



MATADOR network

TRIP PLANNING

9 trips to help you get over a breakup



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EACH OF US has our own way of getting over a breakup, but travel is definitely one of the most helpful things you can do — get out of your head and into the world.

5. Go on a health and wellness retreat.

Check into a wellness center for a weekend like [Semiahmoo Resort](#). Center yourself with yoga, then tone up for a confidence boost with exercises like TRX and Barre Pilates. Cool off after the gym with a swim, and sweat out toxins in the sauna and steam rooms. Indulge yourself with a range of spa treatments like customized facials and massages or a mani-pedi combo.