

12 Amazing Wellness Retreats Around the World to Book in 2022

From Tibetan healing in Turks and Caicos to bathing in Arizona hot springs.

You came. You saw. You convalesced. In 2022, these 12 wellness retreats are among the best around to cure whatever ails you. From one-off themed weekend escapes to recurring retreats that can be booked whenever the time is right, read on and exhale deeply just thinking about unleashing your lighter, happier, freer self this year.

The Ranch Malibu, California

The Ranch Malibu hosts retreats year-round (from \$8,600 for the signature one-week program; the seven-day program is also available as The Ranch Private for groups of one to four people traveling together, from \$11,000). The celebrated fitness and wellness program seeks to adjust your mind, body, and spirit through an intense fitness and wellness routine paired with a plant-based diet. While you unplug from the dizzying daily array of smartphone alerts and Zoom calls, you'll participate in four-hour morning group hikes, yoga, daily massages, and more. Other items on the holistic wellness menu include pre- and post-program cholesterol testing, a weekly sound bath, acupuncture, chiropractic treatments, cryotherapy, and IV Therapy. The stunning views along the property's 200 acres in the Santa Monica Mountains, just three miles above the Pacific Ocean, doesn't hurt the mind and body reboot, either.