January is when thoughts turn to rejuvenation. A brand-new year to adopt healthier habits and do the right thing by our bodies. In short, it’s time to spa. And at the best of these, to dine well in the truest sense of that word—with the emphasis on wellness. It’s not a new concept, pairing healthy regimens like exercise and body treatments with healthy dining. In the late 1800s, for instance, such luminaries as Thomas Edison and Amelia Earhart journeyed to a remote town in Michigan to “take the cure” at Battle Creek Sanitarium, run by John Harvey Kellogg, a vegetarian who invented corn flakes and eschewed fatty, salted meats and fried foods. Here are more modern takes.
Rancho La Puerta, Tecate, Mexico

In operation on 4,000 acres of meadows and mountains in northern Baja since 1940, the renowned pioneer in wellness resorts often features famous guest chefs to lead hands-on cooking classes. Its meatless guest cuisine is packed with fiber and complex carbohydrates boosted by seafood from Ensenada, plus artfully paired fruit and veggies from its own organic grounds.