

Reset at The Reeds at Shelter Haven

Stone Harbor Resort Welcomes Unhurried Pace with Tranquil Getaway as Season Shifts

STONE HARBOR, NJ, UNITED STATES, August 28, 2026 /EINPresswire.com/ --

As summer fades, [The Reeds at Shelter Haven](#) – a beloved Jersey Shore boutique resort beckoning with seaside serenity – settles into its most peaceful season and invites guests to slow down and retreat with the Reeds Reset program. The two-night experience is designed to restore the body and quiet the mind, built around transformative treatments Salt Spa, the warm, intimate atmosphere of The Reeds year-round seafood and steakhouse Sax, and the natural beauty of the New Jersey shore in autumn. Available through Nov. 30, 2026, and starting at \$400/night, the program includes food & beverage and spa credits alongside a custom 48-hour itinerary for guests to relax reset after summer and before holiday chaos begins.



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The fall months bring something truly special to Stone Harbor as the summer crowds are gone and the light turns golden. The coastline becomes a premier destination for birdwatching as thousands of migratory birds pass through the area each day during the height of fall migration. The suggested Reeds Reset recommended itinerary includes:

Day One

3 pm - Check in and settle into a guestroom. Pick up a Reeds Reads book from the property's curated collection, complimentary courtesy of a partnership with local Barrier Island Books.

4 pm - Head to Salt Spa to start a stay renewed, the Himalayan Salt Scrub (50 min). A gentle full-body exfoliation using Himalayan salt smooths the skin, followed by a luxurious application of hydrating oil, leaving skin silky soft and glowing. The perfect arrival ritual.

6 pm - Evening Dinner at SAX: Warm up with a bowl of new England clam Chowder or French onion soup before moving on to something more indulgent. The crab-stuffed local flounder, Scottish salmon with braised kale, or one of our prime cuts with dauphinoise potatoes; the

kind of meal that makes a cool fall evening feel exactly right.

7-10 pm - If your stay falls on a Wednesday or Thursday, head to the lounge for live music, the perfect wind down on the first evening.

Day Two

AM - Start the day with a walk along the beach. In fall, the beaches are quiet, and the shoreline is scattered with shells. Keep an eye on the sky for the remarkable bird migration passing through Stone Harbor this time of year.

Breakfast at SAX - Make your way to SAX for a leisurely morning meal. The Reeds recommends the steel-cut oatmeal with dried blueberries, pecans, and brown sugar as a comforting cool-weather choice, or the Coastal Morning croissant with egg, smoked salmon, tomato, and avocado. The Eggs Benedict is always a classic.

11 am - Head into Salt Spa for a second recommended treatment, the Hot Stone Massage (50 or 80 min). Warm, smooth stones glide across the body, easing muscle tension and enhancing circulation. Deeply grounding, deeply soothing and the defining treatment of the fall season.

12 pm - The afternoon is yours. Grab a casual lunch or coffee in town, visit the Stone Harbor Bird Sanctuary, a 21.5-acre nationally designated preserve right in the center of town and one of the best birding spots on the East Coast during fall migration, or take a short drive to The Wetlands Institute for salt marsh trails and interactive exhibits. Open daily through September 20 and weekends beginning September 23.

4 pm - Head back to the Salt Spa for final treatment, the Detoxifying Soft Pack Float (50 min) at Salt Spa. A gentle full-body exfoliation followed by a detoxifying wrap, as your body floats effortlessly in a pressure-free cushion of water. Designed to purify the body, relieve sore muscles and joints, and send you home feeling completely renewed.

6 pm - Dinner at SAX: Settle in for your second evening and let dinner be the only thing on the agenda. Order what you loved the night before or try something new. End the night the right way. Climb into bed, crack open your Reeds Reads book, and let the sound of the shore do the rest.

Day Three

AM - One last walk on the beach. Collect a few shells, breathe in the salt air, and take your time.

Breakfast - A final, unhurried morning meal. The Jersey Skillet, Brioche French Toast, or a simple Vanilla Yogurt Parfait and a good cup of coffee. Whatever feels right.

11 am - Checkout. But you'll be back.

To reset at The Reeds at Shelter Haven, visit www.reedsatshelterhaven.com and follow us on Facebook and Instagram.

*Reeds Reset is available through Nov. 30, 2026. Starting at rate is based upon availability with black-out dates applying. Two-night stay minimum.

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