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5 Wellness Retreats and Resorts to Book This Summer

From immersive retreats to spa-like destinations, hotels are doubling down on well-being.



Wellness programming continues to trend ahead of summer.

Soul-searching this summer?

For travelers seeking post-pandemic well-being, there are a swath of offerings — complete with immersive **wellness** programming and experiences.

Think beyond green juice to hiking the Rockies, acupuncture and movement classes.

These days, people “want immersive **wellness** experiences when they’re on vacation, but they also want to have a glass of wine and have fun,” says Sarah Hallock, cofounder of The Well.

Here, five resorts to do just that.

The Ranch



The Ranch is known for its immersive, multiday programs for visitors to focus on their mental and physical health, but this fall, the business will debut a new offering at the Ritz Carlton in Vail, Colo.

The partnership brings The Ranch's signature fitness and nutrition program to the hotel for a limited time. "We wanted to take people to a different region of the country," says Alex Glasscock, founder and chief executive officer of The Ranch, who said the brand aims to bring its "structured wellness program to a new area."

Guests will be able to book five nights at the hotel between Sept. 3 and Oct. 27 to immerse themselves in the mountains with four-hour hikes, seasonal plant-based meals and more. Each group is capped at 25 people.