
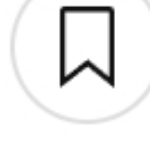
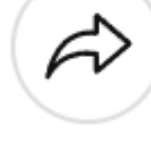


5 Vacations That Could Improve Your Sex Life

At these retreats in places like Costa Rica, California and the Berkshires, you'll learn how to express your desires, enhance intimacy and build self-confidence.

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Gracia Lam

By **Caren Osten Gersberg**

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Fifteen years ago, seeking reconnection and to fuel our flames in the bedroom, my husband and I ditched our three kids for a weekend-long couples' retreat called "Better Communication, Better Sex," at the [Miraval Arizona Resort & Spa](#) in Tucson, Ariz. There were separate workshops for women and men, a detailed anatomy review, exercises to encourage affection and expression, and nightly "homework," with accessories provided (think a feather and some massage oil). End result: The fire's still burning.

Turns out we were on the front end of a recent trend of sexual wellness retreats, where relationship experts, bodywork therapists and medical spas offer programs centered on intimacy and desire, as well as treatments to improve sexual well-being. [Research](#) suggests the need is real — even in long-term relationships, people are aware of just 60 percent of their partner's sexual preferences, and only 25 percent of their dislikes.

There's a range of retreats emerging, and the experience can vary, with a focus on experiential exercise, group discussion or bodywork — or a mix of all three. But they all aim for participants to find comfort in their body; enhance intimacy and communication around safety, desires and boundaries; heal past wounds; and build confidence to cultivate deeper sexual connections.

"Retreats take on a whole new meaning because you take people outside of their domesticity and into nature, which awakens the senses," said [Esther Perel](#), a psychotherapist and the author of "[Mating in Captivity: Unlocking Erotic Intelligence](#)." "People bring the same issues to therapy as they bring to a retreat, but they experience it completely differently. They come to a therapist's office to talk about their problems; they go to a retreat to improve something or experience something new."

Here are five all-inclusive destinations and retreats that offer sexual wellness programs and treatments. Most of these workshops are open to individuals, couples and L.G.B.T.Q. participants, but a few are gender-specific. It's best to confirm before you book.

STOCKBRIDGE, MASS.

[Kripalu](#)



Kripalu, nestled in the Berkshires of western Massachusetts, will hold several weekend-long sexual-wellness retreats in 2025. Kripalu

A yoga and wellness center in the Berkshire Hills of western Massachusetts, Kripalu offers a number of expert-led, weekend-long retreats. Offerings include "[Yoga of Intimacy: The Spiritual Path of Intimate Relationship](#)," from Aug. 1 to 3, which has the option of a private intensive after the group retreat, and "[Getting the Love You Want: A Couples Retreat](#)," from Aug. 1 to 3, centered on [Imago relationship therapy](#), which uses workshops and practice sessions to encourage effective communication, foster emotional healing and recreate passion.

"Sexual fulfillment is a big issue for many, and we create a safe, secure environment to speak openly and be brave about what you desire," said [Linda Bloom](#), a social worker and relationship counselor, who leads the "[Love, Sex and Intimacy](#)" retreat, from Oct. 24 to 26, with her husband, Charlie Bloom, who holds the same credentials. The retreat offers experiential exercises to explore intimacy and sensual pleasure. "We define sexual happiness in a very broad way — it can be so much more if you're harnessing the power of the intention to be connected in a sensual way to bring joy to each other."

Retreat prices vary by program and start at \$299; accommodations start at \$149 per night and include three meals a day.

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