

LIVING ALEXA

The best Hamptons wellness memberships for spas and fitness in 2021

By Heidi Mitchell

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At a time when self-care and personal health remains top of mind of our collective conscience, four wellness pioneers offer innovative approaches to the select few Out East.

NY Post photo composite

Organic Edge



One of the many cutting-edge wellness rooms at the holistic wellness center Organic Edge.

Courtesy of Organic Edge

Holistic practitioner Shannon Conklin wasn't going to let a global pandemic prevent her from opening her 1,200-square-foot wellness sanctuary. After years of planning and delays thanks to the annus horribilis of COVID-19, the Manhattan inner-glow guru opened Organic Edge in Water Mill last July to anyone who can score an appointment, although a membership program is in the works.

Nowhere else in the Hamptons can you walk into a spa-like space with a green wall and receive, say, a colonic (to cleanse the colon), a session in an infrared pod (said to detox and boost metabolism) or targeted cryotherapy (touted to melt fat and tighten skin).

New this season is the Summer Reset package, consisting of two cryo slimming sessions, two colonics and four 30-minute pod appointments. Step in sluggish from 15 months spent on your sofa, and step out looking like last year never happened.

Summer Reset package, \$1,000. 2 Montauk Highway, Water Mill; 631-488-4086, [YourOrganicEdge.com](https://www.YourOrganicEdge.com)

Sollis Health



Sollis Health will be doing its first ever pop-up this summer, which opened Memorial Day weekend.

Courtesy of Sollis Health

A hybrid of an urgent-care clinic (of which there are few in the Hamptons) and a concierge physician service, Sollis launched in 2017 with locations in Beverly Hills, Manhattan, Miami — and as of Memorial Day, Water Mill.

The first pop-up, members-only emergency room already counts loads of celebs on its roster (Chris Rock, Ben Stiller, Sting, Ralph Lauren), and does far more than your average doc-in-a-box. Here, members can get a COVID polymerase chain reaction (PCR) test, sure, but also care for everything from shoulder dislocations from competitive club tennis matches to dehydration due to last night's celebrations. Doctors are available 24/7 for house calls or telemedicine, and there's no cap on how many visits or panic dials a member can make.

Says avid fan Freida Pinto: "I like the fact that Sollis concierge medicine is so private. That gives me a sense of peace, especially in a profession where there is constant media and public curiosity." (The actor also likes that Sollis offers free health care to the undocumented immigrant community in New York.)

Members take note: The group can even arrange to have on-site 30-minute COVID-19 testing at house parties this summer.

Adult memberships from \$3,000 per year. 760 Montauk Highway, Suite 2C, Water Mill; 646-585-6870, [SollisHealth.com](https://www.sollishealth.com)

Dune Deck



The beach club suite at Dune Deck Beach Club

Courtesy of Dune Deck Beach Club

Opened in 2017, this spot promises to level up this summer. Somewhere between an exclusive club and a camp for adults and kids, the Westhampton shaker-shingle escape puts the focus on the Atlantic and all the high-octane activities it offers.

Along with new chefs and an expanded menu, the Discovery Land Company-owned beach retreat is amping up its Outdoor Pursuits offerings to include kiteboarding, wakeboarding and a seaplane service to the city.

Only about 200 members get the privilege of spending a worry-free day by the shore or the pool as their kids master sailing or horseback riding, while 70 “lodging” memberships provide priority access to the 33 Club Suites, where those lacking a Hamptons home can spend the night at will (and those who do can tuck in the in-laws in these shiplap-lined water-facing guest rooms).

Don’t forget to order a Casamigos ice shot at the Deck Bar, which you toss back then toss down the deck in hopes of hitting a bell target. Huzzah!

Beach Club membership from \$350,000; Lodging membership, \$2 million. 379 Dune Road, Westhampton Beach; 631-998-0050, [DuneDeckClub.com](https://dunedeckclub.com)

Tracy Anderson Body Lab @ East Hampton



Tracy Anderson

Bailey Rebecca Roberts

The star trainer already has two studios in the Hamptons, but this summer, she’ll premiere her latest contraption, the Anderson Moto Air Pro Reformer, only at her East Hampton location (rebranded as the Body Lab) — and you’re gonna be addicted after you have a go.

Anderson's take on the classic Pilates reformer uses no springs or weights, only air to shape precise muscles, repair cell damage and promote spine and joint health.

"Your muscles can become younger and healthier, and your joints can and deserve to be pain-free," Anderson says.

Studio memberships grant unlimited access to COVID-safe indoor classes as well as custom programming and discounts on personal training sessions. Who knows? Maybe you'll bump into Gwyneth or Madge at a class or while waiting for your turn on the Moto. Either way, at least you'll get to show off those lean muscles in public — at long last.

Monthly memberships from \$90. Tracy Anderson Water Mill Studio, 903 Montauk Highway, 631-617-5621; Tracy Anderson Body Lab @ East Hampton, 30 Park Place; 631-604-6529, TracyAnderson.com

Equinox x Hamptons | A Club Collab



Equinox x Hamptons in Bridgehampton

Courtesy of Equinox

The classic Shaker-shingle barn joins forces with New York City's beloved "Chiquinox" for a summer of indoor and outdoor Tabata and Barre classes plus personal training and a laid-back coffee shop.

Opened over Memorial Day Weekend, the seasonal club invites annual members to upgrade for \$300 a month (though you're required to commit for the entire season, through Halloween), and even allows select non-members to spend \$750 in order to gain an all-access pass to the escape on Butter Lane in Bridgehampton.

Valet your Range Rover then step into the barn's sounds of mindful workouts emanating from the landscaped Courtyard, the wood-accented, equipment-filled Lodge and the group fitness-focused Atrium. After your MetCon3 class, hang for a while with a flat white and your newfound sweat-buddies and replenish your Vitamin D in the summer sun.