



**PRESS RELEASE:
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For the eighth year in a row, *USA Today* nominates Skyterra Wellness Retreat for Best Wellness Retreat Center in the Nation

PISGAH FOREST, N.C. (June 2, 2025) – For the eighth year in a row in its short nine-year history, Skyterra Wellness Retreat has just earned a coveted nomination: Best Wellness Retreat Center in the country.

This honor comes by way of *USA Today*'s annual Readers' Choice awards, a well established and nationwide competition. Only 20 nominations, chosen by a panel of luxury travel experts, were awarded in this increasingly competitive category.

Skyterra has been named a top three wellness retreat for the past seven years, including top retreat in the country in 2018, 2023 and 2024. The team hopes to repeat the honor this year.

"This nomination is especially meaningful because it reflects our commitment to meeting each guest where they are on their wellness journey," said Teresa Ostler, General Manager. "We're incredibly grateful to our guests for continuing to vote us among the best year after year."

To that point, Skyterra seems to be a top choice for travelers as of late. While other retreats accommodate hundreds of visitors, Skyterra maintains a maximum capacity of just more than 30 guests on its 155-acre campus, located just outside Brevard, N.C.

Skyterra's purpose-built property includes nine miles of walking trails that crisscross streams and lead to a waterfall, separate newly built lodges for each guest, a self-contained spa just for guests, and a main building. The main building houses classrooms, fitness spaces, indoor and outdoor yoga rooms, a kitchen, teaching kitchen, and a dining room with expansive mountain views. An indoor pool, sauna and hot tub provide additional fitness and relaxation opportunities

for guests. An outdoor living center contains three pickleball courts, a stage for outdoor concerts, archery, and a dog run.

“What sets Skyterra apart is our deeply personalized approach,” Ostler said. “We’re not a one-size-fits-all retreat. We design each guest’s experience around their unique goals and needs.”

Additionally, the locale -- a wooded retreat in the mountains that blends seamlessly with the natural beauty of Western North Carolina -- creates an intimacy, exclusivity and sense of community that keeps guests returning again and again.

Skyterra opened in June 2016 as a holistic health retreat. As the retreat’s reputation grows, Skyterra remains committed to maintaining the boutique, world-class qualities that serve its guests so well. The benefits of their approach are evident in the numerous 5-Star average ratings from guest reviews on TripAdvisor and Google. Guests call the experience transformative, life-changing and an excellent travel value.

“Whenever you’re ready to improve your quality of life, we are here for you,” Ostler said.

The winner of the Best Wellness Retreat will be determined by voting. Supporters may cast their votes online until 11:59 a.m. Eastern Monday, June 30 (one daily vote per user) [here](#).

A team of attentive wellness experts help guests break the cycle of old habits; jump-start positive, sustainable change; and revitalize their lifestyles. Regular aspects of the program offered include fitness classes of a wide variety of modalities, sleep and stress management counseling, nutrition education, culinary demonstrations, recreation activities, and more. Spa services, individualized sessions, and other enhancements are also available. Skyterra Young Adult, a separate campus serving adults ages 18-29, offers therapeutic wellness in a supportive environment. More information is available at **skyterrawellness.com**.