

## Yes, Wine Can Actually Be Healthy—These 6 Destination Spas Are Proof



by KEITH FLANAGAN

A new season approaches, and it's time for a reset—a good old-fashioned wellness retreat. But even though we could all use another getaway, must we let go of our glass of wine? We're fans of [detoxes in every shape and form](#), but sometimes you need a little more than *cucumber water* to take stress levels down a notch.

Rest easy—around the world, high-style spas with an appreciation for high-spirits aren't afraid to mix up traditional treatments with a nod to vintages—the kind made from grapes. Instead of sipping, you can soak in tubs full of saké or amino acids, or you can grape-stomp your way to bliss while increasing your circulation. There's a word for wine as medicine—it's called *oenotherapy*—but we're calling it *about time*. After all, what better way to make your mood sparkle than by indulging it with sparkling wine?

**Raise your glass—these destination spas around the world offer vino experiences for the ultimate *wine-down*.**



For a high-style retreat, head south to Chile's Millahue Valley where [Viña Vik](#) is downright celestial—the contemporary resort is somewhat of a pilgrimage for art and design lovers, thanks to its tin, glass, and concrete aesthetic, while the focus on wine swirls throughout the estate's 11,000 acres and active vineyards. The estate's vintages are never in short supply, but for guests who can't get enough, they can skip the infinity pool and head to The Wine Spa: A steamy bath featuring wine and fresh grapes is among the signature treatments. Why sip when you can soak?