

TATLER SPA GUIDE 2020

Breezy Does It: The most relaxing spas in the world

Uptight, stressed, exhausted, lacking sleep and low in spirits? Relax at healing sanctuaries which leave you fret-free

SHOU SUGI BAN HOUSE, The Hamptons, USA



This Hamptons hideaway is truly one-of-a-kind: spartan in design yet wildly luxurious, with a serious wellness backbone. And itineraries follow suit, blending restorative yoga with soulful tea ceremonies, barefoot beach walks and curative treatments. Shamanic healing sessions are insightful yet powerful; Watsu (dancing through warm water, supported by the hands of a therapist) sparks a sense of returning to the womb. Hydro-therapy is central: cue traditional soaking tubs in guest studios (a combination of Japanese milk, magnesium flakes and seasonal flowers makes for a sedative soak), while in the kitchen, delicious plant-based fare is thoughtfully presented, with menus by Mads Refslund – co-founder of Noma – and laced with medicinal herbs, grown on-site. But it's the pro-found sense of peace that keeps Upper East-siders and travellers from afar returning time and time again, enabling sleep to come effortlessly and bodies to reawaken. Visitors leave feeling rejuvenated, with skin aglow – and thinking that most other wellness retreats just don't deserve the title. *Double, from £1,950 (shousugibanhouse.com).*