

GLOBE MAGAZINE

Ten great New England spas for hydrotherapy, massage, and more

After the winter, don't you deserve to indulge yourself a little?

By Alyssa Giacobbe Updated March 14, 2024, 8:53 a.m.



STAFF

While a day at the spa might seem self-indulgent, well, that's the point. And spas can make sense even for under-indulgent travelers, offering a restorative, often-otherworldly experience without the need to book a plane ticket, and in many cases, a hotel room. After a long winter, don't you deserve that? (You do.)

Kripalu Center for Yoga & Health in Stockbridge

This Berkshires center was forced to close in January after a burst pipe caused over \$100,000 in flooding damage. But now set to reopen March 29, Kripalu is gearing up to remain a destination for restoration and wellness in Western Massachusetts. The signature Retreat & Renewal program is a customizable experience that includes unlimited yoga and movement classes, access to the center's vast network of walking trails and its kayaks, and the option to add on treatments.

Offerings include acupuncture, crystal energy work, sound healing, tarot readings, and Ayurvedic treatments such as Marma Balancing, in which a light-pressure massage is meant to balance one's energy, and Abhyanga-Garshana, a massage and dry silk-glove exfoliation. (Options for those under 18 include acupuncture, reiki, tarot readings, and energy balancing.) All public spaces are tech-free to encourage wellness, and all breakfasts in the dining hall are silent, based on the idea that eating mindfully reduces stress, elevates immunity, and aids in digestion.

Location: 57 Interlaken Road, Stockbridge

Contact: 413-448-3500, [kripalu.org](https://www.kripalu.org)



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