



Courtesy Cal-a-Vie/©2013 Jerry Ward

# 11 Spa Weekend Getaways You Need in 2020

11 PHOTOS

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*For when you need some serious #selfcare—right now.*

Ready for a spa getaway? Yeah, us too. We're aching to get back to **the best wellness retreats in the world**—and especially the **top spa resorts in the United States**, since domestic travel is currently top of mind. Thankfully, many have already reopened or will soon. Things will be different, to be sure. Expect staff members in masks and gloves, fever checks, and hand sanitizer everywhere, plus more outdoor and fewer indoor fitness and dining options. But that feels like a small price to pay for the chance to get away and just say, “Om.” Here, our picks for the best spa getaways in the U.S. right now.



Justin Kriel/Courtesy Salamander Resort & Spa

HOTEL

## Salamander Resort & Spa, Middleburg, VA

\$\$ | RCA 2018

In the heart of Virginia horse country, an hour west of **Washington, D.C.**, this equestrian-minded escape—designed by its owner, BET cofounder Sheila Johnson—boasts a 23,000-square-foot spa unlike anything nearby. Facials won't be available at reopening, but massages and body treatments will, and they're just what you'll need after an invigorating hike or a horseback or bike ride around Salamander's bucolic 340 acres.



Steven Rothfeld/Courtesy Meadowood

HOTEL

## Meadowood Napa Valley, St. Helena, CA

\$\$\$ | RCA 2019

With 85 tastefully appointed cottages, suites, and lodges on its 250 acres, Meadowood is a **wine country lover's** dream. The spa and gym won't immediately be open, but the three pools, seven tennis courts, nine-hole golf course, and miles of hiking trails will, with fitness classes offered largely outside. The Michelin-starred restaurant also won't be part of the initial reopening, but meals will be served in room or alfresco. And a new in-room menu of DIY treatments brings the spa to you.



HOTEL

## Miraval Arizona Resort & Spa, Tucson, AZ

\$\$ | RCA 2019

A favorite of **Oprah Winfrey's**, this 400-acre retreat nestles against Arizona's Santa Catalina Mountains, its rooms, suites, and villas opening to long views. Although the spa will remain closed for now, the 360-degree experience here includes a daily schedule of more than thirty classes and activities featuring everything from hiking to horses, beekeeping to cocktail-making, art to aerial yoga. Also of note: Miraval's newest outpost should open in western Massachusetts in mid-July.



Courtesy Shou Sugi Ban House

HOTEL

## Shou Sugi Ban House, Water Mill, NY

\$\$\$ | HOT LIST 2020

The thirteen Japanese-inflected studio suites, barns, pool and spa at this three-acre, year-old wellness escape—**the Hamptons’ first**—are the perfect place to just chill out. New with the reopening are custom-made, a la carte getaways, as opposed to the previous all-inclusive offerings, plus immune-boosting “Vitality Immersion” programs. The food, by a cofounder of **Copenhagen’s Noma**, seals the deal.



Courtesy Lake Austin Spa Resort

HOTEL

## Lake Austin Spa Resort, Austin, TX

\$\$\$ | RCA 2019

Upon reopening, the 25,000-square-foot spa at this nineteen-acre lakeside getaway in **Austin**—which just underwent a multi-million-dollar renovation during its COVID closure—will debut therapies designed to respond to these troubled times. Treatments, including the new Immunity Boost and Soul Recovery, can be taken in cabanas or screened verandas overlooking the organic garden, which provides ingredients not just for the seasonally minded cuisine but several spa treatments, too.



Courtesy Dunton Hot Springs

HOTEL

## Dunton Hot Springs, Dolores, CO

\$\$\$ | GOLD LIST 2020

Wild West but make it luxury. As its name suggests, this 1,500-acre, 14-cabin resort (a member of this year's **Hot List**) in an old mining town touts its healing waters as a key draw. You can experience the springs in any of six different settings (each limited to a capacity of four people), including the Bath House spa, which just began massages again. There's also complimentary yoga, as well as the Mountain West's many pleasures: from horseback riding to hiking to rafting to fly-fishing.



Courtesy Montage Palmetto Bluff

## Montage Palmetto Bluff, Bluffton, SC

Built to resemble an idealized version of a small town, this resort on 100 acres of waterfront wildlife sanctuary practically drips with Southern charm. Take a room at the mansion-style inn or an entire cottage, then enjoy cruising around the property by bike; renting a boat to ply the May River; swimming in the pool; playing the Jack Nicklaus-designed golf course; taking yoga, pilates, spin or cardio classes; or really pampering yourself at the 13,000-square-foot spa.





Courtesy Cal-a-Vie/©2013 Jerry Ward

HOTEL

## Cal-a-Vie, Vista, CA

\$\$\$ | RCA 2019

Even though local regulations will keep it from offering spa treatments at reopening, this French Provençal-style spot forty-five miles north of **San Diego** has much to recommend it. For starters, its thirty-two villas on more than five hundred private acres make it a social-distancing dream. Then there are the sunrise hikes, cardio kickboxing classes, mind-body-spirit tutorials, nutritional lessons, tennis courts, two pools, and eighteen-hole golf course to cap it off.



Ingalls Photography/Courtesy Blackberry Mountain

HOTEL

## Blackberry Mountain and Blackberry Farm, Walland, TN

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This pair of pastoral retreats in Tennessee's Great Smoky Mountains—a half hour from the Knoxville airport, and driving distance from many Southern cities—truly feel away from it all. The year-old Mountain outpost, with its log cabins and outdoor pursuits—trail running, biking, rock climbing—it's like a souped-up summer camp for well-off, wellness- and fitness-minded grownups, while the **original Farm location** offers a slower-paced but slightly more formal experience, taking the Gentleman (and Gentlelady) Farmer lifestyle to new levels.



## Valley Rock Inn and Spa, Sloatsburg, NY

Get your quarantine bubble together and book one of the three-to-five-bedroom cottages at this stylish country retreat adjacent to 70,000 acres of protected parkland in New York's Lower Hudson Valley. Each house gets its own private areas by the pool, in the garden, and for dining, plus a designated time slot at the 7,000-square-foot gym and a bike for each guest. Experts are on hand for guided hikes, too.



Photo by Macduff Everton

HOTEL

## Belmond El Encanto, Santa Barbara

\$\$\$ | RCA 2019

Talk about #selfcare: Because local ordinance means the spa must remain shuttered for now, this storied, century-old Mediterranean-style hideaway is placing new DIY spa amenities in each of its suites and bungalows. (Think Himalayan salts, essential oils, lotions, and body scrubs.) There's the ocean-view pool and fitness center, too, plus new outdoor yoga, guided hikes, in-room personal training and more organized by the local wellness gurus of **Fitness 805**.