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## Wellness retreats for every personality type

Sarah Jappy - 24/02/2026



***Making the concept of a 'fly and flop' look a little lacklustre, the latest wellness experiences offer more ohm for your buck. These retreats will sate whatever you're craving, whether inspiration with likeminded women, psychedelic highs, a karate education, tech touches or more.***

**[For tech geeks: The Mark, New York](#)**



## THE MARK



Prefer wifi to woo-woo? Get your gadgety wellness fix courtesy of The Mark's new, 24-hour Technogym fitness centre. Personalise your workout, engage in AI-guided programmes, or choose from on-demand classes spanning strength, HIIT, mobility, pilates and yoga. The Penthouse Suite's private training room showcases Technogym's design driven, home fitness collection, while on the penthouse's terrace, you'll find a new, tech-forward cold plunge overlooking Central Park. The hotel will be launching its Epigenetic, Wellness and Longevity Centre by Augustinus Bader Sciences in early summer 2026, until then, guests can enjoy in-room massages and bodywork, IV drips, facials and skincare consultations in collaboration with aesthetics icon, Dr Barbara Sturm.

