

Reader's Digest

A Trusted Friend in a Complicated World

20 Best Wellness Retreats to Help You Relax and Recharge



By [Melissa Klurman](#)

Updated: Jun. 25, 2024

Looking for some serious R&R? Make your physical, mental and spiritual health a top priority at these amazing wellness retreats.



Martin Barraud/Getty Images

Wellness retreats for the ultimate in relaxation

If there's one thing the pandemic taught us, it's to never take our health and well-being for granted. That's why so many of us are planning vacations right now, whether it's a nearby [weekend getaway](#) or a longer, more far-flung trip,

perhaps to one of the [most luxurious spas](#) in Hawaii or Europe. (Here are some spa etiquettes that you must follow). We're looking for ways to recharge, strengthen our personal connections with friends and family *and* recover our sanity. For that reason, another big trend has emerged: wellness retreats. These vacations help you relax and de-stress, recharge and renew, or just point you toward a healthier lifestyle.

When you're choosing a wellness retreat, says Heather Miskell, co-founder of the wellness website Well Defined, do your research. And make sure to be honest with yourself. She poses this question: "Are you looking for a relaxing getaway with a glass of rosé by the pool or a more intense experience where you hike six miles every day and alcohol is forbidden?" Make sure your expectations are aligned, consider the activities that are important to you, and think about the wellness goals you want to address.

How we chose the best wellness retreats

To find the best wellness retreats, we consulted experts in wellness, spas and travel and asked for their personal and professional recommendations. Then we cross-checked those suggestions with TripAdvisor to make sure these spa resorts had top rankings and excellent reviews. We also made sure to find properties across all price points, so there's truly something for everyone here. Finally, we picked spots around the country for ease of travel and [mini vacations](#), as well as around the globe so you can get zen in a bucket-list setting.

So, sit back, scroll through and find the right R&R for you, for a [wellness week](#) or even just a weekend. It's an investment in yourself—and the benefits will last long after your vacation is over.



BEST FOR A DIGITAL DETOX

Rancho La Puerta

[Book Now](#)

Location: Tecate, Mexico

Set on 4,000 private acres of gardens, mountains and meadows, [Rancho La Puerta](#) calls itself the original fitness resort and spa—after all, it's been offering full mind and body wellness stays since 1940! The all-inclusive programs here include more than 80 fitness classes, spa treatments, therapeutic sessions, cooking classes and renowned speaker series, sure to leave you feeling revitalized and transformed both physically and mentally. The property offers weeklong programs and encourages guests to put away their cell phones during their visit to truly unplug and relax. Can't get away right now? Plan your own [spa day at home](#), complete with [slippers](#), [robes](#) and [soothing candles](#).

Pros:

- Extensive range of included activities
- Private casitas for accommodations

Cons:

- You can't stay for less than seven nights
- Limited Wi-Fi