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The 13 Best Couples Retreats To Rekindle The Romance In Your Relationship

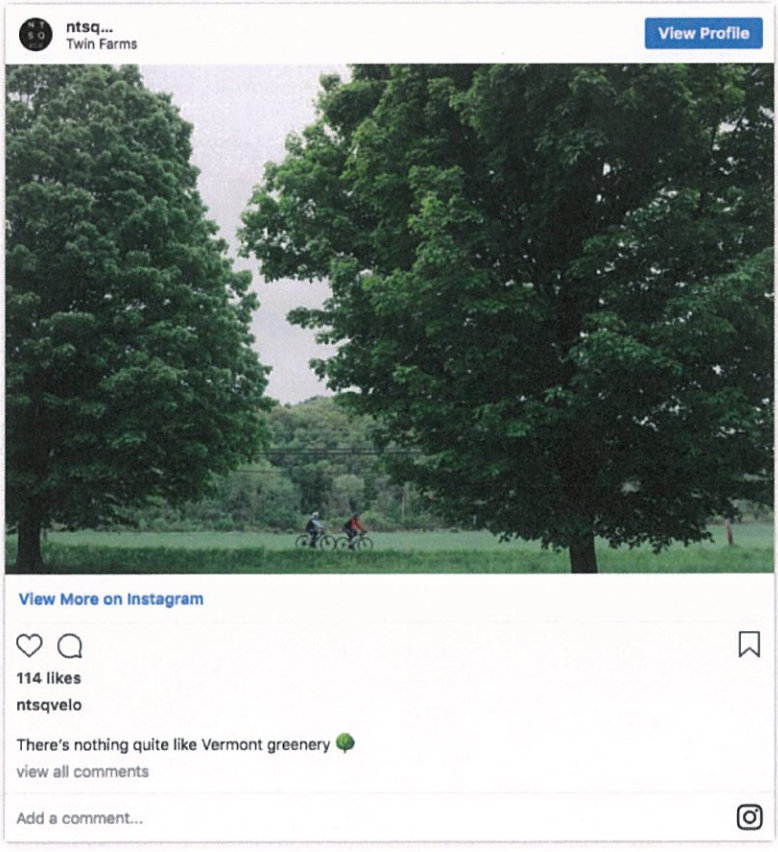
These trips are #couplegoals.

By Susan Brickell and Lindsay Geller Jan 25, 2019

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. These 13 best couples retreats will renew and light a flame under your relationship this year.

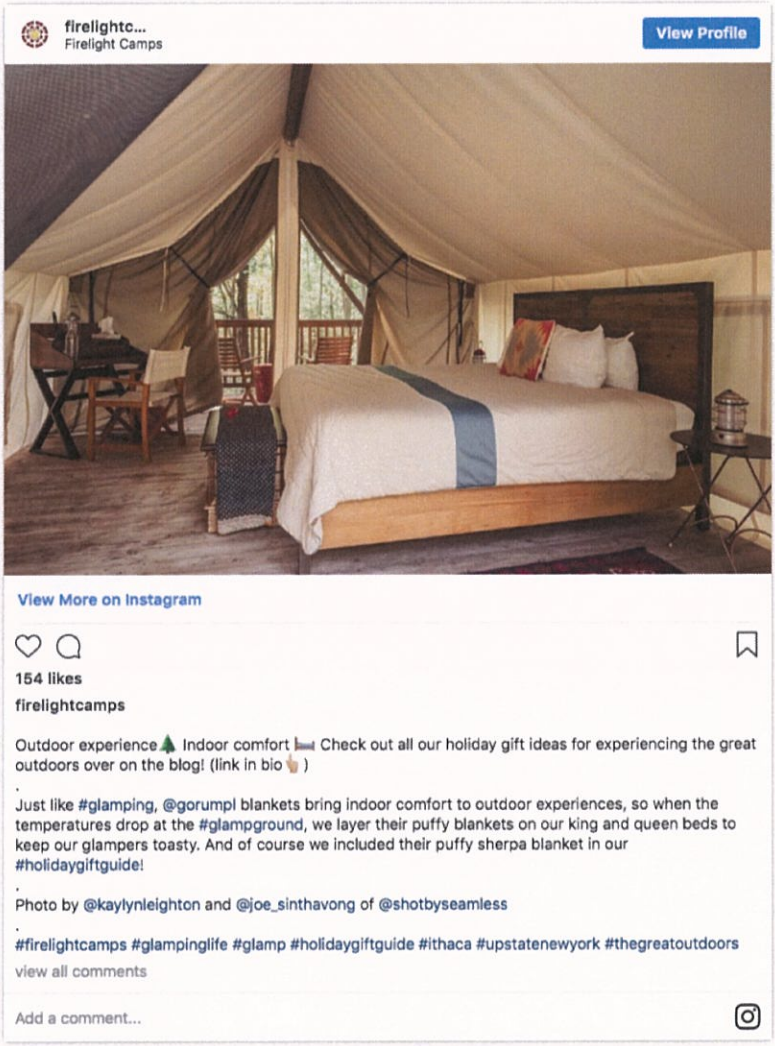
Twin Farms in Barnard, Vermont



Cost: $7,550

Details: Sitting atop 300 acres in Barnard, Vermont, Twin Farms is the state's only luxury, five-star, adults-only experience—and it's perfect for cyclists of all levels. The "Ride. Stay. Eat." program combines challenging, but rewarding days on the bike with upscale lodging, service, and incredible meals prepared by world-renowned chefs. Capped at a dozen guests, tours are fully supported, with ride leaders and all on-road nutrition. The package includes two full-custom cycling kits, massages, laundry service, and carbon Cervélo bikes. Twin Farms also offers Japanese-style baths to sooth muscles post-ride, a pond for stand-up paddle boarding and fly fishing, and trails for biking, hiking, and cross-country skiing.

Firelight Camps in Ithaca, New York



Cost: $750 per person

Details: Whether you feel totally at home in the great outdoors or are more of a glamper, 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. Two restaurants on the grounds serve lunch and dinner, while a camp

canteen offers homemade s'mores kits and trail snacks for purchase. 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 (phew) with changing rooms, full-length mirrors, flushing toilets, towels, and eco-friendly products.

Watch men & women explain how they know they're in love:

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.

Vintage Surfari Wagon in Los Angeles, California

Cost: $139 to $265 per day, depending on vehicle and season

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.

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.

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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 six-day retreat with your own VW Campmobile and your cutie. Communal grills and camp kitchens are available while road-tripping, and most campers enjoy pitching in and sharing meals (and clean-up).

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.

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 SO can also rent a retro car and visit Boone Hall Plantation with its infamous driveway lined with live oak trees dripping in Spanish moss.

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.

Xinalani in Puerto Vallarta, Mexico

The Best Wellness Destination In Every State

Gulf Shores, AL: Most Relaxing Beaches With 32 miles of Alabama coastline and miles of nature to explore throughout the Hugh S. Branyon Backcountry Trails, plus a thriving Southern culinary scene (make sure to try the Alabama oysters), Gulf Shores is a serene, family-friendly escape you can kick back at all year-round. GETTY IMAGES

Cost: $1,820 to $2,650

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 four spaces to practice: 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.

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, pillow-top mattress, gorgeous mosquito netting, 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.

Xinalani offers all-inclusive couples retreats for seven nights, including accommodation in an Eco-Chic Suite, food and beverages, yoga classes, complimentary use of kayaks and SUPs, 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.

Grail Springs in Bancroft, Canada

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 Retreat Starter, Cleanse & Organize, and Life Transformation, which include two- to 21-night stays, accommodation, 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.

Yogascapes Midnight Sun Retreat in Reykjavik, Iceland

And while the heartland of geothermal energy, double rainbows, and Northern Lights may seem far away, with the new Icelandair Stopover service, travel is pretty simple. The program allows you and your partner to fly across the Atlantic to any of the airline's destinations, with a pause—if you will—in Iceland for up to seven nights at no extra cost. So if you're planning an extended vacation abroad or splurging on a long honeymoon, this is the perfect opportunity to make it a multi-country holiday while saving on plane tickets.

Intimacymoons Couples Retreat in Crane Beach, Barbados

Cost: $3,600

Details: At Intimacymoons, a tropical resort that specializes in couples and marriage counseling, you and your partner can enjoy a four-night premium stay in an ocean or garden view room, or splurge on a suite with a private plunge pool.

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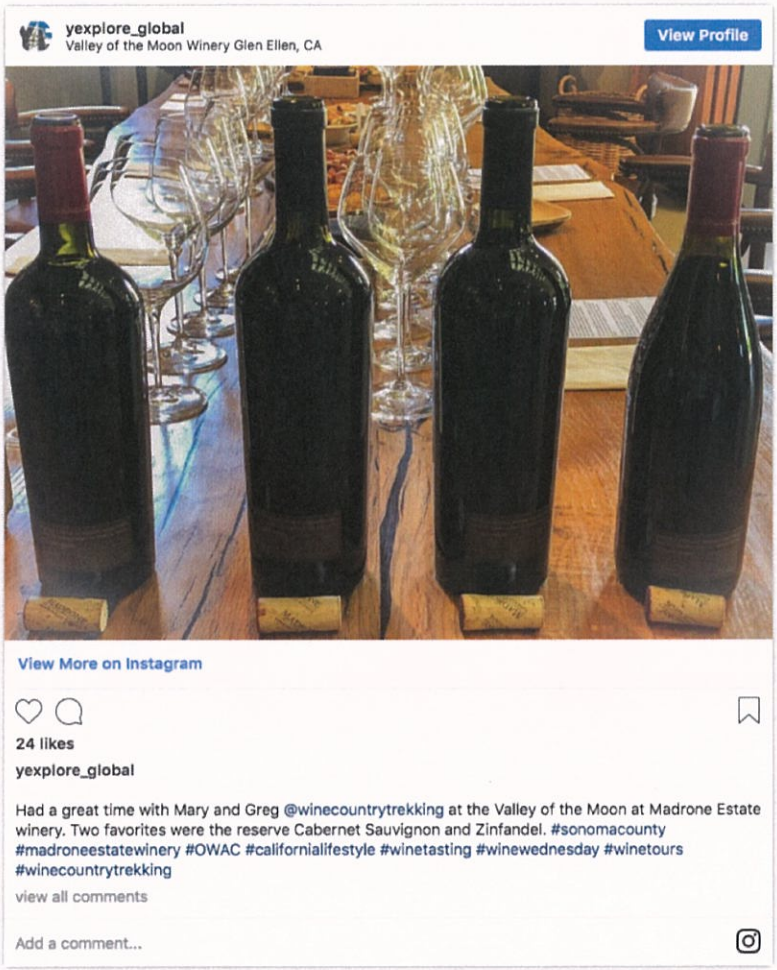
Each day, you'll attend intimate group relationship enhancement workshops led by a licensed

relationship and sex therapist. The resort also offers each couple a two-hour private session to teach you how to tackle specific intimacy and relationship issues.

The retreat culminates in a beachside ceremony where couples consciously let go of their past difficulties and begin the process of healing. Before you leave with personalized feedback and a tailored game plan to maintain the health of your relationship, you'll indulge in a romantic farewell dinner date. Surrounded in such a dreamy atmosphere, you can't help but fall in love all over again.

Wine Country Trekking in the San Francisco Bay Area

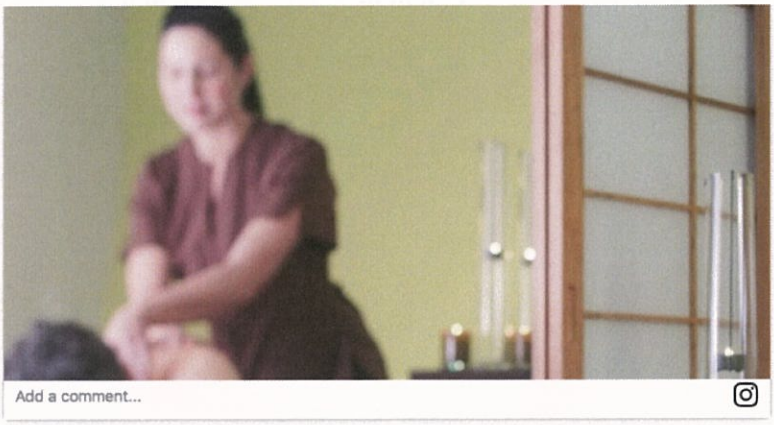


Cost: Starting from $1000, dependent upon the season

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.

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.

Red Mountain Resort in St. George, Utah



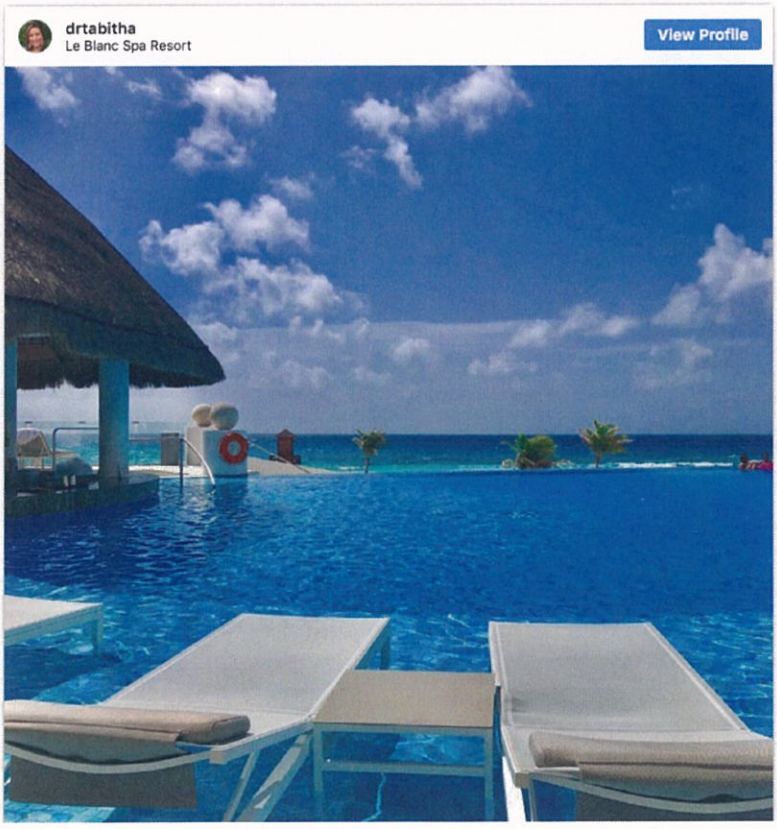
Cost: Starting at $198.75 per night for a deluxe room

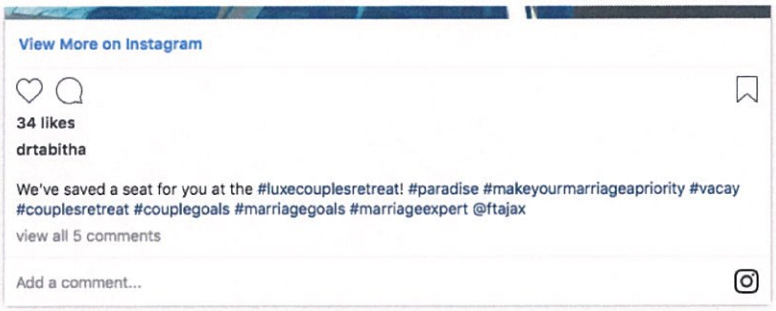
Details: If you're looking to get away from the typical couples getaway, Red Mountain Resort offers the ultimate combination of unexpected adventure and wellness. Every retreat package includes three healthy meals per day, guided hiking and biking, and yoga and fitness classes. Serious nature lovers can also book customized adventures to Zion or Bryce Canyon National Parks or simply walk a quarter-mile down the round to Snow Canyon State Park.

On top of all its luxury amenities, the resort also offers specific retreat options for couples. If you're looking for a quick getaway, spend two nights at the resort with its Remembering Romance Retreat. You'll be greeted with a deluxe room decorated with candles, rose petals, and chocolate covered strawberries. From there, you can choose which adventures, spa services, and wellness workshops you want to enjoy during your stay.

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.

Luxe Couples Retreat in Cancun, Mexico





Cost: $5,495 per couple

Details: Over the eight-day, seven-night Luxe Couples Retreat, you'll spend each day discussing a different way to enhance your relationship through intimate group sessions lead by a couples and relationship expert.

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.

Brb, booking two plane tickets now...

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