local ecosystem: Between pine and orange trees, not far from the shore, the sustainable property boasts a 130-foot, solar-heated infinity pool, a circular watering system, electric bicycles, and reclaimed building materials. The aesthetic, complete with landscaped sand, also speaks to nature’s inherent tranquility, combining clean contemporary lines with an airy indoor/outdoor farmhouse feel. Neutral colors essential for a sense of calm are punctuated by pops of colorful art by local craftspeople.

“It was important to me that the hotel fit in perfectly with the natural habitat,” says Martins.

For its regularly scheduled yoga, meditation, and life coaching retreats, the restaurant sources from its on-site vegetable garden and creates plant-based menus upon request. The Oryza Spa is housed in an elevated barn constructed with 100-year-old reclaimed wood, stone, and bamboo. The sauna and hammam overlook the rice fields, where raw ingredients will be grown for Quinta’s clean product line used in signature facials and massages. Also available are energy treatments like acupuncture and fire cupping. quintadacomporta.com →



Courtesy Quinta da Comporta (5)