

luxe

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The Great *Escape*

FROM CALIFORNIA TO THE CATSKILLS, THESE NEW HIGH-DESIGN
DESTINATIONS ARE AIMED AT IMMERSIVE WELL-BEING.

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If the latest crop of wellness hotels, retreats and fitness clubs across the U.S. have anything in common, it's that exactly none of them adhere to the ubiquitous spa aesthetic of recent decades—dependably soothing but often dull. The future of luxury destinations takes a more full-bodied approach and looks

to improve your physical, emotional and spiritual states through elevated experiences and sophisticated spaces. From luxe resorts and nature-focused bootcamp-style getaways to exclusive, über-stylish gyms, these wellness hot spots will have you longing to pack your bags and take a deep exhale upon arrival.

RESET

Telluride, Colorado

The rugged San Juan Mountains were undeniably influential for architect and designer Stephanie Malsed when creating the interior scheme for Reset's wellness center, the hub of an ultra-luxe, intensive nature-focused retreat in Colorado. The state-of-the-art facility for sweating, recovering and mindfulness practice harnesses the five elements—wood, fire, earth, metal and water—and draws in colors from the outdoors, namely pine green and warm pink tones from alpenglow. Guests engage in guided half-day treks and self-care rituals surrounded by nature or in the comfort of the wellness center. At the end of the day, retreat to a private section of the Madeline Hotel & Residences with amenities that include algae-infused slippers, a hydration bar and customized aromatherapy. resettelluride.com

PHOTO: COUNTESS/RESET



RADAR RETREAT

THE RANCH

Hudson Valley, New York

The Ranch, a results-oriented fitness retreat, which began in Malibu in 2010, is ready for its East Coast debut after taking over the legendary 200-acre Table Rock Estate in upstate New York. Designer Steven Gambrel oversaw the interior and historical restoration of the 1902 structure, devising a total transformation of its rooms, including the former ballroom reimagined as a gym for yoga, meditation and fitness sessions. Guests can kick off their morning with hikes through nearby Ringwood and Harriman State Park. Organic, plant-based meals, naps and daily massages are additional hallmarks of the idyllic but intense regimen. theranchmalibu.com



SENSEI PORCUPINE CREEK

Rancho Mirage, California

A sense of calm and Japanese Zen penetrates the light-filled 22-room and -villa Sensei Porcupine Creek. A sister property to Lawrence Ellison and Dr. David Agus' Sensei Lanai in Hawaii, the newest location promises guests a similarly bespoke journey toward living healthier, longer lives. Ellison oversaw all design details as a 230-acre private estate in the Santa Rosa Mountain foothills was converted into the ultimate wellness destination offering patrons three pathways to follow: Move, Nourish and Rest. The sunny and lush property—complete with gardens, a lagoon pool, golf fairways and hiking trails—is as much a part of the recipe for well-being as the Sensei Guide-led practices and treatments (think Abhyanga four-handed massage), plus five-star cuisine at Sensei by Nobu. sensei.com



HEIMAT

Los Angeles, California

This fitness and wellness concept club, located in a refurbished 1930s industrial building in Los Angeles, is the future for the gym-going, Soho House-belonging, health-conscious set. The members-only outpost boasts stained glass panels dividing custom strength machines from a studio of specially designed Pilates reformers. The light-filled cardio area, complete with a cacti garden, resembles a chic hotel lobby while the locker rooms, conceived by Germany-based design studio Inco Media, are fitted with marble, hand-crafted wood paneling and Mies van der Rohe's Barcelona daybeds. Upstairs, famed architect and designer Martin Brudnizki enriched the interiors of Michelin-starred chef Michael Mina's Mother Tongue restaurant, which lives alongside a sparkling pool and exuberant co-working space awash in yellow. heimat.com

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