

FULLY RECHARGED

Just in time for the season, Shou Sugi Ban House expands both its spa and carefully curated offerings.

BY PHEBE WAHL

After the stress of the past few years, we could all use a recharge. Thankfully one of the world's best wellness retreats is right in our backyard. Water Mill-based holistic healing retreat Shou Sugi Ban House (shousugibanhouse.com) has consistently ranked as one of the best destination spas in the world for its deep dedication to healing—and just in time for the 2022 season, the property will unveil an expansion to its Shou Sugi Ban Spa, doubling the capacity. Set

Guest rooms feature serene garden patios.

PHOTOS COURTESY OF HOTEL



From left: Guests are offered a nightly soak; just in time for the 2022 season, the property will unveil an expansion to its Shou Sugi Ban Spa, doubling the capacity; the Meditation Hall



tranquilly bordering the Parrish Art Museum, visitors can catch the latest exhibition, *An Art of Changes: Jasper Johns Prints, 1960-2018*, which will be on view May 1 through July 10, to fully recharge mind and spirit.

Embracing the *wabi-sabi* philosophy in both ethos and design, the 13-room hideaway encourages quiet reflection through its organically appointed spaces and winding garden paths. Immersive four-, five- and seven-day programs, which are customized to suit individual intentions and protocols, include daily hikes, movement and meditation classes, healing arts, massage, skin-

and bodycare, hydrotherapy, nutrient-rich meals, culinary demonstrations and fireside ceremonies. Signature spa treatments offer a bounty of therapies, such as deep-tissue massages with cupping, vibrational sound healing treatments, chakra-balancing reiki treatments with customized aromatherapy and microneedling facials featuring cult-favorite Biologique Recherche products. Days begin with a tea ceremony and end with a fire ceremony—bookending a respite that marries ancient rituals and modern longevity science.

This season the serene sanctuary will also launch a vegan supper series featuring plant-based meals crafted to inspire guests'

senses by experiencing the taste of vegetables in their natural state and educating them about the long-term benefits for the body. In keeping with the Shou Sugi Ban House culinary philosophy, all ingredients will be locally sourced through sustainable practices working closely with its partner farms and purveyors. On Saturday, May 28, Shou Sugi Ban House will collaborate with local purveyor Green Thumb for a Farmer to Table event to dig in on a discussion about sustainable farming practices, the importance of traceability and eating locally.

Sounds like the perfect way to get rooted to us. ◊