

elite traveler

The Best Wellness Retreats in the US

Detoxify, revitalize and relax with our selection of luxury health and wellness retreats.

BY KIM AYLING | SEPTEMBER 16 2020

Although luxury resorts have always tapped into traveler's desires to recharge both physically and mentally with dedicated wellness retreats becoming commonplace, the desire for combining health with leisure has never been more prevalent.

As the world remains in the throes of the Covid-19 pandemic, wellness retreats and resorts across the country have tailored their offerings to not only maximize safety, but also help travelers switch off from the worries of the outside world, and truly focus on their own health without distraction.

Our round-up of the best luxury wellness retreats in the US will allow you to prioritize your physical, mental and spiritual health, without having to leave your home turf.

The Ranch Malibu, California



At The Ranch Malibu, your transformation journey starts 30 days prior to arrival with a series of suggested assignments intended to prepare each guest for their retreat. With a results-driven ethos, guests at The Ranch can expect a no-options wellness program designed to help individuals meet their specific goals, be it healthy weight loss or improving general wellbeing.

Whilst The Ranch Malibu may not offer the laidback vacation that some people seek, it does offer guests the chance to completely disconnect from normal life in a way that other luxury wellness retreats cannot. Following the belief that health is the ultimate luxury, guests are guided on a journey of discovery that allows them to make meaningful changes to their lifestyle that lasts far beyond their stay.

After a busy day filled with immersive activities such as mountain hiking, restorative yoga classes and circuit training, guests can head back to their tastefully decorated private rooms for a night of restful sleep. With no televisions or cell service and limited WiFi, a seven-day program at The Ranch promises complete detoxification and rejuvenation.

Seven-day, six-night retreats start at \$7,800.

theranchmalibu.com