



TRAVEL AWARDS • HOT LIST

At This New Zealand Resort, Detoxing Doesn't Have to Be Punishment

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Shantanu Starick/Courtesy Aro H'a Wellness Retreat
A view of the dramatic South Island landscape from the yoga studio.



Aro Hā's philosophy is that you can still have fun while getting healthy in paradise.

The very words *wellness retreat* can conjure visions of marching through the desert under the baking sun while trying to survive on a handful of almonds, or committing to some kind of Germanic health asylum that involves caffeinated colonics. But Aro Hā and its Zen-like cedar cabins are thankfully upending those stereotypes. Located on New Zealand's South Island, it's about an hour northwest of Queenstown, right on colossal sapphire Lake Wakatipu. Guests looking for health-conscious meals that are gluten-, dairy-, and meat-free—but don't taste like it—will find them here: The "ricotta" made from macadamia nuts, the amaranth bread, and the beet sashimi are satiating in the best possible way. And you'll need the sustenance for your twice-daily yoga sessions, held in simple studios that bring the outdoors in (like the one pictured here), or a lakeside hike amid an alpine backdrop so engulfing you'll hardly notice that you've logged ten miles.



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