The Top 10 Executive Wellness Retreats

1. **ANANDA IN THE HIMALAYAS, Uttarakhand, India**
   - Contact: Nitin Kapur, 800.003.5573, animao.aio.com
   - Cost: Starts at $4,060 for seven nights (inclusive).

2. **CAL-A-VIE HEALTH SPA, Vista, Calif.**
   - Contact: Debbie Ze, cavi@cal-a-vie.com, 760.945.2401, cal-a-vie.com
   - Cost: $520 (inclusive).

   - Whether it's in the colorful Sonoran Desert near Tucson or the manicured gardens of Lenox, Canyon Ranch remains at the forefront of executive wellness. To give executives a full picture of how the daily stress affects their health, the Ranch requires visitors to spend at least four nights. Its program, developed in collaboration with the Cleveland Clinic, includes extensive medical testing, cognitive and memory assessments, lifestyle consultations, and the Ranch's signature Integrative Wellness Coaching.
   - Contact: Ruth Ann Braver, 800.744.5000, canyonranch.com
   - Cost: $5,860 for the program, plus room and board (starts at $3,370, Tucson; $3,720, Lenox).

4. **CHIVA-SOM HEALTH RESORT, Hua Hin, Thailand**
   - Contact: Siena McNeely, reserve@chivasom.com, 66.3253.6536, chivasom.com
   - Cost: About $3,585 (80,000 baht) for five nights (inclusive).

5. **CHI-WA-SOM HEALTH RESORT, Hua Hin, Thailand**
   - Contact: Siena McNeely, reserve@chiwasom.com, 66.3253.6536, chiwasom.com
   - Cost: About $3,585 (80,000 baht) for five nights (inclusive).

6. **GOINGANNA LIFESTYLE RETREAT, Tallebudgera, Queensland, Australia**
   - Contact: Sharon Kolkka, info@goinganna.com, 61.7.5589.5000, goinganna.com
   - Cost: $2,760 (inclusive, standard suite type).

7. **THE INN AT DOS BRISAS, Washington, Texas**
   - Contact: Andrew Jay, andrew@dobilisgas.com, 977.2777.7570, dosbrisas.com
   - Cost: Starts at $320 a night.

8. **THE RANCH AT LIVE OAK, Malibu, Calif.**
   - Contact: Melissa Newman, inquiry@theranchmalibu.com, 310.457.8700, theranchmalibu.com
   - Cost: Starts at $3,800 (R4.0), $3,720, Lenox.

9. **SHA WELLNESS CLINIC, Alicante, Spain**
   - Contact: Sonia Migani, info@shaweellness.com, 34.966.581.997, shaweellness.com
   - Cost: Starts at about $3,700 (12,300 euros).

10. **SHA WELLNESS CLINIC, Alicante, Spain**
    - Contact: Sonia Migani, info@shaweellness.com, 34.966.581.997, shaweellness.com
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