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12 Relaxing Wellness Vacations for When You Need to Escape Your Life

When work, life, or just a random Tuesday has left you feeling overwhelmed, there's never a bad reason to take time for a little R&R.; Some people go for a walk or [meditate](#) as a form of [self-care](#), others take a [digital detox](#). But there's nothing quite like a full escape that lets you do all of the above, in a gorgeous setting to boot. Here are some of the most relaxing hotels and resorts across the country where you can give your mind and body the TLC they deserve.



Naples Grande Beach Resort, Naples, FL: For the third time in the row, the Naples area found itself at the top of the Gallup Sharecare Community Well-Being Rankings in 2017, making it the "happiest and healthiest community in the nation." Residents rank low in depression and stress and rank high in having purpose, physical health, and supportive relationships. The Naples Grande helps carry on this sense of well-being with its three resort-style pools, golf course, tennis courts, and luxurious spa with seasonal treatments. Take a 15-minute walk or an open-air tram ride through the adjacent 200-acre Mangrove Estuary down to the private three-mile white sand beach, where a beach bar, cabanas and chaises, and a host of watersports await you. (Photos via Naples Grande Beach Resort)

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