

Getaway Plans

Follow your heart's desire (or your taskmaster of a calendar) and arrange the perfect spa vacation.



THE WEEKEND RETREAT: SHOU SUGI BAN HOUSE, THE HAMPTONS, NEW YORK

After Shou Sugi Ban House opened last spring, its 13 guest studios became some of the most sought-after reservations in the Hamptons. Opened by a former corporate attorney in search of more balance, the minimalist, Japanese-style retreat is now famed for its plant-based menu (created by Noma cofounder Mads Refslund and often served in the property's dining orchard) as well as its wellness offerings, which range from sound baths to yoga. But the main attraction for those in need of zen is the house's spa, which features dry and infrared saunas, an ice fountain, plunge pools, and aromatherapy experiences. In one of five private rooms, you can indulge in treatments like Watsu water massage, deep-tissue massage with cupping, and therapeutic facials with microneedling and Biologique Recherche products. For a pick-me-up afterward, walk through the Japanese gardens or along the beach, or stop in the tea lounge for a matcha tasting.—KATIE BECKER

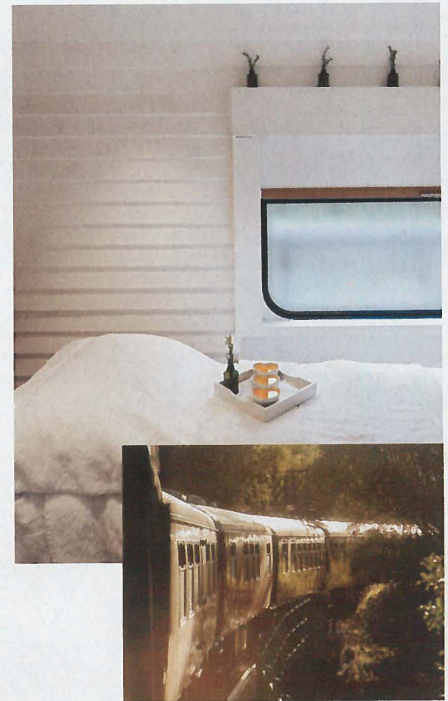
A TRIBUTE TO JAPAN IN THE HAMPTONS: THE SIGNATURE RESET RETREAT AT SHOU SUGI BAN HOUSE STARTS AT \$1,550 PER PERSON PER NIGHT; SHOUSUGIBANHOUSE.COM.

THE LUXURY HOLIDAY: LAS VENTANAS AL PARAÍSO, LOS CABOS, MEXICO

Already a coveted destination for A-list celebrities and in-the-know West Coasters, Los Cabos is home to a new crop of luxe resorts. Many visitors will head northeast of the airport for the new developments in Costa Palmas (namely, the recently opened Four Seasons and Amanvari Resort, Aman's soon-to-open property), but consider retreating south to Las Ventanas al Paraíso in Cabo San Lucas, a Rosewood resort that faces the Sea of Cortez and boasts a nearly 13,000-foot spa. If you don't book one of the three signature Spa Suites, which come with their own butlers, consider the Holistic Twilight Ceremony, followed by a 90-minute Raindrop Aromatherapy. The dream lineup begins with an energy cleansing ritual using sage smoke and crystal bowls. In the treatment room, a foot bath is followed by a massage, during which 10 essential oils are applied and massaged along the spine—each designed to cleanse, calm, and energize you for the last half of winter.—JENNA BLAHA



BOOK THE BEACHFRONT SIGNATURE VILLA AT LAS VENTANAS AL PARAÍSO: A TWO-BEDROOM SUITE (TOP) WITH BUTLER SERVICE (\$6,500 A NIGHT) OR AN OCEANFRONT JUNIOR SUITE (\$1,885 A NIGHT); ROSEWOODHOTELS.COM.



THE WEEKLONG ESCAPE: BELMOND ROYAL SCOTSMAN, SCOTLAND

Even if you're not a subway rider, it may be impossible to imagine a luxurious train experience, but there are few better words to describe an eight-day trip on the Belmond Royal Scotsman. Starting in Edinburgh, the 22-cabin train winds through the Scottish Highlands, stopping along the way for clay pigeon shooting, stargazing, and historic tours. And while visiting Loch Ness in search of the fabled monster is an undeniable highlight, the most indulgent destination is onboard: the Bamford Haybarn Spa Car. Schedule a bespoke facial or nail treatment, or try the Bamford Body Signature (\$148), which combines shiatsu, meridian, and Swedish-style massages with a reflexology foot rub and pressure-point facial massage for head-to-toe soothing. The Bamford therapists have a very particular set of skills: the ability to administer five-star spa treatments while the train travels at 55 mph. To do this, they synchronize their motions to match the movements of the train—they're even able to maintain their balance while perched on a client's back during a massage. What better way to let off some steam?—MARGAUX ANBOUBA

AN EXCURSION ON THE BELMOND ROYAL SCOTSMAN INCLUDES LUXE ONBOARD SPA TREATMENTS. THE EIGHT-DAY SCENIC TOUR IS \$12,110 PER PERSON (SHORTER TOURS ARE ALSO AVAILABLE); BELMOND.COM.