

7 Hotels with Next-Level Wellness Offerings

By PATTY LEE | AUG. 30, 2019

Not long ago, hotel spas seemed like an amenity mainly reserved for honeymooning couples and moms who needed a break. That's not the case anymore: As wellness has become an integral part of many travel itineraries—hello, yoga at Red Rocks—hotels around the country are revamping their beauty and fitness offerings to match. The next time you hit the road, there may be a CBD treatment, Pilates class or even a full wellness festival (seriously, the Edgewood Tahoe is hosting the Taholistic Wellfest in October) waiting at your destination.



1. HOTEL VALLEY HO

Amenities at this historic Scottsdale destination—once a popular getaway for Hollywood legends Bing Crosby and Zsa Zsa Gábor—have gotten a facelift in recent years, combining charming mid-century architecture with modern luxuries. The retro-chic hotel's VH Spa for Vitality + Health recently added chromotherapy to its menu of more traditional facial and massage offerings. Select the color that best suits your needs—blue to reduce blood pressure or violet to stimulate your immune system, for example—and be prepared for a serious detox.

6850 E. Main St., Scottsdale, Arizona; hotelvalleyho.com



COURTESY OF NAPLES GRANDE BEACH RESORT

2. NAPLES GRANDE BEACH RESORT

Naples has been named the “happiest and healthiest” American city three years in a row, so there’s no question that this Gulf-side town knows how to chill. The Naples Grande Beach Resort debuted a slew of new wellness programs this year—including yoga and Ayurvedic massages—and has more in the works. Salt float bath therapy, cryo skin slimming and an infrared sauna are all coming in early September.

475 Seagate Dr., Naples, Florida; naplesgrande.com



COURTESY OF LOTTE NEW YORK PALACE

3. LOTTE NEW YORK PALACE

The Manhattan location of Lotte is taking a cue from its British counterpart and launching a luxury spa in September. The 7,000-square-foot Ila Spa will employ a team of wellness experts and massage therapists specializing in holistic treatments that utilize farm-grown organic ingredients.

455 Madison Ave., New York City; lottenypalace.com

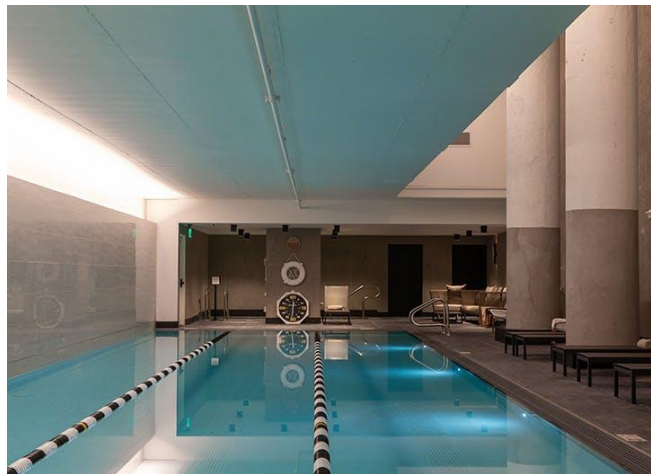


COURTESY OF THE ESTATE YOUNTVILLE

4. THE ESTATE YOUNTVILLE

The Estate Yountville is exactly what its name implies: a sprawling 55,000-square-foot property that boasts not one but two different hotel experiences. The Spa at the Estate is a stand-alone oasis surrounded by waterfalls, fountains and fireplaces. The entire space has been newly redesigned to fit in seven treatment rooms and five suites, plus a menu of CBD treatments. It's also one of the first resorts in North America to use the O2CHAIR, a cutting-edge seat that purportedly increases oxygen flow to the body.

6481 Washington St., Yountville, California; thespaattheestate.com



DAVID EVAN MCDOWELL

5. FITLER CLUB

Located in the heart of Philly, the members-only destination embodies the “work/stay/play” mentality of founder David Gutstadt, a former Equinox exec. The 14-room hotel comes with exclusive access to a co-working space, a restaurant by renowned chef Marc Vetri and a premiere gym and spa. On-trend equipment includes Peloton bikes, an indoor rock wall and classes that range from boxing to Pilates.

24 S. 24th St., Philadelphia; fitlerclub.com



EMERSON RESORT & SPA

6. EMERSON RESORT & SPA

Tucked away in the Catskills, the Emerson Resort & Spa already exudes calm—especially in the autumn months when the surrounding foliage turns a brilliant red-orange. A recent \$6 million renovation included the reopening of the spa, which features ten luxurious treatment rooms with therapies inspired by the surrounding natural elements, including CBD treatments launched this summer in celebration of Woodstock’s 50th anniversary.

5340 NY-28, Mount Tremper, New York; emersonresort.com



THE INGALLS

7. SANTA MONICA PROPER HOTEL

The first high-end lifestyle hotel to open in the coastal city in two decades, the Santa Monica Proper Hotel epitomizes California living. Housed in a 1920s landmark that’s been updated with contemporary flourishes, the 271-room hotel has a rooftop deck, a culinary collab with the owners of Sqirl and Contramar and, true to its West Coast roots, a 3,000-square-foot spa. Opening in the fall, the Surya Spa is the flagship partnership with Ayurvedic guru Martha Soffer and will feature programs such as therapeutic massage, steam treatments, yoga and meditation.

700 Wilshire Blvd., Santa Monica, California; properhotel.com