The Art of Well-Being: Serene Spas and Soulful Retreats

Renowned globally for its arts, culture, and culinary offerings, Santa Fe County has long maintained its prestige as a highly sought-after travel destination. Amidst the trend of increased solo and wellness travel, ***Santa Fe County continues to rise in popularity amongst those seeking immersive, healing, and rejuvenating vacation experiences***—providing visitors much more than just a traditional vacation experience. In fact, Santa Fe—located in Santa Fe County—took the top spot on the Travel + Leisure Awards for Favorite U.S. Cities for a second year in a row in 2026 and made the publication's top 20 on the global "Best Cities in the World" list.

As trends point toward a deeper focus on wellness, travelers are increasingly trading perfection and busyness for flexibility, balance, and restoration, and seeking greater opportunities to unwind and recharge during their getaways. Whether celebrating life's milestones, taking a sabbatical from day-to-day stressors, or simply taking time to recharge, Santa Fe County offers an inspiring setting to slow down and reconnect. From restorative spa treatments and mindful outdoor adventures to tranquil luxury retreats surrounded by stunning landscapes, the region invites visitors to embrace a personal, holistic approach to wellness.

Recharge with a Spa and Wellness Retreat:
For those seeking self-care and rejuvenation, a trip to one of Santa Fe County's spas is sure to leave the body refreshed. Consider one of the following stops:

Soak up relaxation and calming energy at the 77-acre resort at **Ojo Santa Fe Spa Resort**. In addition to award-winning spa treatments—including dreamy massages and invigorating wraps and scrubs—enjoy ***puppy playtimes*** *at the puppy patch*, daily ***chicken chats*** with the resort's friendly resident ***Silkie chickens***, hiking, and complimentary yoga.

Book a wellness retreat at the luxury spa at **Four Seasons Resort Rancho Encantado Santa Fe**. With a focus on local culture, connection to the earth, and immersive wellness, offerings range from ***spiritual ceremonies*** to massage, facials, bodywork, hair and nail services, ***Oxygen Studio treatments***, and more. Take your wellness journey at Four Seasons a step further and embark on the resort's customizable wellness-focused adventures, hiking, meditation, and yoga.

Experience international flair when you visit **Ten Thousand Waves**—inspired by traditional ***Japanese hot spring resorts***. Among the honorees on Travel + Leisure's Best Domestic Wellness Retreat list, Ten Thousand Waves lives up to its award-winning reputation for restoration. Here, guests can enjoy soaking in healing waters, surrounded by

lush Northern New Mexico landscapes. Find your healing and inner peace, soaking in hot tubs, enjoying a luxurious massage, or selecting from one of many skincare options. After, enjoy delectable *izakaya* dining—crafted with ***local, organic ingredients***—and Japanese sake at the world-class Izanami restaurant, which was recently named to the inaugural MICHELIN Southwest Guide.

Blending ancient rituals with healing elements of nature, a visit to the Stream Dance Spa at **Bishop's Lodge, Auberge Collection** enables travelers to embrace physical and vibrational healing. Available to resort guests, the spa offers holistic experiences aimed at restoring mental and physical balance, and provides a variety of services, including oxygen therapy, massage, ***energy work, astrology, and meditation*.** During your stay, explore additional wellness offerings, including private yoga classes, daily fitness classes, and wellbeing experiences featuring various outings, such as art, hiking, and trail rides. Coming in at #3 on the Travel + Leisure list of Best Resorts in the West, Bishop's Lodge is a must for those seeking the ultimate connection of luxury and culture.

Unique Vacation Experiences to Beat Burnout:

For those looking to utilize their time off in meaningful and impactful ways for self-growth, consider a life-changing course, retreat, or workshop at the innovative, equine-centered **EQUUS**. Focused on the five pillars of thriving—safety, connection, peace, freedom, and joy—EQUUS blends ***equine programs*** with a customized curriculum intended to spark personal transformation. EQUUS is ideal for horse-lovers and travelers seeking more intimate ***self-discovery***, ***renewed inspiration***, and a ***sense of empowerment*** through an experiential process.

To learn more about area spas, visit https://santafenmtrue.com/health-wellness. To learn about Santa Fe County and all its offerings, visit https://santafenmtrue.com.