

Travel

## These 25 Idyllic Destinations Are Perfect for Your Next Wellness-Inspired Getaway

It's time to book a restorative retreat in your favorite slice of paradise.



BY LAUREN WICKS JAN 30, 2023

While we've worked hard to transform our [bathrooms](#) into a [spa-like destination](#), from [walk-in showers](#) with all the bells and whistles to vanities full of [the most luxurious self-care products](#), there's nothing like getting away for a few days and enjoying a wellness retreat. 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 vacation to the beach, mountains, jungle, or countryside, even if it's just an hour's drive away.

We've done our research to uncover the world's most luxurious, restorative retreats. From far-flung [spa experiences](#) in the Himalayan foothills to immersive [road trip-able getaways](#), these fabulous escapes offer something for every type of rejuvenation-seeker. These incredible wellness retreats will help you recharge your batteries and get some much-deserved R&R.



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#### Shou Sugi Ban House: The Hamptons, New York

A relative newcomer to the wellness world, [Shou Sugi Ban House](#) offers the best elements of Eastern design, cuisine, and healing in a gorgeous compound on pristine Atlantic shores. This tranquil sanctuary offers everything guests need to restore balance and build habits to last beyond a weekend, with culinary classes, seasonal workshops, and a variety of movement classes to help you upgrade your daily regimen. This luxurious, wabi sabi-inspired property features guest studios equipped with private fireplaces, soaking tubs, and garden patios to ensure your stay is restorative at every moment.