

JULY | AUGUST 2019

DEPARTURES

The Hotels Issue





The pool deck at Hotel Post Bezau by Susanne Kaufmann.

potted plants, bottled the resort's spring water in reusable glass vessels, and is working on a line of organic cleaning materials. She's also hired two local farmers to create extensive vegetable gardens behind the hotel that will supply the restaurant.

With regard to extending her philosophy beyond her products: "There's a saying in German that translates as

invested a lot of energy and resources into these changes, but many of them will be invisible to the guests," she said. She replaced flower arrangements with

'Are you comfortable in your own skin?'" says Kaufmann. "For me, that's the point." *Rooms from \$450, three-night minimum; hotelpostbezau.com.*



Bliss in a Bottle

New spa products worth toting home.

SYDNEY-BASED Subtle Energies, a holistic Ayurvedic skincare brand, makes its North American debut at the **Peninsula Hotels'** spas in New York City, Chicago, and Beverly Hills (*peninsula.com*). Heeding requests from guests to translate its wellness offerings into take-home products, **Aman** (*aman.com*) has debuted a 30-product line of serums, creams, oils, and balms. **Dorado Beach, a Ritz-Carlton Reserve** in Puerto Rico (*ritzcarlton.com*) reopened last fall with its own line of plant-based spa products.

Mind and Body Beautiful

Three spa debuts that take a holistic approach to wellness.



SHOU SUGI BAN HOUSE, THE HAMPTONS

What do you get when you mix the rustic charm of cottage living with the *wabi-sabi* of a *ryokan*? The Hamptons' newest wellness retreat is the area's most full-service destination yet, with 13 rooms (low beds, Japanese soaking tubs), traditional gardens, and treatments like Watsu water massages and Reiki. *From \$4,650 for three nights; shousugibanhouse.com.*



BLACKBERRY MOUNTAIN, TENNESSEE

The iconic foodie getaway Blackberry Farm makes a foray into wellness with a second property: 28 cabins and cottages set on 5,200 acres in the Great Smoky Mountains. Along with a spa and activities from aerial yoga to forest bathing, there are two restaurants, Three Sisters and Firetower, that continue the resort's pioneering culinary tradition. *Rooms from \$995; blackberrymountain.com.*



MIRAVAL AUSTIN, TEXAS

The popular resort that began in the Arizona desert has opened its second outpost. On 200 acres in the Hill Country, the 117-room retreat mixes adventure with mindfulness: There's equine therapy, archery, kayaking, and wall climbing, plus a 30-room spa with treatments that range from wellness counseling to craniosacral therapy. *Rooms from \$529; miravalaustin.com.*