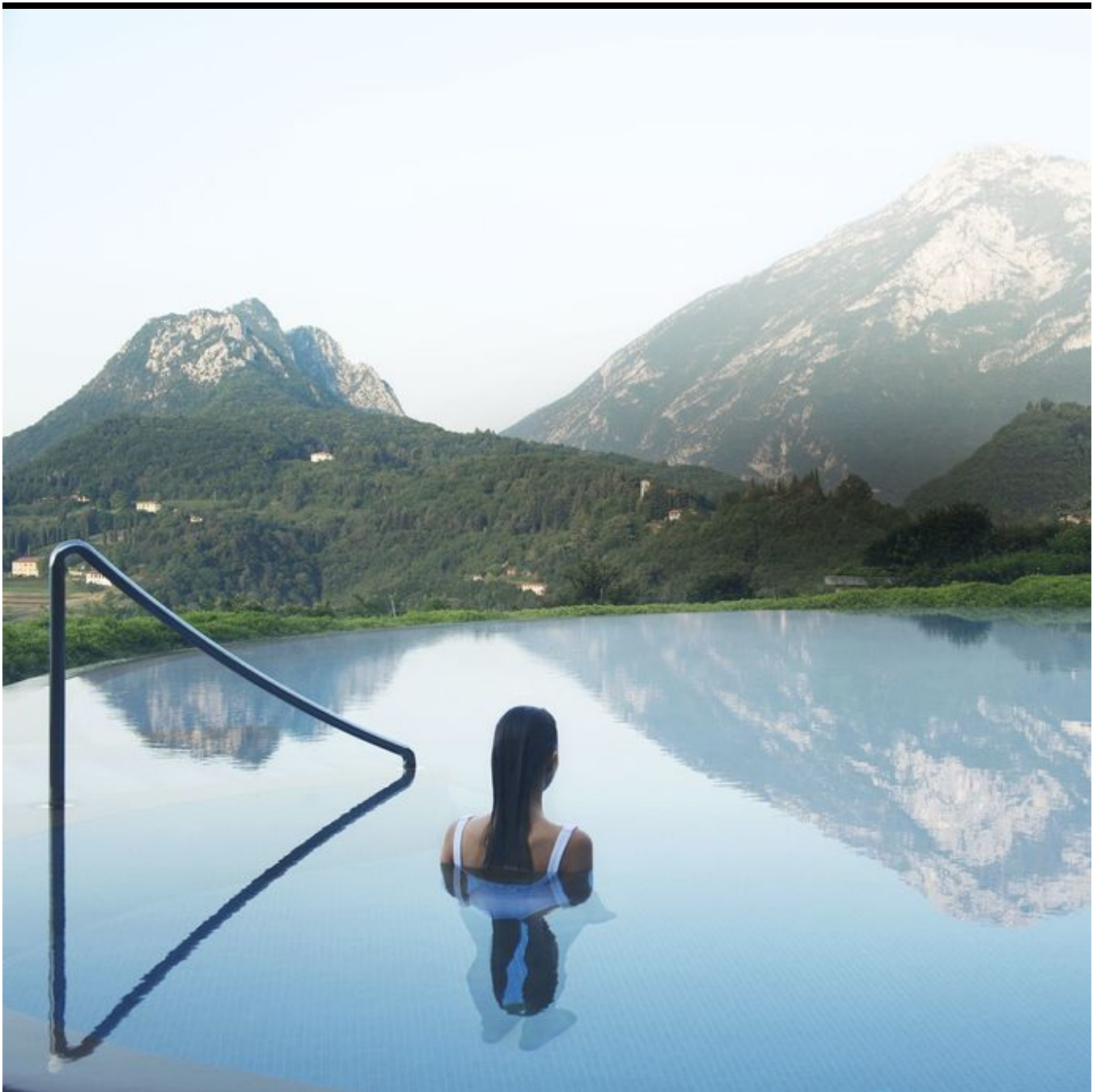

THOUGHT-STARTER: WHAT'S SHAPING THE FUTURE OF WELLNESS TOURISM?

15 : 04 : 2019 Luxury : Travel : Wellness



Dervla Louli, founder of luxury booking portal Compare Retreats, discusses how stressful urban living and changing mindsets in Asia are driving new directions in wellness travel.

Compare Retreats is a booking portal and online publication for luxury wellness retreats. 'I wanted to create a trusted platform to connect wellness travellers with the best retreats in the world – those that offer the results they promise,' Louli explains.

She describe the rising demand for retreats that focus on simplicity and consuming less. 'Silent and fasting retreats are two trends I'm watching closely at the moment. More and more of our clients **are craving silence** but don't have time or the desire to do a vipassana retreat, so we're developing something special to cater to their needs.'

Louli also notes that more consumers are being prescribed these types of retreats, potentially as an alternative to medicine. 'Ayurveda and prescriptions to get outdoors in nature are already being integrated slowly into national health schemes, while government organisations are recognising nature as beneficial to mental and physical wellbeing.'

Read the full article [here](#).