

Healthy Spring Break Trips If Weeklong Hangovers Aren't Your Thing

Whether you're looking for yoga, organic food, or an adrenaline rush, there's a spot to suit your healthy lifestyle.

By Kelsey Ogletree | Mar 07, 2018

Topics: [healthy travel](#), [spring](#), [self care](#)

For Balance Seekers



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An escape to Napa Valley doesn't have to mean nonstop wine tasting. At [Las Alcobas, a Luxury Collection Hotel](#) (from \$808 a night), find a different kind of high with mind-calming treatments in the luxurious Atrio spa. Book the Atrio Experience Signature Ritual, a 2.5-hour "tasting menu" that allows you to explore a world of therapies, including Shirodhara, in which warm oil is poured over the forehead to promote mental freedom. The hotel restaurant, Acacia House, serves the prettiest crudité platter you've ever seen, plus hearty vegetarian entrées. (Related: [How Self-Care Is Carving a Place In the Fitness Industry](#))

Begin to disconnect on the scenic one-hour drive from Portland International Airport to [The Allison Inn & Spa](#) (from \$420 a night) in Oregon's lush Willamette Valley. Surrounded by snow-capped mountains, rolling hills, and plenty of vineyards, getting to inbox zero will become a moot point. Hit your daily step goal by traversing footpaths through the property's beautiful gardens or touring a nearby winery—the area boasts more than 200. Find ultimate relaxation in the spa, which includes an indoor pool and a Vichy room. [Indulge in luscious red wine](#) without actually drinking any with the Divine Wine facial.