

## New Year Evolutions: Wellness Trend Outlook for 2018

The beginning of the year is the perfect time to set goals for yourself and pick up healthy routines. A lot of people practice popular wellness trends due to the many resources online and in local communities. There have been a lot of wellness trends to already pop up in the beginning of 2018, from fitness courses, to beauty routines, to healthy snacks.

If you're looking to incorporate more wellness rituals into your life this new year, these are just a few ways to get started. These actions may be trendy, but they're also effective and due to their rising popularity, they will be accessible and easy to incorporate into your life!

### Boxing and Kickboxing

Fitness classes are hardly a new trend, but the kinds of classes people have become interested in are changing. While fitness favorites like spin and yoga classes certainly don't seem to be going anywhere, a few others have begun to [rise in popularity](#), and a lot of studios have recently started offering more boxing and kickboxing classes. These classes are physically demanding and are certainly a great challenge for people in the fitness community looking to push themselves a little farther.



### Online Streaming of Fitness Classes

A lot of New Year resolutions pertaining to fitness often fail because people have a hard time finding time to make the trek to the gym. A lot of gyms have recently been offering fitness classes online. This way, if people are finding it difficult to set aside time to commute to the gym, they can simply stream it at home. Not only is this a convenient method for people looking to increase their gym time, it also means there are no more excuses for skipping workouts.

## Group Fitness Instead of One-on-One

While committing to fitness is a personal journey, it's always comforting to have a supportive community to motivate you. 2018 will most likely see less one-on-one sessions with personal trainers, and an uptick in group fitness sessions. As fitness classes grow in popularity, so has the idea of sharing progress and feedback with like-minded people. So look out for more group fitness in 2018!

## At-home Skincare

A lot of people have slowly been saying goodbye to pay for facials and instead have taken it into their own hands. But at-home skincare is not as unattainable as some may think. While there has been a big social shift toward using natural products, ingredients [like honey](#) have really gained popularity. Thus, people taking skincare initiatives at home have invested in products, like a good [honey moisturizer](#), to kick start their at-home skincare routines.



## Plant-based Probiotics

You may hear the word “probiotic” thrown around often, but what are they exactly? Probiotics are bacteria that also happen to have [health benefits](#). These benefits include better digestion and a stronger immune system; however, it can be difficult to find probiotic sources that are also plant-based in places other than yogurt and kefir. In the new year, a lot of brands have begun pushing dairy-free probiotics in the form of shots, juices, other drinks, and even bars.

## Crystal Healing

Crystals do much more than bring a great aesthetic to your home, and they've become increasingly popular in recent years. Crystals are believed to create a good feng shui, and they also create specific energies and vibrations in the home. A lot of people even carry small crystals in their pockets so they can have good vibes everywhere they go. In short, crystal healing is here to stay.



## Stevia

As people continue to say goodbye to sugar, they still crave some kind of sweetness in their drinks, baking ingredients, and condiments. The answer to this is stevia—not only is stevia lower in sugar, it's also much lower in calories than other sweeteners. Plus, you only use half the amount of stevia than you would sugar and other sweeteners, since it is naturally sweeter than sugar. So if you've got a sweet tooth but are also looking to be more health-conscious, stevia is certainly the answer—it's been gaining a lot of attention.

## Cottage Cheese

If you can get over the weird texture (yeah, we get it) then cottage cheese is a fantastic food. It formally was known as being a food just for dieters, but it is actually seeing a strange rise in popularity. Cottage cheese is packed with protein, even more so than its counterpart Greek yogurt. It's high in protein and is a great side or snack, and one of the best benefits is that cottage cheese makes you feel full longer.

## **Journaling**

As technology continues to advance, it's almost strange that journaling has recently become increasingly prevalent. But journaling is more than just simply planning your day in a notebook. Journaling helps you stay organized, as well as set personal and professional goals. Having your aspirations in black and white will help keep yourself accountable.

Some of these trends may seem simple, but it's crucial to study up and make sure you're doing them in healthy and effective ways. Study up on the best ways to incorporate these trends into your life to kick start a new, happy, healthy year!

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### **Meta Description:**

*Wellness Trend Outlook for 2018*

These are the popular wellness trends coming in 2018.