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Skyterra Wellness Retreat Named Best Health & Wellness Resort in the Nation

*Two year-old Western North Carolina company wins top honors in
USA TODAY's Readers' Choice Awards*

LAKE TOXAWAY, NC (August 17, 2018) – Skyterra Wellness, a small health retreat in the Western North Carolina mountains, has just earned a big designation: Best Health & Wellness Resort in the country.

This honor comes from *USA Today's* Readers' Choice awards. This year's annual contest involved brisk competition, since interest in wellness travel is surging and new-to-the-scene properties like Skyterra were nominated alongside large, well-established resorts.

The 20 nominees for Best Health & Wellness Resort were selected by a small panel of travel and wellness experts. The winner was decided through popular vote on the USA TODAY 10Best website.

"We are a small, family-run company in its third year of business," explains Founder Sue Crowell. "It was an honor just to earn a nomination, next to famous resorts several times older and larger than we are," she says, indicating her gratitude for the win.

Skyterra opened in June 2016, after several years of designing, planning, and strategizing. Its small size is intentional. With a maximum capacity hovering around 20 guests, every visitor benefits from personal attention, a healing environment, and a high staff-to-guest ratio.

Skyterra's intimacy, exclusivity, and sense of community keep guests coming back to its 300-acre wooded campus. In fact, nearly 1 in 4 of approximately 800 guests served to date have booked a repeat visit. The company has also received 150+ five-star reviews and a TripAdvisor Certificate of Excellence for guest satisfaction.

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Guests are also largely responsible for the outpouring of votes and support that led to this nationwide acclaim from USA TODAY. They call the Skyterra experience transformative, life-changing, and an excellent travel value.

“The setting, the staff, and the programs were world class. From the moment you arrive, you immediately feel part of a close knit family, everything is very personalized and they are extremely accommodating,” attests one recent reviewer. “I would recommend this to anyone from 20-somethings to 80-somethings. They [the Skyterra staff] have an incredible way of making everyone feel at home, at ease, and positive about making some changes in their lives.”

Experts agree. “I am a travel advisor specializing in wellness travel so I've experienced several other wellness retreats to compare and nothing compares to Skyterra,” promises Rhonda Zorman of Enjoy Life Vacations. “The staff and instructors are exceptional, you can tell they truly care about clients and love their jobs. Their program offers such a variety of education, movement, and lots of fun! The food is fabulous.”

As the retreat's reputation grows, its leaders remain committed to maintaining the boutique, world-class qualities that serve its guests so well. “Whenever you're ready to set aside life's obligations to focus on your own health and well-being, we are here for you,” promises Crowell, “You deserve to feel better.”

Skyterra is thanking its community with an online giveaway: the grand prize winner will receive a one-week stay at the resort, a \$3,500 value during peak season. For full giveaway details, visit www.skyterrawellness.com or follow along on social media: [Skyterra Wellness Retreat](#) on Facebook; [@skyterra_wellness](#) on Instagram.

Skyterra Wellness Retreat is open year-round. The minimum recommended stay is seven days and there is no maximum. Some guests have booked for as long as four months at a time. Unlike any other wellness retreat, Skyterra has also created an online portal called *Skyterra At Home* (www.skyterraathome.com). This website, full of original health resources, is one way the retreat helps guests continue to implement what they've learned about healthy eating, active and mindful living, and connecting to Mother Nature.

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Skyterra Wellness is a health retreat where adults from all backgrounds are welcome to set aside life's obligations and focus on their own health and well-being. A team of caring experts helps guests break old cycles, jumpstart new healthy habits, and revitalize their lifestyle. Activities include classes in fitness, yoga, meditation, stress management, nutrition, cooking, health education, and outdoor recreation. Spa services and other enhancements are also available. More information at www.skyterrawellness.com.