



Kat Borchert/The Licensing Project.com

GETAWAY

*the* **BEST VACATION**  
*you'll ever take*

Wellness retreats now offer energizing activities, healthy workshops, and ultrarelaxing spa treatments—all geared to rejuvenate, educate, and inspire you. Pack up! *By Mirel Zaman*

**A** major upgrade is in store for your next wellness vacation. The new spas and resorts are going all in with their wellness offerings, creating packages designed to help you learn a skill, experience mind- and body-enhancing adventures, and improve your health. The concept is proving hugely popular—88 percent of people ages 35 to 44 go on wellness retreats when they take time off, according to a new survey. “With special spa treatments, classes, panels, and informational sessions on everything from cooking to creating healthier sleep patterns, there’s something for everyone looking to boost their health and get away from it all—then take home what they’ve learned,” says Leslie Barrie, the wellness editor at Skift, a travel research company. With options including casual, budget-friendly, and luxe, superpampering resorts, here are five wellness retreats that really wow us.

**BLACKBERRY MOUNTAIN**  
This offshoot of Blackberry Farm is on 5,200 acres of gorgeous land in the Great Smoky Mountains of eastern Tennessee. The retreats feature wellness leaders who share their expertise: You’ll go on a self-exploration retreat with best-selling author and research professor Brené Brown, a yoga retreat with renowned instructor Amy Ippoliti, and a healing-food retreat with award-winning chef Seamus Mullen. Each program includes activities like hiking, mountain biking, journaling, and foraging. (Rooms from \$995 a night, [blackberrymountain.com](http://blackberrymountain.com))  
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#### THE ART OF LIVING CENTER

This Zen property in the Blue Ridge Mountains offers year-round retreats that teach you how to take your relaxation to the next level. You can sign up for programs focused on happiness, wellness, silent meditation, yoga, and more. At the popular three-day Ayurveda Culinary Retreat, Ayurvedic cooking instructor Nalini Mehta will teach you how to prep food to eat in tune with your body's needs. (From \$593 for a bed in a three-person room, [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org))

#### W HOTELS

Do you dream of boutique classes? Each Fuel Weekend retreat takes place at a different W property—in Aspen, Colorado, in August, and Muscat, Oman, in October, for example—and is packed with programs led by the biggest names in wellness. You can do a Sweat with Bec class with creator Bec Donlan, a Y7 hot-yoga session, and a Barry's Bootcamp workout all in one day. Afterward, recover with a mobility and stretching class, reenergize with a healthy dinner, and let loose with a dance party led by a world-class DJ. (From \$2,099 for the weekend, [w-hotels.marriott.com/about/fuel](http://w-hotels.marriott.com/about/fuel))

#### LE MONASTÈRE DES AUGUSTINES

This former nun monastery in Quebec offers personalized packages that combine modern healing with traditional treatments. During the Wellness Experience, you participate in a holistic health consultation, a massage or reflexology session, and activities like yoga. The Regeneration Stay provides green juices and breathing and posture classes as well. Both include three meals a day. (From \$213 per night per person for a double room, [monastere.ca/en](http://monastere.ca/en))

#### RUN WILD RETREATS + WELLNESS

This company hosts getaways for runners all over the world, including in Iceland, Italy, and Spain. For instance, the Moab Mindful Running Retreat is a four-day program that gives you the know-how to run smarter and recover better. In addition to daily guided trail runs across otherworldly red-rock landscapes, there are special workshops that teach you mindful running techniques, restorative yoga classes, and clinics on developing your natural running form. (From \$1,950 for three nights in a shared double room at Red Cliffs Lodge, [runwildretreats.com](http://runwildretreats.com)) ■