

GLOBETROTTER

The Best Spa Destinations to Visit in 2020

by Sandra Ballentine

December 29, 2019 10:30 am



Courtesy of Zannier Hotels.

The best spa destinations are in sight: if you're planning a relaxing getaway in 2020, we've got you covered with this guide.



Photograph by Fredrika Stjerne.

Shou Sugi Ban House, Water Mill, New York

Who goes: Wellness-obsessed Hamptonites can take part in one-, four-, or six-day retreats at this luxurious new retreat 90 miles from Manhattan.

Why: It's like a phoenix risen from the ashes. After fire destroyed a barn on her three-acre Water Mill property, the owner and Japanophile Amy Cherry-Abitbol was inspired to rebuild when she discovered a haiku by Mizuta Masahide: "Barn's burnt down—now I can see the moon." The retreat takes its name from the ancient technique of charring cedar planks to render them impervious to fire and pests, and the architect Debbie S. Kropf incorporated elements of the charred wood throughout the compound.

Food: Plant-based cuisine by the Noma cofounder Mads Refslund, who works with local growers.

Setting: Overlooking a cherry orchard and surrounded by gardens of local grasses and flowers, Shou Sugi Ban House is peaceful and serene—no mean feat in the Hamptons.

Rooms: The 13 wabi-sabi-inspired studios feature handmade wood furniture, fireplaces, soaking tubs, and plush organic mattresses and linens.

Standout feature: Water-based healing is an integral part of the experience. Choose from the saltwater swimming pool, hot and cold hydrotherapy pools, and a Watsu treatment pool.

Don't go if: A quiet time in the Hamptons for you means the Surf Lodge on Saturday.