

# Harper's BAZAAR

## The Best Destination Hotels to (Safely) Escape To for Rest, Relaxation, and Rejuvenation

Options for every intention—from nearby staycations to far-flung retreats.



BY [KARA LADD](#) / JAN 28, 2021



**I**t's time to put the antiquated "New Year, New You" resolution to rest and embody the intention of holistic wellbeing and sustainable self-care. While this great pause has taught some of us that we have "all the tools within" to heal, it has also taught us the importance of community, connection and support. Let's be honest—we're all eager for an escape that's physical, not virtual. We all have wellness on the brain, and are eager for a reset; here, our list of the top hotels to travel to for that mind, body, and soul reboot.

## *Shoui Sugi Ban House*



SHOUI SUGI BAN HOUSE

BOOK NOW

**Location:** [Water Mill, New York](#)

Imbued with zen energy, this intimate 13-room healing haven is a tranquil sanctuary to transcend through stress and slow down. Surrender to Shoui Sugi Ban House's beautiful synthesis of holistic healing arts (sound journeys, energy balances, shamanic healing, and more), yoga and fitness classes, and intentional nutrition workshops throughout your stay. Revitalize your body with their seasonal, superfood-rich & plant-forward fare (all organic and local, of course) designed in collaboration with Michelin-starred Chef Mads Refsuland. Whether you journey here for a day trip or a long weekend getaway, this destination is a quintessential wellness retreat, geared at soothing, destressing, and rejuvenating its guests.