



BY MALERIE YOLEN-COHEN
Special to Newsday

If there was ever a time for Taking the Cure, it's now. As we move headlong into uncertain economic territory — rollercoaster Dow, layoffs, foreclosures — isn't it tempting to just yourself in a terry-cloth robe and pretend the world has vanished, if only for a few days? As counterintuitive as it may seem to spend your dwindling assets on a vacation, some vacations can actually be an asset — to your peace of mind.

This winter, destination spas close by are offering deals that soothe even before you walk in the door.

How to choose

The word "spa" means different things to different people, so consider what type of experience you're craving.

Do you want a boot camp or a pamper palace? Almost anyone can display a "spa" shingle these days — even those ubiquitous nail salons are doing it.

A "spa" is technically a "resort with mineral springs," according to Webster's Dictionary, but that definition has been expanded to include an establishment devoted to health, weight-loss, beauty and fitness.

Rule of thumb: If you crave facials, wraps and massages (not to mention a Cosmo or a nice glass of wine at the end of the day), many hotels with spa components offer these indulgences. If changing your lifestyle, losing weight or getting in shape is paramount, check into a destination spa.



Left, a facial at Canyon Ranch in Lenox, Mass.

ON THE COVER
Taking time for yoga at New Age Health Spa in upstate Naversink

SPA retreats

Six places where you can
unwind this winter



WOOD AT WOODLOCH PHOTO

The Daylight Pool is one of the bright spots at the Lodge at Woodloch in Hawley, Pa.

what's in a day?

6:30 a.m.	Silent meditation
7 a.m.	Aerobic walk
8 a.m.	Yoga
8:30 a.m.	Breakfast
10 a.m.	Body conditioning
11 a.m.	Cardio class
Noon	Stretch class
1 p.m.	Lunch
2 p.m.	Educational seminar
3 p.m.	Aquarobics
4 p.m.	Tai chi, chi kung or yoga
5 p.m.	Guided meditation
6 p.m.	Dinner
7:30 p.m.	Educational seminar
9 p.m.	Movie

SOURCE:
New Age Health Spa

Destination spas

Deerfield Spa

East Stroudsburg, Pa.
800-852-4494
deerfieldspa.com

COST \$800 a person, based on double occupancy, for a 10-day stay

This spot in the Poconos opens for the season on April 3. During April, the "stay 10 days, pay for 7" package includes all meals, one \$75 massage, an unlimited number of exercise classes (including Pilates and guided hiking) and accommodations in a homespun-style shared twin room with shared bath.

New Age Health Spa

Neversink, N.Y.
800-682-4348
newagehealthspa.com

COST \$209 a night per person, based on double occupancy.

You'll find more bells and whistles than other spas that charge twice the price. Meals are prepared with fresh greenhouse herbs, lettuces and wheatgrass. An extensive list of fitness options include some unusual classes — belly dancing, "aquarobics." Take on a 50-foot outdoor climbing tower, set off on a bald-eagle watch, go cross-country skiing or snowshoeing. Evening events include lectures, movies,



COPPERHOOD INN AND SPA PHOTO

Copperhood Inn and Spa

Shandaken, N.Y.
845-688-2460
copperhood.com

COST \$350 a night per person, double occupancy (two-night minimum)

The spa's ethos, "guests are never burdened by strenuous exercise" and "starvation is not our philosophy," sums up a decidedly European way of thinking. Fitness classes here include fencing, and the dining room offers a nice wine list. A stay includes multicourse meals,

fitness classes (including cross-country skiing and snowshoeing), indoor pool, modern dance and a stay in country-pine rooms.

Lodge at Woodloch

Hawley, Pa.
866-953-8500
thelodgeatwoodloch.com



Yoga and dance classes are available in the Big Rooms at the Copperhood Inn and Spa in Shandaken, N.Y., where breakfast greens, above, are among the nutritious items offered on the menu.

COST From \$445 a night per person, double occupancy (two-night minimum). Voted one of the "Top 10 most luxurious spas in the U.S." by Forbes magazine, the two-night "Awaken to a New

See SPAS on D8

Spa retreats



Warm up to hot stones at the Deerfield Spa in Pennsylvania.

SPAS from D7

Your package includes three daily meals, snacks, one spa service a day, fitness classes and a private session in your choice of personal training, nutrition, meditation, Pilates or yoga. Among the "mind-expanding" activities available — indoor cross-country biking, geocaching, painting classes, cooking demonstrations and guided hiking in the Delaware Valley. Valid for stays through Feb. 28.

Canyon Ranch

Lenox, Mass.
800-742-9000
canyonranch.com
COST From \$640 a night per person, double occupancy
On the cutting edge, Canyon

Ranch brings fitness experts, physicians, nutritionists, mind and body specialists, master chefs and alternative health practitioners together in one place. Luxurious rooms, gourmet dining — with demonstration kitchen, dozens of fitness classes and treatment options are offered and coordinated by your personal Program Advisor. Pricey? Yes, but Canyon Ranch, Lenox's winter two-night special (\$1,280) includes a room, three daily meals, a \$260 spa credit and your choice of more than 225 all-inclusive programs and services. (Rates at peak season are almost double this.) Valid through March 31

Hotel spas

**Hotel Hershey
Chocolate Spa**
Hershey, Pa.
717-520-5888
chocolatespa.com

COST From \$501 a night for two people
The spa's most popular treatment, a 15-minute Whipped Cocoa Bath (\$45), is an experience comparable to sitting in a cup of hot chocolate. It's just one of many treats in the three-day, two-night "Chocolate Spa Getaway" package, which includes a \$350 spa service credit, a trademark "Spa Rain Shower" and massage, a room at the Hershey Lodge, lunch, fitness classes and admission to Hershey Gardens.

Gideon Putnam Hotel
Saratoga Springs, N.Y.
866-890-1171
gideonputnam.com
COST \$462 a night for two people

Located in the country's very first spa town, health seekers have been coming to Saratoga Springs to "take the waters" since the 1800s. And this hotel has been a presence here for nearly as long. As part of the "Spa Retreat" overnight package, a couple can enjoy breakfast, dinner, a one-hour Swedish massage and time in the Roosevelt Bathhouse, where you can indulge in a warm and tingly effervescent mineral soak.



A facial in the Roosevelt Bathhouse across from the Gideon Putnam Hotel in America's first spa town, Saratoga Springs

spa FAQs

What should I bring?

For the most part, think "exercise" when stuffing your suitcase. Yoga pants, sweats, jogging bras, bathing suits, aqua shoes, hiking shoes. During the winter...you will be outside quite a bit, whether snowshoeing or cross-country skiing, so pack warm socks, boots, a warm coat and lots of sunscreen. Do not bring the family jewels or couture clothing. Even the most luxurious spa is casual when it comes to dining and downtime.

Will I starve?

No. Three meals a day, plus snacks, are included daily in most destination spa packages, though the food tends to correspond to the level of accommodations. Artfulness of preparation increases with each uptick in price, so expect fresh but basic meals at budget spas such as Deerfield and New Age Health spas, and gourmet cuisine at luxury spas like Canyon Ranch and Lodge at Woodloch. Generally, spas are "health conscious," which means no alcohol on the premises. There are exceptions, however. European-style Copperhood Spa has its own wine list.



A kitchen demonstration at Canyon Ranch in Lenox, Mass.



Guests do a chi, total body strengthening and relaxation, in the pool at the New Age Health Spa.

Copperhood Inn & Spa

TRY
THIS

Cloud Nine Ayurvedic Treatment

Exfoliates, moisturizes, improves circulation and nourishes body, face and hair — two hours of therapeutic bliss. \$220.

Escape the outside world and enter our serene oasis — Copperhood Spa Wellness and Weight Loss Retreat, where comfort and elegance, relaxation and fitness, “gourmet” and “healthful” are in perfect balance.

We cater to busy individuals seeking help and personalized attention, with a variety of custom wellness services and programs all conveniently located under one roof. We offer private training appointments, group fitness classes, therapeutic massage and body treatments and clinical skincare. Our customized, supervised programs address specific goals such as detoxification, accelerated weight loss, juice and lemonade fasting and raw food therapy, as well as Classic Spa Packages focused on relaxation, pampering and wellness.

We’re fun too! Bring hiking boots with you. This intimate spa was conceived in the European Romantic tradition of revering nature and is located in the heart of thousands of acres of Catskill State Wilderness Preserve. Though there’s no shortage of indoor activities, we spend as much time as possible outdoors — hiking, biking, snow-shoeing and skiing. Come and relax in the sun, or wade in the creek. Fish, play tennis, bird watch or even spot deer while dining on the outdoor deck overlooking the Esopus Creek.

Fifteen rooms and suites with balconies afford magnificent views of Garfield Mountain and Esopus Creek. Elegant, health-conscious meals are served fireside during the winter and creekside during the summer. Ingredients are locally harvested and recipes are taken from the best of international cuisines.

Guests enjoy a variety of indoor classes in the Spa’s serene yoga studio, lap swimming in the 60-foot indoor pool and a full gym. There are six treatment rooms for therapeutic massages, facials and a wide variety of other wellness treatments and a wet room suite with a Vichy shower, Scotch hose and a hydrotherapy tub. A sauna, hot tub and steam room complete the spa facilities.

Where joyous lifestyle
leads to dramatic
results in your health
and fitness



STAY

Four luxury suites with balconies and river views, three duplexes with balconies and river views, seven riverview single or double rooms, some with deck access, two double rooms overlooking the front lawn. 20 guests, 15 employees; 40+ acres.

PLAY

14,000-square foot spa with six treatment rooms, 60-foot indoor pool, hot tub, steam room, sauna, sulfur waters, yoga studio, gym with weight circuit, free weights, cardio, tennis court, hiking on private 40-acre private island, hydrotherapy suite.

DINE

Creative fusion cuisine based on locally raised ingredients with focus on free-range poultry, fish and vegetarian dishes. No red meat.

EXPLORE

Hiking, biking, Zen meditation, dance classes, foraging, wild mushroom hunting, cross country skiing, snowshoeing, tai chi, natural detox.

SERVICES

Massages \$100+; Facials \$105+; Body treatments \$115+.

SPECIALTY WEEKS

Equinox Detoxification, Raw Foods Cooking, Hiking weeks, Girlfriend Getaway, Mother/Daughter, Seshin & Spa Mini-week.



WEATHER

Summer — High 85°, Low 60°
Winter — High 32°, Low 15°

TRAVEL

Albany International Airport 75 miles from spa; Stewart International Airport 50 miles from spa. Adirondack Trailways departs several times daily from Port Authority Bus Terminal in Manhattan and stops at our door. Limousine Service is also available.

2009 RATES

Valid through April 2009

2-night Classic Spa Package	
Single Occupancy	\$955
Double Occupancy	\$875
3-night Detoxification Program	
Single Occupancy	\$1,450
Double Occupancy	\$1,195
7-day Supported Juice Fast	
Single Occupancy	\$3,150
Double Occupancy	\$2,499
14-day Accelerated "Get-In-Shape" Program	
Single Occupancy	\$8,950
Double Occupancy	\$6,895

Minimum two-night stay. Rates include all taxes. Tipping is at guest's discretion. Service allowances vary depending on the package and current specials.

INCLUDED

Seven-night Classic Spa Package includes: standard accommodations, three gourmet spa meals per day, fitness program, exercise classes, equipment rentals, guided outdoor activities such as hiking, biking, cross country skiing and snowshoeing, use of all spa facilities and grounds, and ongoing special spa credit, depending on the season.



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Copperhood Inn & Spa

A Healthy, Luxurious Catskills Getaway

Aug 28, 2009 [Maureen Littlejohn](#)



Copperhood Inn & Spa - Maureen Littlejohn

Weight loss, rejuvenation and detoxing are a few of the programs at this retreat. But don't worry, dessert and wine or beer is available to those who want it.

Copperhood Inn & Spa is tucked into a valley in the Catskill Mountains, at the foot of Mt. Garfield and Mt. Sheridan, minutes from the town of Phoenicia and Woodstock Art Colony. Wooded slopes rise to a sky as blue as a field of forget-me-nots, and cutting through the property is the Esopus River, the sound of its gently tumbling water is an endless lullaby.

Weight Loss, Wellness, Rejuvenation and Detoxing Programs

The inn has a reputation for intimacy and fine European dining. It's also a great place for hiking, swimming and yoga. "We are not really an inn," owner Elizabeth Winograd-Iwinski explains. "We provide our guests with the essentials of a healthy lifestyle. People can't just come and not be part of our spa program," she says.

Programs include wellness, rejuvenation, detoxing, and weight loss. The price includes accommodation, three meals a day, and a myriad of classes and outings including water aerobics, weight training, power walks, and Zen meditation. Part of the fee also goes towards a spa treatment of your choice. There's a small library (guests mail back books if they haven't finished them before they depart) and a wall of DVDs to chose from.

On the first floor of the inn is a wood-paneled dining room with central hearth. There is also a lounge, complete with baby grand piano, leather couches and huge flat screen TV. There are 10 guest rooms and seven suites and duplexes, some which overlook the river and have balconies. Bathrooms are tiled in marble or imported cermaics and have Jacuzzi tubs and/or showers.

Hot Stone Massage, Facials and Reiki Treatments

Yoga classes are held in the fitness studio which looks out over the river and Mt. Garfield. The health complex includes a 60-foot pool, steam room, dry sauna, Jacuzzis and gym. Also attached is the Hanna Kes Spa which offers a Vichy shower, hydrotherapy tub and Scotch hose. Treatments include hot stone massage, Reiki, shiatsu, gommage scrub, herbal body wrap, acupuncture, facials, manicures, and pedicures.

"I was born in Poland. In Europe spas are a way of life. We came to America when I was 19 and my mother worked for years as an esthetician with Georgette Klinger. [Klinger started a famous chain of U.S. skin care salons in 1941.] I grew up with mud baths and massages," explains Elizabeth, who is also a psychologist.

Whippet lean and fit as a decathlete, Elizabeth (who opened the facility almost 30 years ago with her husband Lech, the property's chef) is also a licensed hiking guide. Her daily treat is to lead guests up Sheridan Mountain. "Our hikes aren't wimpy," she warns.

The property sits on 40-acres. Elizabeth and her husband raise pet goats who paw guests like puppies as they walk the winding paths.

Dinner is served in a cozy dining room. Tables are positioned near a welcoming fireplace and candles give the room a romantic feel. Healthy and delicious, the menu includes gingery beet soup, crunchy green salad, roasted Cornish hen, scallops and tiramisu as well as wine and beer. There's also a raw living foods menu, and juices for people on a fasting schedule.

Charming Catskill Spa Getaway

Copperhood Inn & Spa <http://www.copperhood.com/> offers a quiet charm and healthy atmosphere that is both restful and invigorating. Fine food, a picturesque location, exercise options and spa treatments make it easy to get back on track, no matter which program you sign up for.

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