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8 Wellness Trends To Try In 2020

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Each new year inspires millions of Americans to create resolutions focused on health, fitness, and general wellness. Whether personal goals include losing weight, getting toned, or simply improving the quality of one's everyday life, there are actionable ways that help people stick to their newfound commitments.

From at-home exercise classes, fitness vacationing, and everything in between, here are eight of the latest wellness trends that you need to try in 2020.

8. Concierge wellness

Instead of guessing what you may (or may not) need to consume or questioning the habits you should adopt (or eliminate) in your day-to-day life, custom wellness solutions are available to solve a variety of issues and concerns. Nutrafol's Hair Mineral Analysis, for example, uses ICP Mass Spectrometry technology to examine hair samples for 27 minerals and metals as well as nutrient rations. With that information, a naturopathic doctor can suggest diet and lifestyle recommendations to encourage hair growth. Other wellness centers like The Well and Parsley Health take an individualized approach to prescribing wellness proposals, and therefore, close the gap between obstacles and reaching your specific goals.