

TRAVEL+ LEISURE

The Top 15 Domestic Spas

BY LIZ CANTRELL | SEPTEMBER 08, 2021



CREDIT: COURTESY OF FREDRIKA STJARNE FOR SHOU SUGI BAN HOUSE

This year's World's Best Awards survey was open for voting January 11 through May 10, 2021, as destinations around the world were lifting COVID-19 restrictions. Survey rules have always allowed readers to reflect on their travel experiences over a three-year period. We hope that this year's honorees will inspire your own travels as you get back out into the world.

Who couldn't use some relaxation right now? [Spa vacations](#) offer a chance to disconnect from the everyday and to embrace a slower pace and get a little pampering – although, some spas certainly specialize in athletic pursuits, if you want to challenge your body. The good news is that you don't have to travel far: there are dozens of [world-class spas](#) right here in the U.S., and many have been named best spas by Travel + Leisure readers.

Every year for our [World's Best Awards survey](#), T+L asks readers to weigh in on travel experiences around the globe – to share their opinions on the top hotels, resorts, cities, islands, cruise ships, spas, airlines, and more. In the destination spas category, [readers rated properties](#) on their accommodations and facilities, treatments, service, food, and overall value.

Many of our readers' favorite domestic spas are located in the West and Southwest, with three in Arizona, and two in California, New Mexico, and Texas each. Hilton Head Health in South Carolina (No. 7), Westglow Resort & Spa (No. 14) in North Carolina, and Carillon Miami Wellness Resort (No. 12) earned high marks for all-around stellar service and amenities. One reader remarked that the Carillon team still "knocked it out of the park," even with COVID-19 safety protocols in place: "Best spa experience with new experiences that are contactless, too, which is great for these challenging times."

In the Northeast, the Lodge at Woodloch in Hawley, Pennsylvania, captured readers' hearts for its excellent bedding and impressive list of activities, including [hikes](#), [aerobics](#), [meditation](#), and [yoga](#). This year's No. 8 also earned praise for its instructors' patience and careful attention: "They are absolutely experts in their various disciplines, and they all will listen to you and modify to help you along." One guest reported staying there 15 times.

Just an hour from Santa Fe, No. 7 Ojo Caliente – one of the oldest mineral-spring resorts in the U.S. – was described as "a diamond tucked away in the New Mexico landscape." What keeps guests returning year after year? It's a combination of the numerous soaking pools, the serene beauty of the desert setting, the casual-chic wine bar and restaurant, and the feeling of being away from it all. "Some things you cannot describe and simply have to experience to understand," proclaimed one visitor. "Ojo Caliente is the one place I can say this about."

1. Shou Sugi Ban House, Water Mill, New York



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Known for its delicious culinary program, this 13-room Japanese-inspired retreat opened in the Hamptons in May 2019 and has been on readers' radars ever since. Shou Sugi earned top marks for being both intimate and, as one voter summarized, a "completely immersive experience." The spa has infrared and dry saunas, a steam room, an ice fountain, and plunge pools. Along with dozens of bodywork treatments, activities include yoga classes; sound therapy and energy healing with crystals and tuning forks; hypnotherapy; and intuitive painting.

Score: 95.13

More information: shousugibanhouse.com