

20 Wellness Retreats To Reset Your Body And Mind

Hand-picked global destinations to put a pep in your physical and emotional step.



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As American artist and icon Norman Rockwell once said, “Travel is like a tonic to me. It’s more than just getting away from the studio for a brief rest. I need it to recharge my batteries.” While Rockwell’s words provide timeless insight, they seem to particularly resonate in modern times—with constant connection and screen time at an all time max, a mental and physical reboot with a *T&C* twist is right on the money.

From yoga-centered fitness getaways with plant-based Italian cuisine, to connecting with the great outdoors via the resident sloths at a Costa Rican rain forest resort, here are the Town & Country picks for the most elevated wellness weeks and retreats to book around the globe in 2020.

6. PARK CITY POWER RECHARGE



WASHINGTON SCHOOL HOUSE

Where: [Washington School House](#), Park City, Utah

What: An escape surrounded by aspens, spruce, and boulders—book a trip to Park City’s posh hotel, the Washington School House, for a weekend of mountain adventure, wellness, and chill time by the property’s dreamy pool and hot tub. While the pint-sized luxury boutique hotel’s (there are only twelve rooms) interiors are low-key gorgeous (a mix of antiques and contemporary art), the great outdoors will be calling your name. Give into your inner adventurer and enjoy Park City’s wildly long list of outdoor offerings: fly-fishing, ice skating, skiing, riding in a sleigh.

And for those looking for a little more relaxation than hitting the slopes, cozy up by the fire, take a private pilates class on site, or book a 90 minute in-room massage from Washington School House’s partners at Aura Spa, and knead out all the stress before heading home.

Price: Starting at \$400 a night. For more, click [here](#).