

## 10 Best Spa Resorts 2023

Work hard, play hard, and then take it easy at one of Worth's favorite spa resorts.



Photo courtesy of Castle Hot Springs

**W**ellness vacations have become one of the fastest-growing trends in travel, and it's no wonder—the pandemic fundamentally changed how we think about our health. Plus, the solitude of the lockdown caused anxiety and depression to spike worldwide. Hotels and resorts have responded with innovative new programs that address clients' physical and mental needs, whether it's a mindfulness treatment to relieve stress or diagnostic tests that help build a plan for lifelong longevity.

*Worth* has identified the best places to reboot your health, wellness, fitness, and even your palate in 2023. The choices for setting, treatment options, and activities are vast—from a secluded desert oasis to a Japanese-inspired wellness center. These resorts offer packages that promise to transform your health, your well-being, and your approach to life.

Read on to find the perfect spa for your wellness journey in 2023.

# Shou Sugi Ban House

Water Mill, NY



Photo courtesy of Shou Sugi Ban House

The first boutique wellness destination in the Hamptons, Shou Sugi Ban House, is a 13-room retreat that has been on 'best of' lists since its opening. Inspired by the principles of wabi-sabi and global wellness philosophies, the spa guides guests on a path to wholeness through reconnection to the natural world. You'll find specialized treatments like Hydrotherapy Circuits—contrast water therapy alternating between hot, warm, and cold water, to boost circulation, immunity, circulatory and digestive systems; and Sound Therapy, a healthy vibration that results in beneficial cellular-level response and has been shown to reduce stress, anxiety, and insomnia. You can also take to the air with Floating Meditation. This is similar to aerial yoga in that you experience weightlessness through the support of aerial silks and hammocks, all while being guided through a meditation session. You'll also find bodywork, beauty, and fitness programs, along with culinary offerings focusing on brain health, skin health, and nourishing your gut. Set in minimalist, Japanese-inspired buildings, Shou Sugi Ban House offers a place to reconnect with oneself immersed in the healing properties of nature