

## Best Wellness Retreats in the World

We could all use more wellness in our lives. Whether we seek to disconnect from the outside world, challenge ourselves or relax in style (or all of the above), a restorative getaway to a rejuvenating resort is often the perfect way to revive the mind, body and soul. And as the world reopens, we're once again considering getaways to help improve our well-being.

Here, we have rounded up our favorite wellness retreats, each with their own emphasis—from spiritual to intellectual. Some of these resorts and spas are close to home. Others are further afield. All of these, however, are properties we love and cannot wait to revisit—be it in 2022 or beyond.

### Best Wellness Resort for a Physical Challenge: The Ranch Malibu, California



As tough as the Ashram but with beautiful rooms and gourmet vegan food, this butt-kicking [spa hotel](#) offers the ultimate physical challenge. Guests are awakened at 5:30 a.m. each morning for yoga before heading out on arduous (albeit stunning) hikes; meals are vegan and gluten-free; and visitors receive daily massages. Indagare CEO and founder [Melissa Biggs Bradley](#) says it gave her “a renewed appreciation for living in the present moment and gratitude for the unexpected opportunities that open new ways of thinking.” Rigorous and strict, the resort is ideal for those who are looking for new challenges and a healthier perspective on nutrition and fitness, but want to do so in a hardcore way (and in a spectacular setting). In 2022, the Ranch Malibu is set to relaunch its special ‘4.0’ [four-day program](#) (based at the Four Seasons Westlake), an abridged version of the seven-day stay, which can provide rejuvenation and healing over a long weekend.