

TOP 5 WELLNESS ESCAPES IN CALIFORNIA



@Post Ranch Inn, Big Sur

Unwind and Rejuvenate in the Golden State

California is home to some of the most serene and luxurious wellness retreats in the world. From hot springs nestled in wine country to coastal spa resorts, these escapes are perfect for those seeking relaxation, rejuvenation, and a chance to reconnect with nature. Discover the top wellness destinations where you can unwind and recharge.



Indian Springs Resort Calistoga

Indian Springs Resort is an iconic destination in Napa Valley, known for its natural hot springs and historic Olympic-sized mineral pool heated by natural geysers. This retreat combines relaxation with wellness treatments, offering a unique blend of luxury and history.

- Location: Calistoga, Napa Valley
- Highlights:
 - Olympic-sized mineral pool
 - Mud baths and spa treatments
 - Sustainable practices and eco-conscious approach
- Perfect For: Travelers seeking a blend of relaxation and history in a natural hot spring environment.



Fairmont Sonoma Mission Inn & Spa Sonoma

Nestled in the heart of Sonoma, the Fairmont Sonoma Mission Inn is renowned for its access to ancient geothermal mineral springs. With a focus on eco-conscious wellness, the resort offers mineral pools, a Watsu pool, and a Roman-style bathhouse.

- Location: Sonoma
- Highlights:
 - Thermal mineral pools rich in healing minerals
 - Eco-friendly, luxurious spa treatments
 - Beautiful surroundings in Sonoma wine country
- Perfect For: Wellness seekers wanting a comprehensive spa experience with an eco-conscious twist.



Post Ranch Inn Big Sur

Perched on the cliffs of Big Sur, Post Ranch Inn offers a serene escape with breathtaking views of the Pacific Ocean. Known for its luxurious, eco-friendly accommodations and holistic wellness offerings, it's a haven for those looking to connect with nature.

- Location: Big Sur
- Highlights:
 - Cliffside infinity pools with ocean views
 - Yoga and meditation sessions
 - Organic, sustainable design
- Perfect For: Those seeking a secluded, luxury retreat with a focus on mindfulness and environmental sustainability.



Two Bunch Palms Desert Hot Springs

Famous for its mineral-rich, naturally heated waters, Two Bunch Palms in Desert Hot Springs is an oasis in the desert. This resort emphasizes wellness through nature-inspired spa treatments and a relaxed atmosphere.

- Location: Desert Hot Springs, Palm Springs area
- Highlights:
 - Mineral pools and spring-fed tubs
 - Outdoor yoga and meditation spaces
 - Tranquil desert environment with sustainable practices

Perfect For: Those looking for a holistic wellness experience in a desert oasis setting.



Ojai Valley Inn Ojai

The Ojai Valley Inn is a picturesque resort surrounded by the Ojai mountains, offering a peaceful and luxurious wellness escape. Known for its spa village, this resort provides a range of rejuvenating experiences, from hydrotherapy pools to apothecary-inspired treatments.

- Location: Ojai
- Highlights:
 - Spa village with hydrotherapy pools and steam rooms
 - Outdoor fitness classes and mindfulness workshops
 - Beautiful mountain views and serene environment
- Perfect For: Wellness enthusiasts seeking a peaceful, luxurious spa experience with a variety of treatments.