

CULTURE / TRAVEL

# Dream Social Distancing Vacations — Rent the Top Floor of a New York Hotel, Cruise on a Private Antique Yacht and More

## Getting Away From It All While Staying Away From Others

BY KIMBER WESTPHALL // 11.17.20

**W**hen making travel plans early in 2020, social distancing wasn't even a familiar concept and certainly not part of the everyday vernacular. Now, nearly every activity in daily life takes the degree of social distancing into consideration. Especially when planning a vacation.

With flights picking back up and many gearing back up for travel, we've scouted domestic destinations and activities that are prime for social distancing. Whether you want to hit the slopes, beach or seek yuletide cheer, this social distanced travel guide has you covered.



Garden of the Gods Resort and Club focuses on meditation and relaxation (Garden of the Gods Resort and Club)

## COLORADO SPRINGS

With mental health appearing at the forefront of discussion amidst a global pandemic, many Texans are opting for a retreat swept up in mindfulness and self-care. Trading skis for a yoga mat at this Colorado retreat, [Garden of the Gods Resort and Club](#) leaves guests feeling balanced with new levels of self-awareness.

This is a perfect practice for dealing with the holiday season, or just recovering from the extreme stresses of 2020 in general. From individual mindfulness sessions to healing therapy, relaxation is the main event with this getaway. One of the most popular healing therapies includes Healing Touch Energy Therapy, where certified energy healers feel the body's energy and help to balance and restore.

These guided sessions include a meditation and relaxation techniques. You can also spread out in the STRATA Integrated Wellness and Spa for a dry floatation therapy session or a Body Glow, which exfoliates from head to toe and is polished off with decadent oils from Biologique Recherche.