

Cure Hotels

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A couple of years ago we did a giant Wellness Black Book, which was as fun to put together as it was inspiring. There's something about having all this intel at your fingertips, even if you don't have the intention of using it—I mean, I may not be rushing to Paracelsus in Switzerland to get my old fillings taken out, but I like the idea of knowing it exists. This time, we drilled down on the topic in a Short List of “Cure Hotels”—our favorite wellness retreats that offer niche healing therapies, for everything from gut health to Ayurvedic workups. Many of these were tested by us or our friends and contributors, and some made the cut after a (very) deep research dive. There are some new therapies too—IHHT anyone? We hope these at least feed your wellness resolutions, and let us know if you have any favorites that we missed in the comments! —*Yolanda*

For a healthy friend-cation (or long weekend with your mom when she's paying)

Troutbeck, Amenia, NY – “Just two easy hours from New York City by car or train, The Barns at Troutbeck offer a restorative escape that is the epitome of low-key, country chic. Set within the boutique hotel's extensive gardens and grounds, The Barns are a series of design-led buildings made of reclaimed timber from the decommissioned Tappan Zee Bridge. Stepping into the natural light of these serene spaces, you'll actually *want* to do a yoga class, or Pilates, or a guided meditation. There is nothing “medi” about this spa, but it's the perfect place for acupuncture, sound bathing, astrology reading, or a good old-fashioned workout. A particular highlight are the treatments that incorporate UK skincare line Wildsmith, including a Radical Botany Facial, a Salt Scrub, and a New Life (for expecting parents) massage that is designed to ground and center, all the while yielding healthy, glowing skin. After a half day spent in The Barns, you'll want to head for the 250-year-old manor house where a crackling fire, and a low-lit bar with excellent cocktails and snacks awaits.” —Christina Ohly Evans is the US correspondent for the *Financial Times*' HTSI section.

