

POOSH

When Should You Consider a **WELLNESS RETREAT?**

NGL—in the early 2000s, an exhaustion diagnosis was considered a joke, mostly used for celebrities who missed work commitments because of partying. But in 2024, we know burnout is all too real. Although there are self-care rituals like exercise, meditation, breathwork, and bed rotting that we can implement to try to reinvigorate ourselves, sometimes it's not enough.

That's where wellness retreats come in. But how do they differ from a pampering vacation or staycation? Are the benefits tangible, or is it just a new age way of gaslighting ourselves into thinking we're A-OK?

And how do we know if we need one?

Sue Glasscock, CEO and cofounder of The Ranch, shares her expertise to guide us through the ins and outs of wellness retreats.

"Key signs that a wellness retreat might be beneficial include a noticeable lack of energy, increased irritability, brain fog, a disinterest in daily activities, and a pervasive sense of apathy," she says. "These symptoms suggest that the usual self-care routines might not suffice, and a more focused, immersive wellness experience may be necessary."

Glasscock notes that shared intention is one major benefit of a wellness retreat that maximizes results.

"Participants arrive with the intent to improve their health, and they're surrounded by staff and fellow attendees who share similar goals." She also says that "the availability of experts and specialized modalities one may not otherwise have access to allows for targeted treatments of specific issues, away from the usual stressors and digital distractions of everyday life."

These benefits aren't available on a regular vacation or staycation.

For those dealing with feelings of guilt about wanting to peace out to find inner peace, she emphasizes the "ripple effect of improved well-being."

"Engaging in a wellness retreat not only benefits the individual, but it also positively impacts everyone around them—family, friends, and coworkers—by bringing back a rejuvenated, more balanced self," Glasscock says.

While every wellness retreat can be helpful, they're all different. And it's important to find the one that fits your individual needs.

Below, Glasscock shares five tips to take into consideration before hitting the "Book" button.

1. Define your goals.

Understand what results you're seeking—whether it's relaxation, detoxification, or personal growth—and choose a retreat that aligns with these objectives.

2. Consider the environment.

Look for a retreat that offers the type of environment you find most healing, whether it's a specific climate, a remote location, or a certain program size that feels right.

3. Embrace new experiences.

Opt for a retreat that might push you slightly out of your comfort zone, offering new perspectives and growth opportunities.

4. Consult with experts.

Engage with staff or experts from the retreat to get a feel for the experience and gain more personalized insights.

5. Understand the ethos.

Research the philosophy and ethos of the retreat to ensure it matches your values and expectations for a holistic experience.