

# A SOUTH FORK IN THE ROAD

## WINING, DINING, AND SLUMBERING IN THE HAMPTONS SOUTHAMPTON AND ITS HAMLETS

BY KAREN HOLLY BERLINER

Gushing with charm and nature's beauty, the seven villages and eighteen hamlets of the town of Southampton offer first-rate cultural attractions, exquisite architecture, superb accommodations, world-class dining, vibrant nightlife, and great shopping. A few suggestions for places to stay and dine are below.



Shou Sugi Ban House



Shou Sugi Ban House, Sound Bath

### SHOU SUGI BAN HOUSE

#### WATER MILL

Enter this sanctuary, take a deep breath, and immediately prepare to shut down your busy mind and shed all things stressful. Allow your mind, body, and soul to be treated to an exceptional wellness destination experience. Take in the clean lines and simple design as each space seamlessly flows to the next.

The guest studios can comfortably accommodate two, and have been intentionally designed to promote self-care. Studios include a private garden patio and access to the saltwater pool. Each studio has a gas fireplace; organic mattress, bed linens, towels; flax linen robes and Sasawashi slippers. Studio bathrooms have either a Hinoki Ofuro (Japanese wooden tub) or a Bain Ultra jet-massage bathtub and Japanese organic bath amenities.

The Shou Sugi Ban spa's treatments make use of the curative properties of the ocean, local forests, wild flora, and indigenous herbs. Each therapy is custom designed and is accompanied by a tonic that enhances the lasting benefits of a treatment. Enjoy pre- or post-treatment access to the indoor and outdoor relaxation lounges and solarium deck. Be sure to treat yourself to the signature sound-bath experience. Be guided by an onsite professional who mindfully uses sounds, lighting, and atmosphere to coax your mind and body into a relaxed state.

The meals here reflect the belief that good health is grounded in nature. The culinary team selects the finest in locally sourced, organic foods in partnership with local growers and purveyors. Biodynamic gardens produce an array of leafy greens and super foods to complement each menu. Enjoy the grilled shrimp and mussels with dill and yuzu, accompanied



Shou Sugi Ban House



White Fences

by an endive salad and zucchini flatbread enriched by smooth pumpkin seed butter. Pure and delightful raspberry and oats finish a meal with a sweet accent.

## WHITE FENCES

### WATER MILL

White Fences is a luxury B&B, newly updated and refreshed. The innkeepers, Eric and Liz Brodar, meticulously renovated all guest rooms, which showcase chic and sleek décor with luxurious amenities to enhance your stay. Some examples include heated floors, a shower with three shower heads, free standing IOS volcanic stone soaking tubs, Malin & Goetz toiletries, and Frette and Matouk linens, robes and slippers. Every day Liz prepares gourmet breakfasts. Enjoy her signature three-course meal when you arise. She serves gourmet treats in hearty portions, like the homemade sweet loaf bread du jour and a creamy and berry-drenched panna cotta. For a savory main course, a sunny-side egg atop homemade sour dough bread with a slice of farm fresh tomato offers plenty of pizzazz. Afterward, lounge by the pool or take a short jaunt to the beach. With any luck, you'll meet Bailey, the fabulous house dog.