

STAY

The best wellness retreats for 2019

Hotel Joaquin



Hotel Joaquin opened late last year.

Where: Laguna Beach, California

When: Year-round; Scheduled Retreats: Yoga For Bad People, January 18 to 21; Nourish, April 28 to May 1

What: In September 2018, the folks behind insider Palm Springs spot, Korakia Pensione, opened Hotel Joaquin, tucked above Shaw's Cove in sparkling Laguna Beach.

Inspired by historic European inns and St. Barth's, this 22-room resort is all about the details, from vintage finds and exposed rafters to clean lines and oversized throw pillows. There's a natural laid-back peace to this petite property with its seaward views and vinyl record players playing Carly Simon in place of TVs.

The on-site "Adventure Director" reaches out to guests to organize itineraries including everything from surfing to private yoga and meditation. Chef Leonardo Bongarro at Saline restaurant sources humanely raised meat and local produce, creating wellness-driven fare like bone broth, turmeric teas, green juices and his signature "Rawnola" with blue majik almond milk (with algae), blueberries, pomegranate, honey, walnuts and coconut yogurt wheat flakes, served in a real baby coconut. Official wellness retreats are also planned throughout the year.

Don't miss: Yoga in the garden, summer snorkeling or a hike to Laguna's "Top of the World." Guests are shepherded to the site in the hotel's restored Land Rover and are rewarded with 360-degree views.

Hotel Joaquin, 985 North Coast Highway, Laguna Beach, CA 92651, +1 (949) 494-5294

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