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35 Soothing Spa Getaways That'll Help You Relax, Recharge and Reset

Time for some pampering.

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With a million to-do's constantly competing for your attention, carving out time for some pampering (yet essential!) self-care can be a struggle. But treating yourself to an indulgent **spa getaway** might be exactly what you need to reset and recharge... before your stress and exhaustion cause you to burn out completely.

If you feel like you're consistently being pulled in a million directions and on the verge of a serious case of burnout, taking a time out where you can truly focus on *you* can help. And one of the best ways to do that is to book yourself a relaxing vacation where you can turn off the noise and simply "escape" for a few days.

While you might balk at the idea at first (after all, you can't just press pause on your life, can you?), this unique type of vacay will help you unwind and recenter, so that, when you do return in just a couple of short days, you'll be bringing your best self back into the game—and that'll be a good thing for everyone.

If you're ready to take the plunge, this list of the **35 best spa getaway ideas** around the world will help you get some much-needed R&R.

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Rancho La Puerta



Located just an hour south of San Diego in Mexico, at [Rancho La Puerta](#), you can focus on yourself for a restorative journey centered around wellness and healing. Plus, the spa treatments utilize plants and herbs grown in the ranch's own organic garden—such as their mountain sage massage—for an even more immersive experience.