

# BRIDES

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## 11 Best Couples Retreats Around the World

By [Raven McMillan](#) | Updated on 09/13/21



COURTESY OF AGRITURISMO CASETTA

Marriage isn't always easy. Whether you're newly navigating life as a pair or have decades of experience together as a duo, a time will come where you may need a little help to revive your relationship. If you're seeking salvation through therapy or simply looking to reconnect by getting unplugged, a couples retreat may have the answers you're looking for.

### What Is a Couples Retreat?

A couples retreat is a designated time away for couples to refresh and reset their relationship. It is a time to be intentional about reconnecting with your spouse and take advantage of uninterrupted time together.

According to intimacy expert Leona Carter, there are five types of intimacy within every relationship that may need a rekindling every now and then, and a couples retreat can present the perfect opportunity to spark those flames.

## MEET THE EXPERT

Leona Carter is an intimacy coach who empowers couples to build intimacy through the power of dating again to enhance communication, from the kitchen to the bedroom.

## What to Expect at a Couples Retreat

Many organizations or relationship experts host couple retreats where spouses can spend time together and engage in activities as a group to enhance communication and problem-solving skills. "A couple should expect a time of learning and growing together through relationship-building activities," Carter says. "There will be a balance of fun and laughter and deep conversations." Most retreats, she says, provide a nice variety of group activities and time to be alone with your spouse. Many feature facilitator-led discussions with outlined topics, while others may be as simple as an adults-only vacation with a self-guided itinerary dedicated to reconnecting the two of you on a deeper level.

## When to Consider a Couples Retreat

Most couples typically seek professional help or relationship-building retreats when issues arise such as infidelity or lack of intimacy. Carter suggests that retreats can also be preventative and can help carve out an opportunity to deepen connections in order to avoid feeling stuck in the relationship. In addition to regularly dating your spouse, she recommends to many couples that they should attend a retreat annually for that reason. However, most couples don't initiate a retreat until there is an underlying or recurring problem.

## Average Cost of a Couples Retreat

Depending on the length of the retreat and the amenities included, Carter says costs may range from \$1,500 to \$5,000+ per couple. No matter what the bottom line is, she shares "it's always worth the investment because of the transformation your marriage experiences."

### **BRIDES TIP**

*The current outbreak of coronavirus (COVID-19) has been declared a pandemic by the [World Health Organization](#). As the situation remains fluid, we'll be sharing tips and stories from industry experts to give you of-the-moment advice and help you navigate wedding planning today. For the most up-to-date guidelines and latest on travel restrictions and requirements, check the [CDC](#) and [U.S. Department of State](#) websites.*

Scroll through these couples retreat locations to find the perfect place to reignite your romance.

## 01 Agriturismo Casetta in Italy

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COURTESY OF AGRITURISMO CASETA

It's nearly impossible not to feel the romance in [Italy](#). Tucked away in Tuscany, [Agriturismo Casetta](#) has recently launched an exclusive Enrichment Series for couples seeking once-in-a-lifetime experiences. Run by a set of unique local connoisseurs in their respective fields, the series includes a

Transformative Equine Experience—private coaching sessions for couples featuring a transcendental approach to therapy with a professional facilitator and horsemanship expert. Room rates start at \$332 for a private double room and private bathroom. The Enrichment Series prices vary as each program is customized to the couple.

## 02 Euphoria Retreat in Greece

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COURTESY OF EUPHORIA SPA

Far from the frenetic pace of everyday life, Euphoria Retreat balances body and spirit through an ethos rooted in Greek and Chinese philosophies based on the Five Elements. Reconnect with the [Euphoria Escape for Couples](#) to remove yourselves from the stresses and strains of life and spend time

together surrounded by natural beauty and dramatic landscapes of The Peloponnese. This weekend of luxury includes full board and six innovative spa treatments that will touch your soul and leave you feeling like newlyweds. Rates start at \$348 per person per night.

## Imago Weekend With The Marriage Restoration Project in Costa Rica



COURTESY OF EL MANGROOVE

Hosted by Rabbi Shlomo Slatkin and his wife Rivka, the founders of [The Marriage Restoration Project](#), these intensive multi-day experiences help couples create a breakthrough in their relationship set against the breathtaking backdrop of Guanacaste, Costa Rica. During the [Imago Weekend Couples](#)

[Therapy Getaways](#), couples will spend five days and four nights at [El Mangroove Autograph Collection](#) with a team of relationship experts to learn about the psychology of relationships, how to better understand conflict, and sharpen the skills that help foster safety and connection.

## 04 The Estate Yountville in California

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COURTESY OF THE ESTATE YOUNTVILLE

The Estate Yountville is a contemporary retreat nestled within a 137-year-old winery complex in the quaint town of Yountville, California. Here, couples can get closer with a Scents & Sensibility ritual. This extraordinary experience of the senses takes place in a luxurious private spa suite and begins with a

relaxing lavender inhalation to bring you into the present moment. A curated blend of essential oils awaits as you are each lowered into a full bath soak and transported to a deeper dimension of peace and tranquility before indulging in a sumptuous 100-minute massage and mineral scrub. Tingsha chimes ring in the distance as you awaken from your sensorial experience with a refreshed mental state with your spouse at your side. Rates start at \$695 at Vintage House and Hotel Villagio.

## Alila Ventana in Big Sur, California



COURTESY OF ALILA VENTANA BIG SUR

Perched overlooking the Pacific coastline, this iconic all-inclusive retreat offers a wide variety of exclusive Alila Experiences and elevated wellness-focused activities for reigniting connections. At Alila Ventana Big Sur couples can participate in astrology readings to define the essential stages of life's

journey through birth charts drawn from ancient practices. As a couple, these readings can bring clarity to areas of conflict, emphasizing each other's strengths and providing tools for managing life together in new and creative ways.

Astrology readings start at \$350 per couple.

## 06 Sedona Soul Adventures in Arizona

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COURTESY OF SEDONA SOUL ADVENTURES

This retreat offers custom-designed retreats for each couple, as no two couples are alike. Sedona Soul Adventures places the focus on healing and is committed to the belief that when heart and soul are given time to realign with a romantic getaway, the mind and body will follow. These four or five-day retreats match couples with a selection of practitioners for one-on-one or two-on-one sessions, uniquely designed to take your relationship from where it is to where you want it to be. A Soul Adventure of three to

five days may start at \$2,400 per person depending upon the number and type of sessions. Rates do not include accommodations. For those not yet ready to travel, they also offer the option of at-home couples retreats via Zoom.

## Miraval Berkshires Resort & Spa in Massachusetts



COURTESY OF MIRAVAL BERKSHIRES RESORT & SPA

Miraval Berkshires Resort & Spa welcomes couples to explore one of the resort's various Journeys with Intention together, inviting partners to reconnect through their purpose as a couple. Through these Journeys, the team at Miraval creates custom itineraries for couples based on their specific interests in order to provide

an unforgettable vehicle for reconnection and relaxation. Complemented by an array of dynamic fitness, yoga, and wellness programs, Miraval's couples retreat activities range from "Connection Through Percussion" to "Chinese Astrology: Relationship Reading" to "Just Cook For Me Chef." Rates start at \$719 per person, per night.

## 08 Inns of Aurora in Upstate New York

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COURTESY OF INNS OF AURORA

Set upon the pristine backdrop of Cayuga Lake, luxury lakeside boutique resort Inns of Aurora is an ideal place for couples looking for a place to relax and reconnect. Begin your days together with private restorative yoga, meditation sessions, or tarot card readings with the Director of Serenity before indulging in seasonal Ayurveda-inspired couples treatments at the property's new spa. Explore an extensive selection of activities to take in the beauty of the region, bonding as you kayak, hike, or participate in a private fishing lesson with a resident Outdoorsman. Rates start at \$317 per night.

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## Shou Sugi Ban House in New York



COURTESY OF SHOU SUGI BAN HOUSE

Inspired by the principles of eastern healing and *wabi-sabi*—a Japanese worldview centered on the acceptance of imperfection—[Shou Sugi Ban House](#) is the only comprehensive wellness program in the Hamptons. Just a few hours outside of New York City, couples will feel like they're a world away as

they immerse in a Shamanic Healing session or Couples Hypnotherapy that focuses on deep personal growth and drawing wisdom from the subconscious. Rates for the couples retreat start at \$1,645 per night.

## 10 Hold Me Tight Weekends in Georgia

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COURTESY OF ATLANTA CENTER FOR EMOTIONALLY FOCUSED  
THERAPY

Hosted by a team of licensed therapists from the Atlanta Center for Emotionally Focused Therapy, Hold Me Tight workshops are facilitated to help couples heal broken bonds and rekindle the spark that first brought them together. These two-day retreats were created for couples struggling with communication,

intimacy, and security, with the aim to help you understand the real reasons you get into repeated conflicts while encouraging you to engage in conversations keeping your love alive and secure. Rates begin at \$795 per couple.

## Art of Living Retreat Center in North Carolina



COURTESY OF ART OF LIVING RETREAT

Situated in the Blue Ridge Mountains of North Carolina, Art of Living Retreat Center offers a rejuvenating wellness experience surrounded by nature, where guests can relax, renew, and discover inner peace. Year-round, the center offers Couples Wellness Retreats designed to help couples boost happiness, increase relationship

satisfaction, and deepen their bond. With fresh mountain air, nourishing food, healing Ayurvedic treatments, and interactive classes that promote well-being, this escape will strengthen bonds while reinvigorating your body, mind, and soul. The all-inclusive package features a two-night stay in the Shankara Ayurveda Wellness room, daily meals, one treatment per person, and daily progressive meditation and yoga classes starting at \$795.

<https://www.brides.com/couples-retreats-5199769>