

HOT THIS MONTH POKÉMON BURGERS, BEE SAUNAS, HOTEL CONFESSIONALS, WATER ROBOTS

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SEPTEMBER 2019

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This hotel keeps your secrets

A new Wilmington, N.C., hotel offers a juicy amenity

The Arrive Wilmington wants you to come clean. Located on the grounds of a former Catholic church in North Carolina, the new hotel has transformed an old nunnery into a confessional space with red velvet pews and flickering candles. The amenity is not mentioned upon check-in, but is listed on a hotel map for guests to discover. “We wanted people to connect with the history of the property while giving them a memorable activity that was social, but also private,” says co-owner Chris Pardo. Enter the confessional with your key card, then type your deepest, darkest (or silliest) secret on a keyboard. Attached to the wall is a mirror, which will reward your candor by displaying an uncensored admission from a previous guest. As with any confession, these are anonymous. “Some secrets,” says Pardo, “are never meant to be spilled.”

arrivehotels.com/wilmington



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Counting sheep is so last year

An Equinox Hotel provides extreme sleep solutions

HYPNOS, GREEK GOD OF SLEEP, LIVED IN an underground cave devoid of light and sound, with sleep-inducing plants growing outside. Equinox Hotels, with its first location in New York’s Hudson Yards, is bringing this mythological cave into the 21st century, with similarly soporific amenities and a sleek upgrade. Rooms have track-mounted blackout shades for total darkness and special insulation for total silence—even in Midtown Manhattan. The minibar’s stocked

with Power Down Tea, a concoction of chamomile, skullcap, lavender and other herbs, as well as Sleep Drops, made from valerian root. Call room service for a melatonin smoothie, made with cherries that contain the natural popular sleep hormone, and bananas, cashews, almond milk and dates. Still awake? Licensed nurses can provide an IV drip that’s said to help with sleep disturbances. However, at around \$700 a night, you can’t be blamed for a little tossing and turning. —ROB GOYANES

