



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



# Copperhood Retreat & Spa wins World's Best by Travel + Leisure

## Readers across the country favor upstate New York's local retreat above other Destination Spas

On October 22, 2011 Copperhood Retreat & Spa (located in Shandaken, NY, only 2 hours from NYC) announced its most recent achievement: Travel + Leisure readers voted the spa one of the top 10 Destination Spas in the magazine's an-

nual World's Best survey. With its wooded trails, slew of spa specialties, expertise in weight-loss and detoxification, and gift for gourmet, Travel + Leisure readers found Copperhood Retreat & Spa to embody the perfect spa sanctuary grounded in relaxation, rejuvenation, and life-changing wellness ideals.

The prestigious designation is based on the World's Best reader's survey, which was

conducted from December 15, 2010 through March 31, 2011. The Destination Spas category was based on five characteristics: accommodations/ambiance, treatments, service, food, and value. Respondents rated each characteristic between one and five, and then the category ratings were totaled and averaged for a final score. To be considered a contender in any category the candidate needed to receive a minimum number of responses, and to preserve survey integrity any responses found from travel

industry professionals were immediately discarded.

The 2011 awards represented Travel + Leisure's sixteenth annual World's Best survey, and Copperhood's first appearance on the survey. "We are extremely honored to have been voted one of the top 10 destination spas," said spa proprietor Elizabeth Winograd. "To know that our visitors feel so strongly and enjoy Copperhood so much is such positive reinforcement. We truly love what we do."

The Spa is focused on rejuvenation and relaxation with a specific expertise in detoxification and weight loss, thus appealing to both vacationers and serious wellness seekers. Nestled into the Catskills, guests can hike, bike, ski, or snowshoe the mountain trails. A variety of indoor exercise options are also available in Copperhood's private yoga/

exercise studio and gym such as group fitness classes, meditation hours, and personal training sessions.

The spa itself remains the ingenious brainchild of Ms. Winograd, and incorporates all elements imaginable. There is the water therapy suite with a Vichy shower, hydrotherapy tub, Scotch hose and steam chamber for Swedana, a gym, pool, Finnish sauna, Jacuzzi and steam room. Additionally there are seven treatment rooms reserved for a variety of massage, body treatment, facial, and hand/foot services.

"We aim to provide guests with a small sanctuary. A small haven, separate from daily life where personal health and wellness come first," Winograd further explained. "How they choose to define that is up to them, we just ask that you be gentle with yourself."

## No Shortage of Snow at Mount Peter

While Mother Nature hasn't provided much in the way of natural snow so far this winter, Mount Peter's snowmakers have been making snow whenever possible. The ski area opened on Dec. 24 trails open.

Discounted night skiing is available until 9 p.m. for \$15 Mon. through Fri. and \$18 on Sat. Show a club card on Tuesday, such as ski club, union, military, school, etc., and get a half price life ticket from 9 to 5 p.m. Take advantage of the Saturday night special and get two for one lift tickets after 5 p.m. Mount Peter also offers free beginner lessons on weekends and holidays.

Mount Peter will a Monster Rail Jam on Sun., Feb. 5.

For more information visit [www.mtpeter.com](http://www.mtpeter.com).

## Bay Garden Beach Resort in Saint Lucia

Breathtaking mountains, lush green rainforests, miles of sandy beaches, and an underwater ecosystem that is just as vibrant as the one on land! Saint Lucia is definitely one of the destinations generating the most buzz right now, offering everything from leisure to adventure to amazing cuisine. Choosing to stay in the Rodney Bay area will put you right in the heart of the islands pulsating tourist district, which is always a hive of activity. Shopping malls and restaurants line "the Strip", providing the ultimate playground for locals and visitors alike. Whether one wants to hang out at a local watering hole playing dominoes with the regulars, or dine at the water's edge at a candle-lit table, Rodney Bay has it all. You won't miss out on what the rest of the island has to offer, either.

The magnificent Pitons and the famous Sulphur Springs, both on the southwest coast, are accessible from the north via a 40-minute boat trip. Sightseeing by boat is highly recommended, since the true majesty of the island is on full display.

Located all the way at the end of the Rodney Bay strip is the Bay Gardens Beach Resort & Spa, the jewel in the crown of the Bay Gardens Resorts group of hotels. Established by a local family almost 18 years ago, Bay Gardens Resorts is still 100% locally owned and operated by the original owners. The Beach Resort, as the name implies, is perched right on Reduit Beach ("REH-dwee"), one of the best beaches on the island. The resorts French-Caribbean architecture is a pleasure to behold, and the balconies in every room ensure that guests are cooled by the refreshing sea-breeze no matter how hot the sun pounds

down. The Beach Resort is home to a host of amenities, from water sports to scuba to La Mer Spa, which offers a host of tender treatments designed to soothe even the most sunburned skin. Trios Caribbean Fusion, one of the resort's two restaurants, has been hailed as "the best kept secret in Rodney Bay".

Even with all the top-notch accommodation and amenities, by far the best thing about

Bay Gardens Beach Resort and Spa is its approach to customer service. Guests are always welcomed as long-lost family, and no effort is ever spared in ensuring that your vacation will have that personal touch that makes it memorable.

To talk to one of the Bay Gardens Resorts Vacation Specialists, call toll free (877) 620-3200, or email [info@baygardensresorts.com](mailto:info@baygardensresorts.com)

## Susquehanna (Continued from page T10)

renovation. The building's finely appointed interior, from its mirrored lobby and lounge furnishings to the wall and ceiling murals and light fixtures, is marked by luxurious Art Deco quality with its rich materials and novel decorative motifs. It just might take your breath away. The theatre shows movies nightly.

Explore the region at your own pace, in your own time. Every turn a treasure.

For more info, go to [VisitCentralPA.org](http://VisitCentralPA.org) or [Facebook.com/SusquehannaRiverValley](http://Facebook.com/SusquehannaRiverValley)

## Anna Maria (Continued from page T3)

Continental, American Airlines and Delta all running regular flights to Tampa. A shuttle service runs between the airport and Anna Maria, a return journey will cost you around \$90, en route take in the breathtaking view from the Sunshine Skyway Bridge of the Gulf of Mexico.

Anna Maria is unique in that it offers the Caribbean vibe of blueness, which is only broken by the horizon line, and you don't even have to leave to the U.S. to get it.