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Where Golf Meets Wellness: Six Luxury Golf Resorts

By Alison Lewis

From restorative spa treatments and thoughtful recovery rituals to championship courses set within extraordinary landscapes, these luxury golf resorts are redefining the golf getaway—proving the best trips leave you feeling healthier than when you arrived.

My husband has been playing golf since he was a child, and although I've never taken up the game myself, I've spent enough time watching from the golf cart and the clubhouse to appreciate just how much patience, discipline, and focus it demands. More than that, I've come to admire the way the game gets people outside, keeps them moving, and creates a lifelong reason to explore some of the world's most beautiful places.

That same appreciation is beginning to reshape luxury travel.

The world's leading golf resorts are no longer focused solely on championship courses. Increasingly, they're creating destinations where exceptional golf is just one part of a much larger experience centered on wellbeing, recovery, and a genuine connection to place.

Golf already encourages hours outdoors, movement, focus, and a welcome break from the pace of everyday life. Pair that with exceptional hospitality and thoughtful wellness programming, and the traditional golf vacation begins to look remarkably like a wellness retreat.

From the Caribbean to Georgia, Spain, California, England, and the Arizona desert, these six destinations prove that today's best luxury golf resorts are about far more than lowering your handicap—they're about returning home feeling better than when you arrived.



Photo Credit: The Ranch at Laguna Beach

[The Ranch at Laguna Beach](#) | Laguna Beach, California

Not every memorable golf experience begins with 18 championship holes.

At The Ranch at Laguna Beach, the resort's scenic nine-hole GEO Certified® course winds through a secluded canyon just minutes from the Pacific Ocean. The only golf course in Laguna Beach, it offers dramatic elevation changes, native California landscape, and a slower pace that encourages players to appreciate their surroundings as much as the score.

That connection to nature extends throughout the property. The Ranch's innovative Bottles to Bunkers program transforms recycled glass into sand used on the course, while a reclaimed water partnership irrigates the resort's 87 acres, conserving more than 20 million gallons of potable water each year.

That's another important part of healthy travel. Caring for ourselves and caring for the places we visit often go hand in hand.

After a morning on the course, guests can enjoy seasonal California cuisine at The Patio, spend an afternoon at the spa or pool, or simply take in the quiet beauty of the surrounding canyon. The Ranch is a reminder that wellness isn't always found inside a treatment room. Sometimes it's discovered outdoors, moving at a slower pace and reconnecting with the natural world.