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<https://www.theladders.com/career-advice/5-wellness-trends-to-look-for-in-2020>

HEALTH

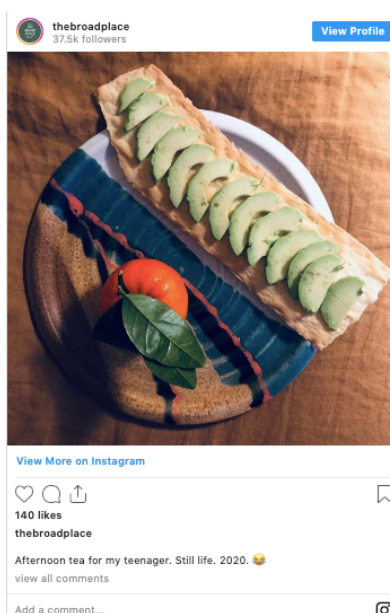
5 wellness trends that will dominate in 2020

Sara Weinreb January 14, 2020



The wellness industry is booming, and there are no signs of it slowing down in 2020.

Consumers are turning to the industry to feel their best, both physically and mentally. While in 2019 we saw a surge of **functional mushrooms**, **chickpea** and cauliflower everything, **gut health**, and at-home workouts, in this new decade we have new trends to look forward to. Here's what you can count on for wellness in 2020.



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Disconnecting digitally to connect IRL

While influencers may be the ones to thank for helping the wellness industry break into the mainstream over the past decade, consumers are now craving in person, offline experiences. In 2020 we will see an increase in digital detoxes and a focus on spending more time connecting to the community. Programs like [The Broad Place's High Vibrational Challenge](#) support mindful consumers in evaluating their lives holistically, cutting down on digital time in favor of "high vibrational" activities such as spending time with loved ones and connecting to the food they are eating. The online program actively encourages you to get offline to connect deeper to yourself and others.

Aligned with this is the growing wellness retreat industry, with programs spanning from yoga to spiritual alignments, such as [Mama Medicine's Element Retreat](#). Wellness-inclined individuals are connecting locally through the emergence of several wellness-based community spaces, such as The Well in New York City, and Archipelago in Denver, and wellness driven cafes such as Supernatural Cafe in Brooklyn, NY.