



The Best Mind and Body Wellness Getaways in the U.S.

These eight getaways are the perfect way to unwind, relax, and recharge in the post-holiday season.

With the New Year upon us, there's never been a better time to dedicate a long weekend to yourself, and no better place to do it than—well—anywhere but home. As such, we've rounded up some of the most impressive destinations for mind and body wellness today, each of which prides itself on providing three requisites for a post-holiday stay: rest, relaxation, and fun.

Whether it's a week-long retreat in the California Redwoods, a yoga escape in Michigan's wine country, a spa-cation in coastal Maine, or a journey to Hawaii's most elite resorts, each of these getaways is bound to leave you feeling refreshed, restored, and ready to face 2018. Pack your bags—here are our eight favorites now.



 Semiahmoo Resort, Golf & Spa

Semiahmoo Resort (Blaine, WA)

Situated on the pristine shores of Semiahmoo Bay and Drayton Harbor, less than two hours north of Seattle and minutes from the Canadian border, this seaside resort is a natural choice for unplugging and recharging. Outdoor lovers will be quick to embrace their new surroundings—more than 300 acres of tideland and trails make the property a go-to for jogging, biking, tennis, and volleyball. If rainy weather does strike, a modern and thoroughly outfitted gym is all for the taking, as is a full-service spa. Taste through the area's bounty at Pierside Kitchen, where the focus is on regionally-sourced and seasonally-focused plates (case in point with Alaska Coho salmon, Semiahmoo seafood chowder, and organic gem lettuces with butternut squash).