

These 23 Dreamy Destinations Offer the Ultimate Wellness Retreats



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Disclaimer: As the number of coronavirus cases and hospitalizations continue to rise, the [Centers for Disease Control and Prevention](#) recommends postponing any non-essential travel for the time being. We hope this article serves as inspiration for the future when it is safer to travel.

Is it just us, or is finding peace of mind in our lives getting more difficult by the day? While we are all about discovering the romance in our daily lives—like [nurturing a vibrant garden](#) or watching the day's last moments of natural light stream in through the window as we [enjoy a cocktail](#)—there's nothing like embarking on a getaway to our own versions of paradise, be it the beach, mountains, jungle, or countryside.

We've done our research to uncover the world's most luxurious, restorative retreats. From far-flung [spa experiences](#) in the Himalayan foothills to [road trip-able getaways](#) that immerse you in nature, these fabulous escapes offer something for every type of rejuvenation-seeker. Just make sure to do your

research before traveling to these locales in light of coronavirus-related restrictions if you are planning a trip in the near future.



5/24 SLIDES © Courtesy of Rancho La Puerta

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Rancho La Puerta: Tecate, Mexico

If you're in need of a digital detox, a nutritional reset, or are simply longing for a lush oasis to get pampered, [Rancho La Puerta](#) has a personalized experience for you. Just across the border in Baja California, this dreamy wellness retreat will enrich your mind, body, and soul through long walks, unique workshops, and natural healing treatment for a holistic rejuvenation process. The resort just debuted a new program, the [21-Day Perfect Balance Sabbatical](#), if you're looking to dive deep into self-care while staying connected to maintain a flexible work schedule if you can't completely unplug.