



This pandemic has caused even the most mentally fit among us to experience anxiety. The fear of Covid-19, combined with the uncertainty the virus has created and information overload, is a recipe for stress, worry, and a lack of balance, leading to clinical mental health issues. Taking care of your inner self or even indulging in the luxury of planning to do so is a wise and enjoyable use of time.

Spas are excellent for self-care and have become a veritable cornucopia of therapy alternatives. Treatments, environments, and personalization in wellness are as vast as your imagination and travel may take you. Here are some of the best options on the horizon as you make your 2021 and beyond wellness escape plans.

Suppose your focus is the northeast U.S. In that case, you should consider crisp Appalachian air, the expansive Chesapeake Bay's therapeutic waters, relaxing walks along the seashore, and all of the natural elements that come together in Maryland. Your

worries will wash away as you find yourself lost in the lush green hills and stunning seashores of this restorative region while you pick and choose from the superb spas situated both in the hillsides and along the ocean's edge. The Chesapeake Bay Loop is home to a stunning variety of plants and wildlife, creating a wilderness oasis within steps of luxurious and unique health and wellness offerings.

The Inn at Perry Cabin is located in the eastern shore town of St. Michaels, Maryland. A world-class resort in a storybook setting with its manor house dating back to the colonial era. The colonial vibe, complete with towering white pillars, open spaces, cozy corners, and stunning vistas, will immediately invite you to relax and forget 2020. You may want to push yourself a little with cardio, strength, or even a Peloton workout at the Fitness Center for clarity and focus. Then revive your senses with one of their luxurious scrubs or treatments that utilize herbs and aromatics grown on property and nearby farms. Aromatics have

only begun to be studied by science and already have proven to alter brain waves and behavior. When the source is local and pure, this is truly a local luxury. The Annapolis Waterfront Hotel, Autograph Collection, is a perfect option if hopping on a sailboat and letting ocean breezes and sunshine wash away your stress is your antidote of choice.

Wellness is a personal pursuit to consider your own needs and preferences and what works for you. This should include how a spa or resort's location and environment make you feel. For many, stunning vistas and Appalachian air open the door to a renewed perspective, and the Lake Point Inn is the perfect spot for verdant, restorative views, and an excellent selection of massages, followed by a sauna and steam shower.

This is only an introduction to the spa experiences dappled throughout this quaint and friendly state. If you have the time, make several stops and indulge in a variety of treatments. You can plan to experience relishing the salt-enriched microclimate of the Bethesda Salt Caves in downtown Bethesda or the "Safe Sanctuary" of the Turf Valley Resort, complete with treatments such as "Loving Yourself Rocks," body treatments, and Vichy showers. If you are looking for more of a city vibe in Maryland, hit The Ivy Hotel in Baltimore and release all of your tensions via in-room spa bliss from head to toe.





Driving can be its own sanctuary, a chance to be silent, listen to music, or even reconnect with loved ones as you anticipate your next destination. New Hampshire is an ideal locale for a road trip, as this small New England State is filled with all of nature's striking gifts, from rugged ocean shores to crystal blue lakes and the White Mountains. An opportunity to drink in the best spa-view in New Hampshire can be found at The Mountain View Grand Tower Spa. This spa is known for its massages, facials, and opulent hand and body treatments. The icing on the cake is the Grand Tower Experience, complete with a private couples-retreat lounge overlooking the scenic views which envelope the entire property. Here you'll experience absolute tranquility and a chance to reconnect in nature's serenity while pampering yourselves. If the New England Seashore and salt air is your preferred choice of therapy, located on New Castle Island, Wentworth By the Sea Hotel and Spa takes you back in time. It will make you feel you are in a seaside resorts of the forties, with modern amenities and enviable signature spa treatments that are oh-so-personalized.

Suppose your heart yearns for small towns and varied landscapes dotted along the eastern United States. In that case, North Carolina is another inspiring destination for a bit of therapy from both Mother Nature and a great spa experience. Fearrington Village is an English-inspired village nestled in the idyllic countryside of the North Carolina piedmont. This is where you'll find the Fearrington House Inn, situated on a historic farm, surrounded by tranquil manicured gardens and dreamy green pastures. This is a hidden gem for rest and relaxation. The Fearrington Spa is unpretentious and will leave you melting into old-world charm, complete with some excellent beauty treatments and exclusive Elemis British skincare products. Their distinctive massage sequences and power-boosting facials are therapeutic in so many ways. As the body's largest organ, skin is an essential barrier for immunity, maintaining equilibrium between the external environment and internal tissues. In essence, when you take care of your skin, you are treating your whole body. This is particularly meaningful in times of stress as recent research has confirmed skin to be an immediate stress perceiver and a key source of a stress response.



Mountain View Grand Tower Spa



Mountain View Grand Tower Spa Boutique



Umstead Hotel and Spa



Fearrington House Restaurant



High Hampton



High Hampton

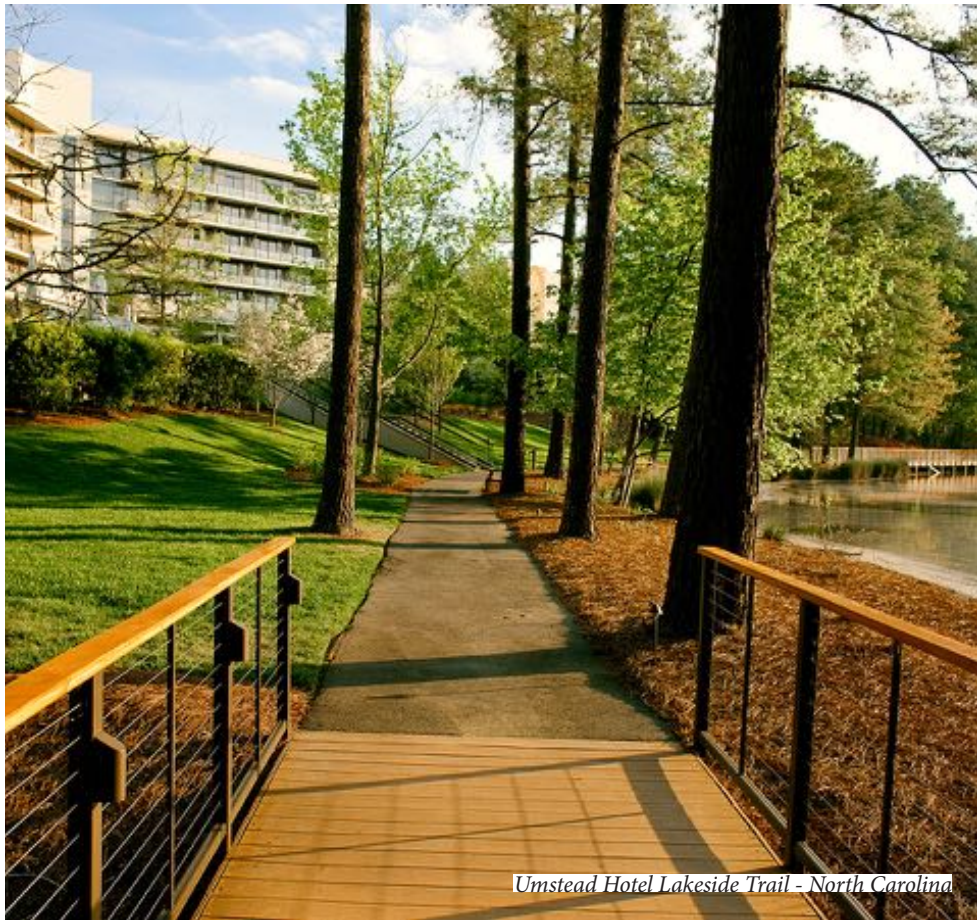


Wentworth by the Sea

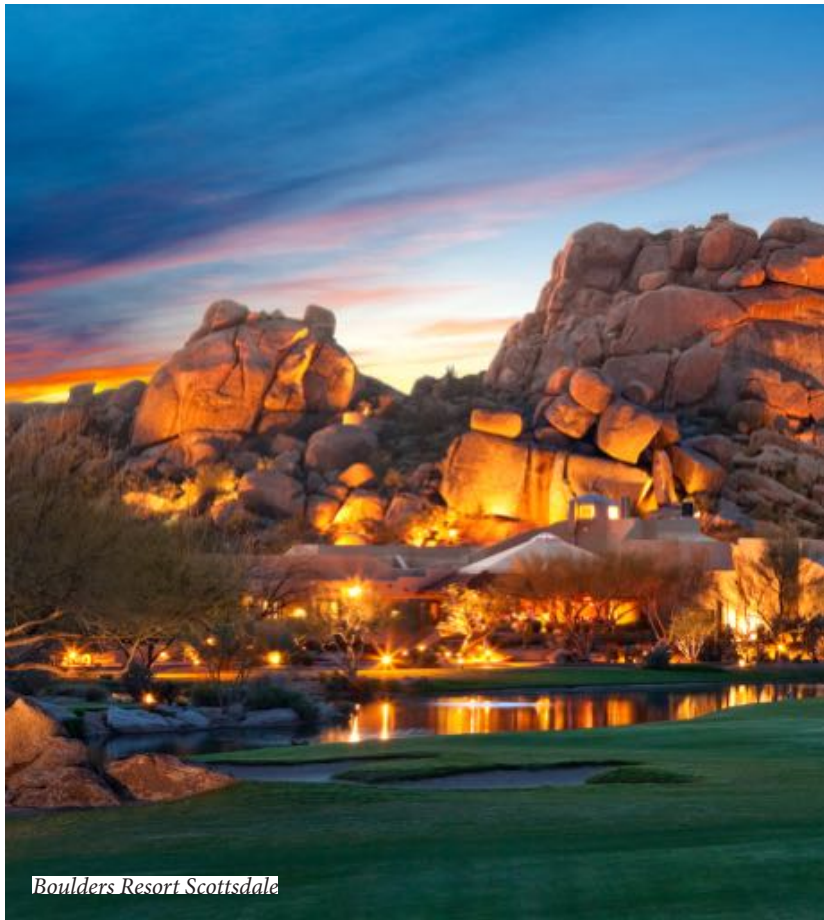


Wentworth by the Sea - Bar/Lounge





Umstead Hotel Lakeside Trail - North Carolina



Boulders Resort Scottsdale



Serenity Pond - Ramada Canyon Ranch

Green foliage-filled half-hour drive away will land you in the town of Cary, where you'll be drawn to the clean, contemporary lines of The Umstead Hotel and Spa, nestled among the tall Carolina pines and spraying fountains. This spa features a private art collection curated with local and international artist's work, enhancing your experience as you release your stress through treatments at this refuge of tranquility. With so much scenery around you, be sure to bring a sketchbook and pencil for a bit of art therapy yourself. Art therapy is real and rooted in the idea that creative expression can foster healing and mental well-being, and yes, this includes drawing and even doodling!

You'll notice that the Umstead has taken full advantage of North Carolina's woodland setting. From organic botanical treatments to the soothing sounds of mountain water and the expansive views, this is a space where all of your senses are engaged, which is why they are consistently listed among the best spas in the Raleigh area. The website says it all. This is a place where nature, art, and wellness unite.

Want to turn up the heat? Exposure to sunlight is thought to increase the brain's release of serotonin, a mood booster, helping a person feel calm and focused. So, hit the gas (or hop a flight) and get yourself to Arizona. In the Santa Catalina Mountains in Tucson sits one of the best spas in the world. The Spa at Canyon Ranch is a world-renowned, 80,000-square-foot complex where you'll find the unique Watsu Aquatic massage. While floating comfortably in a supported pool of warm water, your body is massaged, softening muscles, stretching tissues, and opening energy pathways. For hundreds of years, the Sonoran Desert has been said to have healing powers, attracting some of the most distinct spas to be found. From the hydrotherapy immersions of the Civana Wellness Resort and Spa to the teepee for guided meditation and a large Organic Garden relished by guests at the Boulders Resort Scottsdale spa. Add the Aroma Blending Bar and other wellness offerings at the spa at Four Seasons Resort Scottsdale at Troon North, and the only stress you'll be left with is choosing just one.



Walking the labyrinth at the Boulders Resort & Spa Scottsdale



Turquoise wrap at the Boulders Resort & Spa Scottsdale



A bit of travel may be the prescription of choice, and as things open up, we can make plans to rejuvenate abroad. Bermuda is a short flight off the east coast, so why not indulge in a wellness experience? Rosewood Bermuda's spa uses only locally harvested aloe, which has healing powers that release toxins in the body and relieve stress. Grotto Bay Beach resort's Natura Spa takes you into a subterranean limestone cavern where treatment rooms float atop a natural fresh-water grotto. A soothing hot stone massage surrounded by shimmering candlelight and serene stillness is just one of the many healing remedies on offer. The variety of superb spa therapies in Bermuda will leave you feeling focused and transformed. A Reiki "universal life energy" treatment at the Ocean Spa, Cambridge Beaches Resort, or the chance to melt your tension away as bamboo is rhythmically massaged and floated over your entire body at La Serena Spa in Southampton are among the abundance of choices. The local atmosphere will also revive your weary senses as you indulge in the exquisite, stress-free oasis of cotton-candy pink sand and turquoise waters.

Looking to go a little further afield? Take in the historical Mediterranean vibe of Athens, inclusive of one of the Hammam Baths Spas. This company delivers four exceptional choices. It has taken the art of Hammam baths to a whole new level, each location exuding a classic hammam feel with a contemporary twist and a diverse menu of spa therapy options. You could also nurture yourself at the GB Spa Hotel in Athens. This sumptuous destination unto itself offers some unique wellness options, inclusive of a Serail Mud Chamber. Wellness has always been a focus in Mediterranean culture; the word spa is thought to come from the region, dating back to the mid 2nd millennium BC when the Greeks began bathing routines that laid the groundwork for modern spa practices. The earliest findings are from regal baths at Knossos, Crete, and the opulent alabaster bathtubs excavated in Akrotiri, Santorini. Greece's history in the spa experience makes Athens a must-do at the beginning or end of your spa wellness journey.

With all of these wellness therapy options available to choose from, you can now dream and begin to make indulgent plans which includes wellness in your future travel itinerary.



Yoga by the pool at CIVANA Wellness Resort & Spa. Credit: Lisa Diederich Photography for CIVANA Wellness Resort & Spa.



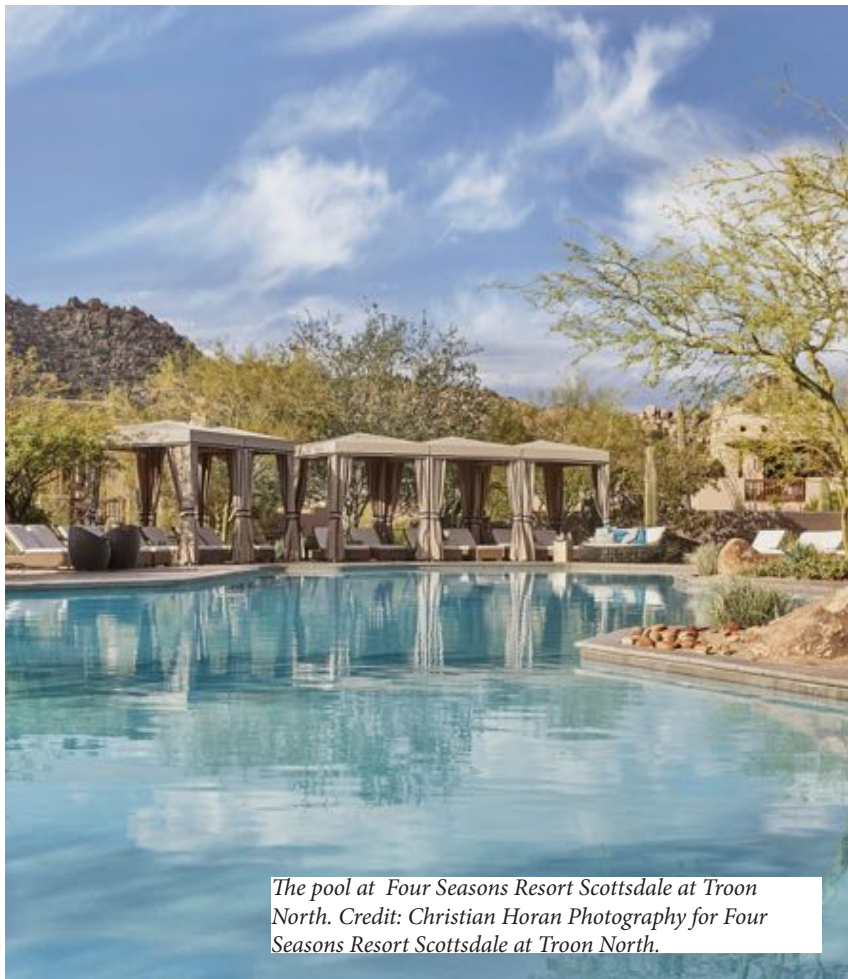
Relaxation room at Spa CIVANA. Credit: Lisa Diederich Photography for CIVANA Wellness Resort & Spa.



Balcony at Four Seasons Resort Scottsdale. Credit: Four Seasons Resort Scottsdale



Spa CIVANA entrance. Credit: Lisa Diederich Photography for CIVANA Wellness Resort & Spa.



The pool at Four Seasons Resort Scottsdale at Troon North. Credit: Christian Horan Photography for Four Seasons Resort Scottsdale at Troon North.



Traditional Athenian bath - Hammam Athens



Bermuda - Rosewood Spa Reflecting Pool



Bermuda - Rosewood Spa