



Courtesy: Aquilina Resort & Residences On The Beach

WELLNESS & SPAS

# The Best Spas for a Weekend Getaway

*For when you need some serious self-care.*

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Ready for a spa weekend getaway? Yeah, us too. This period of time after holiday gluttony and sloth always puts us in a wellness state of mind. And who doesn't need some "me" time after all that family activity? A two- or three-night retreat should do just the trick—long enough to take some good deep breaths, but not so long that it's hard to get back to reality.

That relatively brief time frame makes it key to keep things reasonably local, to cut down on travel time. And *that* means keeping the [top spa resorts in the United States](#), Canada, Mexico, and the Caribbean top of mind. Here, our picks for the best weekend wellness retreats close to home right now—many of them newly opened or recently updated, and all of them more than ready to welcome you with some of the best massages, facials, fitness workouts, and food and drink around.



Courtesy Shou Sugi Ban House

HOTEL

## Shou Sugi Ban House, Water Mill, NY →

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With its thirteen Japanese-inflected studio suites, five-room B&B, and two longer-stay residences, as well as its barns, pool and spa, this five-acre wellness escape—the Hamptons' first—is the perfect place to just chill out. The overnight retreats here, which include breakfast and morning and evening movement and meditation classes, give special access to the property, with seasonally changing Eastern and Western spa treatments available for booking. (And the hotel recommends that even in-residence guests book them in advance.) Expected for spring 2023: Shou Sugi Ban Lab, a forward-thinking wellbeing environment combining cutting edge wellness tech like biohacking with traditional healing techniques.

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