

For more information about the Roxbury Arts Group, visit their Web site at www.roxburyartsgroup.org or call them at 607 326 7908.

Spas/Retreats

The Copperhood Inn & Spa For Après Ski ...or Instead

If you are looking for a downhill skiing interlude, or just need a break in the countryside to stop the monotony of winter in the city, the place to be—even if the weather is not cooperating—is the Copperhood Inn and Spa.

Untouched by modern pressures, the Copperhood eschews the large in favor of the small in order to preserve a classical, personal approach to the spa experience. Designed to recall the luxury of ancient Roman baths, the 10,000-square-foot spa facility has a 60-foot indoor pool, sauna, steam room and Jacuzzi, plus a fitness center with a range of cardio and weight equipment to please the most compulsive work-out-aholic. The seven treatment rooms include a hydrotherapy suite where winter chills and sore muscles are chased away by aromatherapy baths, Moor Mud heat wraps, a Vichy shower affusion and Scotch hose treatments. The therapies offered reflect the best of the European tradition and flavor—facials, hydro-microdermabrasion, herbal wraps and Swedish massage. They also borrow from the wisdom of the East, with energy treatments like acupuncture, reiki and polarity.

Clad in signature sapphire-blue robes, Spa guests unwind by the pool

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or in the British Regency relaxation area with the cups of jasmine tea, and enjoy the view of Garfield Mountain above and the Esopus Creek rushing by below.

The ambiance of the spa, with its Travertine marble floors and walls, sets the mood for pampering. Suddenly, the challenges of everyday life are forgotten. There is peace and a satisfying predictability. You can relax and enjoy your leisure time; here you are the most important person and you are encouraged to enjoy it.

If playing in the snow is part of what you do to relax in the winter, you may wander out across swinging bridge to the island, where a network of cross-country skiing trails awaits you. The quiet, white trails will take you along a delightful tour of winter wilderness, and you have a warm fire and a hot drink to look forward



to when you return. For those inclined to more challenging physical activity, the spa staff will lead you on snowshoeing hikes on Mt. Sheridan and Mt. Garfield as well. Hardy folks and the physically fit will be nourished by the exhilarating aerobics of these hikes.

The Copperhood's dining room is committed to enhancing guests' spa experience. The meals focus on the finest, naturally raised products, which are served with flair by an open hearth and an awe-inspiring view. The emphasis is on satisfying food that is attractively presented, healthful and sublimely delicious. This is also a location where one can enjoy a great selection of European beers and wines.

Those who came for residential stay at the spa will be treated to fine accommodations, healthy gourmet food, a complete line of spa services, and an enriching diversity of outdoor and indoor recreational activities. The residential stay also features the opportunity to order room service breakfast until noon.

The Copperhood's accommodations represent variety of styles from opulent suites and duplexes with

captivating views and amenities to standard bedrooms reminiscent of a charming Bed & Breakfast.

Whether you crave the excitement of downhill skiing, or you prefer to spend a quiet afternoon reading by the fire, The Copperhood Inn and Spa is a veritable winter wonderland. The Copperhood Inn and Spa is located at 7039 Route 28 in Shandaken, NY, just minutes away from Belleayre Mountain and less than an hour away from Hunter and Windham Mountains. For reservations or more information, please contact the Copperhood Inn and Spa at 845 688 2460 or visit their Web site at www.copperhood.com.

The Spa at Emerson Place

Life is good. When you approach it with a sense of awareness and a relaxed strength and vitality, it is even better. A visit to The Spa at Emerson Place will help you re-center yourself and leave you feeling more supple, more healthy, and better aligned in body, mind and spirit.

The Spa's European-trained staff of highly skilled and caring therapists offers more than 40 personalized spa services. Let stress dissolve by selecting from their menu of traditional or holistic therapies, including Swedish, Shiatsu, hydrotherapy or Vichy shower massages; aromatherapy, and mud or algae body wraps. Try a cleansing facial to feel pure, refreshed and renewed. Share the very special experience of a couples massage and relax together. Need a more active