INTO THE MYSTIC

If you cross-reference your daily horoscopes, tune up with your crystals and ohm on the regular, these mystical experiences are for you.

by Jenna Mahoney

RANCHO LA PUERTA

Enveloped in a peaceful embrace of gardens and flowering native plants in the foothills of Baja's Mount Kuchuma, this intimate destination spa has an intangible magic that enhances a sense of inner harmony. Spiritual balancing activities include guided meditation, Tai Chi, chanting and silent dinners. There's also a labyrinth. Designed with 11 circuits to reflect the journey of life, the winding paths include a section that mimics the cycles of the moon. Fitness and cooking classes, along with an extensive—and pampering—spa menu round out the property's offerings (room rates start at $3,900 for a week-long stay and are all inclusive; rancholapuerta.com).

CANYON RANCH TUCSON

One of the first names in wellness, Canyon Ranch has been the site of whole mind, body, spirit retreats for generations. In addition to an exhaustive menu of fitness activities and healthy lifestyle lectures, the destination spa excels in spiritual enhancements and alignments. There are readings & go-go, from sessions with clairvoyants, palm specialists and genealogists, to discoveries via angel cards, astrological signs and the tarot. Nature journeys can also be conducted by crystal sound therapists. The balancing ceremony uses high-frequency bowls infused with gemstones to restore harmony in the body and spirit (room rates start at $1,270 per person, per night and are all inclusive; canyonranch.com).

WEEKAPAUG INN

This classic 31-room New England inn that sits on the shores of the wildlife-rich Oconactuntum Lake in Tony Western Rhode Island is the embodiment of a house, nature-loving escape. Cuisines the definition of farm-to-table and accommodations are decadent with views of the pond, an area covered or the pretty grounds. Activities are all about enjoying the great outdoors with boating, fishing; and, in season, Nordic skiing being among the most popular. Excursions, like boating and hiking, can be led by the inn’s naturalist. One offering is the full moon paddle, a two-hour canoe outing by the light of the silvery moon that concludes with a champagne toast (room rates start at $419 a night; weekapauginn.com).

MONTPELIER PLANTATION & BEACH

Home to a handful of chic hideaways, this quiet Caribbean island has had a resurgence of popularity in recent years thanks to the fact that it was the birthplace of then famed founder of the Caribbean—Hamilton. This 19-room seaside retreat is especially renowned for its ultra-private setting, colonial honeycomb history (Lord Horatio Nelson used here), impeccable service and innovative food and drink program. During the fall season, the chef and staff host lively parties on the beach. Lit by the colonial light, the gatherings feature live music, open bar and a detectable offering of barbecued delights (room rates start at $229 a night; montpelieravvis.com).