Destination Detox: 6 hostels for every type of detoxer this January

After a heavy December of eating far too much, being drunk more often than not and buying yourself and everyone you know a Christmas gift, starting the New Year off as a healthy and 'in control' version of yourself is all very sensible, but what to do if you still need a little escape from the January blues?

Hostelworld has compiled a selection of budget accommodation choices for every type of January detoxer. Whether you need a digital detox, a full mind, body and soul cleanse or just a relaxing getaway, what better way to beat the blues than book a trip away and give yourself a mood-boost – all without busting your tighter than normal January budget!

Cleansing

[Good Vibes Bungalows, Gili T, Indonesia](#)

Created for travellers that enjoy the hostel environment, but may prefer a room to themselves, the wood and bamboo Good Vibes Bungalows echo a tropical island getaway perfect for a 'wellness cleanse'. Every room has a personal ocean view balcony - and not forgetting the delicious, healthy banana based pancakes made on site are FREE.

Average price pn/pp £21.12

Mind, body, soul

[Casa Zen Guesthouse & Yoga Center, Costa Rica](#)

Casa Zen Guesthouse is just a few minutes' walk from the famous Playa Santa Teresa, and everything nature-tastic is nearby from waterfalls to diving sites and horseback riding. Rise and Shine with yoga or Cardio classes on the hostel deck every day. Free breakfasts are provided every morning and the two communal kitchens come complete with blenders for all your green shakes' needs!

Average price pn/pp £14.67

Moodboosting

[Caveland, Santorini, Greece](#)

Caveland is located in the heart of Santorinian village, Karterados, in a complex of 8 caves housed in a former 18th century winery. Facing the Agean Sea, this hostel is ideal for a peaceful break where travellers can immerse themselves in local village life and step away from their daily routine, swapping it for a Greek fix guaranteed to boost your mood.

Average price pn/pp £21.26

Escapism

[Casa Elemento, Colombia](#)

This hostel is nestled in Colombian Sierra Nevada Mountains far away from everyday stresses, perfect for those trying to detox. Casa Elemento holds the official record for the world's largest hammock providing a breath-taking view at height. Famous for sunset views you can get lost in, the hostel also sources local smoked meats and puts on weekly campfire bbq's – an escape from reality that's hard to beat.

Average price pn/pp £12.25

Technology

[Skyewalker, Isle of Skye, Scotland](#)

Wherever you are in the world, it can still be difficult to completely switch off. A top resolution for many this New Year is to beat the addiction to our screens. What better way to do this than to take a trip somewhere truly off the beaten path, yet close to home, that will make you want to put down your phones and take it all in. This hostel in rural Scotland is situated on the Minginish peninsula and is surrounded by unspoiled coastline.

Average price pn/pp £19.00

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About Hostelworld

Hostelworld Group is the leading global hostel-booking platform with Hostelworld, Hostelbookers and Hostels.com in its portfolio operating in 19 different languages. Connecting young travellers with hostels around the world, Hostelworld has over 8 million reviews across 33,000 properties in more than 170 countries.

Hostelworld's customers aren't your average tourists; they crave experiences not souvenirs and want to be in the heart of the action. They want to Meet The World, and it's the social nature of hostels that facilitates their travel adventures.

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