

# REAL SIMPLE

## 7 Self-Care Getaway Ideas— Plus, How to Get the Most From Your Rejuvenating Vacation

It all starts with the thought: "I really need a vacation." Amidst the hectic 24/7 work and social life cycle, coupled with the past year and a half of living in a pandemic, this thought has become rather universal. But people aren't just looking for any vacation, they're seeking out vacations rooted in self-care and rejuvenation, causing the ongoing rise in wellness tourism.

### Beach Vacation

A vacation at Palm Heights in the Cayman Islands may be the perfect Caribbean medicine, or the Rockaway Hotel on New York City's Rockaways is a lovely way to breathe in the salty air away from the city noise. A serene option might also be located in Santorini's Canaves Oia Suites and even Mexico's AZULIK villas.