

## 15 Spas and Retreats Across the U.S. That Everyone Deserves to Experience

*What does self-care look like to you?*

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What does self-care look like to you? A DIY facial? A night in with your favorite bottle of wine? A solo date to your favorite restaurant? Whatever it may be, there's one practice that we can all agree is the ultimate form of R&R: a trip to the spa. The soothing music, rich aromas, and overall feeling of stillness is simply unmatched. Amid the chaos of everyday life, a good spa day has never been more sought after or appreciated.

So if you're currently on the hunt for the ultimate escape, either in your backyard or across state lines, here are 15 editor-approved options that are guaranteed to relax you.

## Shou Sugi Ban Spa



COURTESY OF SHOU SUGI BAN HOUSE

Whether you opt for a day trip or would prefer an overnight getaway, Shou Sugi is sure to be a visit you won't regret. The Japanese-influenced wellness house looks like something out of a dream, and is truly an Instagrammer's paradise.

***Treatment to Try:*** SSBH Signature Massage. Targeting your individual areas of focus, the spa's signature blend of jojoba oil infused with ylang-ylang, rose geranium, and bergamot essential oils releases an intoxicating aroma that encourages immediate relaxation.