

WELLNESS EXPRESS



Shou Sugi Ban House

PHOTO BY FREDRIK

IN NEED OF REPRIEVE FROM EVERYDAY STRESSORS? HERE'S A LIST OF WHERE TO JET OFF TO NEXT TO RECHARGE YOUR MIND, BODY AND SPIRIT.

BY NICK REMSEN

THESE DAYS, HOSPITALITY ENTITIES are offering wellness tips across the board. Flip open an in-flight magazine from your last-minute, last-row economy seat, and there's likely a page or two dedicated to breathing exercises and leg stretches. Hotels—at all levels—are improving their gyms with tech-integrated treadmills so that you can sync your Netflix app to help the time pass. The world is an increasingly nerve-racking place, so the uptick in health promotion makes sense. Here, we've picked five upscale locations—all within easy reach of South Florida—that are oases of calm upon entering, with plenty of wellness options on hand once you're settled in. With that in mind, we mean it when we say: sit back, relax and enjoy the ride.

Shou Sugi Ban House. Water Mill, New York

Opened in 2019, Shou Sugi Ban House, located in the Hamptons, is a three-acre slice of ultra-tranquil escapism. Founded by Amy Cherry-Abitbol, this new outpost is designed entirely with wellness and the healing arts in mind. There are: hydrotherapy pools, a movement pavilion, a ceremonial

fire circle, organic herb and vegetable gardens, meditation stations and, of course, a state-of-the-art fitness center. Even Shou Sugi Ban House's construction promotes a sense of care and responsibility: structured water filtration, solar energy and geothermal heating and cooling are all integrated in its design. We recommend at least a full day in the spa itself, where guests can indulge in Ashiatsu massages, chromotherapy showers (which use light sequences to reduce stress) and a chakra-balancing reiki treatment with bespoke aromatherapy. Another plus? It's open year-round, and the Hamptons are, no doubt, far more peaceful without their summertime crowds (though, given the serenity of this place, we're sure you'll be able to find respite whenever you chose to go). shousugibanhouse.com

Golden Rock Inn. Nevis, St. Kitts and Nevis

This tiny, rainforest-shrouded nook, built around a centuries-old sugar mill, has long been a secret hideaway for the fashionable and the fabulous (including the photographer duo of Inez and Vinoodh Matadin). Owned by the artists Helen and Brice Marden, Golden Rock completed its head-