

THE WOMEN'S HEALTH SPA GUIDE

Over-the-top pampering. Super-healthy food. Kick-ass workouts. These 27 spas deliver.

Imagine a week of facials, massages, gourmet meals, hikes, and Pilates classes. Sounds great, right? We grilled spa experts and veteran visitors to come up with our list of the top destination spas that are worth your time and your money.

Select a region ...

Eastern U.S.

Central U.S.

Western U.S.



OAKS AT OJAI

Ojai, CA

Long recognized as one of the best spa values for the buck, the Oaks will have you hiking up mountains on 1,000 calories a day and loving it. Fitness is fun here: Take a rollerblading or ballet class, or try Hoop-La, which uses hula hoops to tone and strengthen.

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