

## The 5 best NYC-adjacent wellness resorts to visit this summer

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Become healthy as as horse at these nearby wellness retreats in Vermont, Massachusetts and right here in the Hudson Valley where you'll be fine via equine. James Baigrie; Twin Farms; The Point; Twin Farms; Canyon Ranch

If just being in the beautiful outdoors in the Hudson Valley, Adirondacks, central Vermont or the Berkshires in western Massachusetts weren't spirit boosting enough, these wellness-focused resorts have unique therapies, great farm-to-table food, sports and soothing spa treatments, all wrapped in good old fashioned fresh air and nature's inspiring eye-candy.



Remember nature? It's green and smells good and living creatures other than annoying-at-this-point humans can interact with you? A stay at the Point will jog your memory.

The Point

The point of **the Point** is getting away from it all and recharging the batteries in a remote, peaceful former Rockefeller camp in Upper Saranac Lake, New York, in the Adirondacks.

An incomparably soothing location accessed by a long dirt road through remote woodland, simple restorative activities and fabulous farm-to-table food is the healthy recipe here. The all-inclusive resort's pampering first-class service doesn't hurt.

The Point is all about swapping competitive urban hustle for playtime among an unspoiled natural landscape: This summer's activities number hiking, lake swimming, water-skiing, wakeboarding, kayaking, tennis and badminton.

There are no TVs in the spectacular, individually designed rooms, but there is one in the fabulous pub/clubroom, which has billiards and darts, too. In-room massages are coordinated upon request and cost extra. If ease of living relieves stress, then this is the place to unwind and get that chi flowing.

*Rates start from the resort at 222 Beaverwood Road start at \$1,750 per person, per night.*