

# TRAVEL+ LEISURE

## 10 Life-changing Wellness Trips to Take in 2020



PHOTO: COURTESY OF BELMOND CAP JULUCA

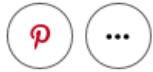
Routines are an important part of daily life – from ensuring we’re properly caffeinated before work to making sure we stay in shape, have clean clothes, and [get to work on time](#). But when life gets busy and there’s too much to do in one day, habits like [exercise](#), cooking in, self care, and getting enough sleep may take a backseat... for far too long.

This is where wellness trips come in – health and self-focused vacations that are designed to

shake up your routine, get you back on track, and leave you [feeling refreshed](#). These trips can jump start new habits and set you on a long term wellness plan that [reprioritizes](#) the important stuff: sleep, [exercise](#), diet, and the relationship you have with yourself.

And the best part is that you can do it from stunning destinations all over the world. From custom retreats in New York to the leading medical health resort in Europe, these programs and properties specialize in [resetting old habits](#) and routines to keep you rejuvenated and refreshed throughout the year.

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## Shou Sugi Ban House in New York

Just 90 miles east of New York City, weary travelers will find [Shou Sugi Ban House](#), a Japanese-inspired retreat property in the Hamptons. The brand-new property offers multi-day custom retreats that are perfectly tailored to you — with experiences like sound baths, nutrition workshops, tea ceremonies, fitness classes, guided beach walks, and live music.



PHOTO: COURTESY OF SHOU SUGI BAN HOUSE

There are four [Signature Reset Retreats](#) in 2020, with each session offering plant-based meals planned by Michelin-star chef, Mads Refslund; a daily signature massage; access to the spa (think: thermal suite, hydrotherapy plunge pools, and Watsu pool); and a private guest studio with your own fireplace, soaking tub, and garden patio.

**Trip dates:** April 9-12, May 14-17, June 25-28, July 26- 29, 2020

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