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HAMPTONS

SURVIVAL OF THE FITTEST

*Wellness goes next level
out East, with decadent
spas and intense workouts*

By BETH LANDMAN

THERE was a time when fitness on the East End was centered on tennis courts, golf courses and stables, but the Sweaty Betty set has been edging out those in whites or jodhpurs. Even hotels, which might have once had a pool and a couple of bikes, are now offering pop-up classes from boutique fitness studios. Spa services, too, have gone beyond generic massages and facials to more high-tech therapies and rare treatments.

The summer's most ambitious entry onto the wellness scene is **Shou Sugi Ban House** (ShouSugiBanHouse.com), a three-acre, Japanese-inspired, all-inclusive spa and retreat that opened last month in Water Mill. Apart from hiking and swimming, the destination offers a variety of fitness classes in studios equipped with ballet bars and TRX suspension trainers. Wind down with yoga, guided meditation, energy and breath workshops, or neuroacoustic baths said to channel the healing power of sound. Spa treatments include deep-tissue massage and facials that use a microcurrent to lift muscles. The resort offers half-day packages, while stays in one of the 13 suites require a three-day minimum visit.

The East End's original spa refuge, **Gurney's Montauk Resort & Seawater Spa** (Gur-



shou sugi
ban house



the baker
house
1650



neysResorts.com/Montauk), has always offered in-house workout sessions along with its array of seawater-inspired therapies, but this year, it's leading the fitness pack. Expanding beyond its original oceanfront property to take over the former Montauk Yacht Club — now known as **Gurney's Star Island Resort & Marina** — the haven offers weekend exercise classes from NYC hot spots including Gotham Gym, Flywheel, Dogpound, Tone House and Exhale.

Meanwhile, the perennially buzzy **Surf Lodge** (*TheSurfLodge.com*) has opened a separate wellness facility this summer called **the Sanctuary**. In addition to selling cruelty-free beauty products and activewear, it will present Y7 Yoga, as well as pilates workouts by Melissa Wood.

Also in Montauk, the hotel **Solé East** (*SoleEast.com*) has added a choreographed workout from Dumbo studio Punch Pedal (known for its boxing/cycling hybrid classes), while **the Maidstone** in East Hampton (*TheMaidstone.com*) has introduced select weekend classes in its Zen gardens via a partnership with the fitness app JetSweat.

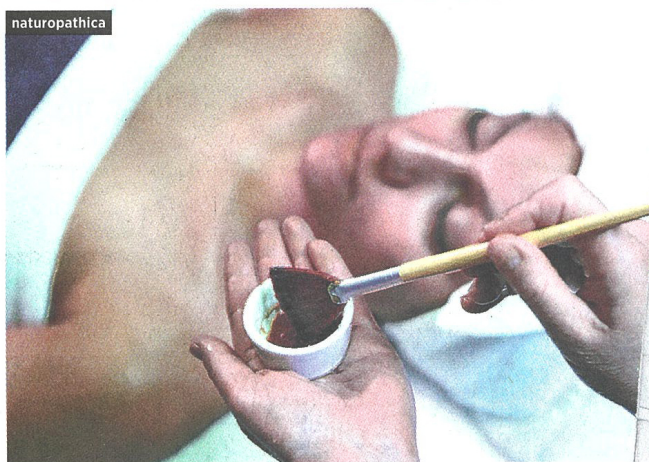
For those seeking peace rather than perspiration, Sag Harbor-based Tao Geomancy expert **Stephen Quong** (*Jyotisha*

.com) will now offer lessons in the ancient practice, said to neutralize negative energy from the earth. The aim is to bring harmony to business, health and relationships. And halotherapy — the inhaling of saline-laced air, said to improve breath and skin — is the lure at **Montauk Salt Cave** (*MontaukSaltCave.com*).

This season, nail services and facials are also on the menu. For other glam needs, Sag Harbor beauty mecca **Salon Xavier** (*SalonXavier.com*) has brought in aesthetician Erica Leopold to premiere a triple whammy "dermal infusion." (A machine shoots serums into your skin to smooth the surface and increase hydration.) Another cutting-edge facial has been unveiled at **Skin by Veronica** (631-259-2343) in Southampton. It combines radio frequency, which tightens the skin with intense pulsed light, to target fine lines and even skin tone.

Meanwhile, East Hampton's skincare emporium **Naturopathica** (*Naturopathica.com*) has added a hydrofacial (imagine a power wash for your pores). Finally, **the Baker House 1650** hotel (*BakerHouse1650.com*) is offering new facials from luxe Swiss brand Luzern, as well as complimentary yoga and passes to the East Hampton Gym — for the perfect balance of beauty and brawn.

naturopathica

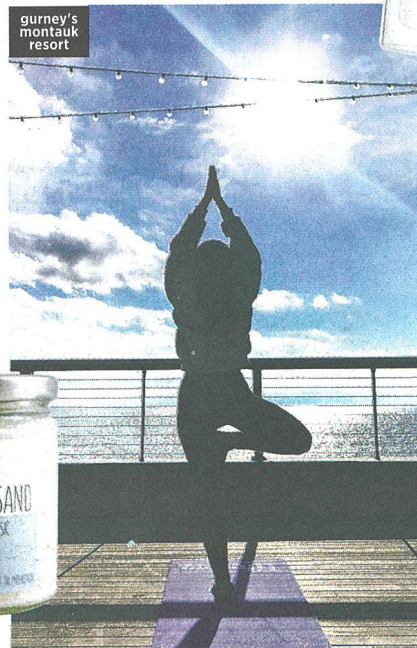


Luzern La Defense mineral sunscreen SPF 30, \$60 at the Baker House 1650, 181 Main St., East Hampton

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salon xavier



gurney's montauk resort



montauk salt cave

Of Sea & Sand candle in "Rosewood, Musk," \$25 at Montauk Salt Cave, 552 W. Lake Drive, Montauk



solé east