

Smart Stay

by **ShermansTravel**

Vitamin D plays an important role in increasing serotonin, regulating moods, and decreasing the risk of depression. So effectively, science says that booking a warm-weather getaway in the fall and winter is essential to our health. Who are we to argue? From a wellness-centric Miami resort to a family-friendly oceanfront oasis in Waikiki, we've rounded up some of our favorite places to escape the cold and get that all-important extra dose of Vitamin D.

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A Magnificent Miami Hideaway With a 70,000-Square-Foot Spa

Despite its central location in Miami Beach, **Carillon Miami Wellness Resort** feels worlds away from South Beach's bustle. A towering oceanfront property with lush palm-lined grounds, it's designed around well-being and rejuvenation (it originally opened as a Canyon Ranch). The 70,000-square-foot spa offers a range of therapies that target stress reduction, anti-aging, and weight loss, while the fitness center has more than 75 classes per week. The restaurant is run by a Michelin-starred chef, and the sun-soaked guest rooms — all suites — are models of serenity.

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An Oceanfront Waikiki Hotel That Boasts Some of Oahu's Best Diamond Head Views

Twin Fin Hotel is a peaceful haven for families — and, well, pretty much anyone looking to relax after a day of exploring sunny Oahu. Nestled on the white-sand shores of the quiet Diamond Head side of Waikiki, the relaxed island vibes will wash over you like an ocean wave the moment you walk in. There are plenty of family-friendly accommodations, including spacious (and affordable) suites, as well as spaces for adults to get away for a romantic evening. Days start with bountiful breakfasts overlooking the ocean at Coconut Club on the 21st floor, continue with activities like lei-making and hula-dancing, and end with a refreshing shave ice at the lobby-level Kai Coconuts.

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An Eco-Chic Resort in California That's Cool in Every Sense

The Ranch at Laguna Beach embodies the laidback California lifestyle — but in the most luxurious way possible. Guest rooms feature private outdoor patios, coastal ranch-style furnishings, and muted desert tones that channel the nearby canyons and beaches. Guests can choose from a full roster of (complimentary) activities, from yoga and stargazing to tours of the half-acre Harvest Garden (which supplies seasonal produce to the on-site restaurant). And in true Cali style, the resort is a leader in sustainable operations, such as composting, reclaiming water for irrigation, and swapping plastic room keys for bamboo ones.

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An Intimate All-Suite Retreat That's Perfect for Beach Lovers

Known for its stunning beaches and Evian-like water, Turks & Caicos is the island retreat many people seek for tropical vacations. While there are a slew of hotel options to choose from, the idyllic [H2O Life. Style. Resort](#) charms guests with a smaller and more intimate feel, amazing kiteboarding, incredible all-suite accommodations, and abundant inclusions. Located along the shores of Long Bay Beach, the resort has a clean, modern look with sleek all-suite accommodations — each with kitchens and water views — and common areas such as a rooftop terrace, where sand-colored loungers surround a fire pit. The resort also boasts private beach access and a swimming pool where guests can be found soaking up the sun all hours of the day.

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