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THE 11 BEST HEALTHY RETREATS THIS SUMMER



GOOD SWEAT

by ERIN MAGNER, JUNE 9, 2016

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Photo: Wanderlust

Vacations are meant to be a time to recharge, but sometimes they can get so busy that you come home needing a vacation from your vacation. (Couple a busy itinerary with too much sun, cocktails, and long dinners out and it can make you want to detox.)

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But thanks to the recent surge in popularity of wellness and fitness getaways, now there are plenty of trip options that will *actually* leave you feeling refreshed and reinvigorated at the end.

Many of the best combine plenty of fun with workouts, yoga classes, and nutrition lectures—from dance parties with live bands to wine tasting and glacier hikes (yes, really). Where to start?

Keep reading to discover the best healthy retreats happening every single week between now and September 1—all of which are perfect for solo travelers and healthy squads alike.



Photo: DuVine

July 12-16: **DuVine's TDF Mount Ventoux Bike Tour**

Provence, France

What could be more exhilarating than biking your way through the South of France? Taking the same route as the Tour de France riders, during the main event itself. On this five-day tour—which coincides with Bastille Day—you'll not only have the chance to ride on some of the TDF's most infamous cols, but you'll also be able to cheer on this year's competitors as they pass through the region. And, since this *is* France we're talking about, there will be plenty of amazing food and wine breaks to help you refuel.