



Diana Stobo

Entrepreneur · Wellness Pioneer · Hotelier · Author · Speaker

Founder & CEO, The Retreat Costa Rica

Wellness has been Diana Stobo's life's work. Reinvention has been her life.

For more than two decades, Diana has shaped the conversation around how we live well — from her own health transformation into books, food and wellness brands, and hospitality. In her fifties, following the end of a 26-year marriage, she began again, building The Retreat Costa Rica into an internationally recognized wellness destination. Today she speaks candidly on the future of wellbeing, entrepreneurship, female leadership, aging, and reinvention through every chapter of life.

7.3K Instagram ·

@dianastobo

1.7K TikTok ·

@dianastobo

20.2K YouTube ·

@DianaStoboLive

CONVERSATIONS WITH DIANA

Have We Overengineered Wellbeing?

With more data, tracking and optimization than ever, are we becoming healthier — or simply more anxious about being healthy?

The New Wellness Traveler

Why wellness travel has moved far beyond the spa, and what today's guests expect from luxury hospitality.

Wellness Through Every Chapter

How Diana's understanding of health has evolved through motherhood, business, divorce, aging, love, and two decades in wellness.

Women, Leadership & Reinvention

Building a company, beginning again in midlife, and refusing to believe there's an expiration date on becoming someone new.

Building a Business — and a Life — That Evolves With You

Entrepreneurship, instinct, resilience, and the courage to change direction when the life you've built no longer fits.

SELECTED STAGE & MEDIA

PURE LIFE EXPERIENCES · MARRAKECH · 2026

"Have We Over-Engineered Wellbeing — Or Will Science Save It?"

4TH ANNUAL WOMEN'S POWER BREAKFAST · THE RITZ-CARLTON, SOUTH BEACH · MIAMI · 2026

"The Power of Experience: Women Building the Next Era of Iconic Hospitality"

BLLA + TIEWN WOMEN IN TRAVEL & HOSPITALITY CONFERENCE · 2023

"The New Generation of All-Inclusive: Retreats"

BLLA + TIEWN WOMEN IN TRAVEL & HOSPITALITY CONFERENCE · 2021

"Leaving a Powerful Legacy"

SELECTED PODCASTS

Behind the Stays · The Unfamiliar Shift · Feel Better. Live Free. · The VOW · The Bianca Bee Show · Grounded in Maine

THE RETREAT COSTA RICA

Founded by Diana, The Retreat Costa Rica is an adults-only luxury wellness resort in Atenas, Costa Rica, bringing together transformational wellness, nature, nutrition, longevity, emotional wellbeing and luxury hospitality.

2026 One MICHELIN Key

Condé Nast Traveler Readers' Choice

Small Luxury Hotels of the World

Virtuoso

Tripadvisor Best of the Best 2026