



## The 9 Best Small Towns in the US for a Wellness Centered Vacation

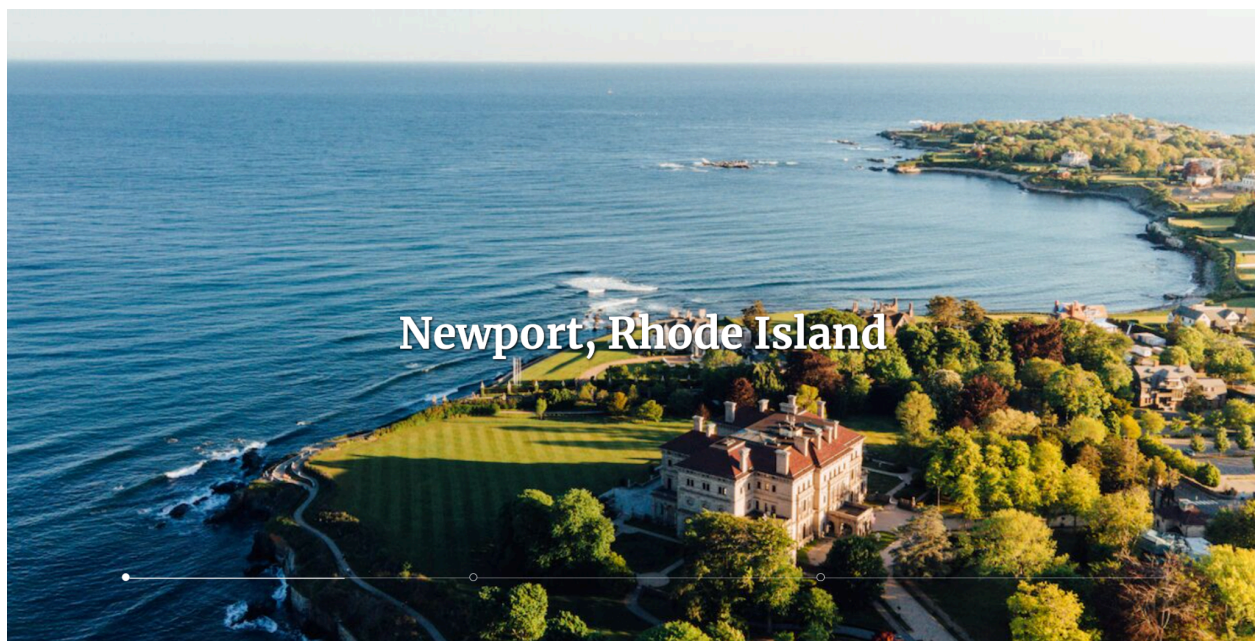
By: Matador Staff

Wellness travel is booming. By [one measure](#), the amount that people spend on wellness travel has grown 12 percent each year since 2020, and will continue to grow another 52 percent by 2027. That said, the concept of “wellness” is a broad one. For some, it’s a soak in a [natural hot spring](#) in a place like [Matador’s wellness destination of the year](#), Calistoga, California. For others, it’s a chance to partake in yoga classes or learn from [meditation experts](#).

These days, it’s not too difficult to find some sort of wellness related activity anywhere you travel. However, there are some areas of the United States that particularly stand out as conducive to feeling better when you leave than when you arrived. Those trips are all the more charming when based in small towns that don’t have just a spa or two, but an entire wellness ecosystem with many ways to embrace a mentally and physically satisfying lifestyle.

These are the nine best small towns in the US for a wellness-centered vacation in 2024.

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## Newport, Rhode Island

While sailing and historic mansions have primarily defined Newport, Rhode Island, the town has another claim to fame for the wellness minded: its spas. The city is packed with wellness institutes offering just about everything you need to let loose and thrive, from hydrotherapy to Thai body rituals, traditional Chinese medicine treatments, yoga classes, sound healing sessions, and much more.

If you're looking for a deluxe massage and a facial in a beautiful setting, pay a visit to the upscale [Castle Hill Inn Spa](#). The 40-acre property is also a lovely place to stay and dine if you're able to splurge a little. Similarly, the newly renovated [Newport Harbor Island Resort](#) is an elegant venue where you can get manicures, massages, facials, hair removal treatments, and more – all with ocean views. Of course, you can stay in one of the lovely guest rooms and enjoy the four on-site dining venues. Both properties are outside of the downtown so you can relax well away from the urban hustle and bustle.

But, of course, in a town where wellness offerings abound, you're likely to be tempted into trying something a little more niche. [The Bodhi Spa](#) specializes in what it calls the Water Journey, a way of healing and relaxing by applying water to the body in all its forms and temperature: steam and sauna sessions, ice plunges, and hot mineral soaks. [DRIPBaR](#) offers more unusual treatments such as intravenous vitamin drips and intramuscular shots meant to give you an immunity boost. Similarly, the [Avalon Medical Spa](#) menu includes injections to improve sexual wellness such as "O-shots" (Orgasm shots) for women and "P-shots" (Priapus shots) for men, as well as a wealth of laser treatments, collagen inductions, and more. Those who'd rather enjoy less clinical and more New-Age wellness offerings can head straight to [Recharge Newport](#) to take part in ecotherapy sessions, transformational soul coaching sessions, dream analysis sessions, tarot reading, among other alternative choices.

**Photos: [The Retreat at Castle Hill Inn](#); [Discover Newport](#)/Corey Favino**