

Global Wellness Destinations Comparison

Source: [Wellness Escapes Worldwide For That Stress Free Break](#)

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Compare top wellness travel destinations by cost, flight time from the UK, and wellness style to find your ideal stress-free escape.

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Destination	Best For	Approx. Cost (7 nights)	Flight Time from UK	Wellness Style
Bali, Indonesia	Yoga, spirituality, culture	£800–£2,000	~16–18 hrs	Holistic, spiritual
Kerala, India	Ayurveda, deep detox	£700–£2,500	~10–12 hrs	Ancient medicine
Japan	Mindfulness, forest bathing	£1,500–£3,500	~12–14 hrs	Zen, nature
Thailand	Affordable luxury, massage	£600–£1,800	~11–13 hrs	Spa, active
Iceland	Geothermal, mental reset	£1,200–£3,000	~3 hrs	Nature, thermal
Portugal	Slow living, surf therapy	£700–£2,000	~2.5 hrs	Slow, outdoor
Switzerland	Medical, alpine wellness	£2,000–£6,000+	~2 hrs	Medical, luxury
Greece	Mediterranean, longevity	£800–£2,500	~3–4 hrs	Diet, sea, culture

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<https://yourfriendintravel.co.uk/wellness-escapes-worldwide-stress-free-break/>