

13 Best Wellness Hotels for a Truly Relaxing Vacation

Put more "aaaahh" in your travel: These spots are all about good health and feeling great.

By [Sarah Smith](#) Jun 26, 2019



DON RIDDLE

You know that feeling when you're on a great vacation—in the moment, loving your life? The best vacations bring that feeling home with you. That's why the wellness travel trend is booming: You can indulge yourself but in ways that don't leave any lingering guilt (looking at you, too many [margaritas](#)). You'll come home feeling restored and refreshed instead of needing a nap.

More hotels and resorts are offering amenities to support a wide variety of wellness goals. There are fitness classes or complimentary workout streaming, if you want to exercise without feeling like you're missing out on vacation. There are also mindfulness benefits, like [meditation](#) classes and calming spa treatments, and [healthy food](#) that still tastes like you're on vacation. Some hotel chains offer these types of wellness amenities across their brands, while other properties have one location with specific options.

These 13 hotels, chains, and resorts can set you up for a relaxing, rejuvenating getaway.

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DON RIDDLE IMAGES

Four Seasons Orlando

Orlando, Florida

Rate estimate: \$480+ per night

Think a Disney trip has to be hectic? Think again. The Four Seasons Orlando is a quick shuttle-bus ride to the parks, but feels a world away. You could easily spend your time at the serene pools and delightful lazy river, but **you won't want to miss the a full-service spa (try the vibrational sound therapy), tennis and golf (lessons are available), fitness classes, and cooking demos.**

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COURTESY RED MOUNTAIN RESORT

Red Mountain Resort

St. George, Utah

Rate estimate: \$140+ per night

The Red Mountain Resort itself is devoted to health and wellness—there are fitness programs, a spa, even a labyrinth you can walk—and its location can't be beat. Near Zion and Bryce Canyon National Parks, the resort **offers guided adventure trips (kayaking, canyoneering, rock climbing** to help you make the most of your stay.

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HILTON

Hilton's Aruba Caribbean Resort & Casino**Aruba****Rate estimate: \$280+ per night**

There's never a bad time to visit Aruba, but in June, Hilton's Aruba Caribbean Resort & Casino celebrates an entire month dedicated to wellness—with **free activities daily including beach volleyball, paddle boarding, yoga, and cycling tours** of the island. Catch some rays at one of two sparkling pools, rent a palapa by the beach for a day, or book a massage at the Eforea Spa.

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COURTESY HILTON HEAD HEALTH

Hilton Head Health

Hilton Head, South Carolina

Rate estimate: \$575+ per night

Hilton Head Health's LivingWell program makes a wellness retreat super simple: You can **take yoga and fitness classes (including ones held in the pool)**, join a guided meditation, learn from healthy living experts, and of course, eat well and healthfully.

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COURTESY SPICE ISLAND BEACH RESORT

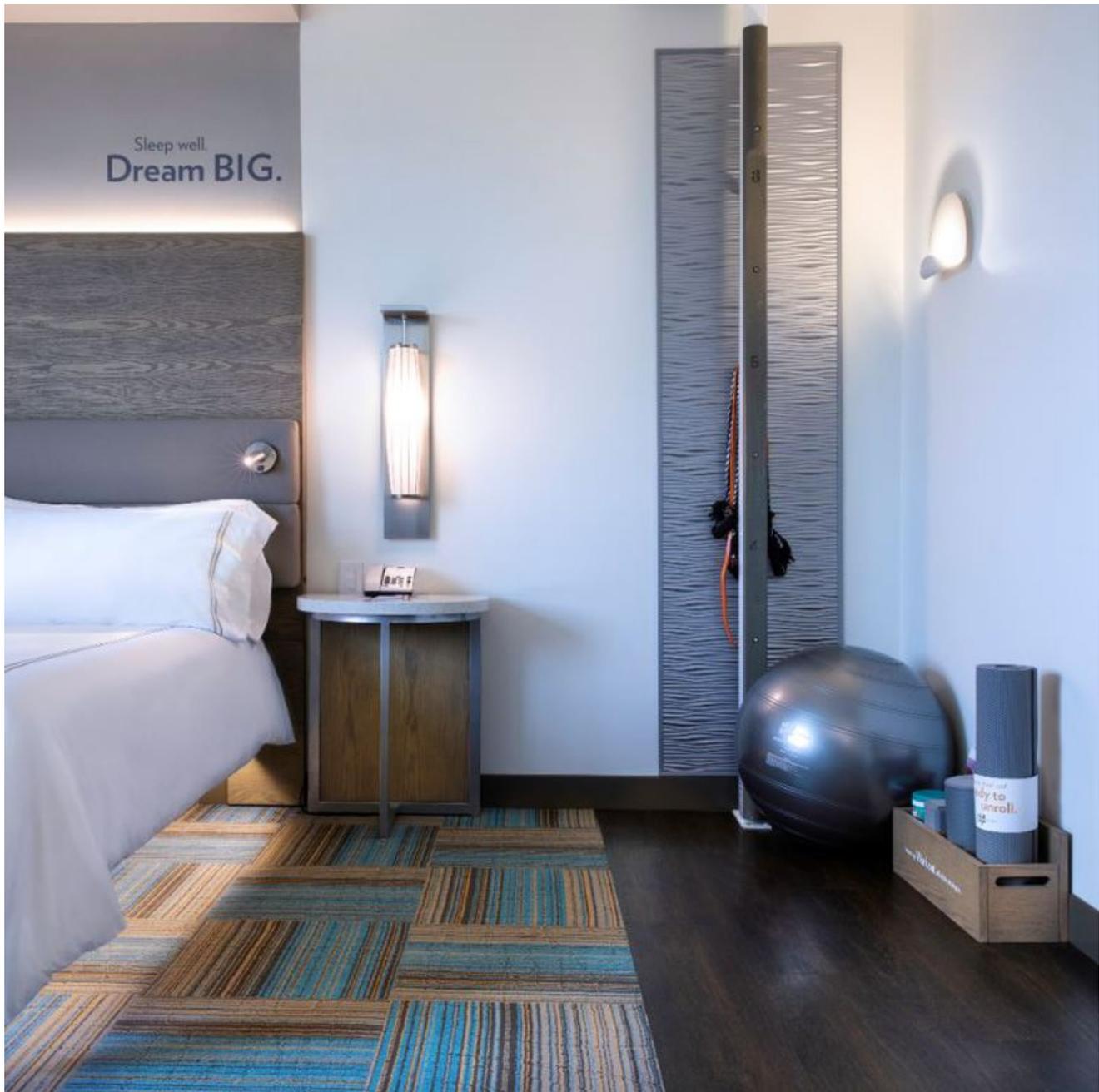
Spice Island Beach Resort

Grenada

Rate estimate: \$800+ per night

The blue waters of the Caribbean make for a terrific backdrop to your beachside yoga class at [Spice Island](#). Or you can choose other outdoor activities, like hiking, tennis, and snorkeling. The **spa uses local herbs and spices native to the island**—and don't miss afternoon tea with therapeutic local teas. This environmentally friendly property also features fresh, local food.

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COURTESY EVEN HOTELS

EVEN Hotels by IHG

Nationwide

Rates based on location

Each room in this wellness lifestyle brand of hotels (there are 12 EVEN locations across the country) has **free streaming fitness classes plus all the gear you need**, like resistance bands, an exercise ball, and a yoga mat. The wellness extends to the rooms, with comfy, natural fiber bedding, and to the kitchen and bar: Organic cocktails!

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CALA LUNA

Cala Luna Boutique Hotel & Villas**Costa Rica****Rate estimate: \$190+ per night**

Designed for the “mindful traveler,” Cala Luna's beachfront property offers open-air yoga and fitness classes, and **even runs an organic farm that provides most of its food**. There are holistic spa treatments, surfing lessons, and more ways to connect with the outdoors.

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COURTESY HYATT

Hyatt Hotels**Nationwide****Rates based on location**

The popular chain is making wellness a priority: World of Hyatt members get access to **streaming services for fitness, mindfulness, and meditation videos**, and guests can also find relaxing spa treatments.

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COURTESY CANYON RANCH

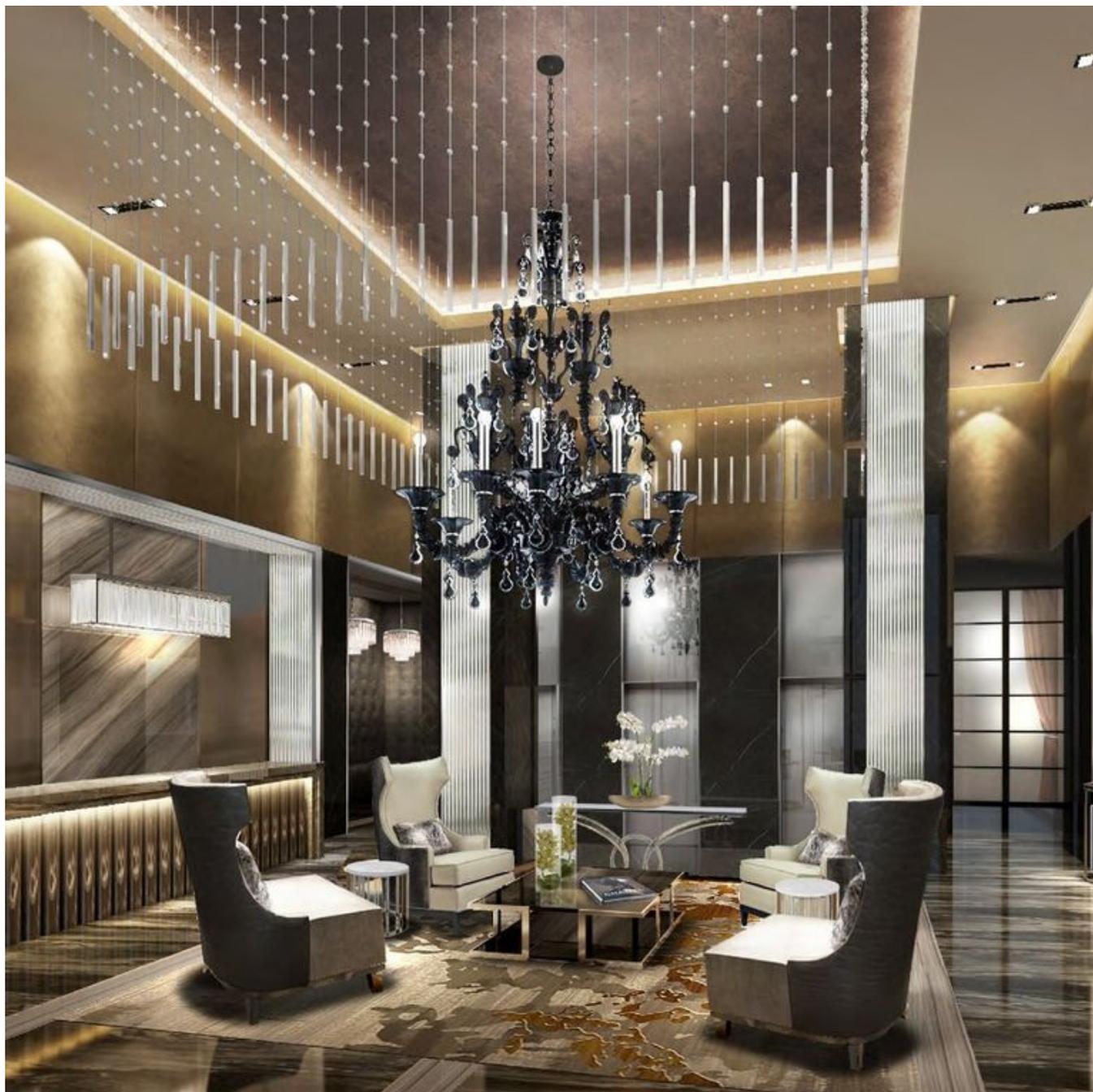
Canyon Ranch

Tucson, Arizona; Lenox, Massachusetts

All-inclusive rate based on location

This wellness travel leader is currently now in two locations: You can find a Canyon Ranch in Tucson, Arizona and Lenox, Massachusetts. In luxurious, scenic surrounds, you can experience a full range of services: There's **top-tier healthy food, fitness classes, and spa services, of course as well as spiritual wellness offerings and creative expression sessions.**

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COURTESY ALIZ HOTEL

Aliz Hotel

New York City

Rate estimate: \$140+ per night

Aliz, a boutique city property, **boasts a Peloton cycling studio**, farm-to-table food options, and all-natural bath products—no parabens in sight!

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JEAN-FRANCOIS JAUSSAUD

Valley Rock Inn & Mountain Club

Sloatsburg, New York

Rate estimate: \$495+ per night

Located about an hour from New York City, [Valley Rock Inn](#) features wellness in the great outdoors. You can **sign up for a weekend boot camp, featuring biking, hiking, and kayaking**, or just enjoy their fresh, local cuisine and restorative grounds.

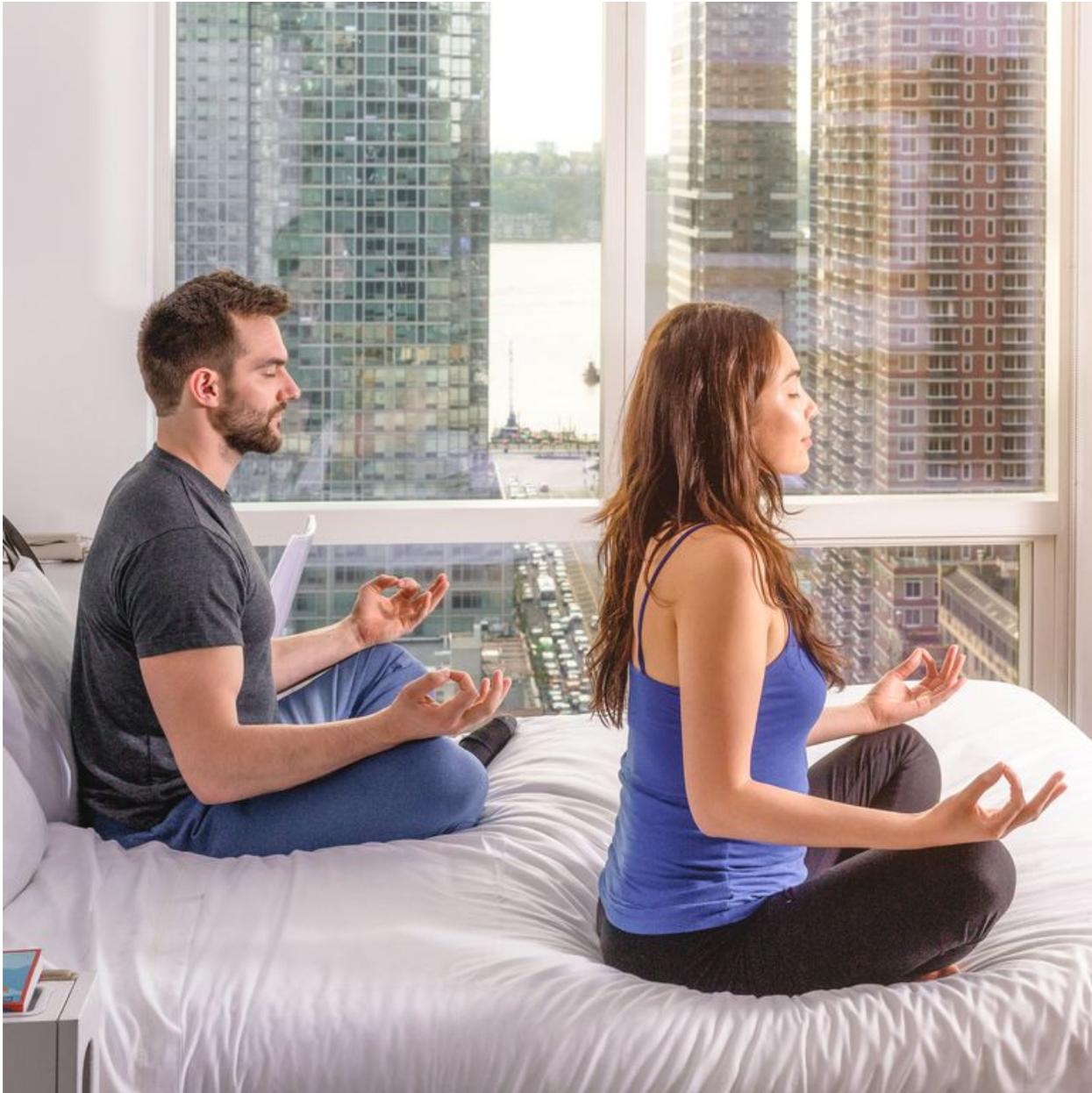
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LUMERIA MAUI

Lumeria Maui**Maui, Hawaii****Rate estimate: \$305+ per night**

You can't go wrong in Hawaii, but wellness retreat [Lumeria Maui](#) has a **full schedule of meditation and yoga classes**, as well as massages (with or without CBD oil). The property's gardens supply produce for meals, which can be prepared whatever your dietary restrictions may be.

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COURTESY YOTEL

Yotel
Nationwide
Rates based on location

This chain of hotel prizes sustainability, and offers a variety of wellness amenities at its 10+ Yotel locations: Options include **SmartBeds for quality sleep**, streaming meditation videos, and a Peloton bike you can have set up right in your suite.

SARAH SMITH Executive Editor

Sarah Smith is the Executive Editor of Prevention magazine.