

# Wellness Staycation Planning Guide

A wellness staycation can be a simple yet meaningful way to reset without travelling far from home. Whether you plan a quiet weekend retreat nearby or transform your home into a peaceful sanctuary, the key is to focus on activities that promote relaxation, balance and self-care. With a little preparation, you can design a restorative experience that supports both physical and mental well-being. Use this practical checklist to help organise a calming getaway centred on rest, nature and mindful living.

## Wellness Staycation Planning Checklist

- Set your wellness intention**  
Start by deciding what you want most from your staycation. Are you looking to relieve stress, reconnect with nature, improve sleep or simply take a break from daily routines? Having a clear goal helps shape your plans.
- Choose a peaceful setting**  
Select a location that encourages relaxation. This might be a lakeside cottage, countryside inn, spa resort or boutique hotel in a quiet neighbourhood. Even staying at home can work if you create a calm, comfortable environment.
- Schedule time outdoors**  
Nature plays a powerful role in wellness. Plan activities such as forest walks, scenic hikes, lakeside strolls or cycling routes. Spending time in green spaces can help reduce stress and boost mood.
- Book a spa experience**  
Treat yourself to a massage, hydrotherapy circuit or facial at a nearby spa. If you are staying at home, create your own spa evening with candles, bath salts and calming music.
- Include mindful activities**  
Yoga, meditation, journalling or gentle stretching can help quiet the mind and encourage relaxation. Even ten minutes of mindfulness each day can make a noticeable difference.
- Create a flexible itinerary**  
Avoid overscheduling. Leave plenty of space for rest, reading, or simply

enjoying the surroundings. Wellness travel works best when the pace feels slow and restorative.

- Plan nourishing meals**  
Seek out restaurants that focus on fresh ingredients, or visit farmers' markets to gather healthy foods. Preparing simple meals can become a relaxing ritual during your staycation.
- Reduce screen time**  
Limit work emails and social media so you can fully disconnect. Setting specific offline hours can help you stay present and enjoy the moment.

## Wellness Staycation Packing List

Even a short retreat benefits from thoughtful packing. Bringing items that support comfort and relaxation can help create the right atmosphere for your getaway.

- Comfortable walking shoes
- Yoga mat or stretch band
- Reusable water bottle
- Cosy loungewear or soft sweaters
- Journal and pen for reflection
- A favourite book or magazine
- Herbal tea or healthy snacks
- Bath salts or aromatherapy oils
- Sunscreen and hat for outdoor time
- Small backpack for nature walks

A wellness staycation does not need to be elaborate to be effective. With intentional planning and a focus on rest, nature and mindfulness, even a few days away—or at home—can leave you feeling refreshed, balanced and ready to return to daily life with renewed energy. ■