

# BRIDES

HONEYMOONS

## 12 Wellness Honeymoons for Post-Wedding Bliss

*Start your lives together on the best possible foot with a dreamy getaway filled with healing me time and togetherness.*

By Christina Oehler Published on February 26, 2019



Courtesy of Casa Madrona Resort & Spa

Wedding planning turned you into a ball of stress and nerves, not to mention serious knots? It's understandable, and totally fixable as soon as you've made it official—cried, laughed, and danced your way to wedded bliss. The best cure for an exhausted bride and groom? A honeymoon that embraces wellness in all ways—and no, that doesn't mean a boot camp with no booze. (Those who wish for a deep dive, however, should check out Intrepid Travel's customizable India itineraries, which involve Ayurveda training and [yoga practice](#) with local gurus.) We've rounded up a dozen places where you can treat yourself, and we mean really get pampered, as well as, if you wish, take some mental, physical and spiritual measures to ensure you're in the perfect headspace and shape to tackle your new life.

### Cal-a-Vie Health Spa and Casa Madrona Hotel & Spa, California

Active couples will thrive at Cal-a-Vie, just north of San Diego, where there's a 5-to-1 staff-to-guest ratio (and just 32 private villas, plus golf) and literally more than 150 fitness classes, plus beach volleyball, pools, 10 miles of trails that include prime sunset spots, and even couple's candlelit yoga in a 400-year-old chapel. Spa and mind-body sessions are also plentiful. Casa Madrona Hotel & Spa's recent renovation unveiled a newly high-tech Wellness Experience, featuring eight Sleep Smart beds that track sleep activity and body temperature and provide sleep coaching—perfect if you're getting in battles over covers or firmness of your mattress. There are also personalized AI trainers, meditation headbands that track brain activity, and Moon Juice adaptogenic blends so you can get on the right track.