

DEPARTURES

The 8 Best Hotels in America for a Spiritual Retreat

By [Stacey Leasca](#) on January 27, 2021

Find relaxation, better health, and a renewed sense of zen.

If there's one thing we can all agree on right now, it's our [need for a reset](#).

[Resting your mind, body, and soul](#) is paramount for [well-being](#), and there's no better place to do just that than at one of America's [premier wellness retreats](#). From [natural hot springs](#) for soaking away your worries, to [yoga classes](#) to work out all the little kinks and [spa treatments](#) to buff away the bad year, these are the eight [best hotels in America](#) for a [spiritual retreat](#) unlike any other.



The Ranch: Malibu, California

Unplug for an entire week with a stay at [The Ranch Malibu](#). Nestled in the Malibu hills overlooking the Pacific Ocean sits the serene resort that welcomes guests who want to come and truly get away from it all and become a bit healthier in the process. During the week-long stay, guests take part in a wellness program that the resort says is "based upon years of collective experience and observation, with ongoing regime adjustments to ensure the most weight and inches are lost in a safe and sustainable way." Limited to just 19 guests per session, the Ranch staff will tend to your every need. Warning: Each day includes a full six hours of exercise, so be prepared to sweat.