



The Pearl Laguna featured in
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INCREDIBLE WELLNESS EXPERIENCES

Recharge your body, mind, and spirit at one of these unexpected California getaways

California has long been a mecca for travelers seeking a higher level of health, fitness, and inner peace. In fact, the term “wellness” was popularized here in the late 1970s. Retreats can be found all across the Golden State, from the beachy yoga culture in Southern California to the breezily beautiful Central Coast and remote northern regions. Don’t worry—it’s not *all* sweat lodges and wheatgrass shots. An increasing number of hotels and tour groups offer fresh twists on the traditional fitness vacation with plenty of luxurious and unexpected additions. Whether you’re looking to unwind on horseback, exercise around the clock, or explore vibrant marine life, we’ve rounded up some of the most interesting ways to hit reset in the Golden State, given here from north to south.

Detox like a celebrity

[The Pearl Laguna - Laguna Beach](#)

Go for: A yoga- and hiking-powered reboot

The founders of this intimate (14-room) Orange County wellness retreat built their program around the belief in the transformative (and complementary) power of yoga and getting back to nature through hiking. Each day includes a long hike into coastal Laguna Canyon, two yoga classes (power yoga in the a.m., flow in the p.m.), therapeutic massage, and vegetarian meals designed to cleanse and nourish stressed bodies.