

EDITORS' PICK

Why New Mexico Is The Most Underrated State For Wellness

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I cover wellness and beauty.

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New Mexico's diversity of terrains offers year-round outdoor wellness. ANNA HAINES

When seeking wellness in the United States, New Mexico is not the first place to come to mind. But with a mesmerizing landscape beckoning you outdoors, the aptly nicknamed ‘Land of Enchantment’ is naturally rejuvenating. Whether mountain biking in the summer, skiing in the winter, or hiking desert trails year-



Bishop's Lodge in Santa Fe AUBERGE RESORTS COLLECTION

It's difficult to find a wellness-oriented hotel in New Mexico that exudes the rich history of the state. Bishop's Lodge strikes the perfect balance. Settled over 150 years ago by bishop Jean Baptiste Lamy, the aptly named 317-acre resort honors its storied past with traditional Pueblo architecture and the original chapel onsite.

Nestled in the foothills of the Sangre de Cristo mountains a short drive from Santa Fe, nature is brought indoors with wood beam ceilings, fire-inspired dishes at [SkyFire](#) restaurant, and treatments that feature Native ingredients at [Stream Dance Spa](#). With a wide variety of wellness classes and [experiences](#) on offer—from incense-making workshops to sound healing to white water rafting—you could easily spend your entire wellness trip at Bishop's Lodge.

[The Inn of the Five Graces, Santa Fe](#)



The Inn of the Five Graces in Santa Fe THE INN OF THE FIVE GRACES

Beloved for his signature “Seret aesthetic,” designer Ira Seret built a reputation for himself integrating silks, clothing and carpets from Central Asia into interior design. His masterpiece is the Inn of Five Graces, a feast for the senses with its maximalist interiors. The exquisite level of detail demands your attention, encouraging you to slow down and be present. Covers on the in-room TVs reinforce this ethos, leaning into the historic district (the oldest in Santa Fe) in which the hotel is set. But the real standout wellness experience here is found at the [spa](#), where massages and facials take place to the soundtrack of water flowing from majestic marble fountains in the treatment rooms.

Ojo Santa Fe, Santa Fe