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5 Of The Best 'Blue Mind' Theory Experiences Around The World

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I cover luxury travel—from takeoff to touchdown and everything in between.

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Atma Janzu at Le Barthélemy Hotel & Spa LE BARTHÉLEMY HOTEL & SPA

The “Blue Mind” theory was first popularized by marine biologist Wallace J. Nichols whose best-selling book *Blue Mind: The Surprising Science That Shows How Being Near, In, On, Or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*, outlines the positive neurological response that humans have when on or near any body of water, but particularly the ocean.

The research conducted by Nichols and his team is compelling—and makes a case for setting off on an ocean- or lakefront holiday, stat.

“One thing about the ocean is that it is potentially this great unifier across borders,” Sven-Olof Lindblad, Chief Executive Officer and Founder, [Lindblad Expeditions](#) told *Forbes*. “The ocean is a connected entity. We call it different things, the Pacific Ocean, the Indian Ocean, but there really is just one ocean.”

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It doesn't really matter where you go or what you do while you're there—being on or near the water is scientifically proven to improve your mental health and help foster a sense of clarity and relaxation. That said, the following destinations place unique water-focused experiences at the forefront in order for travelers to reap the benefits of being by the water while also creating lasting memories abroad.

Here are five of the best “Blue Mind” theory experiences around the world:

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Water Healing Meditation in Saint Barthélemy



Atma Janzu at Le Barthélemy Hotel & Spa LE BARTHÉLEMY HOTEL & SPA

“Since antiquity, water has been revered and used in many traditions for its transformative power. To travel in and of itself is transformative, and travel coupled with the Art of Janzu provides a profound personal experience, merging with water while dissolving physical, mental and emotional tensions,” Grégoire Bosc, Janzu specialist at [Le Barthélemy Hotel & Spa](#) told *Forbes*. “This experience delivers a heightened sense of renewal, deeply rooted in presence to one's self.”

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Atma Janzu is a psycho-corporal practice offered to guests of Le Barthélemy Hotel & Spa that takes inspiration from ancient Shamic regression techniques. It sounds woo-woo but the weightlessness and gentle support of the water actually allow guests to enter the deepest possible state of relaxation by encouraging the mind the surrender and transform. The movements are led by a trained expert in order to help guests reharmonize the mind, body, and spirit.

Kayaking in Norway's Fjord-carved Coast

Norway is known for having some of the most beautiful waterscapes in the world—and what better way to take in the sights and sounds than right on the water? Lindblad Expeditions-National Geographic's purpose-built expedition ships include thoughtful water sport excursions designed to get guests up close and personal with the fjord-carved coast by exploring the secluded inlets and coves by kayak.

Clear Boat Kayaking on Lake Tahoe



Clearly Tahoe clear-bottom kayaking CLEARLY TAHOE

If you've ever been to Lake Tahoe, you're probably already well-acquainted with the impossible blue waterway. "A visit to Lake Tahoe, with its crystal-

clear water and breathtaking scenery, truly captures the essence of Blue Mind theory, offering a rejuvenating experience that nourishes the mind, body, and soul,” says Mike Larragueta, President and CEO of Reno Tahoe.

The best way to experience Lake Tahoe? Hopping aboard a unique [clear-bottom kayak](#) and paddling out to Bonsai Rock. Not only will you get a unique perspective of the sparkling turquoise waters but some of the deepest parts of the lake out this way are so crystal-clear that you’ll actually be able to see all the way to the bottom of the lake.

Sunset Paddleboarding in Saint Vincent and the Grenadines

“Growing up in Jamaica, I learned that the ocean is the source of our Caribbean way of life, from the fresh air we breathe to the livelihood of our communities,” Adam Stewart, Executive Chairman of Sandals Resorts International told *Forbes*. “It is the inspiration for everything we have become.”

At the new [Sandals Saint Vincent and the Grenadines](#), guests are invited to borrow a paddleboard and set out onto the water come sunset for a quiet and serene end to the day. Paddleboarding is a great way to work the core, increase balance, and improve your cardio but paddleboarding in the Caribbean at sunset? The last thing you’ll be thinking about will be the rigors of a full-body workout.

Learning to Dive in Raja Ampat



Diving excursion with Prana by Atzaro PRANA BY ATZARO

Raja Ampat in Indonesia is one of the most famous diving destinations; it has some of the greatest biodiversity in the world and the sparkling blue waterways are relatively easy to navigate as a beginner.

If you’re not a certified diver, you don’t have to opt out of a diving experience. Chartered yachts like the [Prana by Atzaró](#) actually offer sample

dives for beginners, you don't have to have any experience and while you won't be able to go as deep as certified divers, it's a great taste of what diving looks and feels like.

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