

Wellness Living & Travel

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MAGAZINE

Gourmet Food & Travel

DRIVE-TO WELLNESS

A Guide to 27 Top Domestic Getaways

BOOST YOUR BODY:
THE LATEST SUPPLEMENTS

**HEALING
WITH FOOD**

**SUNSCREEN:
A NEW APPROACH**

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*Little Palm Island Resort & Spa
Florida Keys*



Feature

Drive-to Wellness

A Guide to 27 Top Domestic Getaways

By Rona Berg and Sandra Ramani

Now that the nation is once again on the move, and in need of a collective getaway, it's time to fall back on a great American tradition: the Road Trip. When the weather is warm and wanderlust is kicking in, there's no better way to lift the spirit than to hit the road.

Here are our suggestions for top wellness getaways, both brand-new and tried-and-true, to get you rolling. All offer special social-distancing protocols, to ensure that guests can relax and feel safe. We recommend that you call ahead with any specific questions about available programming. →



SPECIAL SECTION GUIDE

To help you plan your journey, here is a thumbnail guide of cities covered in this section, and where to find them.

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Mohawk Mountain House

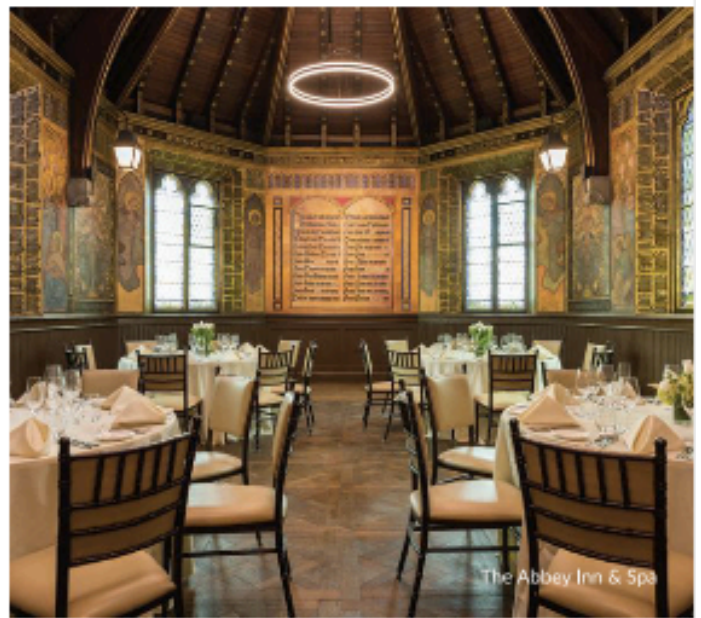
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Emerson Resort & Spa



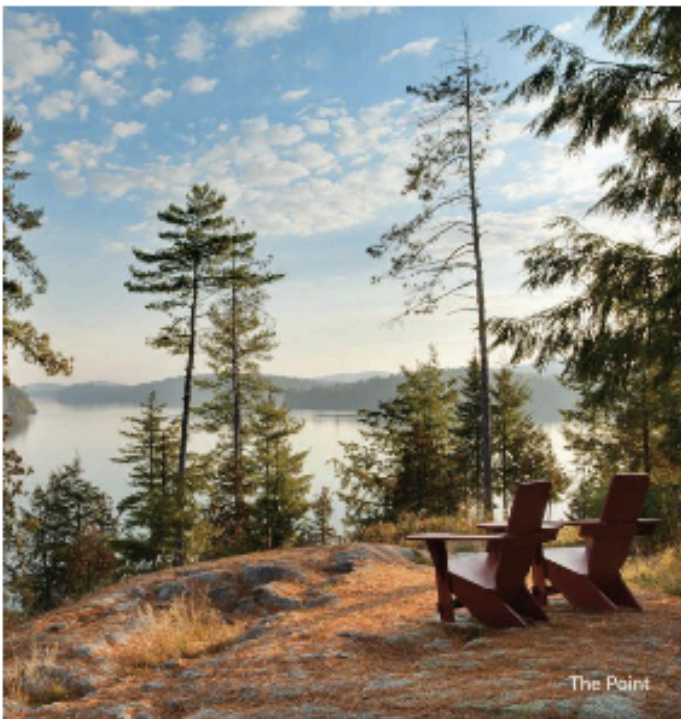
The Abbey Inn & Spa

THE ABBEY INN & SPA

Venture just an hour north from New York City's Grand Central Terminal to find this new hotel set in a former Episcopal Sisters convent overlooking the Hudson River. Following a renovation and restoration, the former convent and chapel now house spacious rooms (many with views of the river or the lawns), a spa (set to open later this year) and the chef-driven Apropos restaurant, which relies on locally sourced ingredients for its globally inspired cuisine (think crispy local chicken with sweet corn and chanterelles). To help with social distancing, meals can currently be enjoyed on Grand Terrace, on a bluff overlooking the river, or around the cozy firepit. Guests can also connect with nature in the adjacent Fort Hill Park, a 65-acre haven where the paths and trails were once the domain of Revolutionary War soldiers. theabbeyinn.com

THE POINT

In the 1930s, William Avery Rockefeller created a private lakeside Adirondack retreat in the mold of the "Great Camps" of that era, and today, many of those elements remain at that property—which is now a pet-friendly, 21-and-over Relais & Chateaux-member boutique hotel. Original log mansions crafted from native granite and wood house just 11 rooms and suites, each outfitted with antiques, 19th century paintings, fireplaces and hand-built beds. Guests can explore the 75-acre property and enjoy hiking, swimming, fishing, geocaching (new this year), outdoor yoga and meditation, looking for the hidden outdoor bars and taking a canoe, kayak or electric boat out to one of the lake's two islands for a chef-prepared picnic. Meals are famous here, and while the signature black-tie group dinners may be on pause due to social distancing, you can still enjoy elevated dishes made with meats, cheeses, veggies and fruit from local purveyors, dairies and farms. thepointresort.com



The Point

