

GARDEN & GUN

Serene Southern Wellness Retreats

Find your center at these eight close-to-home destinations

By Madeline Weinfield



PHOTO: COURTESY OF KESWICK HALL

The saltwater infinity pool at Keswick Hall in Keswick, Virginia.

Exactly what constitutes “wellness” depends on whom you ask, but most people agree it’s as much a mental as a physical pursuit. These eight getaways around the South pamper mind and body alike through luxurious spa treatments, immersions in nature, and plenty of opportunities for solitude and stillness.

[Keswick Hall](#)

Keswick, Virginia

Just outside Charlottesville, this Virginia wine country landmark reopened in 2021 following a major renovation that brought overhauled guest rooms, a newly constructed golf course, and Marigold, a not-to-be-missed restaurant from Jean-Georges Vongerichten. This fall, the estate unveiled its highly anticipated spa, featuring eight treatment rooms and a tranquil relaxation room with floor-to-ceiling windows that overlook the wooded property. After a treatment, end the day in the heated, saltwater infinity pool perched above Keswick’s golf course.



PHOTO: COURTESY OF KESWICK HALL