



# TRAVEL TRENDS

## Make The Most Of Your Next Vacation

(NAPSA)—These days, people want more from their travels than new sights and sensations. Often, they also want to improve their lives and their health.

### What Travelers Want

According to a recent survey conducted by a leading travel marketing organization whose focus is on the affluent market, the following health and wellness trends were identified: dining options, in-depth spa treatment menus and amenities such as yoga and Pilates. Options such as nutrition classes, personal training and outdoor activities are less in demand.

- The U.S.A. and the Caribbean are among the most popular destinations for spa and wellness getaways.

- The average spa and wellness vacation lasts four to seven nights.

- More spa travel is with a significant other than with friends.

- Many people are traveling to spots where they offer more healthful meal options.



**Whether you want to grow more healthy, lose weight or just lighten your soul, spa and resort vacations have a lot to offer these days.**

### Where To Get Good Advice

The travel advisors of The Affluent Traveler Collection can help travelers make the most of their health and wellness vacation by providing exclusive access to special perks and amenities.

### Learn More

For more information, visit [www.theaffluenttraveler.com](http://www.theaffluenttraveler.com). Aspiring travelers can also read the organization's magazine, available by subscription, through travel advisors, at major bookstores, on newsstands and in select airport lounges and select hotels.