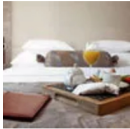


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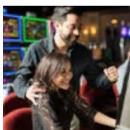
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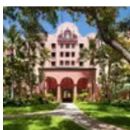


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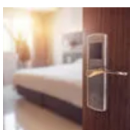


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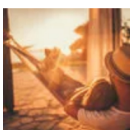
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Best Historic Hotel
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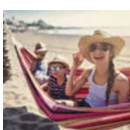
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Best Health & Wellness Resort: Skyterra Wellness Retreat

This reader favorite resort welcomes guests of all fitness levels

Who says vacationing has to be unhealthy? The growing popularity of health and wellness retreats in the U.S. is testament to our growing interest in fitness and longevity, even while traveling.



1 SKYTERRA WELLNESS RETREAT

Lake Toxaway, N.C.

Guests at Skyterra are encouraged to set aside the worries of day to day life and focus on health and wellbeing. Classes are small, giving each participant personalized attention, and all fitness levels are welcome. The resort hosts only 20 guests at a time to promote a sense of intimacy, exclusivity and a more individualized experience.

Photo courtesy of Skyterra Wellness Retreat



The top 10 winners in the category Best Health & Wellness Resort are as follows:

1. Skyterra Wellness Retreat - Lake Toxaway, N.C.
2. Hilton Head Health - Hilton Head, S.C.
3. The Art of Living Retreat Center - Boone, N.C.
4. Lake Austin Spa Resort - Austin
5. New Life Hiking Spa - Killington, Vt.
6. The Ranch Malibu - Malibu, Calif.
7. Red Mountain Resort - Ivins, Utah
8. Ten Thousand Waves - Santa Fe
9. Miraval Arizona Resort & Spa - Tucson

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A panel of experts partnered with 10Best editors to pick the initial 20 nominees, and the top 10 winners were determined by popular vote. Experts Marla Cimini (USA TODAY), Anne Dimon (Travel To Wellness), Eric Grossman, Gerrish Lopez, Eileen Ogintz (Taking the Kids), Christopher Parr (Pursuitist) and Ava Roxanne Stritt (Spa Travel Gal) were chosen based on their knowledge of the American hotel and spa scene.

Congratulations to all these winning properties!

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THE EXPERTS

MARLA CIMINI



Marla is a journalist with a passion for travel, music and culinary adventures (combining all three whenever possible)! An avid globetrotter, she has covered topics such as exotic Tahitian getaways; Santa Fe's chocolate trail; Argentine wines; and Japan's Washoku cuisine. Marla is co-author of the book, *A Century of Hospitality*, a historical exploration of US hotels. Her articles have appeared in numerous publications worldwide. Follow her on [Instagram](#) and [Twitter](#) or see more of her work at [USA TODAY](#).

ANNE DIMON



Founder & CEO of [Travel To Wellness](#) (launched in 2004 as an online magazine and resource for wellness travel) Anne Dimon is a wellness travel consultant, professional travel writer and industry journalist contributing to various publications. A recognized wellness travel expert, Anne speaks on the topic at events such as the New York Times Travel Show and Virtuoso Travel Week, and hosts webinars for The Travel Institute. She is also on the nominating panel for the Spa Finder Wellness Travel Awards. As a wellness travel consultant she works with organizations such as Virtuoso and the New York Times Travel Show.

ERIC GROSSMAN



[Eric Grossman](#) is a travel and food writer based in Boston and New Orleans. He has edited dozens of DK Eyewitness Travel guides, and is constantly on the road searching for new and inspiring experiences. Having traveled to 50-plus countries, Eric is always up for an adventure; memorable experiences have run the gamut from sharing a stage with Coldplay to discussing the future of food with Ferran Adrià.

GERRISH LOPEZ



Gerrish Lopez is a food and travel writer/photographer based in her hometown of New Orleans. A true travel enthusiast, she enjoys experiencing the flavors and cultures of the world. Her adventures have taken her far and wide, from tiny islands (Isle of Man, Lanai) to mega-cities like Mexico City and Hong Kong. A former vegetarian, Gerrish has grown to appreciate carnivorous fare through sampling the best meats in the world, from smoked pork jowl in Thailand to whole hog barbecue in South Carolina. Gerrish is always looking for products and services to make her travels easier and more efficient.

EILEEN OGINTZ



Eileen Ogintz, a leading national expert on family travel, is the author of the Tribune Interactive syndicated column [Taking the Kids](#), creator of the popular website [TakingtheKids.com](#) and co-chair of the TMS Family Travel Conference which draws top family travel influencers and major travel brands. She is the author of the 10-book *Kids Guide* series; *The Kid's Guide to Maine* is being released in April.

CHRISTOPHER PARR



Christopher Parr is the Founder and Editor-in-Chief for [Pursuitist](#), the leading luxury travel and leisure website. An award-winning travel writer, Parr is also a luxury marketing veteran, a frequent speaker at luxury and interactive marketing conferences and a pioneer in web publishing. He launched Pursuitist in 2010 as a curated list of the good things in life, with guest contributors from Forbes, Mashable, TechCrunch, Glamour, Saveur and more sharing their favorite luxuries. Follow along on [Twitter](#).

AVA ROXANNE STRITT



Ava Roxanne Stritt has been called the most influential person in the world for spa travel and also a top authority on luxury and wellness travel. This spa expert's fans say she is responsible for turning the average spa day into a wellness adventure. Ava writes for multiple print and online publications including USA TODAY 10Best, Travelocity, *Upscale Living* Magazine, *LA Travel* Magazine, *Spa Inc.* Magazine, [Spa Travel Gal](#) and many more. Follow her on [Twitter](#), [Instagram](#) or [Facebook](#).

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7 Aug

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