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Retreat holidays that will reinvigorate, give clarity and inspire purpose



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When do you ever really get time to relax? If your answer is ‘never’, it sounds like you might need a retreat. These are the best retreat holidays on the market for relaxing, reinvigorating and inspiring.

Ever since The Beatles travelled to Rishikesh in India during the late 1960s, the popularity of retreat holidays has soared. With the latest wellness trends taking hold, the market abounds with retreats for every kind of traveller.

Whether you simply want to be pampered, you’re seeking some sort of healing experience, or you want to do some soul searching, these retreat holidays will inspire.

5. The spiritual escape: Mexico

If you feel the need to get spiritual, there may be no better place for it than at [Rancho La Puerta](#) – one of Mexico’s first ever retreat properties. The ranch is just an hour’s drive from San Diego (via the US/Mexico border control) and has 4,000 acres of private gardens, mountains and meadows to explore, alongside its beautiful property with its swimming pool and private villas.



Every Saturday, a new retreat cycle begins and guests can come for a full week, or partial-week stays of three or four nights. The retreats involve all manner of spiritual and mental escape thanks to spa treatments and hiking trails, but there's more to it than just relaxing. There are over 80 fitness classes, such as yoga and pilates, plus guest speakers from authors to politicians. Healthy cuisine is on offer, too, using many ingredients from the property's glorious gardens.

The cost: Retreats at Rancho la Puerta cost from £2,890 per person and include transfers from San Diego, three meals a day, the programme of classes and events and use of all resort facilities.