

The 20 Best Destination Spas

If you're hoping to shed a few inches—or simply kickstart a healthier lifestyle—here's where to go.

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Looking to hit the reset button now that the calendar has ticked up another digit? Each of these 20 picture-perfect destination spas offers everything you need to relax, reprogram, or reshape yourself. Whether you want to jump-start serious weight loss, master a rock labyrinth, or indulge in daily rubdowns, book some time at one of these wanderlust-worthy health and wellness sanctuaries.

Lake Austin Spa Resort



If you had a rich uncle with great taste, who just happened to own a sun-drenched lake house in the Texas Hill Country—the [Lake Austin Spa Resort](#) would be that home. After a walk in the flower, herb, and vegetable garden (preferably with the insanely knowledgeable flora and fauna director Molly Pikarsky) and some time spent gazing out at the Balcones Canyonlands Nature Preserve from the spa's light-filled Blue Room lounge, you'll never want to leave. Lake Austin also has something that no other spa in North America can truly claim: a water view. Nothing relaxes like some time on a lake (or looking at a lake, for that matter) and whether you want to paddle board, pedal-board, or just do yoga on the dock, it's all there for the taking. The food is plentiful and garden-fresh (literally, often picked minutes before preparing) but French Chef Stéphane Beauchamp doesn't believe in deprivation so there's no need to sneak in a secret saltshaker at this spa.

