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THE WAUWINET NANTUCKET, MASSACHUSETTS

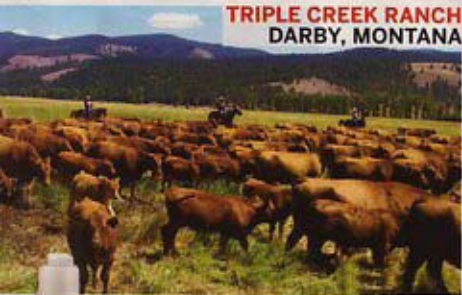
Facing the Nantucket Sound on the island's easternmost tip is the picturesque Wauwinet inn. Between lobster expeditions, cooking lessons with chef David Daniels, beachfront yoga, and late-afternoon tennis, there's just enough time left in the day for a visit to the inn's cottage-like Spa by the Sea. Surrounded by a perennial garden—lavender and sage are freshly picked for foot baths—the spa offers sea-inspired treatments like the skin-polishing Atlantic Seaweed body wrap. Rates from \$275 per night; wauwinet.com.

BARDESSONO NAPA VALLEY, CALIFORNIA

Tucked away in the charming town of Yountville is the Bardessono hotel, restaurant, and spa. Cycling to nearby vineyards (win!), getting elbow-deep in culinary garden classes (or having a snack of wood-fired pizza at the rooftop pool) and hiking Napa's wildflower-dotted hills with a botanist are among the outdoor activities. Inside, each eco-conscious-guest room (constructed from salvaged local wood) is a spa in disguise, equipped with a giant soaking tub and space for a massage table. Rates from \$550 per night; bardessono.com.



TRIPLE CREEK RANCH DARBY, MONTANA



Originally built in 1933 for William Avery Rockefeller (nephew of John D.) and his brood, the Point was once fondly called Camp Wonundra by its esteemed vacationers. These days, the secluded lakeside spot has been transformed into a luxurious eleven-guest-room compound. Reserving the Boathouse means waking up in a canopied bed and having breakfast on a wraparound deck overlooking the lake. Then, hike or cycle in the Adirondack wilderness, cruise around the lake on one of the 33-foot mahogany Hacker-Crafts (below), or tee off at Saranac Inn, a founding PGA course in the 1920s. Rates from \$1,350 all-inclusive; thepointresort.com. *health >108*

THE POINT SARANAC LAKE, NEW YORK



At the base of Trapper Peak in the Rockies sits Triple Creek Ranch—a cowboy's (and -girl's) haven in the Wild West. Following daily adventures like fly-fishing trips in the Bitterroot River, horseback trail rides along Lewis and Clark's expedition route, and daylong cattle drives (call ahead—there's generally a waiting list), guests at the Ranch can unwind with in-cabin aromatherapy massages (and L'Occitane amenities, L'Or) or a dip in the Ponderosa pine tree-lined pool. Rates from \$650, all-inclusive; triplecreekranch.com. —CHRISTINA HAN

