



# 30 Top Wellness Retreats

Rejuvenate your mind, body and spirit at one of these relaxation-focused properties.

By **Kyle McCarthy**, Contributor Nov. 21, 2019, at 9:00 a.m.

**From sunrise hikes to healing baths to yoga and meditation, these resorts offer ample ways to focus on your overall well-being.**

As Americans continue to pay more attention to their personal wellness, they're seeking fitness amenities, detoxes and stress relief on vacation. According to a 2019 report by the Global Wellness Institute, nearly 18% of Americans participate in mindful movement, or a combination of yoga, meditation and breathing exercises to promote emotional well-being. What's more, a separate study conducted by global measurement and data analytics company Nielsen reports that 60% of Americans claim to make specific diet choices to prevent the development of health issues. If you'd like to immerse yourself in holistic wellness during your next vacation and return home feeling happier and healthier, visit one of these 30 health-conscious retreats.

## **Rancho La Puerta: Tecate, Mexico**

According to one past guest, Rancho La Puerta has the potential to change your entire approach to self-care. This ranch's top-notch cuisine, attentive staff and highly regarded programs consistently exceed guests' expectations. Founded in 1940, the serene property is nestled within a 4,000-acre preserve where guests can achieve wellness in nature. Self-healing is encouraged through use of medicinal plants and a meditation labyrinth, as well as participation in sunrise hikes, scheduled activities and eco-programs at a sustainable, organic farm. The property also provides free transportation every Saturday to and from San Diego International Airport, which is located about 45 miles northwest. Keep in mind, you will need a valid passport to cross the U.S.-Mexico border.