

Shou Sugi Ban House joins Healing Hotels of the World

Boutique Hamptons Hotel Inspired by a Spirit of Oneness



Photo credit: Shou Sugi Ban House © Fredrika Stjärne

Cologne, Germany, 21 January, 2020 - Shou Sugi Ban House, a 13-room destination wellness retreat and spa located just 90 miles outside of New York City, is the latest resort to join Healing Hotels of the World. With a focus on global wellness and healing-arts practices, Shou Sugi Ban House takes inspiration from the healing properties found within the natural world as well as the principles of *wabi-sabi* – the Japanese philosophy of celebrating the perfectly imperfect. Openness and exploration are encouraged, and the retreat offers spa, nutrition, fitness and meditation experiences in a holistic educational setting.

“Shou Sugi Ban House is a place of reconnection and transformation – a place where inward exploration and contemplation are encouraged,” says Anne Biging, Co-Founder of Healing Hotels of the World. “Its location just outside of New York City – but a million miles away – makes it an important spot for the many urban dwellers who crave the transformative healing powers of nature.”

Drawing on practices from the world’s great wisdom traditions, Shou Sugi Ban House provides an intimate setting to experience the intersection of the scientific, the spiritual and the intellectual, and offers space for those seeking to fully explore integrative health and holistic living. Services offered include shamanic healings, sound baths, tantra-hatha yoga with sound, vibroacoustic healing and quantum bio-feedback.

“Our holistic therapies facilitate healing on the physical, mental and spiritual level, and we’re so pleased to have that recognized through our membership in Healing Hotels of the World,” says Amy Cherry-Abitbol, Co-Founder and CEO of Shou Sugi Ban House. “To become a member of the Healing Hotels of the World is an opportunity to join a family of like-minded organizations that encourage balance in the ever-evolving world that we live in, which will make us stronger and more aligned in our collective vision.”

The retreat provides both inner and outer nourishment, with a strong connection to local farmers, seasonal ingredients and nutrition. Local produce and indigenous botanicals are incorporated in the plant-rich menus, teas, bath soaks and spa products.

“This is a very special place that promotes tranquility, contemplation and reconnection with nature,” says Elisabeth Ixmeier, Co-Founder of Healing Hotels of the World. “Shou Sugi Ban House creates experiences that bring people back to the simple appreciation of their natural surroundings, allowing for quiet contemplation but at the same time fostering human connection. It embodies what we look for in a Healing Hotel.”

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About Healing Hotels of the World:

Healing Hotels of the World is a global brand with more than 100 hotels and resorts worldwide committed to healing. It was founded by Anne Biging and Elisabeth Ixmeier in 2006 to promote the extraordinary potential these hotels and resorts offer to change the lives of their guests for the better. As hubs of a holistic lifestyle, Healing Hotels are comprised of passionate advocates for all facets of this lifelong and enriching endeavor. Find more information, visit www.healinghotelsoftheworld.com.

About Shou Sugi Ban House:

Shou Sugi Ban House, a thirteen room destination spa and retreat, embodies global healing arts practices for guests in pursuit of integrative wellness, featuring holistic living, nutrition, hydrotherapy, yoga, meditation and movement. The only comprehensive wellness retreat in the Hamptons, Shou Sugi Ban House is located on over three acres in Water Mill, just ninety miles outside of New York City.

In a space inspired by the principles of Wabi Sabi, Shou Sugi Ban House offers wellness traditions that value the simple beauty and healing properties found within the natural world. Guests will experience a place unbound by conventional philosophy and driven by a desire to explore physical, intellectual and spiritual curiosity. For more information, visit www.shousugibanhouse.com and follow @shousugibanhouse on social media.

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