



## Best Health & Wellness Resort (2022)

This Virginia hotel was named **Best Health and Wellness Hotel** two years in a row

Make caring for yourself the priority with a stay at one of the ten best health and wellness hotels of 2022



### 7 THE RANCH MALIBU Malibu, California

The Ranch Malibu, an intensive one-week luxury boot camp, eliminates "decision fatigue" with a no-option daily fitness routine featuring group hiking, yoga, weight training and ab work, all amid spectacular hills above the Pacific Ocean. Healthy meals prepared with fresh, organic ingredients exclude processed sugars, alcohol and caffeine.

Photo courtesy of The Ranch Malibu

The top 10 winners in the category Best Health and Wellness Hotel are as follows:

1. Eupepsia - Bland, Virginia
2. The Art of Living Retreat Center - Boone, North Carolina
3. Skyterra Wellness Retreat - Pisgah Forest, North Carolina
4. The Lodge at Woodloch - Hawley, Pennsylvania
5. CIVANA Wellness Resort and Spa - Carefree, Arizona
6. Omni Amelia Island Plantation Resort & Spa - Fernandina Beach, Florida
7. The Ranch Malibu - Malibu, California
8. Mii Amo - Sedona, Arizona
9. Carillon Miami Wellness Resort - Miami Beach, Florida
10. Hilton Head Health - Hilton Head, South Carolina

A panel of experts partnered with 10Best editors to pick the initial 20 nominees, and the top 10 winners were determined by popular vote.

Congratulations to all these winning hotels!