

10 of the best wellness resorts in the Northeast

Ocean House - Watch Hill, Rhode Island



There's something about ionic sea air that is a tonic in itself, but at this [luxury seaside resort](#), the healthy fresh air is just a bonus to fitness programs that include indoor and outdoor activities, treatments and relaxation time at the serene Ocean and Harvest Spa.

This [health haven](#) with sumptuous treatment rooms, saunas, a fitness center, saltwater lap pool and a beautiful relaxation terrace offers treatments from muscle knot-untangling deep tissue massage to customized seasonal facials using local botanicals. Pair that with gorgeous rooms with spa-like bathrooms, beautiful food and utterly pampering service for a truly refreshing break.