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I've Taken Dozens of Wellness Getaways & These Are the 8 Destinations I Recommend

I've traveled all over the world in search of rest and relaxation, and these resorts and spas are the crème de la crème.



By Alexa Mellardo / Published on September 13, 2024 | 12:04 PM

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Sometimes, you just need to rest, recharge, and take a mental escape from life's daily hustle. Not only do you deserve a stress-free oasis, but a mind and body reset is necessary to nurture your overall wellbeing. As *Eat This, Not That!*'s Mind & Body Deputy Editor, each year, I receive many invitations to experience some of the world's premier wellness getaways first-hand. Each trip heightens my sense of what constitutes a truly restorative and extraordinary getaway, which has helped me compile this carefully curated list of the best wellness destinations I recommend for a vacation that's nurturing and luxurious. Consider it the crème de la crème of my wellness travel, along with my honest reviews.

In the past few years, I have found solace in stunning mountainside retreats, coastal cottage havens, private spas, and more. I've nurtured my body in a hydrotherapy soak and indulged in a warm tiger clam shell massage on an opulent white sandy beach. I've embraced unique hiking, kayaking, horseback riding, yoga, hot air ballooning, sound healing, and farm-to-table meal experiences—and that's just scratching the surface.

Now, close your eyes and envision what an ideal wellness getaway looks like to you. Are you ready to plan your own therapeutic getaway? There's a tried-and-true retreat to rejuvenate and enhance every individual's self-care routine, energy levels, and goals. Let's discover the trip that's calling your name.

8. Newport, Rhode Island: Newport Harbor Island Resort



Newport Harbor Island Resort

My stay at Newport Harbor Island Resort exuded coastal luxury. Nestled on Goat Island, this resort offers the perfect blend of cozy fireside mocktails, sailing adventures, and the freshest seafood—all of which I fully indulged in.

The resort's location can't be beat; it provides an unparalleled seaside retreat with floor-to-ceiling views, decadent spa treatments, waterfront Pilates and yoga classes on the Lighthouse Lawn, kayaking, paddle boarding, biking, and an outdoor saltwater pool. If that wasn't enough of a treat, downtown Newport is just a short stroll, bike ride, or water taxi away, making it easy to explore.

Fitness, Wellness, and Adventure



Alexa Mellardo

My stay began with a rejuvenating "water journey" at Bodhi Spa, a hydrotherapy day spa that provides a total-body detox with its hot and cold plunges, saunas, and freshly pressed juices. The combination of cold, hot, ice, steam, and holistic minerals left me feeling like a new person. I wrapped up the day by spending time in the spa's zen garden, where plush day beds, lounge chairs, and an outdoor sauna awaited.



Alexa Mellardo

For a more traditional yet equally enjoyable spa experience, I indulged in a massage at The Retreat at Castle Hill Inn by Farmaesthetics. Farmaesthetics uses organically grown flowers and herbs from American family farms in all of its products, and the aromas are divine. (Midnight Honey oil quickly became my favorite!)

Following my treatment, I enjoyed a delicious farm-to-table lunch overlooking the calming sea. Talk about the perfect wellness getaway!



Alexa Mellardo

If you can't already tell, mind and body wellness was the key theme of this getaway, making MEND an ideal place to unwind and clear my head with a sound bath meditation. For a more challenging session, MEND offers hot power vinyasa, which can be performed with or without weights, as well as heated HIIT and heated Pilates.

I also carved out time for a nature walk at the Norman Bird Sanctuary, a 300-acre haven where more than 230 bird species have visited. Walking along the seven miles of hiking trails allowed me to completely immerse myself in nature while enjoying some invigorating cardio.

Culinary Experiences



Alexa Mellardo

My tastebuds in Newport were especially delighted. For a healthy morning refreshment, I stopped at The Power of Juice and tried their "beetox" and "carrot top" cold-pressed juices, both delicious and energizing treats.

For dinner one evening, I seamlessly hopped aboard the ferry at Newport Harbor Island Resort. The ride offered incredible views of the coastline, and I took the opportunity to explore the quaint town of Jamestown. Here, I enjoyed a scrumptious seaside dinner at Beech Restaurant and Bar.

Additional Activities

If your fur baby makes a great wellness and workout partner like my two Maltese do, fear not. Newport Harbor Island Resort is dog-friendly, complete with a welcome treat, an ultra-plush pet bed, and a stainless-steel bowl in your accommodations.

A brisk walk with your pup (or pups) will allow you to discover all the hidden beauty surrounding the property while getting in your steps. You can also add in some strides along the 3.5-mile-long Cliff Walk, Bowen's Wharf, or Brenton Point State Park. Many of Newport's cafés and restaurants are dog-friendly as well.

Newport Harbor Island Resort Pricing

A Waterview King Room ranges from approximately \$251 – \$2,250 per night.