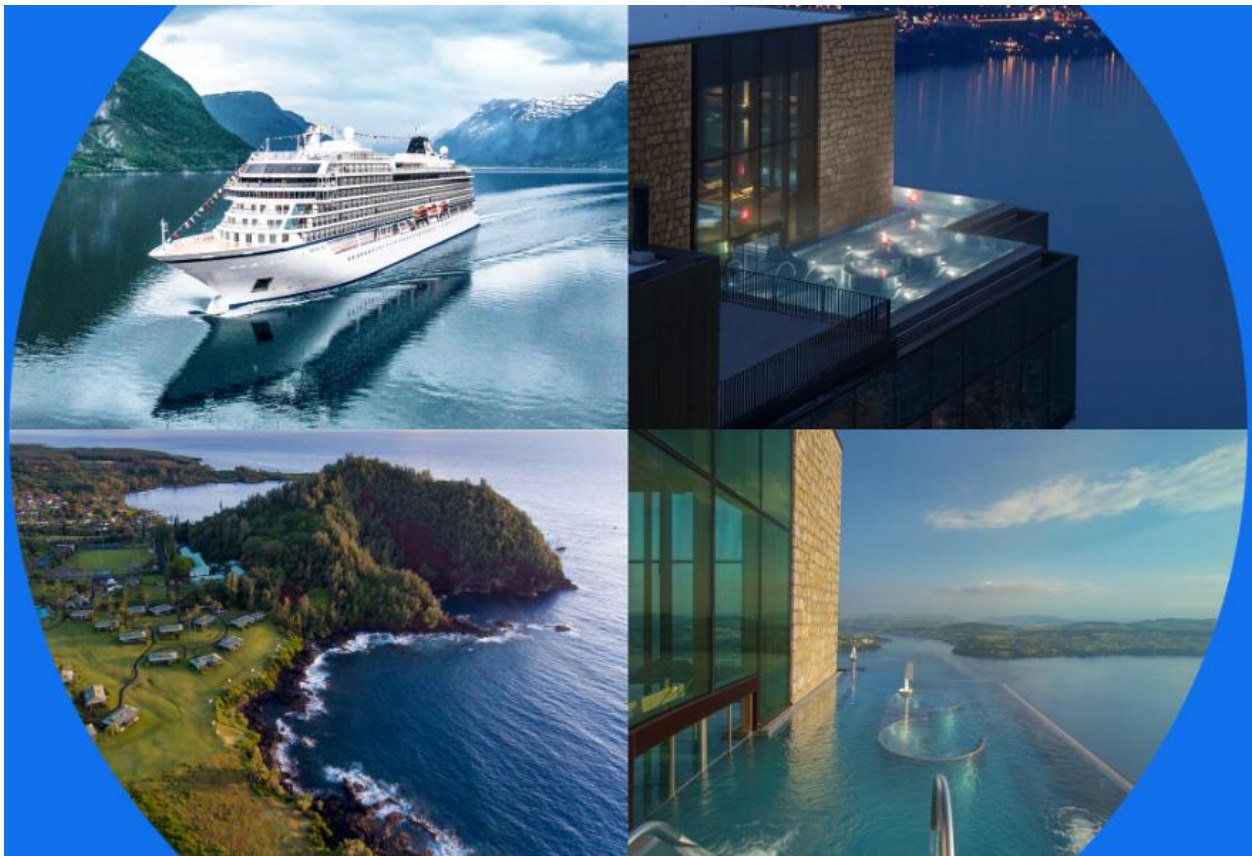


Women's Health

The 2024 Women's Health Travel Awards Are Here

From dude ranch resorts to Antarctic cruises to surf retreats, your next adventure awaits.

BY SAMANTHA BROOKS / PUBLISHED: MAR 20, 2024



Whether your ideal exploration is a sun-filled swim-and-surf holiday, a luxury cruise exploring Antarctica, or a solo meditative retreat, it's never been easier to indulge in adventures that nourish your mind *and* body.

The 2024 *Women's Health* Travel Awards winners were selected with input from the *Women's Health* team of globe-trotting editors and travel

experts [Henley Vazquez](#), of tech-driven travel agency [Fora Travel](#), and [Tom Marchant](#), of luxury travel company [Black Tomato](#).

Enjoy exploring these locales near and far, and get ready to plan your most fulfilling trip yet.



HOTELS



Whether you're traveling for business or pleasure, a hotel should feel like your home away from home. Here, we highlight a range of properties that go above and beyond to help you rest and recharge.

The Best Hotels For Health & Wellness

BEST SUSTAINABLE



Beyond Green

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Banning single-use plastics and providing refillable water bottles are great starting points for a sustainability-minded brand. But at Beyond Green, there's a list of more than 50 sustainable criteria each property must hit to become a part of their portfolio. With a growing collection of properties everywhere from Laguna Beach to Mongolia, Beyond Green counts resorts like Dominica's Coulibri Ridge, which not only has replaced in-room trash bins with compost boxes, but also uses copper-ionization for its swimming pools. (The latter tech limits the need for harsh chemicals and uses low-voltage electrical current to keep fresh water free of algae and bacteria.) At andBeyond Sossusvlei Desert Lodge in Namibia, the lodge's water system recycles more than 26,417 gallons of gray water a month. Then, in French Polynesia, the ultra-luxury Brando resort has the goal of creating a zero carbon footprint.

"Not only is the property remarkably sustainable," says Marchant, "it is in a league of its own and one of the most romantic and elegant private island settings the world over."

COURTESY OF BEYOND GREEN