

Mental Wellness Market by Subsector 2019-2022

| | Market Size (US\$ billions) | | | | Average Annual Growth Rate | |
|--|--------------------------------|----------------|----------------|----------------|-------------------------------|---------------|
| | 2019* | 2020* | 2021 | 2022 | 2019- 2020 | 2020- 2022 |
| Senses, Spaces, & Sleep | \$53.8 | \$63.5 | \$70.4 | \$77.3 | 18.1% | 10.3% |
| Brain-Boosting Nutraceuticals & Botanicals | \$40.0 | \$46.4 | \$56.0 | \$60.7 | 15.9% | 14.4% |
| Self-Improvement | \$33.6 | \$29.2 | \$35.3 | \$38.3 | -13.2% | 14.5% |
| Meditation & Mindfulness | \$2.8 | \$3.5 | \$3.8 | \$4.3 | 25.4% | 10.9% |
| TOTAL | \$130.2 | \$142.6 | \$165.5 | \$180.5 | 9.5% | 12.5% |

** 2019 and 2020 figures for this sector have been revised since GWI released the previous version of the Wellness Economy Monitor, due to data revisions and updates made by key underlying data sources such as Euromonitor.*

Note: Figures may not sum to total due to rounding. See the "Definitions" section for detailed descriptions of the subsectors.

Source: Global Wellness Institute, based on data from Euromonitor, ICF, NCCIH, and other sources.



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