

TRAVEL

## Remote Wellness Retreats That Will Put Your Mind and Body at Ease



Courtesy Image  
Shou Sugi Ban House

Is 2020 over yet? There's no sugarcoating the fact that this year has been a complete and utter dumpster fire. We're frustrated. We're exhausted. And we're all about to lose our damn minds. You need a serious dose of self-care right about now, and the best way to do that is with remote (read: COVID-19 friendly) wellness retreats.

Some guys turn to feel-good workouts to blow off steam, while others opt for meditation or yoga classes to de-stress. Thankfully, there's no shortage of ways to nourish your mind, body, and soul. There are even grooming products that promise to bring a sense of calm to your daily routine. But when it comes to travel trends, we're predicting that wellness retreats are going to be bigger than ever once travel (eventually) returns to normal.

For anybody already plotting a wellness escape at some point down the line, we're highlighting a handful of innovative properties throughout the U.S. that are totally focused on wellbeing. From touchless spa treatments to sound therapy and forest bathing, there's something for every type of traveler. Here are some of our favorite wellness retreats.

**Disclaimer:** People planning travel of any kind should visit the websites of the Centers for Disease Control and Prevention and the World Health Organization for the most current COVID-19 alerts and updates. Be sure to also review any travel advisories related to the destination(s) you're planning to visit and keep yourself and others safe by wearing a face covering, practicing social distancing, and bringing the appropriate food, drinks, and other supplies when possible.

## **Shou Sugi Ban House**

### **Water Mill, New York**

Tucked away along Montauk Highway on Long Island's East End, [Shou Sugi Ban House](#) sits on three acres in the scenic hamlet of Water Mill. The 13-studio retreat reopened its doors in June, drawing inspiration for its creative spa programming from the Japanese principles of wabi-sabi (which can be loosely interpreted as a philosophy based on the acceptance of transience and imperfection). Their comprehensive collection of forward-thinking [wellness activities](#) includes everything from breathwork and customized meditation sessions to fitness and nutrition programs. The sanctuary also boasts a plant-focused culinary program designed in collaboration with Michelin-starred Danish chef Mads Refslund (co-founder of Copenhagen's celebrated Noma restaurant).

**Don't miss:** The multisensory Shou Sugi Ban House Tea Meditation encourages visitors to foster mindfulness as a daily practice.