

The Best Worldwide Wellness Retreats to Reset and Recharge in 2019

All the ways to reconnect with your New Year's resolutions.

BY [KARA LADD](#) / FEB 26, 2019

Wellness-Rereats WILLKA T'IKA
Lucuma Luxury Retreat at Willka T'ika
BOOK NOW

Where: Sacred Valley, Peru

When: 9 nights, dates available upon request

Venture to Peru's Andean highlands for a stunning pilgrimage to the Sacred Valley, one of the most spiritually-charged and historic destinations on the planet. Meditate amidst ancient ruins, engage in authentic Andean ceremonies, and relax at the eco-friendly Willka T'ika retreat center. This adventure includes private-guided tours to both Cusco and the world-renowned ruins of Machu Picchu, and covers a wide-range of self-exploratory themes from spirituality and history, to creative arts and physical fitness.



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