



Prevention

**13 Best
Wellness Hotels
for a Truly Relaxing
Vacation**

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Put more "aaaahhh" in your travel: These spots are all about good health and feeling great.



By [Sarah Smith](#) Jun 26, 2019



You know that feeling when you're on a great vacation—in the moment, loving your life? The best vacations bring that feeling home with you. That's why the wellness travel trend is booming: You can indulge yourself but in ways that don't leave any lingering guilt (looking at you, too many [margaritas](#)). You'll come home feeling restored and refreshed instead of needing a nap.

More hotels and resorts are offering amenities to support a wide variety of wellness goals. There are fitness classes or complimentary workout streaming, if you want to exercise without feeling like you're missing out on vacation. There are also mindfulness benefits, like [meditation](#) classes and calming spa treatments, and [healthy food](#) that still tastes like you're on vacation. Some hotel chains offer these types of wellness amenities across their brands, while other properties have one location with specific options.

Valley Rock Inn & Mountain Club

Sloatsburg, New York

Rate estimate: \$495+ per night

Located about an hour from New York City, [Valley Rock Inn](#)

features wellness in the great outdoors. You can **sign up for a weekend boot camp, featuring biking, hiking, and kayaking**, or just enjoy their fresh, local cuisine



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and restorative grounds.