

These Chill Wellness Retreats Are A Short Drive From NYC

Looking to escape the hustle and bustle of New York City? Check out these wellness retreats, which are all only a short road trip away.

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Thriving in New York City can be mentally taxing. The loud sounds, heavy crowds, and sinful atmosphere can take a toll on a person who is not grounded. Luckily, some of the [best health resorts in the world](#) can be found within close proximity to the Big Apple. This article highlights the top four wellness retreats that are a short drive from NYC.

Miraval Berkshires Resort And Spa - Berkshires

[Miraval](#) is set apart from other resorts because it offers personalized packages. Visitors can set an "intention" for their stay at the resort, which will be implemented at every level. This can be a reaffirming experience for visitors, as the process of setting a goal and achieving it is a powerful and cathartic adventure, the lessons of which apply to personal goals outside of the retreat as well.



Length of stay is completely up to the guest. For visitors with limited time, the resort offers single-day programs that can be an effective therapy for the troubled soul. There are daily workshops, esoteric lectures, yoga and meditation classes, and activities including archery, swimming, painting, gardening, and golf among others.

Guests at Miraval stay in luxury cottages that are designed with comfort and calm in mind.

- **Address:** 55 Lee Rd, Lenox, MA 01240, United States
- **Price:** \$700 per night. Guests receive \$175 in resort credits to pay for anything they want, including food, spa treatments, and activities
- **Distance from NYC:** Less than three hours away



Troutbeck - Hudson Valley

Nestled away on a 250-acre estate in Hudson Valley, Upstate New York, Troutbeck is a centuries-old refuge for poets, artists, naturalists, and romantics. Founded in 1848, this resort is a remnant of vintage luxury. With a membership, guests are integrated into a wealthy society of members from every profession. The furniture is elegant, plush, and classic. The lounge sofas face a cozy fireplace -- a perfect setting to unwind with a dusty old book while sipping a glass of wine.



The newest addition to the estate is The Barns. These are fancy accommodations made from reclaimed materials from the Tappan Zee, an iconic bridge that spanned the Hudson River. Start the day with relaxing yoga, Pilates, or meditation class before heading to the gourmet restaurant and tucking into a healthy salad or lobster roll. In the surrounding forests, embark on a leisurely hike and soak in the soothing power of raw nature.

- **Address:** 515 Leedsville Road, Amenia New, Amenia, New York, United States, 12501
- **Price:** \$445 - \$800 per night
- **Distance from NYC:** 2 hours 10 minutes



Twin Farms - Vermont

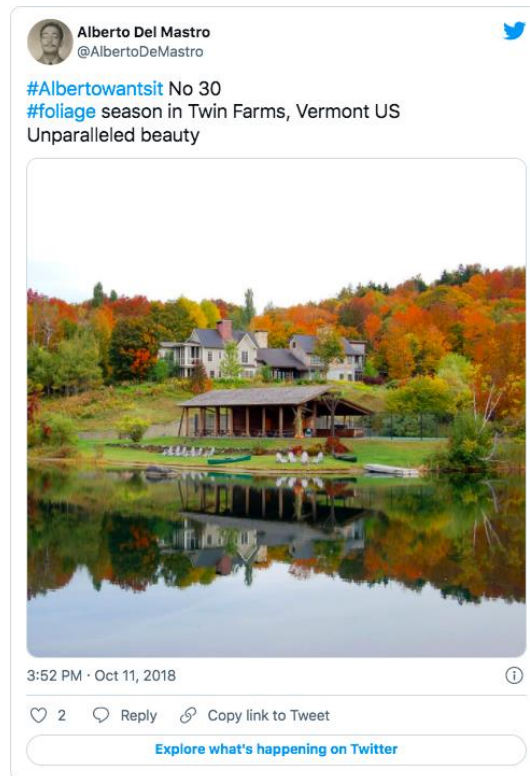
Twin Farms is a classy estate in rural Vermont. The general vibe of this resort is reminiscent of a *ye olde* luxury club for refined couples with sumptuous tastes. The central feature of the estate is a Federal-style farmhouse that was built in 1795. Surrounding the farmhouse is 300-acres of forest wherein the Barns, cottages, and bungalows can be found.

Twin Farms has a markedly aristocratic approach to wellness, subscribing to libertine ideals of relaxation. Sit back in a lounge chair, accept cocktails from tuxedoed butlers, and talk frivolously about the economy as if it does not affect you. All the meals are gourmet and farm-to-table fresh, all the juices are freshly squeezed, and all the wines are perfectly aged.



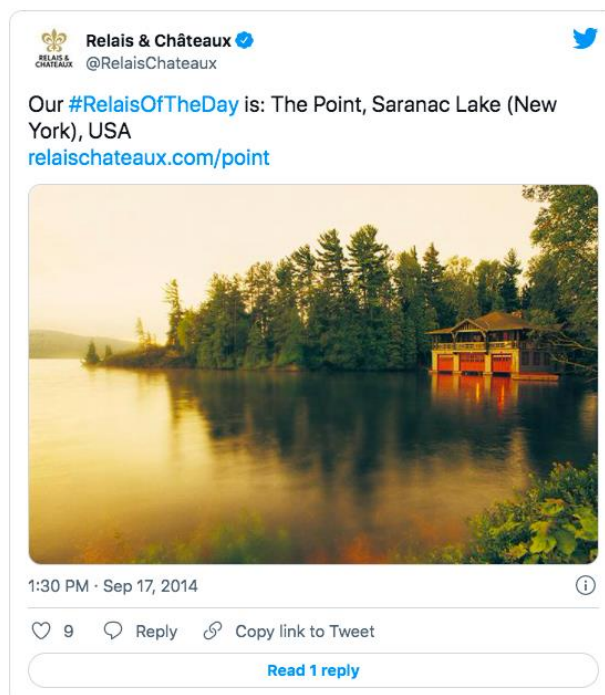
If the heightened state of splendor inspires some physical energy, head out for a walk through pristine forests or paddle onto a misty lake with state-of-the-art equipment that makes the activity effortless. Alternatively, take your energy to your professionally curated room. To create an atmosphere of sophistication, the entire estate is ornamented by a museum-quality collection of eclectic art.

- **Address:** 452 Royalton Turnpike, Barnard, VT 05031, United States
- **Price:** \$3,000 per night, inclusive of meals, alcohol, and activities
- **Distance from NYC:** Five hours away



The Point - Adirondacks

The Point is an Upstate New York wellness retreat in the Adirondacks. Tastefully set on the upper shores of Saranac Lake, this adults-only, all-inclusive resort is a fine and dignified place to decompress. The resort is a former Rockefeller camp -- a well-funded scout reservation from the Gilded Age.



A refined culinary experience is a priority for The Point. After all, the true path to health is through the stomach. Apart from the fundamentals of wellness, guests are free to choose their preferred method of relaxation, whether it be at the pub, in the cozy guest room, on a boat, in the woods, or at a yoga class. Sometimes the best way to heal is by playing some old board games with a group of genteel individuals.

- **Address:** 222 Beaverwood Rd, Saranac Lake, NY 12983
- **Price:** \$2,050 - \$4,250. Guests have the choice to book the entire property for \$32,000 a night
- **Distance from NYC:** 5 hours 23 minutes

