


TRAVEL CURATOR


WORTH TRAVELING FOR

BEAUTY + WELLNESS

A HAMPTONS OASIS: SHOU SUGI BAN HOUSE

5 days ago • by Travel Curator

 SHARE

 TWEET

 PIN

Not all that long ago, in our once peaceful pre-pandemic world, Travel Curator escaped to one of the most idyllic, heavenly retreats in the Hamptons.

If you haven't visited or yet heard of [Shou Sugi Ban House](#), we can attest this beautiful, Japanese-inspired spa and wellness retreat is a magical oasis of tranquility and renewal tucked away in the hamlet of Water Mill in Southampton.



Embodying the spirit and principles of wabi-sabi – the acceptance of transience and imperfection through exploration – healing-arts practices, holistic treatments, spirituality, nutrition, and fitness are offered in pursuit of integrated wellness.

In simple terms: head here if you're looking for ultimate rejuvenation of the mind, body, and soul.



When you step inside the gated sanctuary of Shou Sugi Ban House, you enter a private world of sensual luxury and calm. There are 13 guest studios, intimate zen-like cedar spaces that pay homage to Japanese minimalism through clean lines, natural materials, and artisanal details. On the three-acre property, connected by pebbled pathways and landscaped gardens, is a white-washed main house, hydrotherapy spa, wellness barn, indoor and outdoor relaxation lounges, a thermal suite, chromotherapy shower, ice fountain, and solarium deck.

Time stands still here, though we did wish our day trip could last forever, as we were indulged in Shou Sugi Ban House signature spa treatments. If we were forced to nominate a favorite, the Roots Unbound Massage was pure unadulterated bliss. A therapeutic massage of the abdomen, pelvis, lower back and glutes, a purifying blend of frankincense, hyssop, ginger, and shea oils are massaged into the skin to clear blockages in the body, promote openness and flow throughout the mind, ease lower back pain, treat digestive and immune issues, increase vitality and help you sleep like a baby. It worked.

The facials were also to die for. If you're in search of youthful, glowy, deeply hydrated skin our pick is the Pure Radiance facial using luxury French skincare brand Biologique Recherche.



The culinary journey also honors Shou Sugi Ban House's philosophy that optimum health is grounded in nature. Harnessing the healing power of plants, the menu designed in collaboration with Michelin-starred chef Mads Refslund, is rich in leafy greens and farm-raised proteins. And while the plant-rich menu echoes the property's guiding principles of wellness, sustainability and no waste, the menu which changes with the seasons is anything but basic. Think endless miso and avocado, roasted chicken and Japanese eggplant, and foraged greens topped with duck eggs..



If you are planning to escape to the Hamptons, Shou Sugi Ban House is the perfect destination to transport you back to a time when life was peaceful, gentle, and full of positivity and promise. [@shousugibanhouse](https://www.instagram.com/shousugibanhouse)



Elevated Stay Commitment

Shou Sugi Ban House has reopened and implemented new protocols to ensure guests enjoy the same level of relaxation and renewal while staying safe during Covid-19.

- In-car temperature checks and contactless check-in
- Private transportation via golf cart to each guest studio
- Sanitized iPads available in each studio to access welcome information and virtual room guide
- Updated air filters which are equivalent to the quality of N-95 masks
- Room seal on each guest studio door to indicate the room has not been accessed for at least 24 hours since being thoroughly cleaned
- Common spaces are meticulously cleaned throughout the day and hand sanitizers, gloves, and masks will be readily available
- The Shou Sugi Ban Spa and pools reopen on June 23rd in accordance with state guidelines and social distancing guidelines