

BAZAAR Harpers

The Best Worldwide Wellness Retreats to Relax & Reset in 2020

For the ultimate "new year, new you" reboot.



BY [KARA LADD](#) / JAN 7, 2020



New year, New You? We've all been there. That epic list of resolutions and intentions—to meditate, work out 5 times a week, change up your diet, and more—end up in your rearview by the end of February, if not before. Kick burnout to the curb and actualize your goals this year by embarking on an R&R getaway to reconnect with your path and purpose, with a like-minded community on hand for support.

Here, our roundup of the best global wellness retreats to escape to this year — from esoteric, spiritual journeys and self-development to indulgent spa getaways and beach fitness vacations.



SHOU SUGI BAN HOUSE

| 16 |

Shou Sugi Ban House

BOOK NOW

Until April 2020

[Water Mill, New York](#)

If you can't getaway to Japan this year, head to [Shou Sugi Ban House](#), a recently-opened, tranquil Water Mill oasis, catching the eyes of both locals and travelers from afar. Lodge in one of their 13 serene studios adorned with modern artisanal decor. Step into their elegant spa to experience a myriad of mind and body treatments, and stay nourished throughout it all with their highly-intentional, plant-forward menu. Even if you're in the area for a day trip, this sanctuary is well worth the pitstop.