

# The Best Wellness Retreats to Restore Your Mind, Body, and Soul

We bet you could use a little zen.

By Locke Hughes   Mar 19, 2019



Wake up. Work. Eat dinner. Sleep. There's no question that our self-care routines can get... well, fairly routine. Whether you want to break out of a rut, or simply escape stress somewhere warm, a health-focused resort provides the perfect solution. We've scoured the country—and the world—to find the best wellness retreats to help you feel rejuvenated.



OMEGA INSTITUTE FOR HOLISTIC STUDIES

## Omega Institute for Holistic Studies, Rhinebeck, NY

Located 90 miles north of New York City in the lush Hudson Valley, the [Omega Institute](#) is easily accessible yet a world away from the stress of everyday life. Your all-inclusive stay includes accommodations (ranging from campsites to dorms to private rooms for every budget), farm-to-table meals, use of amenities, and classes in yoga, tai chi, meditation, and movement. On the 250-acre campus, you'll find a lake, trails, gardens, and a Wellness Center that offers acupuncture, life coaching, shamanic healing, and massage. In 2019, the Institute will offer unique workshops with wellness luminaries such as Eckhart Tolle, Don Miguel Ruiz, and Glennon Doyle to enhance your health and well-being.

Rates start at \$398 per night. Learn more [here](#) about tiered pricing and scholarship options.





HIGH HAMPTON RESORT

## High Hampton Resort, Cashiers, NC

Step back in time at [this rustic resort](#) overlooking a private lake in the Blue Ridge mountains of North Carolina. For nearly a century, guests have ventured to this retreat to enjoy hiking, golf, tennis, swimming, paddle boarding, and croquet. To up their wellness offerings, the family-friendly resort will open a brand-new spa and pool facility in 2020, featuring services such as massages, facials, fitness classes, and personal training. More than anything, this is a place where you can truly escape the hustle and bustle of everyday life.

Note: The property is currently under renovation, and will re-open in the summer of 2020. Rates start at \$340 per night.



OMNI LA COSTA

## Omni La Costa Resort & Spa, Carlsbad, CA

Whether you can escape for only a few days or have more than a week to dedicate to resorting your health, [this Omni resort](#) has a program to fit your schedule. Their physician-designed science-backed [Premier Fitness Camps](#) are led by experts who provide personal training to help you achieve your health and wellness goals. For more of a mind-body approach, go for the Chopra Fit program. Held at the on-site [Chopra Center](#), the program blends meditation and yoga practices with behavioral health, nutrition, and fitness guidance.

Rates start at \$199 per night.



AMRIT RESORT

### Amrit Ocean Resort, Palm Beach, FL

Located on Florida's picturesque Singer Island, [Amrit](#) is a brand-new oceanfront resort with a focus on wellness. They've partnered with the Himalayan Institute to merge Eastern traditions, such as mindfulness and energy healing, with high-end luxury amenities. A few of the extravagant wellness highlights you'll find include a personal wellness assistant, available 24/7 via call or text; mood-enhancing aromatherapy; vitamin IV therapy; yoga, pilates, and meditation classes; beauty and skincare treatments, and much more.

Note: The resort will open in late 2019.





PHOTO: THE REEDS AT SHELTER HAVEN

### The Reeds at Shelter Haven, Stone Harbor, NJ

This [coastal resort](#) in southern New Jersey will open a brand-new [Salt Spa](#) with a focus on wellness this spring. The first of its kind in the area, the spa features a range of services plus a Turkish bath, floating experience, and inhalation therapy. Before your spa visit, get active with daily yoga classes, kayaking, paddle boarding, and other water sports. Look out for special wellness programs throughout the year too, such as a healthy eating panel in May and a yoga workshop in June.

Rates start at \$280 per night.



GURNEYS

## Gurney's Resort, Newport, RI

From November through April, Gurney's expansive [Newport resort](#) hosts unique health-focused retreats each month. The three-day retreats offer programs such as intention setting, mindfulness, and ayurveda workshops, workouts, plus healthy, chef-prepared meals.

Rates start at \$425 per night.



MIRAVAL LIFE IN BALANCE SPA

## Miraval Life in Balance Spa at Monarch Beach Resort, Dana Point, CA

The first Miraval spa outside its Arizona flagship, this seaside resort offers a space where you can reconnect with yourself, revisit health goals, learn more about mindfulness, and cultivate a better sense of balance. Located in Orange County's [Monarch Beach Resort](#), the 30,000-square-foot facility offers more than 70 treatments, yoga and fitness classes, meditation programs, healthy cooking workshops, and a speaker series. Here, you're free to make your schedule as packed or relaxed as you'd like, depending on your goals.

Rates start at \$450 per night.





MIKE TITTEL

## Stein Eriksen Lodge, Park City, UT

At Utah's only [Forbes five-star spa facility](#), you can reset your well-being with the peaceful mountains of Deer Valley Resort as your backdrop. During the summer, morning yoga classes take place on the deck, and you can also sign up for a "mindful hike," where a guide will lead you through Deer Valley's trails as well as breathing techniques to assist in mental clarity. The state-of-the-art fitness center also offers daily workout classes and private training. After a tough workout, enjoy the spa.

Rates start at \$390 per night.



NAIA RESORT AND SPA

## Naia Resort & Spa, Placencia, Belize

You'll feel lightyears away from the ordinary at this hidden jewel of a resort. Sidling up to the Caribbean Sea on Belize's southern coast, [Naia](#) offers gorgeous stand-alone villas ranging from studios to two-bedrooms, all with beachfront access. Activities are nearly endless: Choose from on-site fitness classes from HIIT to aerial yoga, long walks on the beach, kayaking, snorkeling, and paddle boarding, and the resort staff can organize other off-site activities such as diving or horseback riding. Don't want to miss the spa, boasting an array of services in private treatment rooms overlooking a peaceful lily pond.

Rates start at \$325 per night.



HILTON HEAD HEALTH

## Hilton Head Health, Hilton Head Island, SC

Sitting on the sunny coast of South Carolina, [Hilton Head Health](#) is an all-inclusive resort offering weight-loss programs and wellness packages. Take advantage of fitness classes including bootcamp, yoga, TRX, and more. After, cool off in the water with paddle boarding, kayaking, or aquatic barre. You can also try an interactive cooking class, or simply relax at the Indigo Spa with a Thai massage or custom organic facial. The on-site healthy restaurant offers a diverse menu with low-cal versions of your favorite dishes like lobster tacos and shrimp and grits.

Rates start at \$482 per night, which includes a \$500 resort credit.





BLACKBERRY FARM

## Blackberry Farm, Walland, TN

Nestled in the foothills of the Great Smoky Mountains, [Blackberry Farm](#) is a luxurious resort situated on 4,200 acres of rolling hills and forest. Founded more than 40 years ago, it's still renowned for warm Southern hospitality and delicious, seasonal food. The [Wellhouse Spa](#) program provides a variety of offerings you can mix and match to create your ideal wellness escape. Services include fitness classes (like “Farm Fit” which involves hay-bale throwing and sprinting through fields!), yoga, hiking, biking, massages, skincare treatments, nutrition consultations, and much more.

Rates start at \$895.

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THE RESORT AT PEGREGAL

## The Resort at Pedregal, Cabo San Lucas, Mexico

Restore your mind, body, and spirit during a unique yoga retreat at [the resort's Luna y Mar Spa](#). Translated in Spanish as “the moon and sea,” the spa offers a distinctive approach to wellness and beauty, sourcing inspiration from the moon, sea, and Mexican folk healing. Over your stay, you'll experience private seaside yoga classes, a moonlit meditation, and a special spa treatment harnessing the energy of moonstone to rejuvenate and re-energize your body and soul.

Admittedly high rates start at \$799 per person.



ROBERT FAIRER

## The Mulia Bali, Indonesia

Ready to take your wellness journey internationally (and really splurge)? Head to Bali, Indonesia, for the Mulia's [Lifestyle Wellness Program](#). The fully customizable itinerary includes a myriad of activities designed to improve your physical and mental well-being, such as aqua aerobics, yoga, healthy meals, and Ayurvedic practices. You'll also want to explore the restorative spa with a therapeutic "Ice Room," as well as services such as Balinese massage, body treatments, salt scrubs, and reiki.

Rates start at \$750 per night.





RHIANNON TAYLOR

## Golden Door, San Marcos, CA

Ranked as the #1 destination spa in the world by *Travel + Leisure*, this [Asian-inspired resort](#) encompasses 600 mountainous acres in southern California with 30 miles of private hiking trails, zen gardens, and a bamboo forest. Your all-inclusive stay will definitely be a *splurge*, but it features personal training sessions, spa treatments, airport transfers, and more. The complimentary meals and snacks are sourced straight from the resort's on-ground gardens, so you know you're eating fresh. Plus, they maintain a 4:1 staff ratio in order to ensure the best possible customer service and customized experience.

Multi-day stays start at \$5400 for 3 nights and \$7200 for 4 nights. (We said it was luxurious!)



VALLEY ROCK INN

## Valley Rock Inn

Only an hour from New York City in the lower Hudson Valley, [Valley Rock Inn & Mountain Club](#) is a wellness focused destination getaway with a long list of activities and [boot camps](#). Highlights include ridge line climbs at nearly 2,000 foot elevation on 7 Hills Trail, brookside trail run hikes at Reeves Meadow, hiking, biking, kayaking, and snowshoeing programs, a 75-foot pool, and a fully-equipped fitness center, spin room, and yoga studio. The compound also boasts two farm-to-table restaurants, an art gallery, an organic market with local Hudson Valley produce, and 4 guest houses with 17 bedrooms.

Rates start at \$495 per night, with a 2 night minimum.