

6 Luxe Bubble Retreats for You and Your Quarantine Pod



Esme Benjamin • September 17, 2020



Vacations can function as a restorative measure for taking a break from our regularly scheduled lives. So, if the absence of the ability to safely travel to essentially *anywhere* amid the pandemic has been weighing on you, it makes sense. That time and space away can be crucial for preserving a sense of well-being, replenishing energy stores, and providing us with the opportunity to spend quality time with loved ones.

And as it turns out, even amid the pandemic, it's possible to meet those needs responsibly. While no travel option is completely risk-free right now, one *lower-risk* strategy—for those able and willing to spend quite a bit of money—is taking a bubble retreat with your quarantine pod. A bubble retreat is a private, exclusive wellness-oriented getaway designed specifically for small “quaranteams” that have agreed to only mix with members of the group in order to mitigate the risk of infection.

“Your quarantine pod can take over the whole property so that you’re not staying with anyone else.” —Beth McGroarty, director of research, Global Wellness Institute.

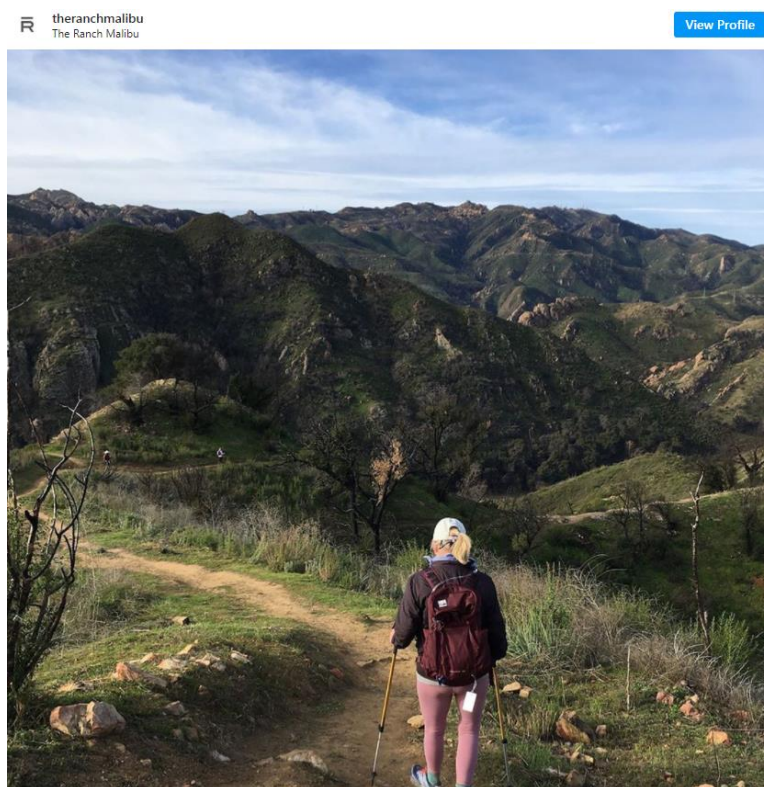
“Almost as soon as the pandemic started, we began to see wellness destinations—the smaller ones, in particular—offer buyouts,” says [Beth McGroarty](#), director of research at the [Global Wellness Institute](#). “You and your family, or your quarantine pod, can take over the whole property so that you’re not staying with anyone else.”

When you buy out a boutique hotel, you get a hyper-clean, very contained environment, where contact with other guests is eliminated. Without the need for constant vigilance, you can unwind and fully savor the restorative benefits of vacationing.

But, again, you certainly pay for peace of mind, with costs upward of \$25,000 for eight people to stay four nights. On a note that's more financially accessible, McGroarty adds, certain destinations offer options like villas, which are naturally better equipped for quarantine, without needing to shell out for a property buyout. (Even more budget-friendly is camping, which still lets you get away in a low-risk way with precautions taken.)

Curious what a bubble retreat actually entails? Check out 6 luxe options below.

3. The Ranch Malibu (California)



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The Ranch Private is our new immersive, weeklong health program offered at #TheRanchMalibu! If you want to escape to nature and experience the lasting results of our fitness and wellness program, while having a personalized approach that is distant from the other guests on property, this is the program for you. Head over to the #linkinbio for more info!

Earlier this year, [The Ranch Malibu](#) introduced a socially distanced, small group-oriented version of its original program. [The Ranch Private](#) is intended for pods of one to four people, and includes six nights accommodation, private hikes and fitness programming, daily massages, and plant-based meals made from locally sourced produce—all enjoyed at a safe distance from other guests.

Cost: \$10,000/person for six nights