



The Best Wellness Retreats in the US

Detoxify, revitalize and relax with our selection of luxury health and wellness retreats.

BY KIM AYLING | SEPTEMBER 16 2020

Although luxury resorts have always tapped into traveler's desires to recharge both physically and mentally with dedicated wellness retreats becoming commonplace, the desire for combining health with leisure has never been more prevalent.

As the world remains in the throes of the Covid-19 pandemic, wellness retreats and resorts across the country have tailored their offerings to not only maximize safety, but also help travelers switch off from the worries of the outside world, and truly focus on their own health without distraction.

Our round-up of the best luxury wellness retreats in the US will allow you to prioritize your physical, mental and spiritual health, without having to leave your home turf.

Shou Sugi Ban House, The Hamptons



Shou Sugi Ban House's program is guided by the belief that each person walks a unique path to wellness /© Fredrika Stjerne for Shou Sugi Ban House

Shou Sugi Ban House is a boutique spa and wellness retreat offering a program guided by the belief that each person walks a unique path to wellness. The varied treatments on offer at this idyllic Japanese-inspired retreat include hydrotherapy, immersive wellness baths and botanically active facials, all of which are designed to induce harmony between body and mind. Your experience will be crafted in collaboration with the skilled staff, ensuring a program that suits your unique needs.

Named for the ancient Japanese meditative process of preserving wood via charring, Shou Sugi Ban House follows a holistic approach to wellness, taking heavy influence from the natural world — in particular, the nearby ocean and local pine forests. Although spa treatments can be booked for a day visit, the stunningly stylish accommodation will undoubtedly be enough to entice you to book an extended stay.

Sugi Ban House also focuses on the nutritional element of wellbeing, following a sustainable approach to culinary philosophy. The retreat promotes a balanced diet that is rich in leafy greens and plant protein, with a menu created in collaboration with Mads Refslund — the founder of Copenhagen's famed restaurant, Noma.

Rooms start at \$975 per night, with spa treatments incurring additional costs.

shousugibanhouse.com