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BODY AND MIND

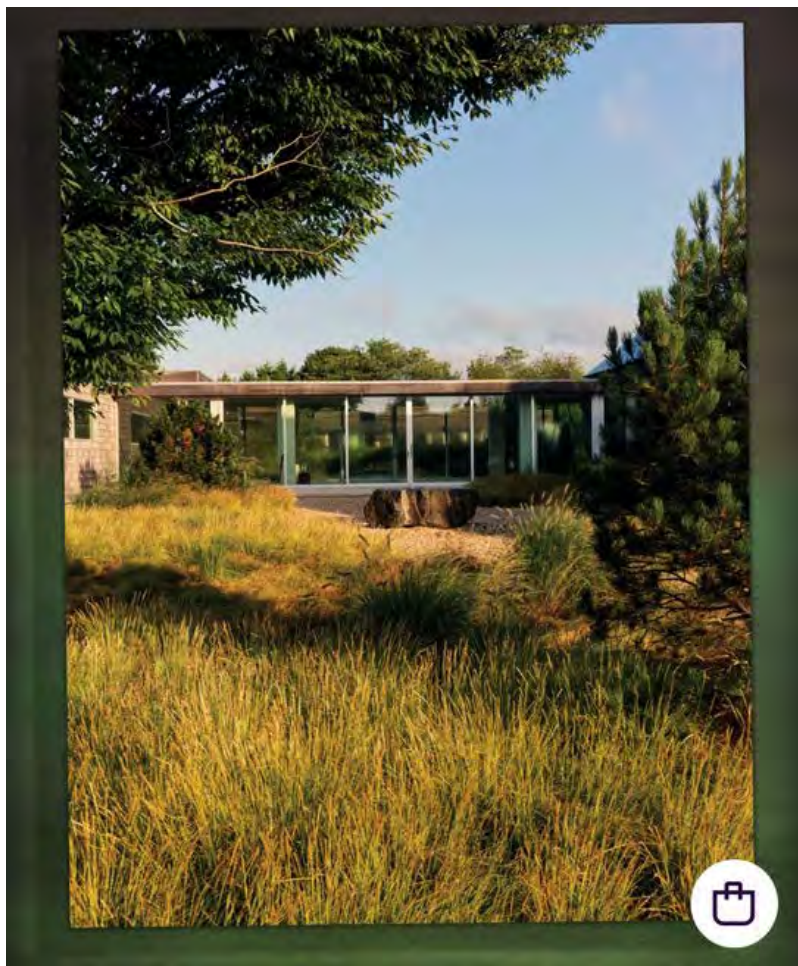
The Best Spa Experiences of the Year

Our editors' picks for restorative, rare self-care experiences.

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THE MOMENT YOU enter a spa, your experience begins: the scent of the lobby (candles, incense, lavender); the tone of voice used by the staff showing you to your locker (soothing, encouraging, gently instructive); the amenities (restorative, preferably organic); and even the tea offered in the waiting room (calming, sustainably sourced). A spa day can mean a simple, meditative massage for some, or more involved, medical-grade health and wellness treatments for others. So it's important to seek out the right spa for your mind and body. As the year winds down, our editors reflect on their finest spa experiences, recommending the best places for you to take advantage of some quality "me time."



Shou Sugi Ban House

More than your average spa, Shou Sugi Ban House is a wellness haven in Water Mill, New York, with such a wide variety of treatments and activities that you may want to consider booking an entire week to take advantage of their offerings. The spa's hydrotherapy treatment is tucked away behind the spa, where you can embrace the ritual in absolute privacy. In addition to massages, body treatments, and facials to fit your every need, the property recently opened a wellness center that specializes in polarized light therapy, pressotherapy, and vibroacoustic sound therapy, among other services. [**EXPLORE MORE**](#)