

Holistic Retreats in the Americas - International - June 2019

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This report looks at the following areas:

As the world's largest retreat market, the Americas offer a bewildering choice of thousands of holistic retreats spanning a wide spectrum of experiences, themes and destinations for all ages and budgets.



While spas and wellness have grabbed the headlines in recent years, the exponential growth of holistic retreats has attracted little attention. Yet, with the pace of life getting faster and renewed interest in the meaning of life and spirituality, more people than ever before are visiting retreats – to reflect, heal, grow, change or just switch off from 24/7 connectivity.

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