



Photo by Digital Love, courtesy of CIVANA Wellness Resort & Spa

At CIVANA Wellness Resort & Spa, guests can find healthy eats, a world-class spa connection and the tools to help them live better, longer lives.

By Teresa K. Traverse

Although just 10 miles from bustling North Scottsdale, CIVANA Wellness Resort & Spa feels secluded, like its own private paradise. Located in Carefree on more than 20 acres, CIVANA is a destination spa resort. With expansive skies and a landscape dotted with tall palm trees and cacti, guests are fully immersed in a true desert setting. Visitors can look forward to stellar programming, healthy cuisine and a world-class spa.

The central part of the resort is shaped like a horseshoe with a glittering pool at the center. After checking in and receiving a complimentary reusable water bottle, I went to my room. It was spacious and light-filled with neutral tones. My favorite feature? The oversized glass shower with a rainfall showerhead. Over the next two days, I enjoyed plenty of healthy food, a luxe spa treatment and a range of wellness classes.

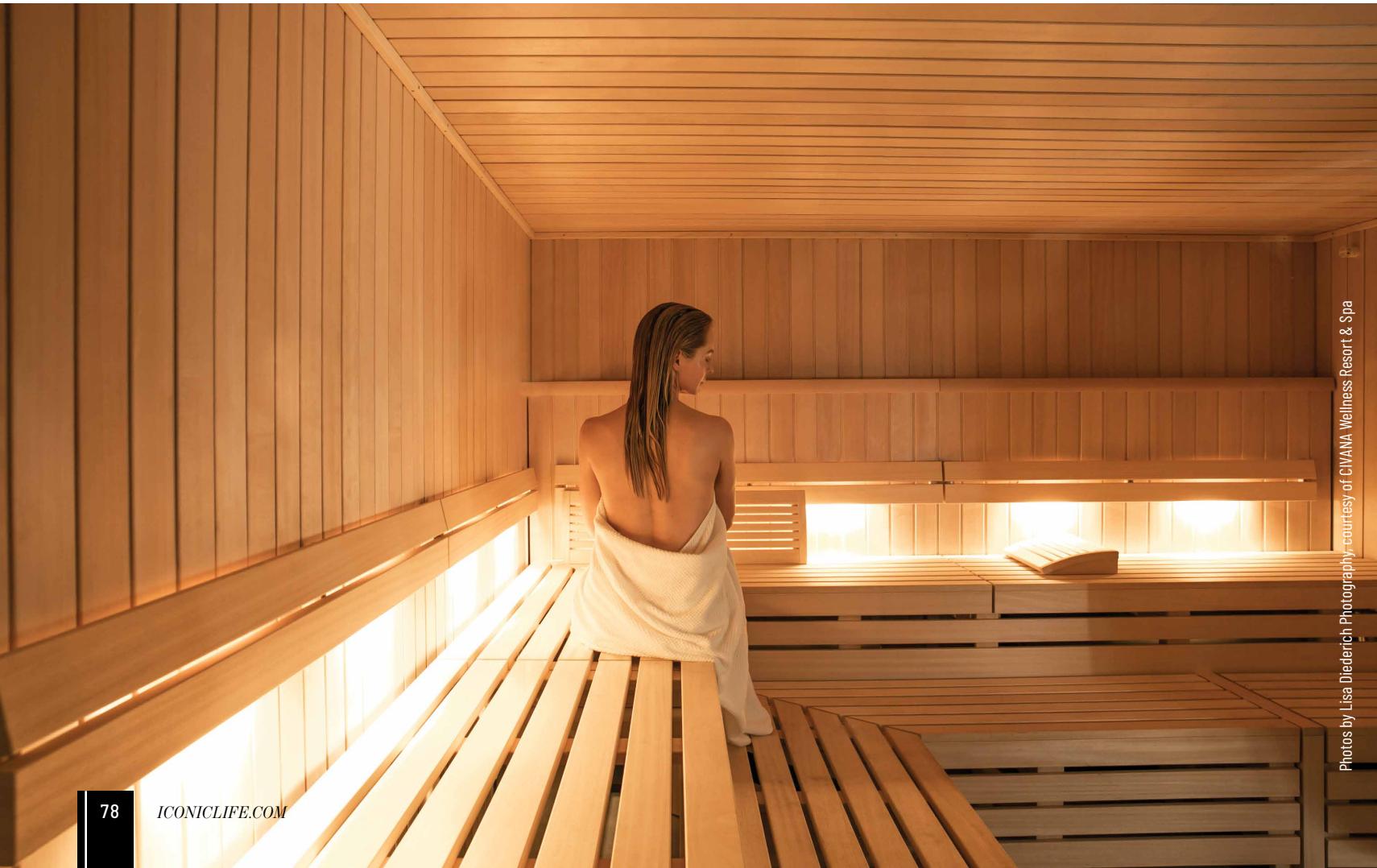
I ordered a fresh Greek salad and a glass of green juice for lunch at Seed Café + Market. Seed is CIVANA's casual dining option. I also enjoyed a decadent chocolate matcha muffin on another day. Terras is the resort's more formal dining option. The poke

bowl—ahi tuna mix, sesame seeds, carrots, cucumber, edamame, watermelon radish, cabbage and forbidden rice—was easily the best dish I had here. It was colorful, fresh and texture rich.

FINDING TRANQUILITY AT THE SPA

The entrance to CIVANA's spa is grand, with a massive square arch flanked by fire features. It set the stage for an exceptional experience. After checking in at the front desk, I was given a tour of the expansive space. I slipped into my robe and relaxed in the eucalyptus steam room before heading to the crown jewel of the spa: the Aqua Therapy Circuit.

This room features a cold pool, two warm pools, one sauna and a cold plunge shower. CIVANA recommends that spa-goers spend time there before and after treatments. I rotated among them to kick off my relaxation journey. In the sauna, I had a wonderful conversation with other CIVANA guests. We chatted about the classes we had attended



Photos by Lisa Diederich Photography—courtesy of CIVANA Wellness Resort & Spa

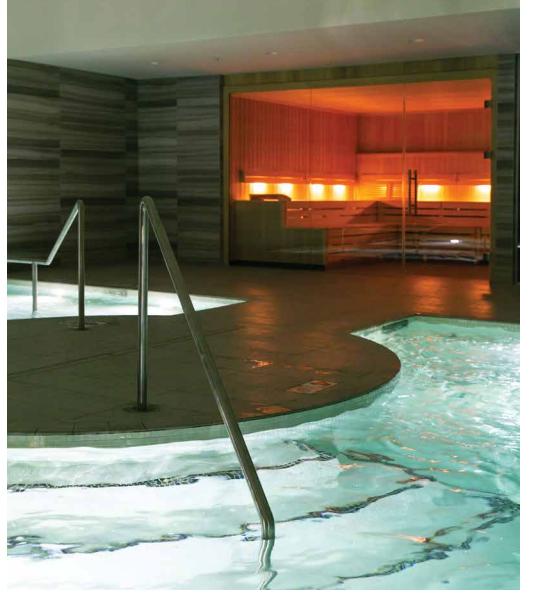
and what we took away from each. I then indulged in the spa's outdoor lounge overlooking the rolling mountains surrounding the resort. My massage therapist collected me from the lounge, then used hot stones and oil to unwind my tight muscles. I left feeling rejuvenated and utterly relaxed.

ENJOYING ROBUST PROGRAMMING

CIVANA is best known for its comprehensive wellness offerings. The resort boasts more than 100 classes weekly. When I first arrived, I remember feeling overwhelmed by the sheer number of options, but I quickly found a natural rhythm to my days. Being at CIVANA feels like your only objective in life is to take wellness classes. I can only speak for myself, but that's my idea of heaven.

The instructors often encouraged us to share our personal experiences in response to the prompts during classes. Hearing other people's stories made me feel more connected to the other guests I saw during class and throughout the property. I took classes in chakra meditation, yoga flow, journaling, "healing the inner child" and two sleep meditation classes.





One of my absolute favorites was the guided labyrinth walking class. It was such a soothing experience—you tune out the world and simply focus on walking in a circle and on what the instructor is saying.

FINDING LONGEVITY AT CIVANA

In keeping with modern wellness trends, CIVANA has longevity offerings on the menu. Recently, CIVANA hosted a “Olistico Life Protocol: Biohack Your Biology & Reverse Your Age Retreat.” Longevity and wellness advocate Candice Barley hosted this four-day getaway. During this time, participants took workshops on peptides, reducing inflammation and optimizing longevity. The main goal of the retreat was to support graceful aging.

“Longevity today is defined not merely by the number of years lived, but by the quality of those years. As emerging research continues to underscore the connection between neuroplasticity, well-being and lifespan, travelers are increasingly seeking experiences that nurture not only physical health, but also mental clarity, emotional resilience, spiritual depth and meaningful connection,” says Julia Lavine, CIVANA’s chief brand officer.

“At CIVANA, we recognize this shift—wellness travel is more than just a reset, but a long-term investment in how individuals age, thrive and engage with their lives,” she notes. “Our programming is thoughtfully designed to equip guests with evidence-based practices that support lasting vitality far beyond their time with us.” **1**

