



Condé Nast Traveler

THE WORLD MADE LOCAL

JANUARY/FEBRUARY 2023

TRIED AND TRUE TRAVEL CLASSICS

the gold list 2023

WHERE TO FIND
WELLNESS THIS YEAR



New Mexico
Barcelona
Chile
Bangkok
Morocco

WHY WE TRAVEL > WELLNESS



An artfully appointed cabin at Wildflower Farms, Auberge Resorts Collection, in Gardiner, New York



Chef Alex Napolitano's little-gem lettuce salad at Inness, in Accord, New York



The saltwater pool at Thistle, an Auberge Spa at Wildflower Farms

American Pastoral

In the Hudson Valley, new and freshly updated retreats highlight the area's innate tranquility with spas that offer immersive, nature-forward treatments

From the landscape painters of the 18th century to the hippies in the 1960s, people have long sought peace in the Hudson Valley. But within the last few years, a new wave of wellness-minded hotels and resorts has arrived on the scene, seeking to capitalize on that serene reputation.

Piaule Catskill opened in July 2021 with 24 sleek cabins set on stilts in the woods. Its Scandi-style spa, clad in fragrant cedar walls, provides an especially robust way to commune with nature: The saltwater and cold plunge pools look onto the wind-whipped surroundings, opening when the weather allows. This fall, the Colonial Dutch-inspired resort Inness, which also opened in 2021, in the hamlet of Accord, will launch its own spa, with five treatment rooms, a sauna and heated plunge pool, and a fitness center.

Nearby, the beloved Mohonk Mountain House has refreshed its 30,000-square-foot spa, spiffing up its relaxation verandas and locker rooms and adding new offerings like hydrotherapy massage. But the most noteworthy addition to Mohonk is the Lakeview Summerhouse, the resort's first outdoor treatment room, in an arcadian pavilion overlooking Lake Mohonk and the surrounding

Shawangunk Mountains. Twenty minutes down the road, the agriculturally focused Wildflower Farms, Auberge Resorts Collection, opened its doors in September. Thistle, its wellness center, features soaking pools, saunas, and a spa with treatments utilizing small-batch oils, ointments, and scrubs produced from hand-harvested ingredients grown on site.

This summer, the wellness pioneers behind The Ranch Malibu will debut a Hudson Valley outpost on a historic estate near Tuxedo Park, just 45 minutes from New York City, offering three- and four-day wellness programs that include hiking, yoga, and fitness classes. Capping the region's spa boom will be Soho Farmhouse, set to open in Rhinebeck later this year. The first Farmhouse outside the U.K., the historic manor-house property will feature a restaurant in a stone barn, plus a wellness facility sure to rival its twin across the pond. DEVORAH LEV-TOV

PHOTOGRAPHS: ALEXANDER STEIN, AUBERGE RESORTS COLLECTION