

VEGETARIAN FEASTS

Sunset

WESTERN
WELLNESS



Luxe Ranch Getaway
Surf Therapy
DIY Home Gym

A restorative pop-up
retreat on Montana's
open range



HEALTHY
RECIPES

WEEKEND
RESETS

CITY
SPAS

Best Desert Reset

CIVANA Wellness Resort and Spa

Outside Scottsdale, CIVANA offers an aquatherapy thermal circuit plus massages, facials, Reiki, energy healing, and reflexology. More than 100 complimentary fitness and wellness classes cover every interest, from the zodiac-inspired “Stars Align” program to expert-led retreats like “The Body Blueprint” with Brooke Burke and Sleep Retreats with Dr. Sheila Patel and Dr. Suhas Kshirsagar.

Tierra Luna Spa at Arizona Biltmore

At the base of the Phoenix Mountains Preserve, Tierra Luna draws on Sonoran muds and chakra-infused oils. The Sol Garden offers a cold plunge, hot tub, plush chaises, misters, and the Well Bar. Family-focused touches include the Tierra Luna Cabana for teens and tweens, with mini treatments and self-care services beside the Paradise Pool.

Amara Resort and Spa

In Sedona, this serene yet sophisticated escape blends modern luxury with the region’s spiritual aura. Guests enjoy red rock-view yoga, locally inspired spa treatments, and desert-driven dining at SaltRock Southwest Kitchen—all just steps from Uptown Sedona’s trails, galleries, and signature vortex energy.

Tucson

Tucson’s wellness aura radiates from hundreds of trails across five mountain ranges and Saguaro National Park. The University of Arizona’s Andrew Weil Center for Integrative Medicine set a national model. Resorts and spas draw on indigenous Sonoran ingredients—Arizona copper, blue corn, aloe—for inventive therapies. Icons like Canyon Ranch and Miraval anchor the scene.