

Outside

11 Places to Recoup After the Holidays

You survived the chaos of family visits and too many helpings of dessert. Now it's time to recover.



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Let's be honest: unless you skipped out on the ugly-sweater parties and your Aunt Sue's fruitcake and boarded a flight to somewhere far from everyone you know, the holidays aren't a vacation. They are a beautiful mess of family, food, and festivities. Now that the craze is over, it's time to detox, unplug, and reset for the new year. You can do that close to home or far from it.

In the Desert



(Photo: Courtesy Collective Retreats)

Nothing says escape quite like the desert in the dead of winter. [Collective Retreats](#) opened a new outpost (from \$790) in the Texas Hill Country at Montesino Ranch, less than an hour from Austin and San Antonio. You'll sleep in plush canvas tents and spend your days fly-fishing, riding bikes to local wineries, taking outdoor yoga classes, and dining on farm-to-table meals.

[L'Auberge de Sedona](#) in Sedona, Arizona, has a [detox package](#) (from \$555) that includes guided meditation in the property's Vortex Treehouse, hiking on local trails, and a spa treatment. Or head south of the border to the wellness resort of [Rancho La Puerta](#) in Tecate, Mexico, just an hour from [San Diego](#), for a weeklong retreat (from \$3,200) on its 4,000 acres, where green juice, hammock naps, singletrack runs, and aerial yoga are itinerary musts.

In the City



(Photo: Courtesy Urban Cowboy Lodge)

Leave it to Colorado to have a hotel with a CBD wellness package. At [the Art](#), located in downtown Denver, the [CBDreams package](#) (from \$299) comes with CBD-blended cocktails, late checkout to encourage sleeping in, and an in-room healing package complete with tea, balm, lotion, and sparkling water, all infused with CBD.

San Francisco's recently renovated [Hotel Kabuki](#) (from \$259), in the city's hip Japantown, offers yoga and kickboxing classes in a revamped, spacious gym. You can even check out free meditation kits, available from the front desk and stocked with headphones, a floor pillow, face mist, and a tablet preloaded with guided exercises and soothing music. Take it to your room or to the outdoor meditation garden.

The [Urban Cowboy](#) properties in Brooklyn and Nashville, Tennessee, are not your typical hotels. They're immaculately designed homes where you can show up, unplug, and meet new friends. In January, hotelier Lyon Porter is opening the [Urban Cowboy Lodge](#) (from \$199) on 68 acres in the Catskills, just outside [New York City](#). The best part? Cell service is limited, making a digital detox part of your stay.

In the Mountains



(Photo: Courtesy Visit Montana)

Retreat to snow-covered mountains for a post-holiday recharge. Whether you ski or just sit in a hot tub under the stars is up to you. [The Lodge at Whitefish Lake](#), in Whitefish, Montana, has a four-day cross-country ski and yoga retreat (from \$1,119) from January 9 to 12, or show up anytime to ski Whitefish Mountain Resort and enjoy the town's newly opened [SaltBox](#), a spa offering dry salt therapy, a treatment known to detoxify the respiratory system.

[Gravity Haus](#) (from \$169) opened in December in Breckenridge, Colorado, with 60 slopeside rooms, a Japanese-like *onsen* (hot spring), and a craft cocktail bar and on-site coffee roaster. The hotel's three-night Zephyr Package comes with a guided backcountry ski tour and compression-therapy treatment—think pulsing massages—to help you recover faster.

By the Ocean



(Photo: Courtesy Esalen Institute)

The beach might be just the ticket to help you de-stress after a hectic holiday season. And winter is notoriously quiet at oceanfront destinations.

At [Lumeria](#) (from \$349), in [upcountry Maui](#), you can take classes in yoga or meditation, book massages or wellness treatments, dine on farm-fresh meals, and stay in one of 24 well-appointed rooms. The retreat property is on 5.6 acres of lush gardens, with sweeping views of Maui's north shore and Haleakala Crater.

[Esalen Institute](#), on the rocky cliffs of Big Sur, California, has weekend or longer workshops on dance, writing, nature, and sustainability. You'll sleep in shared or private rooms (from \$420) and take seaside yoga classes and healing soaks in Esalen's hot-springs baths.

For a splurge, check out the two-night [Restore and Recharge package](#) (from \$2,500) at the [Ritz-Carlton Bal Harbour](#) in Miami. It comes with guided moonlit meditation, a personalized nutrition plan, daily fitness classes, and spa treatments. In January, the hotel is offering new wellness programs from Miami-based life coach [Sara Quiriconi](#), who will help you create a three-month, six-month, or one-year plan to get your fitness and life goals on track.