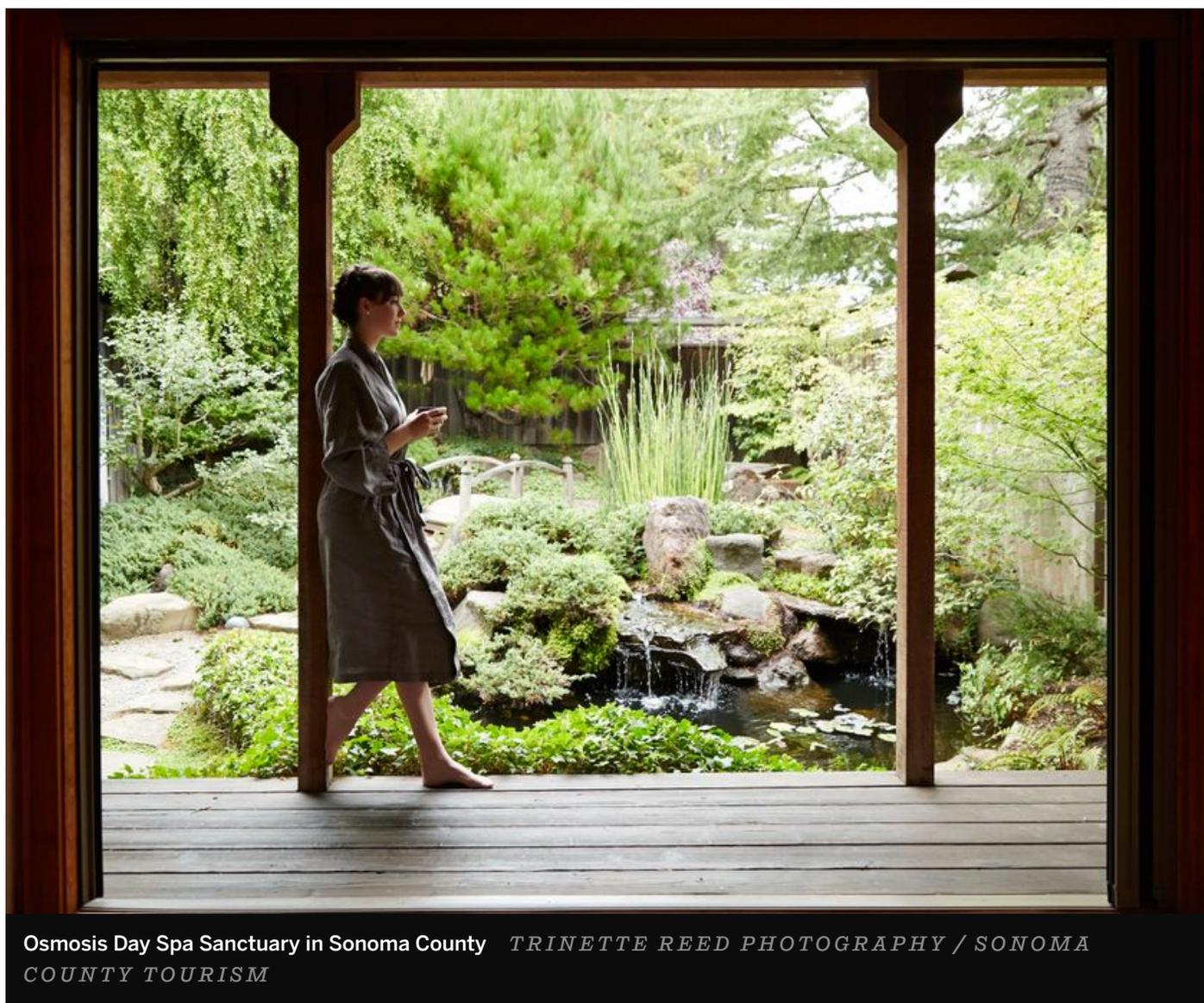


Plan a wellness getaway for 2020

The New Year is coming up quickly. Why not make a resolution now to take better care of yourself in 2020? A spa, yoga or wellness retreat may be just what you need to stick with your plans. Here are a few suggestions for great — and healthy — getaways next year. Whether you have a day, a weekend or a week, there are plenty of options to consider.

SHELLEY BOETTCHER ([HTTPS://O.CANADA.COM/AUTHOR/SHELVIS70](https://o.canada.com/author/shelvis70)) Updated: October 25, 2019



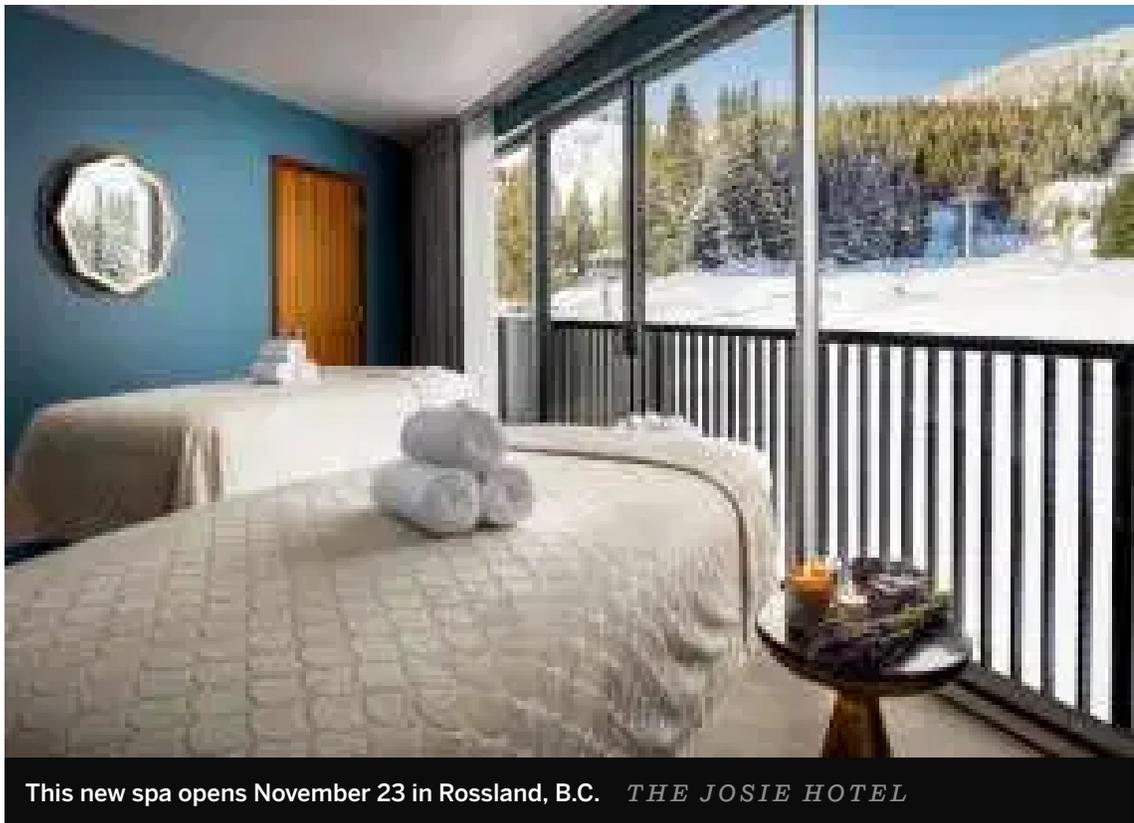
Osmosis Day Spa Sanctuary in Sonoma County *TRINETTE REED PHOTOGRAPHY / SONOMA COUNTY TOURISM*

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Go for a day

The [Osmosis Day Spa Sanctuary](https://www.osmosis.com) (<https://www.osmosis.com>) is located in Freestone, California, part of Western Sonoma County. If you're visiting wine country but you only have a day or two to hit the spa, the Osmosis team can help get your life back on track. Try the Cedar Enzyme Bath, a special Japanese heat treatment that isn't available anywhere else in the United States.



The brand-new [Spa Terre at The Josie Hote](https://www.thejosie.com/rossland-red-mountain-spa.aspx) (<https://www.thejosie.com/rossland-red-mountain-spa.aspx>) in Rossland, British Columbia opens November 23 and will offer globally- and locally-inspired treatments — a rose quartz manicure perhaps, or a lavender amethyst stone pedicure. Spend some time in the cedar barrel saunas or simply sign up for a massage after a day of skiing at Red Mountain Resort, where this award-winning artsy hotel is located.

Go for a few days

Calgary's [Evolve Retreat Co](https://evolveretreatco.com/locations/) regularly partners with special places such as the [Pomeroy Kananaskis Mountain Lodge](https://lodgeatkananaskis.com) in Alberta, to host one-day and multi-day retreats. Kick-start a healthy eating routine. Relax. Unplug from technology and just generally get motivated to become who you want to be. And a bonus: yoga practitioners will enjoy the fact the Evolve team offers several styles of yoga, including Restorative, Kundalini, Hatha, Nidra, Yin and Vinyasa flow. "Let our dedicated yoga and meditation instructors offer insight into how your mind and body work and how these practices can relieve stress, keep the mind sharp and improve overall well-being," says the Evolve team.

I've been going to the Okanagan Valley for decades, but I've only just discovered that there's an [Okanagan Yoga Festival](https://okanaganyogafestival.com). This past year marked the festival's third anniversary, and this year, for the first time, it took place in Kelowna. Meditation classes, yoga (of course), hiking, cooking classes and even mindful wine tastings are just some of the events that take place throughout the three-day festival. There's even a market featuring "great companies and businesses creating quality, impactful, conscious, important products for humanity," according to the festival organizers.

[Hollyhock](https://hollyhock.ca) on Cortes Island has been offering wellness and spiritual retreats for eons; people return year after year to take different programs, all designed to help us live better lives.

Coming up: Author and retired physician Gabor Mate and his son Daniel Mate are presenting a three-day program in November. Programs haven't been posted yet for 2020, but you can expect yoga, vegan-friendly food and an opportunity to calm down and refocus.

You could also head to Ontario for the opportunity to recharge at [Ste. Anne's Spa](http://www.steannes.com), an all-inclusive spa in Grafton. The three-day yoga retreats are available for all levels, and each getaway offers gourmet meals and spa treatments, too. You can even sign up for the equine program (also known as hanging around with horses) as part of your treatment.

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