

TOWN&COUNTRY

Best Spa Retreats to Book Now for a Summer Escape

Relax, let go, rise like a phoenix.

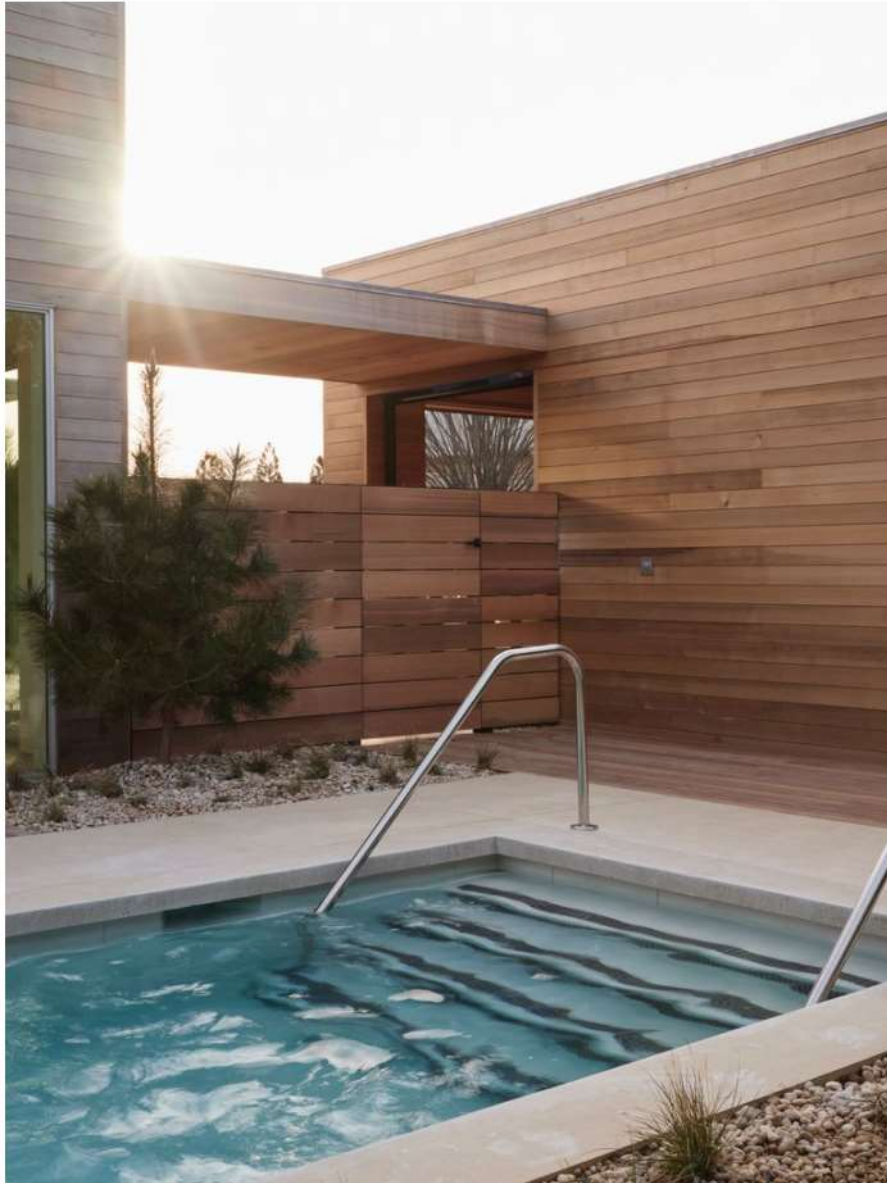


BY APRIL LONG — MAY 24, 2021



It's been a hard year. Murky months of hunching over home laptops, stress-eating, persistent anxiety, longing for distant places and faces. As we finally emerge into the post-vax future, it's fair to say we all deserve a little R&R. No, better than that: We all deserve nothing-else-matters-but-this-moment indulgences in **things that will make us feel better**—in other words, it's high time for a proper spa retreat. Here are the newest, most restorative programs and properties to book now—or, in the case of farther flung locales, bookmark for later. Go forth, you've earned it.

Shou Sugi Ban House, Water Mill, NY



Shou Sugi Ban House
FREDRIKA STJARNE

A Japanese-inspired sanctuary just a stone's throw from New York City, **Shou Sugi Ban House**'s socially distanced guest cabins (and divine soaking tubs) make for a Zen escape any time. This summer, the Hamptons property is also offering an H2O-assisted whole-body reset with three-day Healing Through Water private retreats available to book any time between Memorial Day and Labor Day. With nightly seasonal soaks, daily morning movement classes, private Hydrotherapy and Aquatic Fitness classes, as well as a private beach meditation and ocean plunge, the program aims to calm the mind, heal the body, and restore the spirit through the curative powers of water.