The 10 best ski resorts for a wellness holiday

Find calm and restoration in these mountain resorts, where health and wellbeing are the biggest trend

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Les Bains du Mont Blanc thermal baths have long been popular with spa seekers Credit: Christophe Daguet

Getting back to nature has long been at the heart of winter holidays, and each season sees a plethora of luxury spas open in ski resorts, with ever more elaborate services aimed at restoring and rejuvenating clients.

But the wellness trend isn't just about a posh spa and some fresh mountain air. It's increasingly about yoga programmes, cold water swimming and plunges or nature walks to help you restore and reset.

Stella Photi, founder of specialist travel company Wellbeing Escapes says many ski holidaymakers are looking for an elevated experience when they're not on the slopes.

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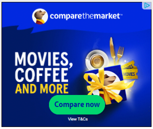

"Resorts are now expected to offer healthy cuisine, holistic treatments and cutting-edge biohacking technologies to appeal to discerning travellers with a focus on wellbeing," she says. "At Wellbeing Escapes we saw a 30 per cent increase in winter wellness bookings in 2025, compared to 2024."

Interest in specific activities has also boomed. In France's Haute-Savoie region, the number of people visiting the village of Samoëns to go cold water swimming has risen significantly, while in the Trois Vallées, Les Menuires will be hosting its tenth yoga week this Easter.

If the idea of visiting the mountains this winter to restore both body and soul appeals, while also finding time to ski or snowboard (if you so wish), the following holidays and ski resorts offer it all.

Les Menuires, France

Best for yogis

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Les Menuires

Yogiski in Les Menuires promises a week of yoga, relaxation and connecting with nature at 2,800m Credit: Les Menuires

Yogiski (April 6 to 11, 2026) has become the flagship well-being event in the Alps. Taking place both on and off the slopes of Les Menuires and Saint-Martin-de-Belleville in the Trois Vallées, it's a week of yoga, relaxation and connecting with nature, with plenty of time for skiing in between.

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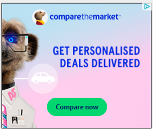

Highlights include a yoga session at 2,800m, a sunset snowshoe hike and yoga session at the Lac du Lou mountain refuge, sound baths, forest walks and candle-lit yin yoga sessions. Classes are open to all and most are free of charge – sign up at the tourist office.

How to do it

Inghams offers seven nights at the Hotel Les Bruyeres, half board, from £1,089. Sign up to Yogiski at the tourist office (most classes are free; paid sessions are between €30 and €45).

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Our expert guide to Les Menuires

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Samoëns, France

Best for swimming

Cold water swimming is increasingly popular in Samoëns in France Credit: Samoëns

Soak up the forest views, take a deep breath and wade into Samoëns' Lac aux Dames, the regular host of the Ice Swimming World Championships. In the heart of winter, the water temperature ranges between -5C and 0C, so you will be well placed for all the physical and mental health benefits a cold dip triggers – including a boosted immune system, better blood circulation and reduced stress.

Under the watchful guidance of Florian Milesi, a sports coach and cold-water swimmer, immerse yourself and feel the endorphins flow, then warm up afterwards in Bastu74's mobile sauna.

How to do it

Peak Retreats offers seven nights in a two-bedroom apartment in La Reine des Prés from £258, self-catering, based on six sharing, including return Eurotunnel crossing. Book an ice swimming session via the tourist office from €75.

Saint-Gervais, France

Best for relieving aches and pains

The natural hot springs in St Gervais have been a draw since the early 19th century Credit: Pascal Deloche / Godong

Like several historic towns in the Alps, Saint-Gervais is home to a natural hot spring, which, thanks to the healing benefits of thermal waters, has brought the resort fame and fortune since the first iteration of the Bains du Mont Blanc thermal baths opened in 1806.

The whole region is a haven for relaxation – Saint-Gervais sits within a network of hamlets and villages that make up the Evasion Mont-Blanc ski resort with 445km of slopes, and the baths include pools, flotation basins, saunas and steam baths, a salt grotto, a halotherapy grotto, and cascades of pure thermal water.

How to do it

Heidi offers seven nights at Le Saint Gervais Hotel & Spa from £757, room only. Book natural hot bath sessions independently (from €39 for three hours; thermes-saint-gervais.com).

Obergurgl, Austria

Best for cold plunge fans

Head to Obergurgl in Austria for cold water therapy Credit: Jochen Mueller/Ötztal Tourismus

The Wim Hof Method is wellness shorthand for being immersed in cold water to reduce inflammation and contribute to overall better health. But rather than recreating the experience in your bathroom at home, head to Obergurgl in the Austrian Tyrol, where it's already cold, and learn the essential techniques of breathing and cold therapy from two certified Wim Hof instructors, Flo Mausser and Martina Sowinz.

The three-day immersive weekend takes place on March 20-22, 2026 and includes a full programme of cold sessions. In this high-altitude resort, there are plenty of smart spa hotels to warm up in afterwards, too.

How to do it

Ski Solutions offers seven nights at the Alpen-Wellness Resort Hochfirst from £2,270, half board. Book the Wim Hof weekend directly with the instructors (€649; flomausser.com).

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Our expert guide to Obergurgl
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La Plagne, France

Best for fighting the fear

Build your confidence on the slopes in La Plagne

For anyone feeling anxious, nervous or disconnected from skiing, join international ski confidence coach Louise Pode on her Alpine Reset Ski Retreat in La Plagne this April.

In collaboration with catered chalet operator Ice and Fire, guests will stay at its beautifully calm Chalet Edelweiss in Les Coches. The location is all about providing the ideal physical and emotional environment to nurture your confidence and wellbeing on the slopes. Together with Louise's proven mindset coaching and reflective wellbeing practices, you'll let go of your fears, rebuild trust in yourself and fall back in love with skiing.

How to do it

Louise Pode offers five nights from April 13, 2026 for £2,875, half board, including coaching, lift pass, ski hire and tuition. Excludes travel.

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Our expert guide to La Plagne

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Plose, Italy

Best for peace and serenity

Wellness hotel Forestis is a beautiful sanctuary in the Puez-Geisler Nature Park Credit: ©FORESTIS

Many Alpine hotels promise peace and tranquillity – thanks to spectacular settings and remote locations it's often a given – but Forestis in the Italian Dolomites might just trump them all.

Surrounded by pine trees and the craggy Dolomites, and set within at 1,800m in the Puez-Geisler Nature Park, it's a wellness hotel that focuses on physical and mental mindfulness (with a giant 2,000-metre-square spa) and ski-in/ski-out access to the resort of Plose. Book one of the hotel's wellness programmes and benefit from immunity-boosting therapy.

How to do it

Mr & Mrs Smith offers seven nights at the Forestis from £4,045, B&B, excluding travel.

Lenzerheide, Switzerland

Best for romantics

A glamping pod in the Swiss mountains promises cosy, romantic evenings Credit: Adrian Fluetsch

Eschew all mod cons and spend the night under the stars in a *holziglü* glamping pod at the edge of Lenzerheide in the Graubünden canton.

The pods are set among the mountain firs, spruce and larch in the Heidsee valley and promise the most tranquil and cosy of nights – they're fully heated, there's plenty of space to store your kit and they're oh-so-peaceful. With their ski-in/ski-out location, you'll wake up refreshed and ready to hit the slopes.

How to do it

The Swiss Holiday Company offers seven nights at the Sunstar Hotel Lenzerheide from £1,667, B&B. Glamping pods cost from CHF 78 (£27) per night.

Umeå, Sweden

Best for getting into the wilderness

Gutsy Girls offers a Swedish adventure that includes snowmobiling and backcountry skiing Credit: Matthew Williams-Ellis

Immerse yourself in the stillness of the Arctic winter and be at one in the snowy wilds of Swedish Lapland on this small-group trip for women with Gutsy Girls. Spending five nights in a remote eco-hotel, days are filled with backcountry skiing, snowshoe hikes, cosy campfires, chasing the northern lights, dog sledding and sauna and ice baths. To complete this winter retreat, fresh, organic meals sourced from local hunters, farms and foragers are served every evening.

How to do it

Gutsy Girls offers five nights from £1,925, full board, including activities. Excludes travel.

Whistler, Canada

Best for unhurried serenity

The Scandinave Spa is the ideal retreat after a day on the slopes Credit: Joern Rohde/Scandinave Spa

Canada's largest resort doesn't just offer plenty of epic skiing and snowboarding, it's also home to the vast outdoor thermal Scandinave Spa – a series of hot, cold and relaxing installations encircled by Whistler's temperate rainforest to be enjoyed in complete silence.

Continue the well-being by checking into the Nita Lake Lodge, where you'll find hot tubs on the roof and cold plunges in the lake, plus a barrel sauna and award-winning spa treatments.

How to do it

Ski Independence offers 10 nights at the Nita Lake Lodge from £1,942, room only. Book Scandinave Spa sessions independently (from CAD$128 / £69 plus tax for a day's access).

PLAN YOUR TRIP
Our expert guide to Whistler
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Kals am Grossglockner, Austria

Best for getting back to nature

Get back to nature in Austria's Hohe Tauern National Park Credit: WearActive

If days doing yoga, hiking and skiing in Austria's Hohe Tauern National Park, followed by evenings spent in a log-fuelled hot tub sounds ideal, then this seven-night small group trip with Responsible Travel is just what you need.

The varied itinerary also includes snowshoe hikes and cross-country skiing, and it all takes place from the remote MoaAlm, set at an altitude of 1,800m and about 3km above the small village of Kals am Grossglockner.

How to do it

Responsible Travel offers seven nights from £1,033, full board, including some activities but excluding travel (free transfers are provided from the local train station).

About our expert

Rebecca Miles

Having learnt to ski in the French Alps many years ago, Rebecca thought she'd be loyal to France to the end. Then she skied in both Norway and Sweden in the same winter three years ago and that was it; game over for France.

Plan the perfect ski holiday

The Telegraph's ski section has everything you need to hit the slopes this winter, including expert guides of the world's best resorts – from Austria and France, to Japan and Canada – the latest snow reports, top winter holidays, booking tips and gear guides.

Whether you're planning a family trip to the Alps or a bucket-list powder tour of North America, our ski experts are here to help you plan the perfect trip to the mountains.

Unless stated otherwise, prices are per person, including flights and transfers.

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