

TRAVEL CURATOR

WORTH TRAVELING FOR

THE VERY BEST AWARDS

THE VERY BEST SPA TREATMENTS IN THE WORLD

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Fifteen seconds into any spa treatment, and it's evident. The experience – be it massage, facial, body wrap, scrub, energy work, sound healing, or other – is going to be amazing. Or not.

That's the consensus our discerning, wellness-minded editorial team reached after sampling hundreds of spa treatments this past year. Despite the trying-to-be-fancy offerings found on some spa menus and the obvious following-the-crowd trends on others, we stayed the course – revealing and endorsing only those found to be truly healing and transformative. Every time, the differentiating factor – the single standout feature that elevated one treatment above another – was the talent of and connection to the therapist.

Following are the Very Best spa treatments (and therapists) we unearthed this past year.

GUERLAIN WELLNESS SPA, WALDORF ASTORIA NYC



Courtesy, Guerlain Wellness Spa, Waldorf Astoria New York

Queen Elizabeth is in the house. The new Guerlain Wellness Spa at Waldorf Astoria New York was open only days when we fell into the capable hands of Elizabeth (“Queen Elizabeth” as we now address her). Flawlessly delivering one of the spa’s signature treatments, the 90-minute “Spirit of Achievement,” Elizabeth spent 45 minutes just on the back and shoulders, working to elongate the upper torso and stretch the body taller, before switching to do her magic – using a specific creme (this is a French spa after all) – on the décolletage and customizing further to work the TMJ line and ears. We will be back.