

## These 10 Soothing Wellness Retreats Prove It's Never Too Late to Relax and Reset

By Morgan Halberg • 02/10/19 10:00am



The wellness trend is showing no signs of slowing down, so why not kick your doubts and cynicism to the curb and finally get on board? Even if you weren't able to stick it out for Dry January and you haven't fully recovered from all your holiday indulgences, it's still the beginning of the year. And you don't have to be [Gwyneth](#) to reset and recharge with a little extravagant R&R—soothing retreats are springing up all over, making them available to the rest of us who want to let our hair—and inhibitions—down.

Below, the most lavish wellness experiences around the world, from singing bowl therapy in Phuket to body constitution diagnoses in Aravalis to ancient Chinese medicine in the German Alps.



### The Ranch Dolomites

Malibu wellness favorite The Ranch is heading to the Dolomites in Italy, where it will host eight weekly retreat sessions from August 25 through October 19. Guests stay at the five-star [Leading Hotels of the World](#) member Hotel Rosa Alpina and can take part in a combination of intense fitness programs and a meticulously selected plant-based diet plan. Each morning starts with a hike with local guides, followed by strength training, yoga, meditation and daily massages. Also, there's cauliflower pizza. *From \$8,700, [TheRanchMalibu.com](#).*