

## 5 Ways to Take a Self-Care Vacation

By SHIVANI VORA JAN. 27, 2017



Box Canyon trail in the Rocky Mountain National Park. John Marino

In the space of a week, you've seen America [say goodbye to one president](#), [inaugurate another](#), march for women's rights, march against abortion and, [for a moment, fear that guacamole would become really expensive](#). Even if you've only occasionally peeked at the news, the shock of so many updates may have left you reeling.

This is the moment for a self-care vacation, especially one where the focus isn't on screens. But it sounds easier than it is. "Being so technologically connected all the time, as many of us are, is overwhelming, and a break is a way to show yourself some love," said Miriam Geiser, a travel consultant with [KK Travels Worldwide](#) in Chicago who has planned self-care getaways for clients and has taken several herself. "A self-care vacation is about slowing down and nurturing yourself so you feel truly mentally and physically rested at the end," she said.

Here is advice on how to take such a trip.

**Painting Away the Pressure** You don't have to be Picasso, but a vacation incorporating art can inspire creativity in your everyday life, according to Susan Sparks, a travel adviser at Points of Interest Travel in Aspen, Colo. "Art is a way to express yourself and go beyond your usual spectrum, and that can be very reviving," she said. Many resorts and spas around the world offer art classes, ranging from a few hours to several days, in painting, sculpture and collage. Suggested destinations: [Vik Retreats](#) in Uruguay; [Ojai Valley Inn & Spa](#) in Ojai, Calif.; and [Sundance Mountain Resort](#) in Sundance, Utah.