



Self-Care at Sea: 10 Wellness Cruises That Go Way Beyond the Spa

Without question, a cruise is one of the most relaxing ways to travel. You don't need to make your bed, clean, cook, or even get your own drinks, since the crew takes care of it all. And on top of that, you get transported from one gorgeous destination to another without any effort – or even having to repack your bags.

That said, it's possible to make your time at sea even more relaxing and beneficial. Many cruise lines now offer wellness-centered voyages that use your leisure time away from home to focus on physical and mental health. From yoga classes to meditation sessions, fitness training, tech detox programs, and unique spa treatments, some cruise lines are going all-out to provide travelers with all the trendy self-care services they're craving.

If you're finding the weight of the world a little heavy on your shoulders – or just desperate for a one-of-a-kind health reset – these 10 wellness cruises are some of the best you can book for 2025, 2026, and beyond.

A wellness cruise through the Galapagos



- **Length:** 8 days, 7 nights
- **Availability:** Multiple sailings per year
- **Starting price:** From \$9,450 per person

As if cruising to see some of the most unique wildlife on earth aboard a luxurious, 20-person mega-yacht wasn't special enough, [Ecoventura](#) ups the wellness factor by adding a self-care layer to its offerings. Several trips per year are special versions of the company's two standard routes, and are designated as "[wellness departures](#)."

Each of the two itineraries includes wellness-inspired elements and experiences meant to enhance your connection to the Galapagos. That includes silent snorkeling (so no coming up to the surface to yell that you found a multicolored octopus), grounding barefoot hiking, and ocean cold plunges alongside turtles, penguins, and sea lions.

On board, the zero-proof bar and health-conscious menu will keep you on the straight and narrow, and the spa treatments will have you all loosey-goosey in the best way possible. The best part of Ecoventura's Wellness Departures, however, might be the optional digital detox. Guests are encouraged to place their devices in a bag in their cabin closet for the duration of the voyage. [Cameras](#) don't count, of course, as those should be strapped to your neck at all times.