

TOWN&COUNTRY



The 10 Luxury Wellness Escapes You'll Want to Book for 2020

With world-class accommodations, gourmet cuisine, and unexpected paths to enlightenment, these holistically minded resorts make it easy to find your center.



by **JENNIFER FERNANDEZ** NOV 5, 2019

From busy work lives to overscheduled personal commitments—and unprecedented hyperconnectivity everywhere in between—travelers are more harried than ever. Luckily, the new crop of wellness resorts have upped the ante on restorative vacations, pairing the best medical technology with holistic treatments to help you recharge, replenish, and find your balance.

But unlike the retreats of old, luxury is at the forefront, leaving you feeling pampered and ready to get back to the grind. Here are 10 stunningly stylish escapes to help you open up and say *ommmmm*.

SHOU SUGI BAN HOUSE

Water Mill, New York



New York's summer playground has become synonymous with decadence, but elemental simplicity is key at Shou Sugi Ban House. This wabi-sabi-inspired wellness getaway channels the palliative effects of the natural world in healing four-, five-, and seven-day retreats and spaces that could be described as anything but rustic.

Thirteen cabins awash in soothing blonde woods and crisp white linens come with freestanding tubs, Scandi-mod furnishings and cedar slatting make you feel like you've never left the sauna; public spaces follow suit with cozy fireside sectionals and a communal table in the dining room.

Meals are the creative brainchild of Noma co-founder Mads Reflund and feature plant-heavy dishes sourced from local farms. But the real star is the spa, which features an infrared sauna, hydrotherapy plunge pools, and restorative treatments with names like Deep Within and Clear the Path.

Rates begin at \$4,650 for three nights.

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