

## TOWN&COUNTRY

# 20 Wellness Retreats to Revitalize Mind, Body, and Soul

“Travel is like a tonic to me,” Norman Rockwell once said. “I need it to recharge my batteries.” At no time can that statement feel more true than when the calendar strikes January 1. With the season of holiday overindulgences behind us, a fresh new year awaits. What better way to kick it all off than with a wellness-focused break to reset mind, body, and soul? (Though to be clear, an R&R holiday is appropriate for *any* time of year.) From unlocking the key to longevity in Germany to getting pampered like a princess in Hawaii, here are *T&C*'s top 20 picks for the best healthful retreats to book for 2024.

## Detox like an OG



**Where:** Malibu, California

**Perfect For:** Oscars prep.

**What:** Long before wellness retreats became mainstream, there was the Ranch Malibu. The celebrity favorite is legendary for its stringent programs: we've all heard about those grueling 14-hour hikes with just a handful of almonds as fuel. Well, it's popular because it's effective, and the Ranch's expansion plans are proof. It now has a permanent outpost in Italy and, come March 2024, will set up another home in the Hudson Valley.

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