

The Best Wellness Destinations in the U.S.

From regimented retreats that fill your itinerary with yoga, meditation and sound healing to charming towns with a spiritual essence, get your mind, body and spirit right when you visit the best wellness destinations in the U.S.

By [Allie Lebos](#)



What better way to start a new year than with a little wellness? Prioritizing mental and spiritual health is at an all-time high, with travelers from all over the country seeking a healthy reset after the holidays. Whether you're trying to accomplish a new set of resolutions or simply want to kick off 2025 with a reflective retreat, many destinations in the U.S. offer relaxing accommodations, vegan-friendly restaurants, five-star spas and premium fitness classes. Though laid-back California has been a pioneer in the wellness movement, places like Hudson Valley and the Florida Keys on the East Coast have also encouraged locals and visitors to lean into self-care.

Arizona is another hotspot for mindful travel, with both Sedona and Scottsdale hosting premier wellness retreats that immerse guests in unique desert landscapes. When it comes to coastal escapes, Maui is a tropical paradise, while Santa Barbara and Ojai show why the Golden State continues to be at the forefront of the wellness movement. From regimented retreats that fill your itinerary with yoga, meditation and sound healing to charming towns with a spiritual essence, get your mind, body and spirit right when you visit the best wellness destinations in the U.S.

Scottsdale, Arizona

Scottsdale is quite the surprise when it comes to wellness. In addition to a burgeoning wine scene, this hotspot, situated in the Sonoran Desert, has also mastered the metaphysical, with several hotels like the *Andaz* and *Sanctuary Camelback Mountain* housing rejuvenating luxury spas where guests can enjoy blending their own oils, meditating in a Zen garden or taking a dip while admiring the surrounding mountain views. *Castle Hot Springs*, one of the most renowned luxury wellness resorts in the country, is located less than an hour away from Scottsdale. Explore the Bradshaw Mountains or soak in the tranquil and crystal-clear springs before partaking in group journaling, meditation and yoga classes. *Civana Wellness Resort and Spa* is just outside of Scottsdale, and it, too, specializes in wellness-focused experiences, complete with an inclusive activity itinerary and food package. About two hours away in Tucson, you'll find the acclaimed *Canyon Ranch* (there's also a location in Lenox, Massachusetts and an upcoming outpost in Austin, Texas), where you can tailor your holistic wellness journey to your specific needs.