

# The Best Wellness Retreats to Restore Your Mind, Body, and Soul

We bet you could use a little zen.



By Locke Hughes Mar 19, 2019



## Amrit Ocean Resort, Palm Beach, FL

Located on Florida's picturesque Singer Island, [Amrit](#) is a brand-new oceanfront resort with a focus on wellness. They've partnered with the Himalayan Institute to merge Eastern traditions, such as mindfulness and energy healing, with high-end luxury amenities. A few of the extravagant wellness highlights you'll find include a personal wellness assistant, available 24/7 via call or text; mood-enhancing aromatherapy; vitamin IV therapy; yoga, pilates, and meditation classes; beauty and skincare treatments, and much more.

Note: The resort will open in late 2019.