

VERANDA

These 32 Idyllic Destinations Are Perfect for Your Next Wellness-Inspired Getaway

While we are all about discovering the romance in daily life—nurturing a vibrant garden or watching the day's last moments of natural light stream in through the window as you enjoy a cocktail—sometimes you just need to get away. You might have worked hard to transform your bathroom into a spa-like destination featuring a walk-in shower with all the bells and whistles and a vanity full of the most luxurious self-care products, but there's nothing like a wellness retreat to help you slow down, treat yourself, and learn (or relearn) the art of disconnecting. The beach, mountains, jungle, countryside, and even the city can be a welcome change of pace to refocus on body, mind, and spirit for a few days.

We've done our research to uncover the world's most lavish, restorative retreats. From far-flung spa experiences in the Himalayan foothills to immersive road trip-able getaways, these fabulous escapes offer something for every type of rejuvenation-seeker. These incredible wellness retreats will help you take steps toward accomplishing your fitness, dietary, sleep, meditation, and other goals while getting some much deserved R&R.



The Ranch Malibu: Malibu, California

Considered by many to be the best spa resort in the U.S., The Ranch Malibu balances a serious desire for a physical and mental transformation with fun activities, relaxation, and delicious plant-based meals. Each of the four wellness programs involves daily exercise, massages, naptime, and wholesome dishes in a beautiful Southern California setting. What more could you ask for?