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The Best Spas to Visit in 2024

Relax, reset, release.

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In 2024, self-care is not just about the routine; it's about the destination. According to the Global Wellness Institute, in 2022, the wellness industry reached \$5.7 trillion in revenue globally, with a projected growth of 57 percent, meaning it should gross \$8.5 trillion by 2027. The spa sector continues to lead the way, with clinics and brands attaching themselves to hotels and locales, even going so far as to create designated wellness retreats. They've also become increasingly competitive in their offerings, giving attendees specialized treatments with a local connection, as well as practices and products customers can take back with them.

With more than 181,000 spas worldwide, selecting the best spot for a little rest and relaxation can be daunting. Here, ELLE editors did the leg work, scouring the globe for the best spas worldwide, finding places where the spa becomes the main event. Keep reading for the 32 best spas and services, according to ELLE editors.

Acqua Spa at O2 Beach Club

Barbados



STEVEN GRAFFHAM

Barbados is the premiere destination in the eastern Caribbean with a deep focus on hospitality and catering to tourists, particularly Americans and Europeans. Acqua Spa is located on the top floor of the five-star O2 Beach Club, spanning almost 6,000 square feet and giving guests panoramic, floor-to-ceiling views of the Caribbean Sea. It also features Barbados' only hammam experience. Focusing on marine ingredients for treatments, you are guaranteed to switch to island time, and get lost in a relaxing state.—*Danielle James, digital beauty director*

Treatment to Try: Sea of Life Facial

“Seaweed in skin care? Yes, if you want hydrated, healthy skin. The benefits are endless, and Acqua Spa takes advantage of local offerings to create custom and unique experiences specific to the needs of your skin. The Sea of Life Facial begins with a skin analysis to determine its needs. The treatment, like many at this spa, uses Osea products, which are known for using ingredients from the sea to provide optimal benefits to your skin,” James says.