

# RELAX + RECHARGE

Ready for a getaway? We've got you covered with destinations designed to improve your overall wellness without blowing your budget, from restorative resorts to yoga retreats and day spas that wow. It's time to get your bags packed.

BY BROOKE PORTER KATZ

The Spa  
at Shou  
Sugi Ban  
House

Courtesy of Shou Sugi Ban House

# Resorts to Reset

## Stay for a while.

### BEACHFRONT BLISS

## The Don CeSar

ST. PETE BEACH, FLORIDA

A short drive from Tampa brings you to this slice of beachy paradise, which was completely redone in 2021. It's ideal if you want a mix of workouts and spa time: There are free daily fitness classes like yoga on the sand, while the spa menu has more than 100 treatments, such as the two-hour "Into the Deep" (which combines a salt bath, body mask, and deep-tissue massage).

*From \$329 per night*

### DESERT OASIS

## Miramonte Resort & Spa

INDIAN WELLS, CALIFORNIA

Citrus groves, olive trees, alfresco meditation dens, and plenty of healing crystals set the stage for relaxation at this resort near

Palm Springs that's fresh off a renovation. Even the spa menu was updated, with a facial that incorporates a precious-gemstone mask and a sound bath led by a local shaman. Complete your wellness journey by lounging at the adults-only pool or, come evening, by the outdoor firepit.

*From \$218 per night*

### REFRESH WITH THE FAMILY

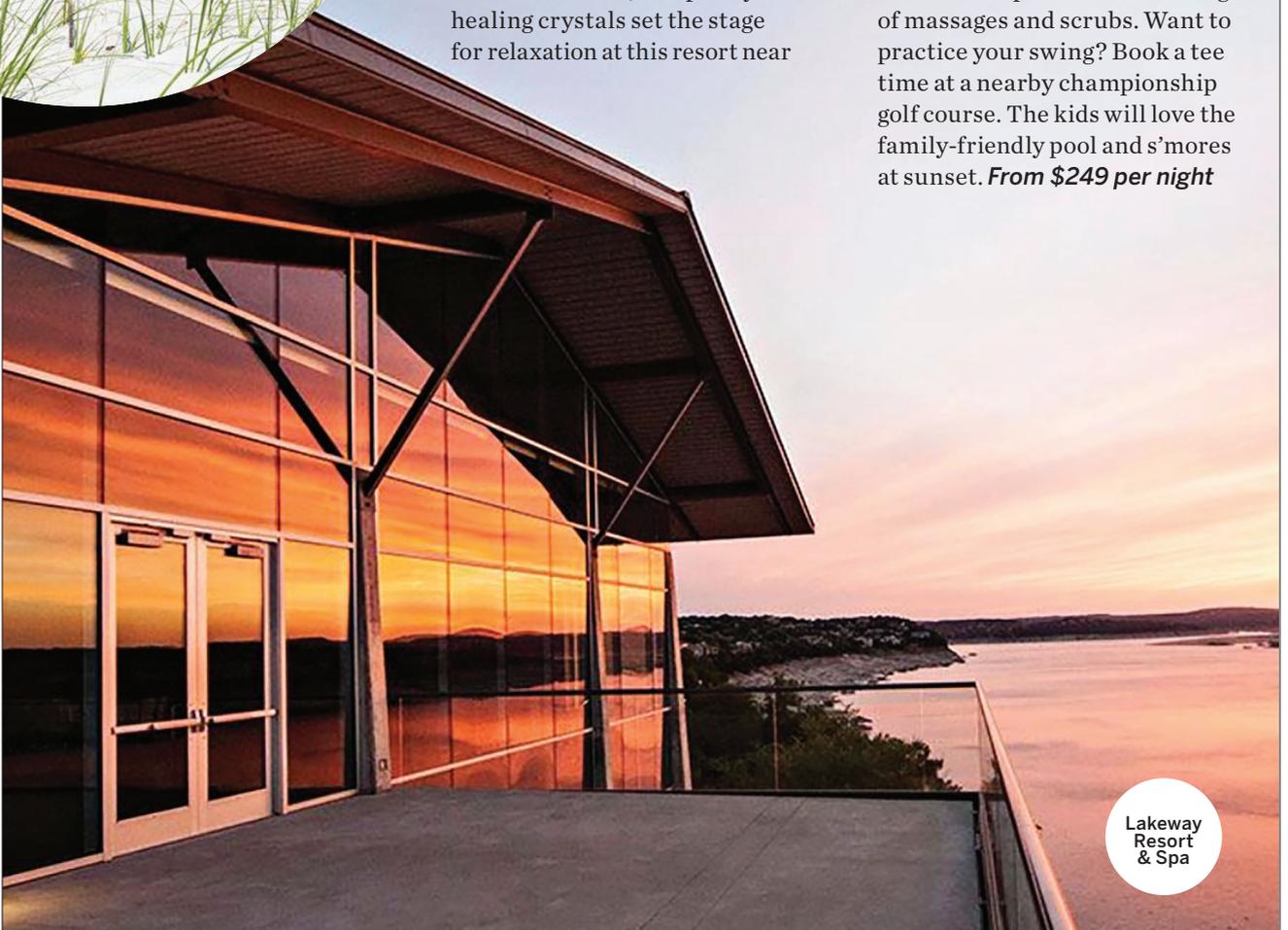
## Lakeway Resort & Spa

LAKEWAY, TEXAS

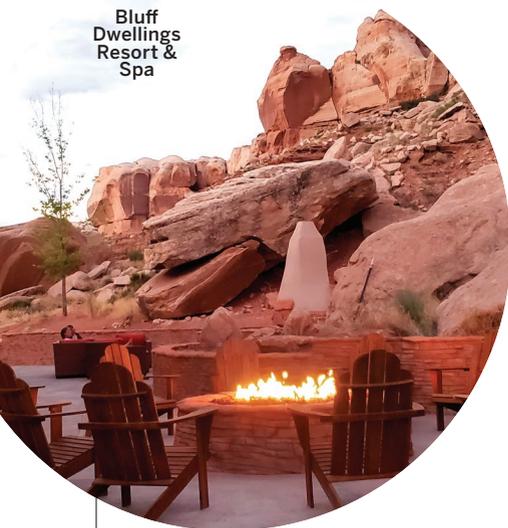
At this Austin-area escape, a restful vacation is possible even with children in tow. (We promise!) There are lots of ways to take advantage of its location on the shores of Lake Travis: You can rent a pontoon boat, gaze at the calm water from an outdoor rocking chair, and spend time in the waterfront spa that offers a range of massages and scrubs. Want to practice your swing? Book a tee time at a nearby championship golf course. The kids will love the family-friendly pool and s'mores at sunset. *From \$249 per night*



The Don CeSar



Lakeway  
Resort & Spa

Bluff  
Dwellings  
Resort &  
Spa

#### SELF-CARE WITH A SIDE OF HISTORY

### Bluff Dwellings Resort & Spa

BLUFF, UTAH

It's well worth the effort it takes to reach this remote 16-acre property on the border of Bears Ears National Monument, an area populated by Navajo, Ute, and Zuni tribes. There are hiking trails that weave through Indigenous ruins and rock-art sites, and the resort sells art and jewelry from local Native American artisans. Rejuvenate weary muscles at the HozHo spa, where treatments incorporate sage, blooming cactus, and other botanical products. **From \$200 per night**

#### MOUNTAIN MAGIC

### The Mansion at Noble Lane

BETHANY, PENNSYLVANIA

Former editor-in-chief of *Essence* magazine Monique Greenwood owns this Gilded Age-style mansion in the Poconos, which she lovingly transformed into a 14-room resort with a B&B feel (homemade breakfast included). You can spend your days playing tennis, taking a scenic bike ride, exploring Prompton State Park, and tasting wine at nearby vineyards. **From \$235 per night**

## Calming Retreats

### Find your zen.

### Kripalu Center for Yoga & Health

STOCKBRIDGE, MASSACHUSETTS

This 100-acre retreat center in the Berkshires has long been a popular escape for yogis of all skill levels. In addition to daily classes, guests can sign up for workshops in mindfulness and Ayurveda, guided hikes, and kayaking excursions—all designed to focus on offering kindness to ourselves and others. **Retreats from \$85 per day; accommodations from \$110 per night**

### PineappleYogi

VARIOUS LOCATIONS

OUTSIDE OF NEW YORK CITY

Weekend retreats hosted by the Brooklyn-based PineappleYogi take place once every season, with the

goal of helping your mind and body reset alongside the changes in nature. Yes, there's yoga—but also movement and breathing practices, meditative walks, nighttime fire-side chats, and nourishing meals prepared by a plant-based chef. **From \$875 for 3 days and 2 nights**

### Sagrada Wellness

SANTA MARGARITA, CALIFORNIA

This Central Coast center pairs yoga with other activities in its themed retreats, such as Pilates, wine, writing, hiking, or even live music. Free time is built into every schedule, leaving you plenty of opportunity to take a soak in the hot tub or sign up for an acupuncture treatment. **From \$1,195 for 3 days and 2 nights**

Sagrada  
Wellness

# Spas That Soothe Recharge in a day.

## Canyon Ranch

TUCSON, ARIZONA

For a mini version of the renowned Canyon Ranch experience, book a pass for all-day access, which includes a facial or massage at the spa, fitness classes, expert-led wellness presentations, and a good-for-you lunch. **Day passes are also available at the Las Vegas and Lenox, Massachusetts, locations; \$325**

## Salamander Resort & Spa

MIDDLEBURG, VIRGINIA

Your spa treatment will be accompanied by an invitation to stick around and relax in the Jacuzzi and heated infinity-edge pool at this Virginia wine country resort about 50 miles west of Washington, D.C.

The CBD relief massage and hyper-customized facial are favorites—but no matter what you choose, you'll start by setting an intention, which will be matched with an aromatherapy oil as a parting gift. **Treatments from \$190**

## Shou Sugi Ban House

WATER MILL, NEW YORK

This Hamptons getaway is a study in soothing Japanese design, which will instantly put you at ease.

Non-overnight guests need to reserve at least two treatments; we recommend pairing something from the traditional spa menu with one of the healing arts, like vibro-acoustic sound therapy or a tea meditation. **Treatments from \$125**



Canyon Ranch

