

Wallpaper*

New York wellness retreats for plane-free escapes

Jump on a train to recharge, restore and explore at these New York wellness retreats, all just a short ride from NYC



The possibility of jetting off to a secluded spa or retreat might still be limited, but for those in or near New York State there are still plenty of serenity-inducing spots only a short drive away.

Below, is a selection of the best New York wellness retreats, all located only a few hours away from the city.

Shou Sugi Ban House, Hamptons (2 hours 30 minutes by train from NYC)



A perfect stay for thoughtful travellers, SSBH's community-focused sustainability efforts extend to nearby beach clean-ups; buildings that utilise geothermal cooling and heating, and solar power; and biodynamic gardens that are landscaped to naturally disperse rainwater, reducing the need for irrigation.

Inspired by the Japanese ethos of wabi-sabi and openness, a stay at SSBH encompasses a spa, healing arts, nutrition, fitness and complete wellness experiences. From breath work to strength training, lymphatic drainage to meridian therapy, every facet of wellness is considered.



Photography: Fredrika Stjerne

Those in need of deep relaxation should check in for a specialised retreat – such as Healing Through Water (with a dedicated culinary menu, daily morning movement class, hydrotherapy, private aquatic fitness class and private beach mediation) or the Digital Detox (including sensory meditation, signature massage, nature walks, a resource guide of suggested daily intentions, and morning and nighttime routines designed to help tune into body and spirit).

Food is considered as seriously as treatments: ‘Our culinary philosophy is born from our belief that true health is grounded in nature,’ say the co-founders, Amy Cherry-Abitbol and Kathleen Kapnick. Visitors will enjoy a fresh menu (think plant-based with seafood) that uses locally sourced, organic and strictly seasonal ingredients, designed in collaboration with Michelin-starred chef Mads Refslund, co-founder of Noma. You’ll leave feeling positively renewed, inside and out.