

Red Tricycle

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<https://redtri.com/socal/california-wellness-vacations-for-families/slide/1>



## 7 California Wellness Vacations for the Whole Family

Sometimes a family getaway feels so hectic that you need a vacation *from* your vacation. But not anymore! New healthy habits for the new year means a **family vacation** that will get the whole crew into a wellness state-of-mind. Whether **your family goals are to reconnect**, renew patience, **get into nature** or go on a digital detox, check out these wellness vacations for families that will get you all on track for a truly happy 2020. Read on for the feel good details.



## Terranea Tranquility

Nestled on the Palos Verdes Peninsula, [Terranea](#) is a 102-acre luxury haven overlooking the beautiful Pacific. Daily wellness activities await guests through their full-service spa and fitness center, kids' club, ecological enrichment programs and tranquil grounds. Which means you can squeeze in a patience-renewing spa treatment or coastal cycling class while the kids learn and play at the [Tide Pool Kids Club](#). Here, leaders engage kids with science experiments, activities and locally-inspired art projects.

A [daily events calendar](#) also provide opportunities to rejuvenate body and mind, with activities such as daily coastal walks, yoga and an ancient sunset ritual known for healing and relaxation through sound and vibration. After a day well spent, retreat to guest rooms with spa-style stone baths, luxury linens and private balconies.

Online: [terranea.com](http://terranea.com)