

SPIRITUAL & WELLNESS VIBES: 3 NIGHTS / 4 DAYS

Here in Sedona, spirituality and wellness practices are part of the landscape, shaped by the red rocks, open skies, and a long tradition of reflection and healing. The area draws experienced practitioners and curious visitors from around the world. Some travelers seek expertly guided experiences with Sedona's world-class practitioners, or may seek to find inner peace and balance on their own. Others enroll in multi-day programs and retreats. And many simply want to understand what people mean when they talk about Sedona's 'Vortex Effect.' Whatever journey of self discovery you may be on, Sedona has the tools to help you achieve your goals.

DAY 1 – VORTEX EFFECT

A Sedona vortex is a swirling center of subtle earth energy believed to promote healing, meditation, self-discovery, and spiritual reflection. Most often, the 'vortex effect' describes an experience in nature where people report a sense of energy that helps them feel more focused, reflective, inspired, or emotionally aware. For some, that shift feels spiritual. For others, it feels calming or clarifying. Vortex locations often become natural settings for meditation, quiet reflection, or simply taking a pause. For some, time spent at these sites feels deeply energized or even profound. No belief or prior experience is required; the value often comes from slowing down, being present, and allowing space for whatever arises.

Self-guided hike to vortex

For visitors feeling adventurous and wanting to explore on their own, there are three well-known vortex locations around Sedona–Airport Mesa, Bell Rock, and Cathedral Rock. All locations are accessible by a short hike from trailheads. If you're visiting Thur–Sun, the Sedona Shuttle Trailhead Routes is free and available for Cathedral Rock.

Book a guided vortex tour

Sedona has numerous options for expertly guided vortex tours. Visitors can choose from off-road, paved, e-bike, or hiking as modes to reach these sacred locations.

See all tour options at ScenicSedona.com/Play



DAY 2 – WELLNESS RESTORES

Sedona offers countless options for those seeking the restorative and relaxing effects of wellness-related classes and activities. Outdoor yoga is an amazing way to connect to yourself and with nature. Sound baths, breathwork, body treatments, infrared sauna, detox, acupuncture, meditative hikes and so much more are available with Sedona's world-renowned wellness practitioners.

Guided yoga on the red rocks

Book a sunrise yoga session to begin your second day of healing in Sedona. Sedona is home to many talented yoga instructors who offer amazing moments of reflection and share awe-inspiring views of the breathtaking red rock landscape.

TIP: *Schedule a session with an instructor who combines the earth energies of Sedona's vortex locations with the transformative effects of yoga.*

Rejuvenate the body

Many of Sedona's resorts have world-class spa facilities available to both guests and non-guests that can help you relax and forget about the stresses of life. Numerous day spas are also available throughout the city. Restorative services like, massage, facials, scrubs, and wraps will heal the body, mind, and spirit. Visit ScenicSedona.com/Services for listings of Sedona's spa and wellness practitioners.

Re-energize the body

Healthy eating comes naturally in Sedona. Many local chefs pride themselves on sourcing organic and local ingredients. Whether you are looking for a nutrient rich cold-pressed juice or smoothie in the morning, or a sustainably-sourced filet mignon for dinner, Sedona's dining spots won't disappoint. Health-focused eateries of note include but aren't limited to:

- Chocolatree Organic Eatery
- EarthLove Organic Kitchen
- Fresh & Natural Thai Kitchen
- Local Juicery
- The Secret Garden Cafe
- Sedona Superhuman Juice
- Vespa Healthy Italian Café
- Wildcraft Kitchen

See all dining & drinks options at ScenicSedona.com/Eat



DAY 3 – SPIRITUALITY CONNECTS

Experts define spirituality as the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred. Sedona's world-wide reputation as a spiritual mecca and energy hot spot has drawn some of the planet's most amazing healers, intuitives, and spiritual guides. Schedule one or more of the following offerings with one of Sedona's spiritual and metaphysical experts.

Sedona's metaphysical and spiritual offerings

READINGS AND INTUITIVES – Readings are an intuitive session where a practitioner uses perceived extrasensory abilities or divination tools to offer insight, clarity, and guidance on a person's life, patterns, or choices.

AURA PHOTOGRAPHY – Aura photography uses specialized biofeedback equipment to translate physical signals into a colorful portrait representing an individual's energy or mood.

REIKI AND ENERGY HEALING – Reiki uses light touch or hovering hands to channel energy into a person's body. Chakra cleansing is designed to remove negative energy from the body's seven main energy centers.

CEREMONIES – Sacred ceremonies create a space for transformation, healing, and communal unity. Many of these rituals involve symbolic elements such as fire, water, herbs, or sacred objects that hold spiritual significance. They foster a deeper connection to oneself, nature, and the spiritual world.

RETREATS – Spiritual retreats are intentional multi-day getaways where participants step away from daily routines to focus on inner growth, spiritual exploration, mind-body-spirit healing, and transformation.

See metaphysical practitioner options at ScenicSedona.com/Services



DAY 4 – BRING SEDONA HOME WITH YOU

Along with Sedona's international reputation for vortex energy, it is also well known for being home to many metaphysical and crystal shops. It is believed that Sedona's natural energies enhance the healing properties of crystals and gemstones. Whether you are new to tuning into cosmic energy, or experienced in the metaphysical arts, Sedona has the tools to keep you in touch at home.

CRYSTALS AND GEMSTONES – Raw crystal clusters, tumbled stones, geodes, and mineral specimens (such as amethyst, quartz, moonstone, labradorite, obsidian, and citrine), many of which are locally charged in Sedona's natural energy.

JEWELRY – Handcrafted gemstone pendants, sterling silver rings, healing bracelets, and prayer beads made by local artisans.

ENERGY CLEANSING AND RITUAL SUPPLIES – Sage bundles, Palo Santo wood, smudging kits, and locally crafted ritual candles—these tools remove unwanted residual energy from your body, living spaces, and spiritual objects to restore a balanced, and higher-vibrational state.

SOUND HEALING TOOLS – Tibetan singing bowls and crystal-tuned sound instruments are primarily used to promote relaxation, deepen meditation, and support energy alignment.

DIVINATION TOOLS AND BOOKS – Sedona's metaphysical shops carry tarot decks, oracle cards, pendulums, runes, and literature on ancient wisdom, astrology, numerology, and metaphysics.

AROMATHERAPY AND HERBAL GOODS – Botanical room sprays, essential oils, sugar and salt scrubs, and handmade soaps or herbal blends for earth-based energy practices.

For metaphysical shopping options visit ScenicSedona.com/Shop

Where red rocks meet starry skies



Sedona Stargazing

Nestled beneath the towering silhouettes of Arizona's red rocks lies a destination that transcends the ordinary. While Sedona is famed for its terrestrial beauty, its most profound wonders often reveal themselves after sunset. As an International Dark Sky Community, Sedona offers a window into the cosmos that is increasingly rare in our modern world. Whether you are a curious traveler or a dedicated amateur astronomer, Sedona's night sky is a sanctuary for the spirit and a masterpiece of natural preservation. Learn more at ScenicSedona.com/Sedona-Stargazing-Guide.com

SEDONA CONTACT
City of Sedona Tourism Office
(928) 862-3224 | travelinfo@sedonaaz.gov
Visit us at ScenicSedona.com and follow us at Scenicsedona

SEDONA
stay inspired