

16 Best Couples Retreats To Rekindle The Romance In Your Relationship

These trips are #couplegoals.

BY SUSAN BRICKELL, ALYSSA GIRDWAIN AND LINDSAY GELLER UPDATED: APR 7, 2023

Chances are, you and your partner have spent a lot of time at home this past year. From spicing up living room dates to exploring every corner of your community, it's due time for a change in scenery—especially if your love life is feeling a bit same old, same old. After all, no matter how close you are with your S.O., stress can dull your spark—and sometimes date night just won't cut it. So why not venture outside of your lovely abode?

"There is nothing like a vacation, away from work, family, and the stress of everyday life, to bring couples closer," Franklin Porter, Ph.D., a psychotherapist in New York told *Women's Health* in a previous interview. "Sharing new experiences and

adventures, or revisiting romantic places shared from the exciting days of the relationship, can go a long way towards reminding the couple what attracted each to the other." Not to mention, luxury hotel sheets can do wonders for your sex life. *Sold.*

Before you schedule those days off, chat with your beau about what you both need (and want!) out of a couples getaway. Looking to get back to nature? A glamping experience in Vermont could be in the cards. Craving time by the ocean? A tropical trip is just the ticket. Or maybe you want to reconnect with your own body—and each other's. A wellness couples retreat with lots of rejuvenating yoga could be exactly what the (love) doctor ordered.

Right this way for an assortment of romantic vacays to match the vibe of any kind of love birds, from the adventurous to the relaxed. These 16 best couple retreats will renew and light a flame under your relationship this year.

1. Time for Two in Kohler, Wisconsin

Cost: Rates start at \$384

Details: From award-winning golf courses to spa treatments that feel out-of-body good, Kohler, Wisconsin offers an irresistible weekend away for you and your beau.

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Try the Time for Two package, which includes two nights at The American Club, Inn on Woodlake, or Kohler Cabin Collection (your choice!), a dining credit, and 50-minute spa service. The American Club is one of the top hotels in the Midwest, and for good reason. It has that sexy, ivy league campus feel with the greenest courtyards

to stroll hand-in-hand together. The bathrooms are extra luxurious, with deep bathtubs, Kohler fixtures, and bath products from the spa.

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After a round on the Whistling Straits or Blackwolf Run golf courses, cozy up at Horse & Plow, a historic tavern with the kind of dim atmosphere that makes you lean closer to your love.

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2. Post Ranch Inn in Big Sur, California

Cost: Rates start at \$1,425 per night

Details: Self-described as a place where romance and connection thrive, the adult-only Post Ranch Inn offers a serene stay in Big Sur. It's a place to *actually* unplug with

your partner—you won't find a TV or alarm clock in any of the guest rooms. And don't go cheating by bringing your laptop to watch Netflix, either. This is all about focusing on quality time together!

Rustic elegance meets luxurious comfort in each accommodation. You'll enjoy in-room breakfast served each morning over ocean or mountain views. In addition to access to a number of infinity and swimming pools, each stay also includes complimentary activities like daily yoga, guided nature hikes, stargazing, and garden tours. See—and try—what is growing in the property's chef garden, literally soak in nature with a forest meditation, or even try falconry.

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3. Cal-a-Vie Health Spa, California

Cost: Package rates start at \$1585 per night, per person

Details: Sitting on 450 acres of rolling hills and greenery, this health and wellness resort exudes romance from the second you and beau step foot on the premises. Cal-a-Vie offers multiple luxe 7-night, 4-night, and 3-night [spa packages](#) and [wellness programs](#) to suit every couple's specific interests. Whether you want to start your day with yoga class or a massage, play tennis or get a facial after lunch, and then spend your evening star-gazing or sipping the resort's vineyard-grown wines, you and your S.O. will fall in love with everything Cal-a-Vie has to offer.

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Other wellness activities include hiking, star-gazing, meditation, cryotherapy, mindful art, nutrition services and functional medicine, acupuncture and

chiropractor services, and spa and beauty treatments. Whatever a couple decides to indulge in, they can easily reconnect while in their ideal version of relaxation mode.

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4. Stillpoint Lodge, Alaska

Cost: Package rates start at \$2,200 per night, per person

Details: What's more wild than a romantic retreat to Alaska? Stillpoint Lodge is located in secluded seaside village Halibut Cove, near Kachemak Bay State Park. If you're looking to get right up into nature, this is the bucket list trip to end all bucket list trips. Spot whales, bears, and glaciers (oh my!), hike through the untouched and expansive forests, and spend afternoons kayaking along serene, pristine waters. Bet that everything from the outside world will feel like it falls away.

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The all-inclusive resort offers rustic yet luxurious private cabin accommodations, locally sourced meals, customized itineraries, and assorted activities like helicopter adventures, deep-sea fishing, hiking, and yoga classes. Sustainable cuisine is a standout here—menus change daily by what’s seasonal and available from local farmers, fishermen, and hunters. A mix of wildlife, wellness, and adventure, these new, mind-boggling experiences are bound to create memories that will truly last a lifetime (cheesy, but true!).

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5. Inn of the Five Graces in Santa Fe, New Mexico

Cost: Rates start at \$600

Details: In the heart of downtown Santa Fe, the Inn of the Five Graces stands on a quiet, earthy street—just a hint of the serene oasis that awaits inside. Rated one of the top hotels in the Southwest, a stay inside a traditional adobe and stone exterior will dial up the romance and rejuvenation in the most sensual way. Guest rooms are uniquely decorated with artisan pieces and art, colorful textiles, furnishings, tile mosaics, and wood-burning kiva fireplaces to curl up in front of.

The Tibetan-inspired spa is designed with colorful mosaics, statues, art pieces, and exposed adobe walls, and offers treatments that pay homage to the ancient Indian Ayurvedic system. Outside, spend a hushed moment with your love in one of their secluded stone courtyards with lush foliage and the peaceful sounds of fountains.

Because the inn is in the middle of Santa Fe, you can walk to cultural hotspots like art galleries, ancient dwellings, restaurants serving up elevated Southwestern cooking, and the Georgia O’Keeffe Museum, just to name a few.

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6. Twin Farms in Barnard, Vermont

Cost: Rates start at \$2,550

Details: Sitting atop 300 acres in Barnard, Vermont, Twin Farms is the state’s only luxury, five-star, all-inclusive, adults-only experience. From farmland to forest to the Green Mountains, the quaint property offers a secluded, romantic hideaway with a touch of whimsy. There are 20 rooms and cottages, all with one-of-a-kind design styles and amenities like fireplaces, screen porches, and private hot tubs. You’ll stay busy soaking in the scenery—think: stand-up paddle boarding, fly fishing, biking, hiking, cross-country skiing, bee tours, picnics, and dips in Japanese-style baths.

Not to mention, the level of hospitality goes above and beyond, so you don’t have to lift a finger. You can explore the grounds on your own or request a guide; chefs tailor meals to your preferences; cocktails and snacks are served every evening. What’s more to love?

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7. Firelight Camps in Ithaca, New York

Cost: Tent options start at \$189 double occupancy per night, depending on the season

Details: Whether you feel totally at home in the great outdoors or are more of a glamer, [Firelight Camps](#) is the place to escape with your SO for some QT. Wake up to the sounds of birds and the wind rustling through the trees all from the comfort of a plush bed inside your own spacious tent, warmly lit by battery-powered lanterns and equipped with furniture and mesh screens to keep the creepy crawlies out.

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Pitched on the grounds of [La Tourelle Resort and Spa](#), Firelight Camps has a lobby tent that serves as a front desk reception with trail maps, complimentary continental breakfast, and a bar with outdoor lounge areas. There's also a designated space to play games like bocce ball. The grounds offer a variety of activities, like a drum-making workshop, outdoor yoga, and wild foraging hikes. Easily pop into Ithaca to explore farmers markets, wineries, distilleries, and the state parks of the Finger Lakes.

Clean up at the end of the day in the bath house, where you'll find hot-water showers (pew) with changing rooms, full-length mirrors, flushing toilets, towels, and eco-friendly products.

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8. Vista Verde Guest Ranch in Steamboat Springs, Colorado

Cost: Rates range from \$1,895 to \$5,795 per person, depending on season and length of stay

Details: If you can't think of a better way to unwind and indulge than getting cozy in an authentic, yet extravagant, log cabin in the Colorado mountains, then [Vista Verde Guest Ranch](#) is your perfect match. (Besides your *actual* match, of course.) A self-proclaimed luxury dude ranch, it's full of swanky amenities: private cabins, master suites, Italian linens, spa robes, and—wait for it—your own hot tub.

This mountain retreat in Steamboat Springs offers all-inclusive ranch vacations, including hearty meals, drinks, lodging, and a whole list of extra perks that you and your SO can cash in on together. Depending on the season, you can sign up for rock climbing, rafting, guided fly fishing, backcountry skiing, [yoga](#), horseback riding, and classes like photography and cooking during your stay.

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Hot tip: Vista Verde is open for the dude ranch season from June to late-October and becomes a winter ranch from mid December to early March. It shuts down in the spring and fall since those are the "mud seasons" in Colorado.

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9. Vintage Surfari Wagon in Los Angeles, California

Cost: \$129/day to \$209/day depending on the vehicle and season

Trips: Varies

Details: Hit the open road with your babe in a revived, rented VW camper bus from the '70s or '80s courtesy of [Vintage Surfari Wagons](#). All campers are decked out and ready to go with renovated interiors, camping equipment, kitchen gear, a coffee press, cleaning supplies, a full potable water tank, campground directory, and maps.

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These unique buses come with standard essentials like a stove, sink, ice box or refrigerator, dining table, and a living room couch that converts into a full-size bed. In addition to private VW rentals, Vintage Surfari Wagons also offers [organized camping retreats](#), where guides will lead you and other VW enthusiasts on California's less-traveled roads.

Consider this a choose-your-own adventure kind of trip: Rent a classic VW camper bus for five days, and embark on a pre-planned desert tour with your mate. Or, choose to cruise up Highway 1 on a seven-night retreat with your own VW camper van and your cutie. Communal grills and camp kitchens are available while road-tripping, and most campers enjoy pitching in and sharing meals (and cleanup).

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10. Blackberry Farm in Smoky Mountains, Tennessee

Cost: Call (865) 984-8166

Details: Plan a trip with your partner to family-owned [Blackberry Farm](#), an intimate lush hotel situated on 4,200 serene acres in the foothills of the Smoky Mountains. Named the #1 hotel for food lovers in 2013 by *Bon Appetit*, this Tennessee hotel features true farm-to-table Southern cuisine, sourcing most ingredients from its own garden and paddocks. And it hosts one of the country's most impressive wine lists—160,000 bottles deep. ('Nuff said, right?) Enjoy an afternoon excursion with the [Farmstead Field School](#), or sign up for one of Blackberry Farm's events and retreats, consisting of diverse wellness workshops and cooking demonstrations led by renowned culinary guests.

Besides nourishing your body, the farm boasts a [Wellhouse](#), home to a luxe fitness facility and yoga studio. You can participate in daily yoga, barre, Zumba, or training sessions, and then share a relaxing couples massage or an intoxicating lavender and vanilla bourbon body drench in their spa. Activities like canoeing, kayaking, fly-fishing, hiking, carriage rides, paintball, archery, horseback riding, and biking also allow you and your partner to reconnect with nature.

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11. Charleston Romance Retreats in Charleston, South Carolina

Cost: Varies

Details: Charleston is a modern city with over 300 years of history and culture. Select from an array of [romance packages](#) in which you can stay in a boutique hotel or a posh 19th century mansion. During the day, partake in walking tours or private carriage rides through the historic district (make sure to take a [#relationshipgoals](#) Insta at iconic Rainbow Row, a series of brightly painted row houses near the waterfront). Or try out an [eco tour](#) to view Charleston's islands, salt marshes, marine, and wildlife. You and your S.O. can go crabbing near Capers Island—ending with a crab boil, of course.

Expecting parents can relish in [Wentworth Mansion's "Babymoon" package](#), which includes an elegant fairytale-like room, couples massage, three-course dinner, and a book called *Good Night Charleston*, which you'll bring home as a keepsake to remember your time in this enchanting city.

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12. Xinalani in Puerto Vallarta, Mexico

Cost: From \$2,300 per couple for five nights in a Petite Suite

Details: Solely accessible by boat, Xinalani is a yogi couples' heaven, set at the edge of the ocean and bordered by lush jungle, just 12 miles south of the Puerto Vallarta airport in Mexico. The resort features various spaces to practice like the Jungle Studio, a temple with palapa roofs and bamboo floors 215 feet up in the jungle, the palm-thatched roofed Meditation Cabin, the Sand Terrace for beachfront yoga, and The Greenhouse, an enclosed studio designed for hot yoga that faces the ocean. To help you and your partner get on your way to a sound body and mind, the resort also features unique outdoor dining with a healthy gourmet menu of traditional Mexican recipes.

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Stay in a casita—a 538-square foot space—with an amazing ocean view, private terrace with hammock and plunge pool, private bathroom, king-size bed, gorgeous mosquito netting, open-air shower with hot water, and A/C. All rooms are secured with a locked door, but only have three walls, with curtains that go out onto the terrace. The terrace is open to the jungle surroundings, so it's almost like sleeping outdoors for a week. You'll wake to an ocean breeze each morning, and fall sleep to the sounds of waves crashing on the beach.

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Xinalani offers all-inclusive couples retreats for five nights, including accommodation in a Petite Suite, food and beverages, yoga classes, complimentary use of kayaks and snorkels, transportation, two massages, and one romantic dinner. You can also check out their upcoming guided yoga retreats with slightly more regimented schedules. Not to worry, they still include time carved out to unwind one-on-one in between meditation and stretching sessions. You can even customize your retreat to include activities like jungle hikes, canopy zip line tours, swimming with wild dolphins, and surf lessons.

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13. Grail Springs in Bancroft, Canada

Cost: Packages start at \$310 per person/per night

Details: Located in the mineral capital of Canada, Grail Springs is a privately-owned retreat sanctuary, opened in 2001 by founder Madeleine Marentette. A convenient drive from the Toronto International Airport, Grail Springs is set on hundreds of acres of forest, walking trails, crystal outcrop (it sits on the Canadian Rockshield, the oldest exposed rock on the planet), meditation gardens and labyrinth, and an alkaline-based, spring-fed lake. The retreat is remote enough to make you feel like

you've completely escaped city life, but still luxurious enough to feel like you're in a five-star hotel.

Choose from their [relaxing and revitalizing retreats](#): Grail Springs Retreat Basic, Rest & Rejuvenate, Life Transformation, and A Day of Self-Care, which include two- to 21-night stays, accommodation, plant-based meals, daily yoga and meditation, hikes, swims, canoes, spa treatments, and evening workshops on well-being. Whether your relationship needs healing or you both just wish for a little more quality time together, you'll leave the Canadian hideaway feeling refreshed and reconnected as a pair.

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14. Wine Country Trekking in the San Francisco Bay Area

Cost: Starting from \$1000, dependent upon the season

Details: If you're a couple who likes to work hard and play hard, you'll love this combination of hiking treks and wine tastings almost as much as each other. With more than 10 self-guided treks to choose from, you'll be sure to find the one perfectly suited to both your relationship and fitness level. Each one includes premiere lodging at luxury boutique hotels and charming country inns, gourmet breakfasts and lunches, special excursions, and all the wine tastings you can handle.

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[Wine Country Trekking](#) provides a complete itinerary with custom maps and detailed trail notes and arranges all luggage transport between accommodations. Even if you

and your partner aren't avid hikers, all the trails are well-marked and able to accommodate all levels of hiking experience. Feel free to take in the scenery at a leisurely pace, and you'll still complete the daily hikes in five to seven hours.

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15. Red Mountain Resort in St. George, Utah

Cost: Varies; Milestone Celebrations Retreat starts at \$295 per person

Details: If you're looking to get away from the typical couples getaway, [Red Mountain Resort](#) offers the ultimate combination of unexpected adventure and wellness. Every retreat package includes three healthy meals per day, guided hiking and biking, and yoga and fitness classes. Serious nature lovers can also book

customized adventures to Zion or Bryce Canyon National Parks or simply walk a quarter-mile down the road to Snow Canyon State Park.

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On top of all its luxury amenities, the resort also has a spa that's not to be missed. Many of the treatments use indigenous desert botanicals, local honey, and mineral-rich muds, clays, and salts for a unique and tranquil experience. It'll alleviate those sore muscles from hiking all day *and* any leftover stress from, ya know, real life.

If you want to plan an unforgettable anniversary, the [Milestone Celebrations Retreat](#) is a five-day, four-night getaway that includes all the essential retreat package perks, plus 50-minute customized massages for you and your partner.

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16. Luxe Couples Retreat in Cancun, Mexico

Cost: \$5,495 per couple

Details: Over the eight-day, seven-night [Luxe Couples Retreat](#), you'll spend 90 minutes each morning discussing a different way to enhance your relationship through intimate group sessions lead by relationship expert Dr. Tabitha Johnson. Then, you have the rest of the day to put those tips into action and make memories touring Mayan ruins or swimming with sharks.

You and your partner will relax in stately guest rooms complete with a double whirlpool tub overlooking the Caribbean and a personal butler to take care of your every request. Each day, you'll also enjoy five-star dining, manicures and pedicures, and 25-minute back massages.

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Brb, booking two plane tickets now...



LINDSAY GELLER

LIFESTYLE DIRECTOR

Lindsay Geller is the Lifestyle Director at *Women's Health*, where she oversees the Life, Sex & Love, and Relationships sections on WomensHealthMag.com and the Mind section of *Women's Health* magazine. When she's not writing or editing articles about the latest dating trends and pop culture phenomenons, she's usually watching reality TV or playing with her dog, Lucille (Go Fetch That) Ball.

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