

Six ways to boost your wellness in 2026

The wellness industry is expected to be worth almost £6.7trillion by 2028 – so which trends should you jump aboard this year? **BY SUSAN GRIFFIN**

At the start of a new year, it's always motivating to hear about the latest trends that could help you become the fittest, most fabulous version of yourself you want to be. For example, in 2025 we predicted fibremaxxing, oral microbiomes and maternal health would be big.

"Energy was also a key trend last year. We identified 72% of us struggle to get through the day, so electrolyte-enhanced hydration was popular, and magnesium our most searched term," says April Preston, global product director at Holland & Barrett.

As predicted, functional drinks containing mushrooms and matcha were also huge, while viral beverages on social media included cloud coffee and cortisol cocktails.

So, what's next? Gut and brain health, as well as fibre – dubbed "nature's Ozempic" – will remain hot, Holland & Barrett's annual Wellness Trends Report predicts. Conversation will also grow around how to best support the body while using weight-loss jabs, which soared in popularity in 2025.

"People are moving away from extreme hacks or gimmicks and towards routines that are evidence-based, adaptable and fit realistically into their lives," says fitness and nutrition expert Penny Weston.

Here, we ask the experts to share their predictions for the biggest health and wellness trends of the year ahead.

FAT-JAB SUPPORT

The explosion of GLP-1 medications – AKA weight-loss injections – such as Mounjaro and Wegovy, have already had a seismic impact, with an estimated 2.5 million Brits now using them. "The rapid rise in GLP-1 use shows people are embracing medical support for weight management. There's also a cultural shift, as obesity is now seen as a complex chronic condition, not a personal failure," says April. "Because the jabs reduce appetite, people are eating less and worrying about missing essential nutrition." She predicts a spike in supplements to plug the gaps.

Also, citrus-based products, said to aid weight loss, are on the rise. For example, Metabolaid, a patented blend of lemon verbena leaf and hibiscus flower extract, is being harnessed after more than 20 years of research. Try it in **Wild Nutrition Weight Management Support Capsules, from £45 for 90**. Eriomin is another patented citrus blend on the scene, and it shows some evidence for supporting the body's natural production of GLP-1 and blood glucose control.*

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PROACTIVE WELLNESS

Why cure a disease, when you can prevent it in the first place? "Proactive wellness is on the rise as consumers look to back their body now for a healthier future," says April. So, while the NHS is creaking under pressure, information on looking after your health is more available than ever. The UK market for health check-ups, which includes blood, urine and spit tests, plus screening programmes, is projected to be worth around £3.3billion by 2033.** Last year, Healf, a wellbeing tech company, launched **Healf Zone, £29 a month** – a membership offering at-home blood tests and tailored recommendations based on 40 bio-markers. American company Prenuvo recently opened a clinic in London charging £2,499 for a whole-body scan, while Neko Health charges £299 (though the waiting list is very long). Clinics with longevity programmes include Hum2n and Hooke. On the more affordable side, home test kits are popping up on the high street, such as **Newfoundland Test Kits, from £8**, at Tesco, as well as **Superdrug Hair Health Blood Test, £99**. Boots also provides a free Health MOT screening for over-40s.

HORMONE MONITORING

Women's hormones have mostly been ignored by science, but in 2026, the tech world is cashing in and giving women more access to information about their bodies. Female-focused wearables – including **Bellabeat Ivy+, £284**, and **Oura Ring, from £349** – integrate pregnancy and menopause tracking, in addition to cycle tracking and period prediction.

"At the moment, we are relying on AI algorithms in apps, journaling and testing strips to predict different phases of the cycle," says Mark Bohannon, PT and body-transformation specialist at Ultimate Performance. "But the next wave of wearables will leverage similar technology that we've seen in continuous glucose monitors (CGMs) to give women a real-time view of their hormones." It measures blood, and is used by companies like nutrition service Zoe.com to offer insight into blood-sugar levels.

SCALP HEALTH

Forget a simple shampoo and conditioner routine – women are realising healthy locks start at the roots. "As skincare has become more ingredient-driven and results-led, that same attention is now being applied to the scalp," says Marie Royce, lead trichologist at Wimpole Clinic, the UK's oldest hair-transplant clinic network. Female hair loss is common (and can be a side effect of weight-loss jabs), but treatment is limited. Could the scalp hold clues, or even the cure? Marie adds: "The scalp microbiome – its natural balance of oils and microorganisms – keeps follicles stable, but stress, illness, antibiotics, product build-up or diet can disrupt it, causing flaking, irritation and shedding." Low iron or vitamin D, thyroid illness or gut issues can also be to blame. So, while scalp care starts from within, topical products may ease symptoms. "Rollerball-style scalp treatments, such as **Dr Groot PDRN+ Aqua Hair Line Booster Shot, £22.91**, are becoming popular," she adds.

GLOWING RED

First, it was cold-water therapy, then it was saunas. But in 2026, the focus will move to red-light therapy. We've already seen it used in skincare with face masks that claim to reduce fine lines, scarring and pigmentation. Now, it's being applied full body. "Think of infrared as a warm hug for your cells. Instead of blasting hot air like a traditional sauna, infrared uses gentle light to warm you from the inside. It feels soothing, not scorching, and supports your body in all the right ways, helping with recovery, relaxation and energy," says longevity expert Leslie Kenny, who has a Sunlighten infrared sauna in her garden. "Lots of people say they sleep better, feel looser and just more 'in their body' after regular sessions. I recommend it for full-body benefits." **FlexBeam Portable Red Light Therapy Device, £517**, attaches to various body parts and uses near-infrared light technology for targeted muscle recovery. Keep an eye out for infrared workouts, too. London's Psycle and GoodGood Yoga, plus Manchester's The Green Lab are just a few studios already offering cycling, barre and yoga classes with infrared panels and lamps.

MINDFUL MOVEMENT AND REST

Goodbye, sweat-fest classes, hello, rest – albeit, with intentional movement. "People want movement that supports recovery, mental clarity and emotional resilience, rather than just burning calories," says Penny, who runs wellness centre Made. "It is about training the mind as well as the body with practices such as breathwork, somatic movement and meditation, which help regulate the nervous system."

Rest itself is undergoing a rebrand as essential, not optional. In 2026, Penny predicts this will translate into: "more accessible micro-wellness retreats, strategic nap practices, sleep-optimisation routines and guided recovery sessions that include stretching, breathwork or meditation."

Alongside this, social wellness will be booming, driven by Gen Z who prefer alcohol-free activities. "Retreats, wellness groups and team challenges provide accountability, support and a sense of community, which helps sustain habits and encourages consistency," says Penny. Sign us up! **F**