

Sunset

Wind Down After Coachella and Stagecoach at These Ultra-Relaxing Wellness Retreats

These spots in the LA and greater Palm Springs area will revive you.



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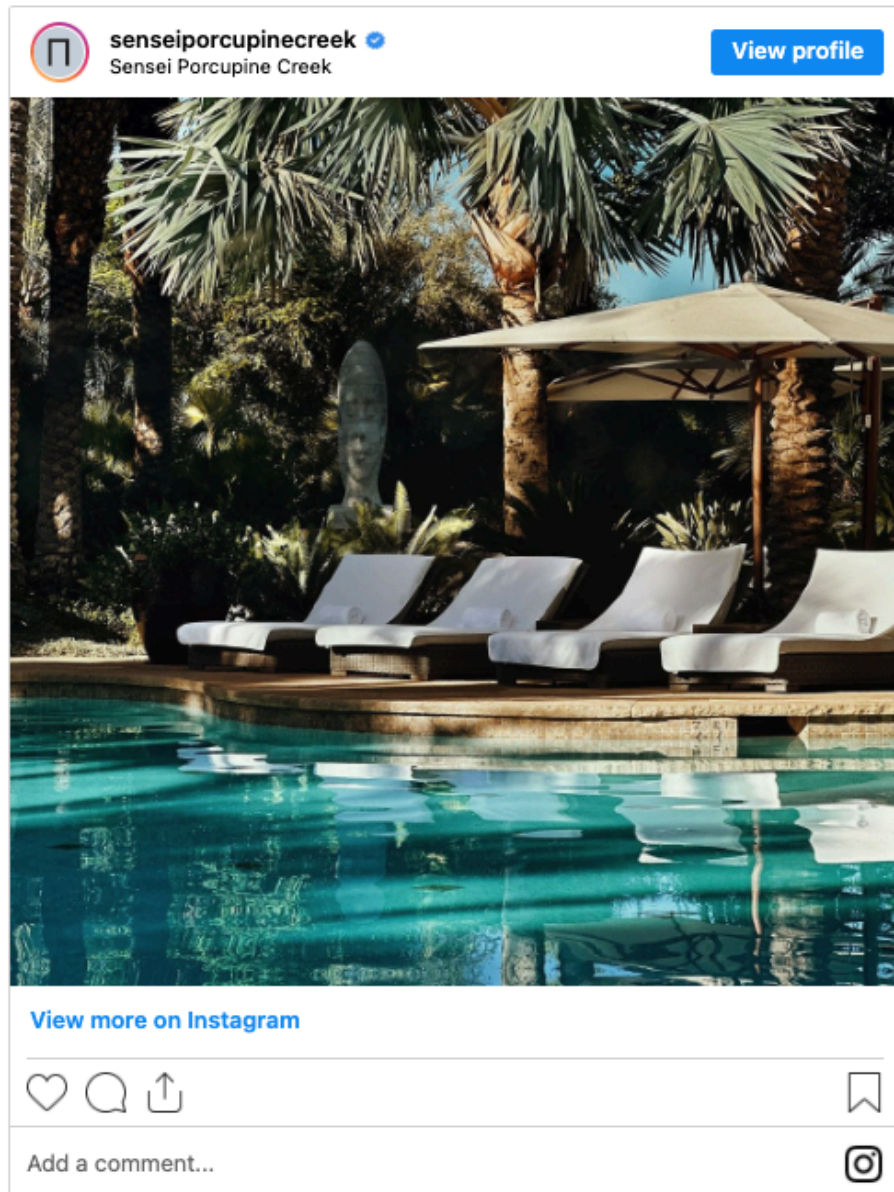


After Coachella or Stagecoach, you've probably exceeded your daily steps goal, stood for hours on end, danced your butt off, and maybe imbibed a little bit. So it's safe to say that your body is probably *feeling it* after. There are a couple of things to do to recover—get back on [a good sleep routine](#) (and get plenty of it!), eat fresh foods, drink tons of water, and indulge in some [self-care](#).

On the self-care front, you can try some at-home remedies, or you can treat yourself to some professional services. If you're going for the latter, luckily, there are plenty of options on the way back from the festivals, both in the [greater Palm Springs area](#) and in [Los Angeles](#). Take a look at some of our favorite picks below:

In the Greater Palm Springs Area

Sensei Porcupine Creek



It doesn't get more luxe than [Sensei Porcupine Creek](#). Located in Rancho Mirage, the [230-acre private retreat](#) offers amazing wellness experiences like wellbeing consultations with fitness, yoga, nutrition, and mindset practitioners. Relax with massages, restorative bodywork, facials, and reflexology treatments, or get those endorphins going with a tennis session or a round of golf. And did we mention for dining, there is Sensei by Nobu, a collaboration between famed chef Nobu Matsuhisa and Sensei co-founder Dr. David Agus?

La Quinta Resort & Club



A 15-minute drive from the Empire Polo Club, [La Quinta Resort & Club](#) is the closest refuge to festival grounds. The spa offers a plethora of treatments, like massages, facials, manicures and pedicures, body wraps, stretch therapy, and bath rituals. The resort is also home to five golf courses, 41 pools, and plenty of tennis and [pickleball courts](#).

The Spa at Séc-he



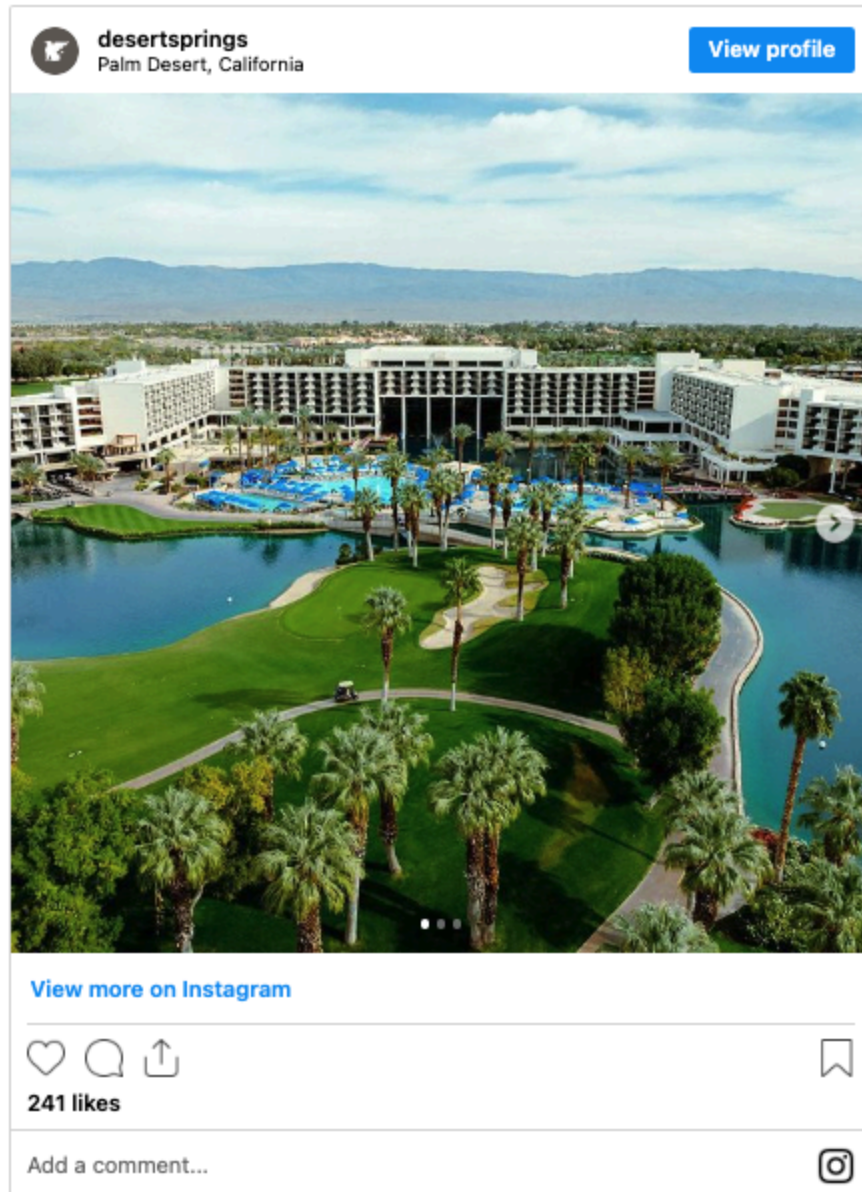
In the heart of downtown Palm Springs is [Séc-he](#), an ancient hot mineral spring of which the Agua Caliente Band of Cahuilla Indians have been stewards of long before settlers arrived in the area. Visitors can now experience the healing properties of these waters at [The Spa at Séc-he](#)—amenities and offerings include spa treatments, private mineral baths, floatation therapy, a salt cave, cryotherapy, an outdoor pool, and more. Don't miss experiencing Taking of the Waters, a sacred bath ritual included with a day pass or with a spa treatment reservation.

Two Bunch Palms



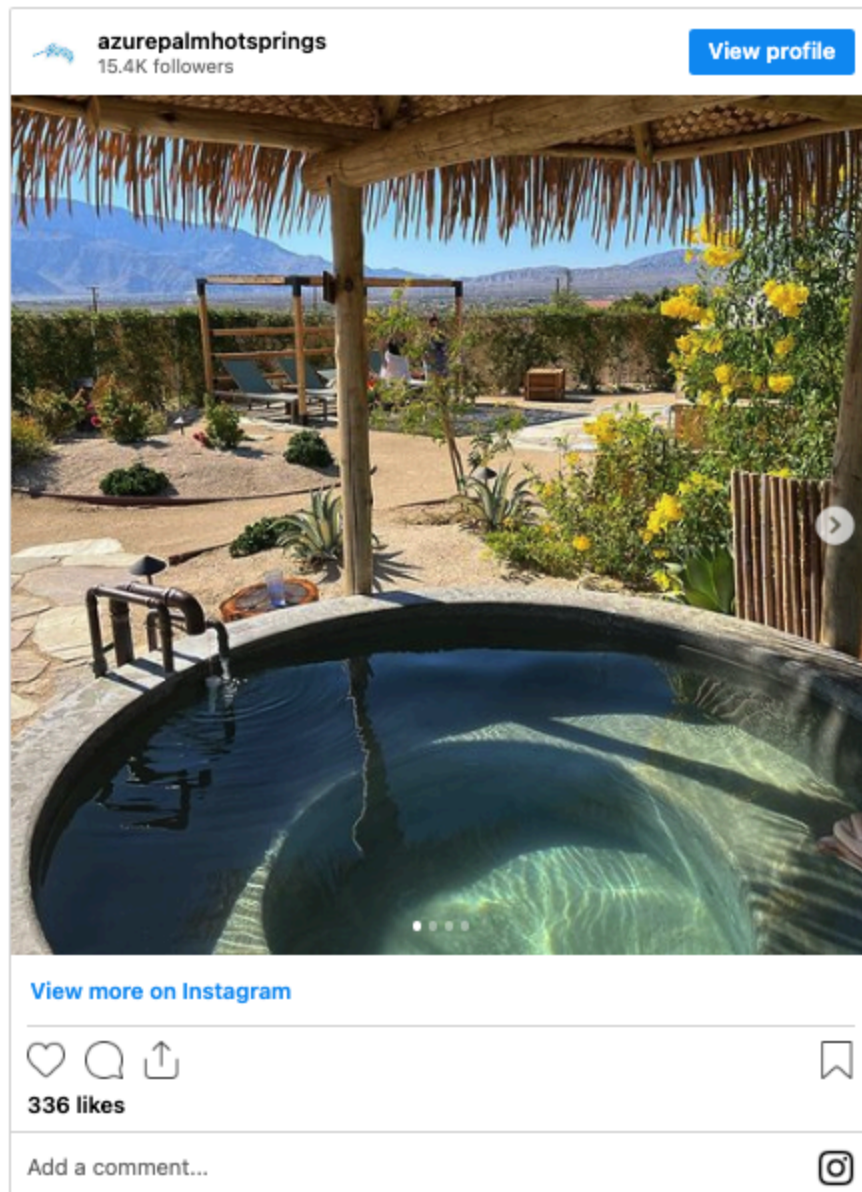
Enjoy wellness treatments at [this renowned lush oasis](#), just 20 minutes from downtown Palm Springs. Spa services include massages, facials, body wraps, lymphatic drainage, and body scrubs. And if you're into history, you might be intrigued by the resort's storied past—it's been a getaway for Old Hollywood celebrities and before it became a resort, it was reportedly one of Al Capone's hideouts.

JW Marriott Desert Springs Resort & Spa



This [expansive resort](#) is home to [The Spa at Desert Springs](#), a 38,000-square-foot facility with 48 treatment rooms, a spa, fitness center, saltwater lap pool, Spa Bistro, and VIP suite. The extensive treatment menu has something for every wellness need, from a caviar facial to a CBD massage.

Azure Palm Hot Springs



Whether you opt for a stay or a day pass, you'll feel rejuvenated after visiting [Azure Palm Hot Springs](#). Overlooking Mt. San Jacinto and the Coachella Valley, the resort features two private wells that deliver mineral water to its pools and tubs. Enjoy massages, body treatments, facials, and holistic treatments like colon hydrotherapy and lymphatic flow treatment.