

Yoga at Canyon Ranch resort in Lenox, Mass.

# Retreat and renew

Detox, lose weight, eat fresh or just relax at four great spas

If you've room for one more New Year's resolution, here is one to top the list: Get thee to a spa and clean up body, mind and soul. And eat well while you're at it. The terrific three below are an easy drive away, and we offer a fourth on the golden sands of south Florida.

## COOLING IT AT THE COPPERHOOD

It was at The Copperhood Retreat & Spa, a pretty

roadside white-frame-with-red-trim inn in the Catskills near Phoenicia, that I first fell hard (and fell asleep) for yoga. Something of a skeptic until that morning session, I could feel and hear the tightness ebbing from my system even as we snapped our necks left, then right in the warm-up exercise. Soon exhilaration and mellowness began to flow through me, and by the time we reached the final corpse pose stretch-out, I felt a tug: The leader was waking me up.

STORY BY DAVID BUTWIN PHOTO COURTESY CANYON RANCH RESORT

It was all glory after that. I didn't sign up for detox weight loss, weight-loss regimen or Panchakarma (a rejuvenating ritual), but my wife and I joined a refreshing morning hike with the vigorous Polish-born boss lady, Elizabeth Winograd, up a mountainside trail using cross-country ski poles, which provided a double boon: good for balance, a workout for the arms. It was sweat-soaked bliss, just five of us with the chirping birds on a fine spring day. Just as satisfying was the dining at Copperhood, all the more so after a workout of body and mind. One night we had crispy Cornish game hen; the next night, a poached salmon with a starter of Ukranian beet borscht.

On this scenic all-purpose enclave are organic gardens, chickens, ducks and two nanny goats, fitness center and tennis court, and a stream, the Esopus, running by it. A typical Copperhood spa plan is a two night all-inclusive "Respite," \$700 each for a double room. Find it all at [www.copperhood.com](http://www.copperhood.com).

#### BLISSED OUT IN THE BERKSHIRES

If the name Canyon Ranch suggests sagebrush and desert boulders, roundups and rawhide, it's because the original is just outside Tucson, Ariz. This Canyon Ranch, same owners, New England version, is set in the gentle Berkshire Hills at Lenox, Mass., and a week or even a weekend will have you so mellowed out and (if desired) slimmed down that you may not even know yourself. Or where you are.

"I thought I was walking into Versailles," said my friend and photographer Mark Chester of Woods Hole, Mass., when we compared notes, "and in a way, I was." What he meant is

that Canyon Ranch's "cottage mansion," built in 1897, is indeed a replica of Louis XV's Petit Trianon, a chateau on the Versailles grounds.

This is the place to come for massages, body treatments and facials: There are so many choices you may need a destressing moment just to pick from the long list. But in fact the ranch's therapists and aestheticians are there to help you decide. The signature Canyon Stone Massage and the candlelit Euphoria body treatment are tried and true choices and from there the lavish array runs through classic massages, Asian therapies, advanced restorative touch therapies, the registered Yamuna

treatment, Ayurvedic body treatments, hydrating and soothing body scrubs and wraps, and replenishing facials for healthy gorgeous skin. Gents can sign up for manicures, pedicures and a Gentlemen's Spa Renewal treatment.

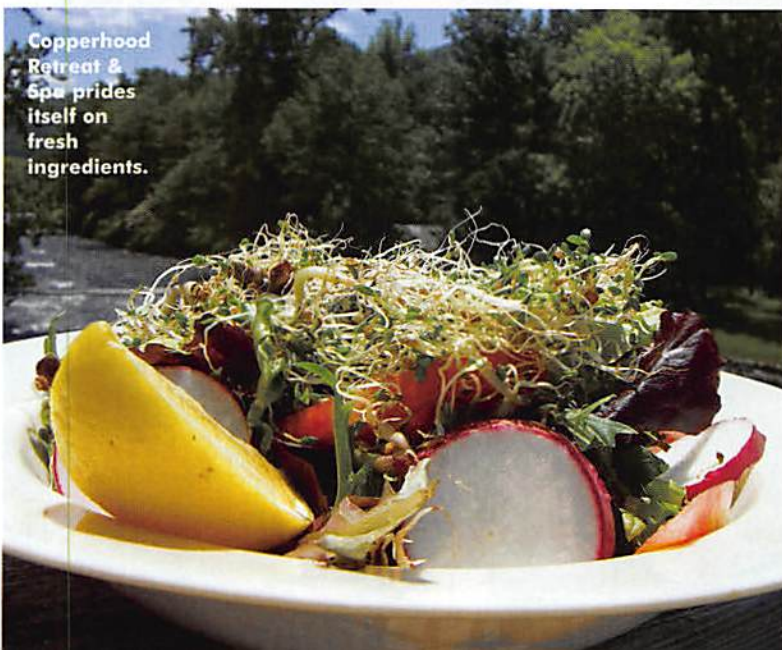
But at Canyon Ranch you do not spend all your time getting patted and stroked into doughy ecstasy: There are saunas, indoor and outdoor swimming pools, gyms, exercise studios, tennis, racquetball, squash and basketball courts. Mealtime will not remind you in any way of the old ranch grubhouse: Extensive but sensible menus are meant to slim you down and clean you out. Typical dinner starters are creamy carrot



A massage at The Copperhood Retreat & Spa, Shandaken, N.Y.



Spectacular views at New Life Hiking Spa, Killington, Vt.



Copperhood Retreat & Spa prides itself on fresh ingredients.