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Disconnect and Recharge at Castle Hot Springs

HELENA WEGNER ([HTTPS://WWW.PHOENIXMAG.COM/AUTHOR/HELENA-WEGNER/](https://www.phoenixmag.com/author/helena-wegner/)) | November 2



When John F. Kennedy convalesced at Castle Hot Springs (<http://castlehotsprings.com>) following his World War II duty, he didn't have Instagram to distract him. Founded in 1896, the health and wellness resort catered to prominent clans like the Kennedys, Roosevelts and Wrigleys before falling into disrepair and closing in the 1970s. Following a multimillion-dollar renovation, it reopened to the public last year, and launched its current season in October (it'll be open through May then close for a summer hiatus). "You are definitely sort of disconnected from the stress and worries of daily life," says Tina Newman, director of sales and marketing for the resort, which is about an hour northwest of Downtown Phoenix. "We do encourage that you digitally detox." CHS makes that easy with horseback riding, hiking, mountain biking, yoga, meditation and three mineral-rich hot spring pools that produce more than 200 gallons of fresh water each day. The Sky View Cabin and Spring Bungalow allow visitors to enjoy the healing properties of the spring water in the privacy of their own outdoor soaking tub. All-inclusive lodging starts at \$600/night.

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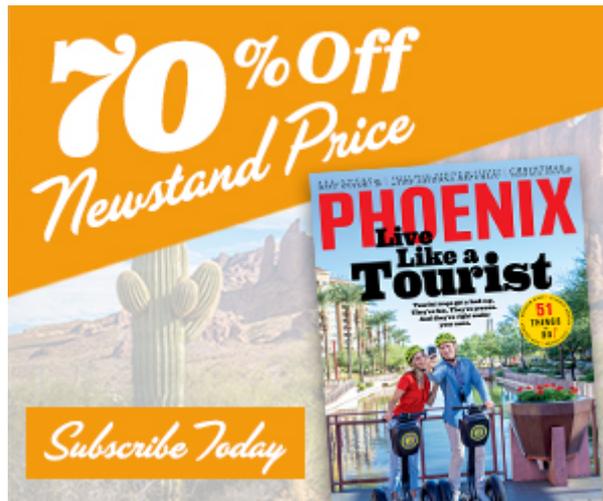
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