

Relaxing Travel Guide

Presenting The Seven Most Relaxing Retreats In The World



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These days it seems everyone is a type A perfectionist, or at the very least perennially anxious. Weekly therapy sessions and daily Epsom salt baths can only go so far. In fact, an estimated **\$190,000,000,000 is spent in the US annually** to treat health problems related to workplace stress alone. Clearly, there are many cases that require penciling in extended detox time – and we've discovered the ideal destinations to do exactly that.

We're talking relaxing retreats that are all about you, meaning they're customizable and it's entirely acceptable (and often recommended) to head solo. While you might want to combine your trip with a social media detox, it's worth noting that all the of the mentioned places are seriously Instagram-worthy.

Here's a look at the relaxing retreats that rise above all the rest and will have you feeling relaxed and recharged.

Four Seasons Resort and Residences Jackson Hole

Best For: Outdoor Adventurers

Where it is: Jackson Hole, Wyoming

Why go: Nestled in a verdant mountain valley, this resort is Wyoming's only five-star, five-diamond resort and it's surrounded by some of the country's best ski runs (it's located at the base of Jackson Hole Mountain Resort), jaw-dropping landscapes, and free-roaming wildlife in nearby Grand Teton National Park. All of the lodge-style rooms come with mountain or valley views and many have private balconies.

As for food, you could easily eat all your meals at the Westbank Grill, but it's nice to have the opportunity to explore the Jackson Hole area (check out Rendezvous Bistro, Il Villaggio Osteria, Bar Enoteca, Bin22, and/or Gather).

The resort also has a pool-side cafe, bar (with outdoor fire pits and an indoor/outdoor area), lounge and in-room dining.