

The Top 23 Wellness Retreats In North America To Reset, Rest & Recharge

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Making real change to your physical, mental or spiritual wellbeing often means that you need to be forced out of your comfort zone and experience something new. A place where you can step away from the rat race of daily life and focus on your physical, psychological and spiritual well-being. Thankfully **wellness retreats** are designed just for that. They offer a mix of experts in nutrition, physical fitness, and psychology along with unique amenities and often luxurious spa treatments, to boost your state of mind, learn how to improve your health and reset. Across North America, these **23 wellness retreats** will help reset, rest and recharge.

LAKE AUSTIN SPA RESORT



Lake Austin Spa Resort is an all-inclusive destination spa and wellness retreat set within Texas Hill Country on the shores of Lake Austin. Exclusive luxury meets casual comfort as guests can explore the waterfront location and soak in the peaceful vibe of the Balcones Canyonlands Nature Preserve across the lake. They can take part in a plethora of outdoor activities on the lake from paddleboarding, kayaking, canoeing as well as hikes and several fitness classes, wellness lectures or yoga classes. The award-winning, world-class luxury LakeHouse Spa offers guests a choice of more than 100 treatments and is the only location to offer The Regal by Valmont, created exclusively for resort guests. Offering cutting-edge treatments combining Eastern and Western modalities, the 25,000 sq. ft. spa features treatments such as Gemstone Soul Recovery Experience and the Texas Starry Night Massage. Guests will also enjoy three meals a day at the resort's lakeside dining options where a thoughtful approach to healthy eating always includes the most delicious options that are intentional in using locally sourced ingredients. Meals, classes and activities are included in the nightly rate starting at \$595/person, spa services can be added ala carte.