

DEPARTURES

The 7 Most Rejuvenating Wellness Experiences in the US

By [The Editors](#) on May 03, 2021

[The 2021 Legend Awards.](#)



[Wellness](#) faced nearly insurmountable challenges in the last 12 months, with [treatments going touchless](#) and distancing guidelines halting spiritual retreats across the country. And yet, some of the best hotels [revamped their programming and their wellness spaces](#) during COVID-19-related closures to ultimately [improve the spa experience](#) for their guests. Now, as Americans get vaccinated and attempt to recover from pandemic-induced trauma and face re-entry anxiety, travelers are seeking out rejuvenating retreats more than ever before. That's why we've found the best wellness experiences across the country for the [2021 Legend Awards](#).



Fredrika Stjerne/Courtesy Shou Sugi Ban House

Shou Sugi Ban House

When [Shou Sugi Ban House](#) opened in 2019 it was clear that the Hamptons resort would be one to watch. Focused on wellbeing and meditative reflection, the property offers a restful getaway for anyone looking to disconnect. The resort offers hydrotherapy, massage and bodywork, body treatments, as well as wellness rituals that offer a “renewed sense of grounding and connection with nature.” What sets Shou Sugi Ban apart from the rest is the team’s commitment to offering a vast menu of wellness offerings, including reiki, sound therapy, shamanic healing, and crystal healing—among many others—and all in a tranquil setting just minutes from the beach.