



## 25 Best Wellness Hotels That Make It Easy to Feel Like Your Best Self

Including affordable spa destinations in the U.S and abroad.



BY [ALYSSA JUNG](#) Jul 7, 2022



If you want to maintain your healthful lifestyle while you're away, lucky for you. It's easier to do than ever before because more and more hotels and resorts have made wellness a priority with special amenities that will leave you feeling refreshed instead of jet-lagged.

Whether it's getting active, [practicing meditation](#), [eating organic](#) or trying new spa treatments, these wellness-focused hotels and health retreats make it easy to unwind when you're on vacation. To get your getaway juices flowing, we've rounded up some of the best wellness-oriented options both in the U.S. and abroad.

# EVEN Hotels by IHG



EVEN Hotels by IHG takes a health-forward approach with all of its properties, which is why each room includes free on-demand streaming fitness classes, plus all the gear you need to complete them. If resistance bands, exercise ball and yoga mat in your room don't cut it, there's also a gym. For food before or after your sweat session, the on-site restaurant specializes in healthy versions of your favorite dishes.



# The Westin Anaheim Resort



One of Marriott Bonvoy's newest properties in California, The Westin Anaheim Resort, opened in mid-2021 just steps from Disneyland. This new location has skillfully crafted its fitness amenities while focusing on in-room wellness offerings like [its Sleep Well Menu](#), making a theme park vacation feel rejuvenating. The hotel's signature [WestinWORKOUT Fitness Studio](#) is a comprehensive in-house gym that features Peloton bikes, strength training and industry leading cardio machinery — alongside a bespoke Hypervolt recovery station designed by Hyperice, a recovery system (which we've previously featured in [our 2022 Fitness Awards](#)). The Westin Anaheim Resort is just one of 11 Westin properties featuring this Hypervolt station, making workouts of all intensities much more manageable during a family vacation; especially as the resort also offers guests its [RunWESTIN Concierge](#) program featuring three- and five-mile walking and running routes weaving through its setting in Anaheim.

# Mount Mitchell Eco Retreat



They say nature is healing, and science shows it can positively impact mental wellness and stress, so why not plan your next adventure right in the heart of Mother Nature. Mount Mitchell Eco Retreat is in the mountains of North Carolina—it features cabin-vibes lodging with eco- and body-friendly bath products, yoga, plenty of hiking, and shared amenities like a healing room for on-site energy sessions, a community kitchen for whipping up tasty and nutritious meals, outdoor grills, and breathtaking views for moments of mindfulness. You won't find TVs or phones in-room because unplugging is a big part of unwinding, and we highly recommend checking out the nearby Bare Dark Sky Observatory for a quiet night of star gazing.



# Canopy by Hilton



If relaxing, recharging, sustainability and immersing yourself in your travel destination community is important to you, Canopy by Hilton hotels encompass all of that, and more. Each of the 35 properties (with 28 new ones currently in development), located across the U.S. and beyond, feature little details that speak to the fabric of that city's culture. And there's a huge emphasis on and commitment to sustainability — guests enjoy refillable glass water bottles they're welcome to use for the day, a centrally located filtered water station for water bottle refills, free bikes for exploring, and the brand partners with companies dedicated to sustainability and philanthropy.

# Arlo Hotels



These boutique hotels are designed to provide a quiet oasis for rest and relaxation in the middle of bustling urban centers, with an emphasis on sustainability. A portion of each menu is dedicated to plant-based offerings, and what's really unique is the social aspect. Each Arlo Hotels property has a little something different, but you can expect to find regular wellness-oriented events like yoga or fitness classes, rooftop dance parties and more. In fact, this year's summer wellness series, "Summer of Wellth," just kicked off!



## Sanctuary Camelback Mountain



Recharge in luxury at [Sanctuary Camelback Mountain](#) in Scottsdale. Tucked away in the awe-inspiring mountains of Arizona, it's a truly indulgent experience — swim some laps in the lap pool, then relax in the infinity pool overlooking breathtaking landscape. Enjoy a massage or other body therapy at the spa, or take a couple tennis or pickleball lessons. And of course there's plenty of hiking. You can even book a room with a private outdoor soaking tub for a truly mindful escape. And don't forget to check out the on-site restaurants, which feature menus dotted with seasonal, local produce and sustainable seafood.

# Post Ranch Inn



If the breathtaking coastal views from [Post Ranch Inn](#) in Big Sur, California, situated at 1,200 feet above sea level, aren't enough to calm the mind, a quiet hike in one of the nearby California State Parks might do the trick. There's also morning yoga, guided nature walks, and forest meditation offerings. Or, perhaps feeding the foodie in you is your kind of zen—that's also something you can indulge, with a meal at the on-site restaurant Sierra Mar, which offers a menu featuring locally foraged ingredients. And if you need a hand planning your rest and reset, consider the [Sleep Program](#) package, designed with top sleep doctors and an indoor air quality expert; it includes a hand-crafted sleep dining menu, spa treatments, a Sweet Dreams gift bag with favorite sleep-promoting products, and an on-demand video series with Michael "The Sleep Doctor™" Breus.



## Palmaïa, The House of AïA



Immerse yourself in the ancient rituals and holistic practices that fuel body, mind, and soul at Palmaïa, The House of AïA in Mexico's Playa del Carmen. Pamper yourself with a spa treatment, engage in healing rituals that harness the power of sound, meditate in secluded nature areas or temples, access personal growth guides through the Architects of Life programming and fuel yourself with plant-based cuisine that emphasizes fresh, local ingredients.

## Dorado Beach, a Ritz-Carlton Reserve



There are plenty of outdoor activities and nature adventures to partake in at Dorado Beach, a Ritz-Carlton Reserve in Puerto Rico, but a true standout is the resort's Spa Botanico. It's rooted in history, tradition and culture, so you'll choose from rejuvenating treatments that rely on local botanicals and indigenous ingredients, and you can take a dip in the infinity pool overlooking a pineapple garden. There's also a state-of-the-art fitness center designed to resemble a traditional sugar mill, and several dining options.



## JW Marriott Venice Resort & Spa



Wellness is all about balance, so what better way to nurture your need for both serenity and excitement than on a private island at JW Marriott Venice Resort & Spa in Italy. It's a wellness oasis that's just a quick boat ride from the city of Venice, surrounded by rose gardens and olive groves and tranquil Venetian lagoons. It's home to a large spa, which features traditional spa treatments, as well as unique offerings like a Finnish sauna with salt therapy and personalized skin pampering in partnership with BAKEL Skincare, a clean beauty brand. There's a full fitness center, as well as several pools. And the food is the epitome of farm to table—the island produces its own olive oil, and the restaurant relies largely on fresh herbs and vegetables grown right on site.

# Equinox Hotel



Equinox Hotels is the sister hotel brand from the luxury fitness company known for its top notch gyms. Its first location is located in New York City's Hudson Yards, and it boasts a spa, a fitness center with incredible views, an outdoor pool overlooking the Hudson River, sauna huts, an indoor saltwater lap pool, and so much more. And if you're in search of the best sleep ever, this is the place for you. You'll snooze on a mattress and snuggle up in linens created specifically for Equinox, and optimized to give your body the most comfortable and rejuvenating sleep ever.



# Miraval Resorts & Spas



With getaways in Tucson, Austin, and the Berkshires, Miraval Resorts & Spas offer retreats steeped in wellness. Staff will help curate your stay based on your intention—so whether you want to focus on mental wellbeing, are fitness-focused, or place value in food and nutrition, there are activities and experiences just for you. The Life in Balance spa offers both ancient and modern treatments to relax you, and menus feature local ingredients and dishes designed for mindfulness.

# Sheraton Maui Resort & Spa



Built around the legendary Puu Kekaa (a.k.a. Black Rock), a formation created by old lava flow that divides Ka'anapali Beach in half, [Sheraton Maui Resort & Spa](#) seamlessly blends Hawaiian tradition and culture with wellness and relaxation. There's a nightly cliff diving ritual, water sports and activities, a full spa that draws on ocean plants and Polynesian essential oils and dining options that allow you to explore local flavors.



# Spice Island Beach Resort



Discover a quieter, slower and more mindful pace at the all inclusive Spice Island Beach Resort in Grenada. The family-owned property features local food on its ever-changing menu and keeps track of dietary restrictions for all guests! There's no shortage of outdoor activities — hiking, tennis, snorkeling — and there's an on-site spa that uses local herbs and spices native to the island. One more highlight: the afternoon tea featuring therapeutic varieties.

# Crystal Springs Resort



You don't need to travel to far flung destinations to get a slice of serenity. Crystal Springs Resort is located in Hamburg, New Jersey, not too far outside New York City, and it's a natural wonderland. Besides two spas and plenty of nearby hiking, you can sign up for fitness classes, try goat yoga, engage in guided forest bathing for a moment of mindfulness or chat with Farmer Keith and beekeeper JC about all thing chickens and bees (and meet some on-site feathered friends, too!). The Biosphere is a glass structure with a retractable roof, which houses indoor and outdoor pools and is surrounded by gorgeous tropical foliage, and you can enjoy a garden-to-table meal made with the freshest ingredients, many of them grown all around you.



## VOCO



Enjoy a self-care getaway in all corners of the world at a voco hotel. With 36 locations across the U.S., Asia, Europe, Australia, South Africa, Dubai and beyond, you're sure to find your perfect spot to relax and unwind. Wellness amenities vary by location, but you can enjoy delicious and good-for-you bites pretty much everywhere, recharge in a cozy communal space like the Greenhouse at voco Times Square South in New York City, get in a workout at a well-equipped gym (some even have Peloton bikes!), hit the spa or swim some laps in a rooftop pool.

# Hotel Xcaret Arte



Prioritizing *you* has never been easier, prettier or more luxurious than at [Hotel Xcaret Arte](#), a sanctuary for holistic health and relaxation in Playa del Carmen, Mexico. [Muluk Spa](#) isn't your ordinary spa—it's actually built within natural rock caves and overlooks pristine aqua water, so you can reconnect with nature while experiencing rituals designed to rejuvenate mind, body and soul. There are several restaurants to choose from, all helmed by celebrated chefs and with menus that feature local ingredients and flavors, globally inspired fare and even an all-vegan option. The property takes pride in its sustainability and preservation efforts—and don't forget to explore the surrounding parks, beaches and cultural sites for plenty of daytime fun.



# Carillon Miami Wellness Resort



Miami might not seem like a mind-clearing destination, but it can be when you stay at Carillon Miami Wellness Resort. Start your morning with a moment of mindfulness while you take in the sandy shores and glistening waters of Miami Beach, then have some fun while you take advantage of daily fitness classes and a rock climbing wall, nearby parks and outdoor activities, or relax while you float in one of four pools. The spa is run by a team of holistic practitioners and board-certified physicians who offer a mix of East-meets-West wellness treatments such as cupping, facials, massages that infuse aromatherapy and crystal work into the session or trendy treatments like salt float bath therapy and infrared therapy. And if you really want a total body restoration, check out the biostation at Carillon Miami, which offers various anti-aging treatments and therapies.

## Cala Luna Boutique Hotel & Villas



Cala Luna Boutique Hotel & Villas in Costa Rica offers outdoor yoga classes and nature hikes. Plus, it runs an organic farm that provides most of the resort's food — talk about farm to table!



# Järvisydän Resort



Recharge in Finland at the family-owned Järvisydän Resort. It offers a variety of accommodations, from rooms in the lodge hotel to glass-roofed huts with stunning views of the northern lights, but the real draw is the resort's Lake Spa, which features five different types of saunas, four indoor pools, and two outdoor pools. Top off your stay with a massage, yoga class, fatbike tour, stand-up paddle boarding session, or seal-watching cruise.

## Agriturismo Casetta



You've never seen a "hotel" more intimate than [Agriturismo Casetta](#), a 270-year-old renovated farmhouse nestled in the Tuscan countryside—it features just five suites, and if food is how you nourish your soul, this place is for you. Guests can immerse themselves in Italian culture through experiences like cheese tasting, wine tours, truffle hunting, pasta making, and more while visiting nearby farms. There's also plenty of rolling farmland to wander and admire, and no shortage of al fresco dining. You can even book the entire farmhouse, giving you access to even more once-in-a-lifetime experiences.



# Hotel Californian



Part Old Hollywood, part Moroccan-inspired wonder, [Hotel Californian](#) in Santa Barbara has all the pieces to help you unwind. The spa is more than just a place to enjoy a facial or massage—you can work with spa experts to create custom experiences to enhance your personal wellness needs, or choose from a set menu of unique treatments such as a salt massage or time spent in a steam room or bath. And this is pretty cool: Spa experts are also on hand to guide you through the creation of custom aromatherapy blends that you can take home as a souvenir.

# YOTEL



YOTEL amenities vary by property, but some include SmartBeds for quality sleep, meditation videos to stream and Peloton spin bikes right in your room.



## The Lodge at Blue Sky, Auberge Resorts Collection



Reconnecting with nature is a great way to take a breather and reclaim some peace, and why not do that at [The Lodge at Blue Sky](#) in Park City, Utah, a secluded getaway located on 3,500 private acres in the Wasatch Mountain Range. Choose from three unique accommodations, all inspired by the nature surrounding you. Partake in outdoor activities like horseback riding, hiking, mountain biking, outdoor yoga, meditation, fly fishing, and more. Enjoy an intimate farm-to-table meal prepared by James Beard award-winning Executive Chef Galen Zamarra at a mountaintop yurt. You can even participate in outdoor art classes and visit the on-site sustainable farm.

# Canyon Ranch



The famed Canyon Ranch in Arizona has underwater treadmills, guided meditation walks and a host of spa services from ayurvedic massage to crystal healing.

<https://www.goodhousekeeping.com/life/travel/g28579114/best-wellness-hotels/>