

Serene Southern Wellness Retreats

Find your center at these eight close-to-home destinations By Madeline Weinfield

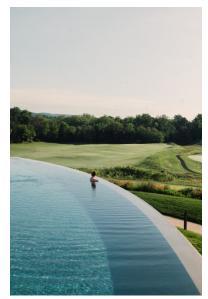


PHOTO: COURTESY OF KESWICK HALL
The saltwater infinity pool at Keswick Hall in Keswick, Virginia.

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.



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