

Book a STAYCATION

Area hotels offering day retreats with no check-in required

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You don't need to check in to check out what nearby hotels have to offer. Many hotels open their doors to locals looking for a mini getaway without the overnight stay.

From heated outdoor pools and cedar saunas to luxe spas, yoga classes and destination-worthy dining, these properties are redefining the staycation with day-use amenities that turn an ordinary afternoon into a full-fledged retreat.

Some hotels offer straightforward day passes, while others invite nonguests in with spa treatments, wellness classes or seasonal experiences that unlock access to pools, saunas, lounges or dining. Here's how each one works.

ROCKAWAY HOTEL + SPA

108-10 Rockaway Beach Dr., Queens

How to access: Flat-rate day pass

The Rockaway Hotel + Spa (therockawayhotel.com) opened its Winter Pool House in October and it's one of the most relaxing, all-inclusive cold-weather day experiences for locals. While the space operates as a classic pool deck in summer, winter transforms it into a cozy, covered escape with heaters, plush blankets and pillows and a seasonal food and drink menu through April 30.

Day pass guests can pay between \$50 to \$75 for access to the outdoor heated pool, cedar saunas, fitness classes and a tented heated lounge, along with food, drinks and express spa services available throughout the day. Menu highlights include a Caesar wrap (\$15), hummus and quinoa bowl (\$21), tuna poke bowl (\$25), grilled chicken sandwich (\$23) and veggie burger (\$20). Beverage options range from a pear and rosemary sparkling lemonade mocktail (\$10) to a warm-me-up toddy (\$17), plus specialty cocktails (\$17), beer (\$5 to \$12) and wine by the glass (\$12 to \$16) or bottle (\$48 to \$210).

Express spa services are offered directly in the lounge and include a chair massage (\$70), scalp drizzle with infrared mask (\$65) and winter skin revival facial (\$70).

Fitness classes are included for no additional charge.

Long Islanders looking to make a quick connection to nearby boroughs,



Travel reporter Carissa Kellman at the Seawater Spa at Gurney's in Montauk.

or New York City residents seeking a getaway, can reach the hotel via the NYC Ferry. The Rockaway-Soundview route includes stops in Sunset Park (Brooklyn), the Bronx, and Lower and upper Manhattan, with fares at \$4 each way.

Price: \$50 weekdays; \$75 weekends; book online

What's included: Four hours of lounge, pool, sauna and fitness class access

Why it's worth it: You can swim outdoors in winter, warm up in a sauna and sip a cocktail under a heated tent, all in one afternoon.

THE GARDEN CITY HOTEL

45 Seventh St., Garden City

How to access: A la carte spa, salon, fitness and dining

For classic luxury without the overnight stay, **Red Hots Spa at The Garden City Hotel** (gardencityhotel.com) offers a luxury experience open to non-hotel guests. The full-service hair salon offers blowouts starting at \$40 Tuesdays through Thursdays or \$55 Fridays through Mondays. Spa treatments include a scrub-bage (\$275), JetPro facial (\$395) and HydraFacial deluxe (\$295 to \$325).

VIDEO

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and skip the overnight stay
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Day guests receive access to the spa lounge, complete with complimentary coffee, tea, snacks and infused water, along with use of the hotel gym and pool.

Beyond the spa, nonguests can enjoy dining and nightlife throughout the property. **King Bar by David Burke** features weekly specials including Tapas Mondays and Tuesdays, Wine Down Wednesdays with discounted glasses, and Surf and Turf Thursdays.

The Rose Room, an underground cocktail lounge and speakeasy, opens Fridays and Saturdays after 8 p.m.

Why it's worth it: You can turn a single spa or salon appointment into an all-day escape with pool time, dining and cocktails.

DANFORDS HOTEL & MARINA

25 E. Broadway, Port Jefferson

How to access: Drop-in wellness and yoga programming

Wellness seekers don't need to book a room to tap into the programming at **Danfords Hotel & Marina** (danfords.com), where the Yoga For Life In8 Spa and In8 Yoga offer classes open to the public.

In8 Yoga hosts a rotating schedule of offerings for nonguests, including a 90-minute workout and group reiki session for \$45. A two-night wellness journey includes two 2-hour classes on Jan. 8 and 15 for \$157. Registration is available online or via phone 631-469-0130.

Why it's worth it: It's one of the most affordable ways to experience hotel-level wellness programming that feels closer to a retreat than a typical studio class.

THE INN & SPA AT EAST WIND

5720 NY-25A, Wading River

How to access: Spa bookings and day-use wellness experiences

The Inn & Spa at East Wind (eastwindlongisland.com) welcomes day guests to enjoy a wide range of wellness amenities, including the spa, pool, sauna,