

The Best Wellness Retreats to Restore Your Mind, Body, and Soul

We bet you could use a little zen.



By Locke Hughes Mar 19, 2019



Wake up. Work. Eat dinner. Sleep. There's no question that our self-care routines can get... well, fairly routine. Whether you want to break out of a rut, or simply escape stress somewhere warm, a health-focused resort provides the perfect solution. We've scoured the country—and the world—to find the best wellness retreats to help you feel rejuvenated.



HILTON HEAD HEALTH

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Hilton Head Health, Hilton Head Island, SC

Sitting on the sunny coast of South Carolina, Hilton Head Health is an all-inclusive resort offering weight-loss programs and wellness packages. Take advantage of fitness classes including bootcamp, yoga, TRX, and more. After, cool off in the water with paddle boarding, kayaking, or aquatic barre. You can also try an interactive cooking class, or simply relax at the Indigo Spa with a Thai massage or custom organic facial. The on-site healthy restaurant offers a diverse menu with low-cal versions of your favorite dishes like lobster tacos and shrimp and grits.

Rates start at \$680 per night.