

Parade

35 Soothing Spa Getaways That'll Help You Relax, Recharge and Reset

Time for some pampering.

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With a million to-do's constantly competing for your attention, carving out time for some pampering (yet essential!) [self-care](#) can be a struggle. But treating yourself to an indulgent **spa getaway** might be exactly what you need to reset and recharge... before your stress and exhaustion cause you to burn out completely.

If you feel like you're consistently being pulled in a million directions and on the verge of a serious case of burnout, taking a time out where you can truly focus on *you* can help. And one of the best ways to do that is to book yourself a relaxing vacation where you can turn off the noise and simply "escape" for a few days.

While you might balk at the idea at first (after all, you can't just press pause on your [life](#), can you?), this unique type of vacay will help you unwind and recenter, so that, when you do return in just a couple of short days, you'll be bringing your best self back into the game—and that'll be a good thing for everyone.

If you're ready to take the plunge, this list of the **35 best spa getaway ideas** around the world will help you get some much-needed R&R.

The Preserve Resort & Spa



[The Preserve Resort & Spa](#)

Rhode Island's most amenity-rich club and community, [The Preserve](#) , is renowned for 3,500 pristine acres and a plethora of outdoor pursuits, but self-care seekers will want to spend the day at [OH! Spa](#) to take advantage of hydrotherapy circuits, an expansive outdoor pool and Oceanside Medical. Their onsite MedSpa touts everything from chemical peels and Botox to body sculpting treatments.