

WELLNESS

The world's best spas are upping their game

An Icelandic clifftop pool, cryotherapy in the Maldives and biomedical facials in Cyprus – Susan d'Arcy picks the weird and wonderful treatments at the top retreats worldwide



8. Shou Sugi Ban House, USA

When those living in the Big Apple start to crumble, they head to the Hamptons for a rejuvenating break at this much-loved wellness retreat. Design draws on the principles of the Japanese aesthetic, with 13 serene studios surrounding a saltwater pool connected by winding pathways with fountains, reflective ponds and gardens. It has recently introduced targeted treatments to address Covid-related issues such as post-infection reduced taste and smell. Reset your senses through therapies such as craniosacral massage and Tibetan singing-bowls sessions, then reap the benefits as you dine on knockout hyper-seasonal dishes overseen by the chef Mads Refslund, co-founder of Noma in Copenhagen.

Details B&B doubles from £1,600, including activities (shousugibanhouse.com).
Fly to New York