

The 50 Best Spa and Wellness Retreats Across the U.S.

Relaxation is closer than you think.

By [Nina Elias](#) Aug 3, 2018



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Does anything sound more blissful than spending a week being pampered? Yep: Spending that week at a destination spa that's as gentle on the planet as it is on you. Ahhh. If you've always dreamed of taking a spa vacation—as 48% of you said you do but never have, in a Prevention.com poll—we've got you covered.

Here are the 50 best spa and wellness retreats in America, which offer an array of rejuvenating treatments, integrative wellness programs, stunning views, sweat-your-butt-off fitness, and award-winning food—while earning major eco cred at the same time. The best part? Not a single one requires your passport to get there.

Simply find the spa that's closest to you or discover a brand new destination spot. Either way, your skin and your health will thank you for it. And yes, you so deserve this.

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LakeHouse Spa at Lake Austin Spa Resort



LAKE AUSTIN SPA RESORT

If you're a gal who likes options, this southern spa is for you. Not only will you have more than 100 different spa treatments to choose from, but you'll also feast on culinary treats featuring organic herbs and veggies harvested daily from the spa's garden. Up for some activity? Choose from 20 daily classes, such as hydro-biking and cooking classes.

Don't miss: The Gifts Of Our Garden. This signature spa treatment exfoliates, bathes, massages, and wraps you in therapeutic herbs for a full 100 minutes.