



Create Your Own Mobile Wellness Retreat with roadsurfer



December 2026: The world's leading campervan company, [roadsurfer](#), is redefining wellness travel by encouraging travellers to design their own bespoke wellness trips across the UK and Ireland, with the campervan serving as a personal mobile sanctuary.

As wellness travel rises in popularity and becomes a key focus for the new year, roadsurfer invites travellers to embark on an affordable 'campervan cleanse', tapping into the growing 'why-cation' trend, where journeys are intentional and designed to recharge, reset, and encourage mindfulness in nature.

A wellness retreat can be embraced at any time of the year, offering the opportunity to experience the UK's beautiful landscapes in every season. Some suggestions include:

- Invigorating cold-water swims along coastal shores, boosting circulation, reducing inflammation, and increasing mood through the release of natural endorphins. The intense cold also promotes mindfulness, directing full attention to the breath as one experiences the sensation.
- Mindful hikes across rolling hills and forests improves cardiovascular health and provides mental clarity as walkers breathe in the crisp, fresh air, and clear their minds.
- Forest bathing - spending time in woodlands, helps lower stress hormones, enhances immune function, and improves wellbeing, promoting a sense of calm in a natural environment.
- Outdoor sauna - After a day of outdoor activities, relaxing in a coastal sauna promotes detoxification, improves circulation, and delivers deep relaxation.
- Sunrise Watching - Watching the sun kick start the day has been proven to improve mood, inspire awe, and reduce inflammation. Exposure to early morning light also helps develop a healthy circadian rhythm, allowing a more restful sleep at night.

These experiences combined can create a holistic retreat that rejuvenates both body and mind.

Whether it's a long weekend or an extended getaway, travellers can set their own pace and explore Britain's beautiful scenery. After a day of outdoor adventures, returning to the roadsurfer vehicle provides a sanctuary, a personal space for mindfulness, relaxation, and rejuvenation.

Accessible and affordable, roadsurfer has a modern fleet of campervans available across the UK and Ireland, with rental stations in London, Bristol, Manchester, Edinburgh and Dublin. From compact models perfect for couples to spacious, family-friendly campers with extra comfort, there's a vehicle to suit every style of wellness escape.

Each booking includes unlimited mileage, a free second driver, and pets are welcome too.

The vans feature cosy beds, indoor heating, kitchens and outdoor seating, making it effortless to create a personalised, year-round wellness retreat wherever the road leads to.

Perfect for couples is a Surfer Suite measuring 4.9 meters in length, and includes a pop-up roof, integrated kitchenette, outdoor cold shower and plenty of storage. Prices from **£60** per night based on **January 2026** travel.

For families there is the Family Finca measuring 5.9 meters in length, and includes a complete kitchenette, a bathroom with warm water and a toilet and plenty of storage. Prices from **£70** per night based on **January 2026** travel.

Customers can receive **15% off** all trips at any time when booked between 07/01/26- 08/03/26 using the Earlybird code **EARLY15**

For more information, and to book visit: <https://roadsurfer.com/uk/>

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High-res images available to download [HERE](#)

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About roadsurfer

Founded in 2016, roadsurfer is the world's leading expert in camper travel with its colourful campervans available for rental, subscription, and sale. The roadsurfer camper van promise offers ready-to-go camping packages, flexible cancellation and rebooking, unlimited free mileage, and the latest camper model.