

These Luxury Wellness Vacations Will Jumpstart Your 2018 New Year's Resolutions



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If the new year has you ready for a health reboot, there are other options than the usual crowded gym and diet plans.

Sometimes a trip can be the perfect jumpstart to a new exercise or wellness plan that sets up good habits for you to follow when you get back home. And you get a chance to travel and explore a new place at the same time.

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Lots of resorts, hotels, and just destinations offer fitness and wellness packages to allow travelers to try new forms of exercise, do a diet cleanse, or practice meditation and yoga. These vacations set you on a different course from what can be too common during travel — lots of restaurant splurges and not enough activity.

Here are a few to check out to help you keep those new year's resolutions in 2018.



Hilton Head Health

Get holistic in Hilton Head, South Carolina

Hilton Head Health offers a holistic program that incorporates healthy eating, fitness, mindfulness and wellness education on Hilton Head island. Guests can try the new program called “Healthy Getaway,” a three- or four-day retreat with spa, fitness, healthy eating and wellness activities.

During their stay, guests can eat healthy meals that use fresh, local ingredients and low-calorie, high fiber, nutritious ingredients, including lobster tacos and pistachio macarons. Rates start at \$525/night in 2018.