

Health & Wellness: A SERENITY SEEKER'S GUIDE TO TAOS

Serenity seekers from near and far come to Taos in search of the type of quietness and beauty that allows them to reconnect with themselves and the Earth. Here, you will find a wide array of ways to treat your mind, body and soul through food, nature and treatments.



MORNING

Start Slow: When in Taos, there's no rush. Get a slow start with coffee, tea or a smoothie from the [Coffee Spot](#), where the drinks are delicious, the surroundings are zen and the people are friendly.

Stretch: Starting the day with a solid stretch always seems to result in a good day. Lucky for visitors, there are plenty of spots to line up your spine, get your chakras in order and adjust your energy. Depending on the season, you can try [Yoga in the Park](#) for an outdoor session or check out the [Shree Yoga](#) studio for year-round balance.

Take a Hike: The best way to get up is to get out and Taos has no shortage of trails to hit. Check out the [Williams Lake Trail](#) for a beautiful way to reconnect with nature and enjoy the serenity of Williams Lake as a reward for completing the hiking. There's also the [Wild Rivers Recreation Area](#), located within the Rio Grande Del Norte National Monument for a beautiful way to enjoy the outdoors.



AFTERNOON

Lunch: Treat yourself and your body to a meal that you can feel good about. [Farmhouse Café and Bakery](#) serves local, organic and farm-to-table fare sourced from more than 20 local farms and ranches. If you're looking for something quick, shop like a local at [Cid's Food Market](#), where you can find locally prepared to-go meals and organic produce and groceries.

Relax: Spending time in nature offers incredible opportunities to unwind, the ultimate relaxation comes in the form of a spa. Schedule a massage or body treatment at the luxe [El Monte Sagrado Living Resort and Spa](#). Here, you can also get one-of-a-kind treatment like the like the Sacred Staurolite, which utilizes sacred stones indigenous to Taos. You can also head up to Taos Ski Valley and experience treatments based on the four elements at the [Spa and Wellness Center at The Blake](#).



EVENING

Soak: There's no such thing as too much relaxation and a sunset soak in the natural hot springs of Taos are the perfect way to end the day. Journey to [Manby Hot Springs](#) at the bottom of the Rio Grande Gorge, alongside the Rio Grande River, for a picture-perfect wind-down session or check out the warm waters of [Black Rock Hot Springs](#).

Dinner: A day full of relaxing can certainly work up an appetite. After treating your mind and body all day, treat your stomach to an unforgettable meal at the calm, intimate and delicious [The Love Apple](#). Here, farm-to-table fresh and wonderfully creative dishes are served among candlelight and a warm atmosphere. There is also [Common Fire](#), serving up a seasonal menu with ingredients that are local, organic and clean as it gets. The drool-worthy views and serene atmosphere certainly don't hurt either!

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