

TRAVEL+ LEISURE

15 U.S. Wellness Retreats With Incredible Spas, Outdoor Activities, and More

Resetting your mental and physical health sometimes requires more than a 20-minute meditation session or a sweaty HIIT class. Making changes often means doing away with long-held habits and shifting your mindset — which is easier when you can step away from the daily grind and retreat to a place that supports your physical, psychological, or spiritual well-being.

That's where wellness retreats come into play. They're designed to aid in transformation through specialized amenities, expert staff, and atmospheric locales. From destination spas with innovative treatments to structured fitness programs, these 15 wellness resorts in the U.S. have it all.

The Ranch Malibu – Malibu, California



[The Ranch](#)'s sought-after seven-day wellness retreat is limited to just 25 guests and offers an immersive experience that includes fitness programs and plant-based meals. Guests stay in one of 21 private cottages and enjoy an active schedule of low-impact exercise, massages, and a 1,400 calorie-a-day vegan diet. Those looking to go deeper can book [The Ranch Private](#) experience, a weeklong personalized program with minimal interaction with other guests.