

The Best Spas For A Weekend (Or Year) Of Rest And Relaxation

— *Treat yourself!*

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Deep breath in. Now, deep breath out. Are you ready for the ultimate weekend, month, week, or year getaway that will reset your mind, body, and spirit? Well, you've come to the right place. There is no denying that the ongoing pandemic has been hard on everyone. So it's time to pause and visit one of these ELLE-approved, world-renowned spas. (Because, let's be real, you deserve it.) Whether you're looking for an intense detox boot camp or wine alongside your massage, we've got something for everyone on this dream list. Enjoy that well-deserved R&R!

Shou Sugi Ban House; Water Mill, New York



COURTESY OF SHOU SUGI BAN HOUSE

This Japanese-inspired retreat completely fits the bill if you want the ultimate wellness immersive experience. The facility was created based on wabi-sabi principles around the belief in clarity through imperfection alongside an openness for exploration. You'll see these notions reflected in both the grounds and class offerings. The spa features infrared saunas, steam rooms, shower fountains, and plunge pools to completely entrance you into the world of hydrotherapy (a ritual used to cleanse the mind and body).

Lastly, Shou Sugi Ban House's founders believe in the power of food. The world-famous culinary program was designed in collaboration with Michelin-starred chef Mads Refslund, co-founder of Noma in Copenhagen. The menu is a mix of Nordic and Asian influences with the ultimate belief that consuming plants can harness healing powers. We won't argue the theory.

The one thing you can't miss: Intuitive painting, a class offering focused on global hearing art practices.

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