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7 East Coast Destination Spas

Recharge this winter at one of these luxury spas.

BY LISA DUKART

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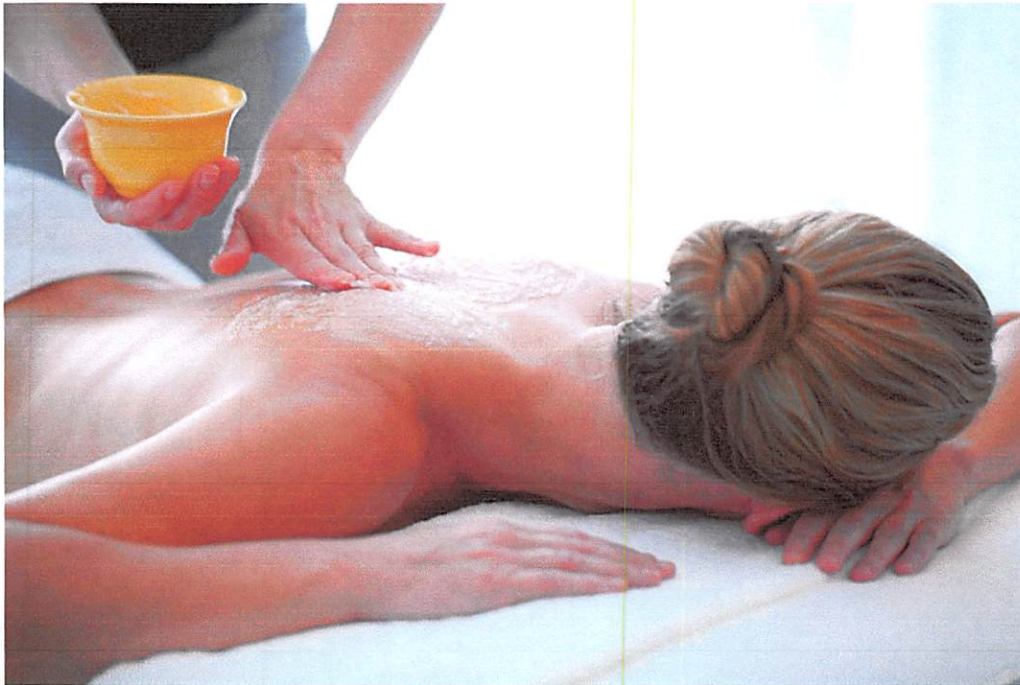


Photo courtesy of Canyon Ranch.

Whether the post-holiday slump, upholding resolutions, or the many cold days have you in need of recharging, a spa getaway might be in order. The East Coast is home to some top-rated destination spas, where every inch of the body can be rejuvenated and the mind relaxed. From weight loss to skin care, these spas can put you back on track.

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Photos courtesy of Canyon Ranch.

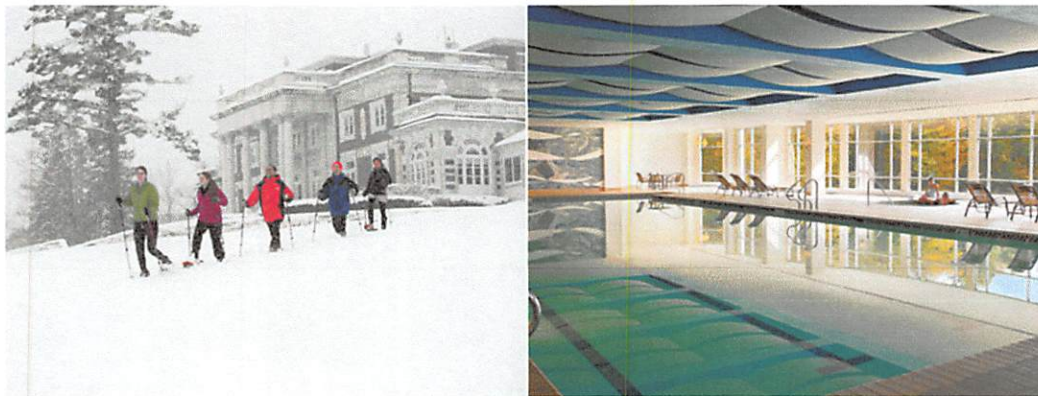
Canyon Ranch

Perhaps the preeminent health spa on the eastern seaboard, Canyon Ranch at Lenox sits snugly in the Berkshires of Massachusetts. The resort and spa puts a strong focus on wellness and as such, offers an array of spa treatments, fitness centers and classes, and outdoor activities for guests as young as 14.

The historic resort is located, in part, in the old Bellefontaine Mansion. The mansion was built in 1897 and restored by Canyon Ranch founders Enid and Mel Zuckerman, with the help of a historical preservation team. Formerly a privately owned home, a seminary and even a boarding school, it reopened in its current capacity in 1989 and still possesses its original charm.

The resort offers both hotel rooms and luxury suites and all dining is included in the cost to stay on property. Menus feature a range of healthy options for a full body balancing experience. Guests can continue the healthy trend by taking cooking classes or meeting with a range of health professionals, including nutritionists, physiologists, acupuncturists and physicians.

The spa complex, which stretches over 100,000 square feet, is a main draw. It features both indoor and outdoor pools, gyms, indoor basketball, tennis, racquetball and squash courts, as well as saunas. Those looking to up their fitness can partake in one of the 400 fitness classes offered, most of which are complimentary, or try customized fitness programs and personal training.



Photos courtesy of Canyon Ranch.

Afterwards, rejuvenate at the spa. Spa services include a range of Asian therapies such as ashiatsu deep barefoot massage and reflexology. Scrubs and body wraps including anti-aging treatments, contouring and the ever-popular sea salt scrub are also available. The spa even offers maternity treatments, skin treatments, hair, makeup and nail treatments, as well as services for men and teens.

Outdoors, those looking to embrace New England winters can try cross-country ski tours, pole hiking, snowshoeing, skiing and winter hiking. They also offer lessons for those feeling less than proficient in winter sports. If spectating seems more up your alley, head to the nearby Thunderbolt Ski Race & Thunderfest Winter Festival, held in February, and free to attend.

Outside the resort, guests can meander through the nearby town to explore the charming all-American paintings at the Norman Rockwell Museum or be inspired by the literary richness. Both Herman Melville and Edith Wharton once called Lenox home.

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While there are plenty of services to spend an entire weekend at the spa, for those looking to venture outdoors during their retreat, Castle Hill is close to many ski spots, including Okemo Mountain, Killington and Bromley. Sledding, ice-skating and sleigh rides are also available during the winter months to get the quintessential New England experience.

Dine on savory French-influenced American cuisine in Castle Restaurant, which offers a four-course prix-fixe menu. On offer might be choices of classics like beef wellington, a slow roasted rack of lamb and Atlantic salmon. The menu changes seasonally and utilizes local produce.

With its European style, Castle Hill makes for the idyllic Vermont escape for spa-seekers and sports enthusiasts alike.

2940 Route 103, Proctorsville, Vt.



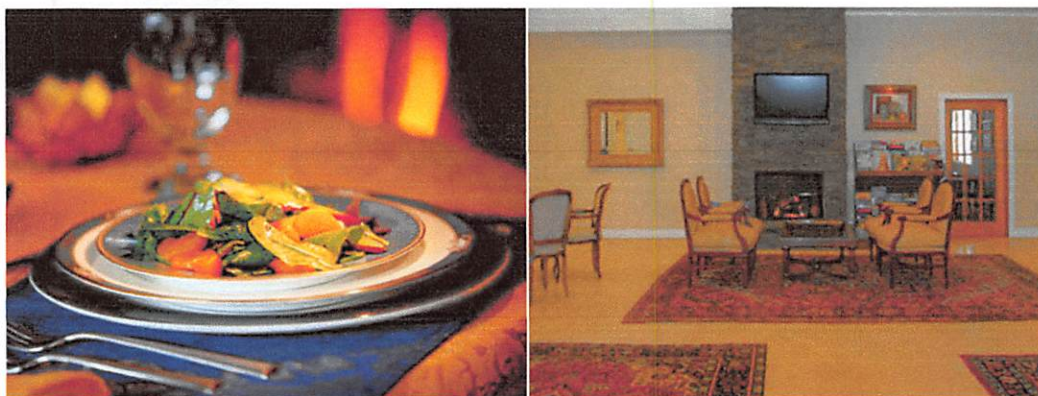
Photos courtesy of Copperhood Retreat & Spa.

The Copperhood Retreat & Spa

Copperhood is not a traditional spa. Tucked in the Catskill Mountains, this retreat is ideal for those who want to focus on fitness and well-being. While it is a spa, it puts a heavy focus on full-body wellness, offering detoxes and cleanses. Whether you're looking to cleanse in peace, quit a bad habit, or simply reconnect with nature, this retreat offers them all. With just 17 rentals, The Copperhood allows guests to truly escape.

The spa includes a range of massages, including shiatsu, deep tissue, Swedish, aromatherapy and more. Guests can also treat themselves to body wraps and scrubs, like the Dead Sea salt scrub or a seaweed wrap, along with facials, and water therapies, including a treatment room with a Vichy shower.

Elsewhere, guests can exercise independently, with a trainer, or in a group setting. Copperhood offers a pool, yoga, dance classes and many other forms of exercise.



Photos courtesy of Copperhood Retreat & Spa.

Like the rest of the retreat, cuisine leans heavily on all things healthy. Expect fresh ingredients in foods, like vegetable stew Provencal or prawns and scallops on papaya salad. The retreat also offers detoxes and fresh juice cleanses with organic concoctions available.

Nearby, guests can wander Mount Garfield or venture into the nearby hamlet of Phoenicia. The tiny town has unique shops, including a leather store, market, antiques and more. There are also a variety of restaurants, for