



COPPERHOOD RETREAT & SPA, SHANDAKEN, NEW YORK

Looking to recharge at a super-healthy getaway? Head to the Catskills for a detoxifying blend of juicing, raw food, yoga, and the great outdoors.

As a travel writer, I'm lucky to have visited some of the most amazing spas, both in this country and abroad: Arizona, Brazil, California—even Italy. And yet I'd never been to one in my own backyard, in good old New York State. I can't give you a good reason why not, it just seemed that to truly enjoy a spa I had to go far, far away—so I could clear out body and soul in the middle of the desert, or on a mountaintop, or at the beach.

And then I found myself with little time and even less money, and I decided to see what I could find close to Manhattan. That trail led me to Copperhood Retreat and Spa, about a two-hour drive from New York City and smack in the Catskill Forest Preserve. It offered everything I wanted: juicing and detox programs, raw food, yoga, hiking, swimming (cross-country skiing and snow shoeing in the winter), and the kind of serenity I hadn't experienced in a very long time. Meals are eaten outdoors (weather permitting), on a terrace overlooking the Esopus River and a private, 40-acre island, the only disturbances are the sound of rushing water and chirping birds.

I was happy to discover that Copperhood isn't a giant facility with dozens of guests coming and going. Instead, there are only 20 guest rooms, and staying here is like visiting a friend in her rustic country home—which in fact you are doing. Owner Elizabeth Winograd lives in the house next door to the inn, and she often leads hikes and fitness classes (she's a licensed New York State hiking guide). Winograd grew up in Poland, where spa-going was a regular part of her life. She opened Copperhood over 20 years ago, and clearly loves what she does. (She also has a master's degree in Psychology from Columbia University, so she's a good person to vent to, should you feel the need!)

I spent four days here, initially planning on doing a juice fast. But I abandoned that idea after I saw the food—sushi, zucchini spaghetti, fresh fish—all low-fat and low-calorie and just so... clean. In the end, I dropped a couple of pounds, but more importantly, I felt calm and renewed. And then I hopped in my car and drove home. 845-688-2460, copperhood.com

—Diana Anderson



Estera Iwinski harvests in the gardens; Fresh wheatgrass



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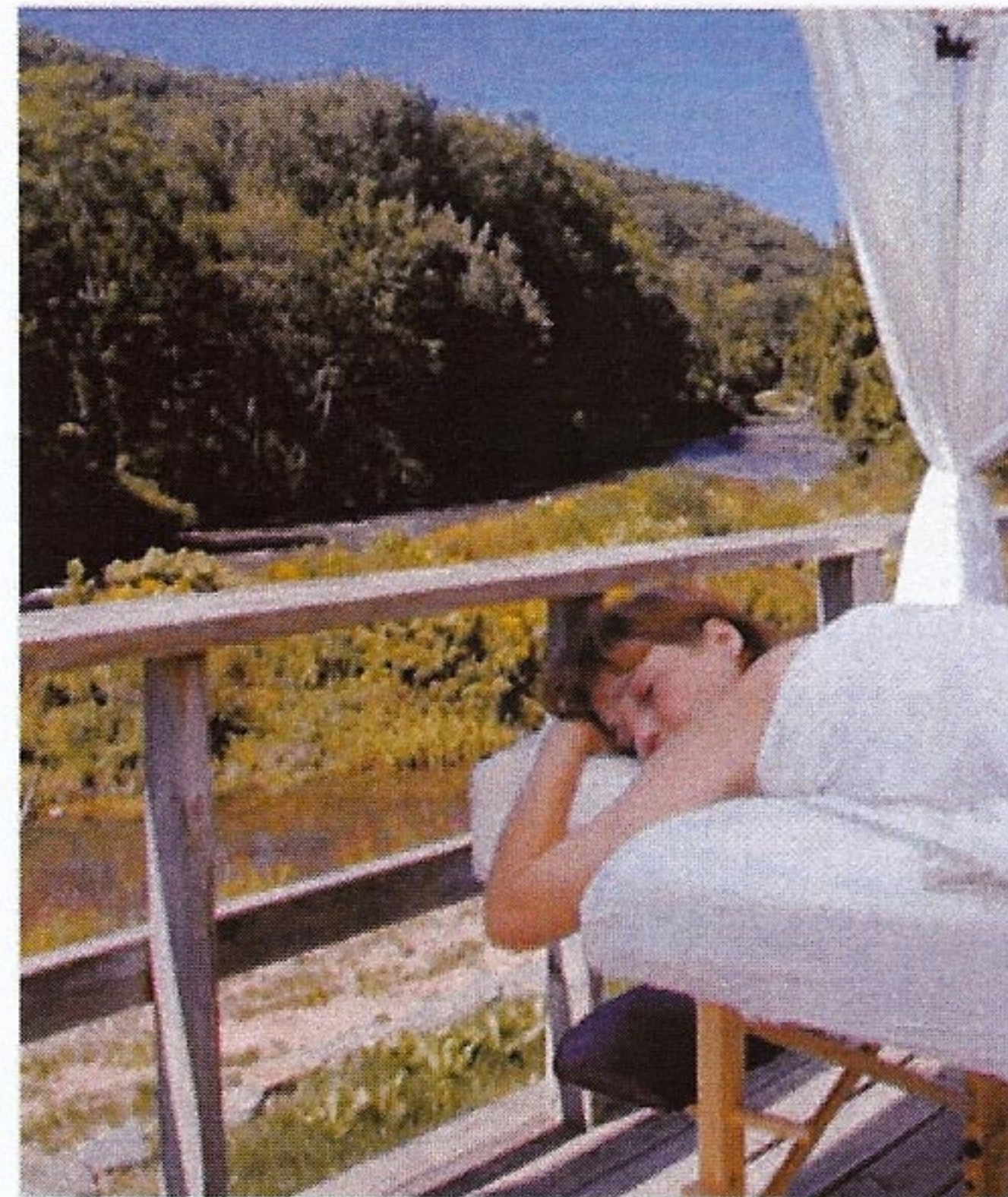
Best Detox Spa

Copperhood Retreat & Spa
Shandaken, New York

What to expect: Crunchy meets luxury at Copperhood Retreat & Spa in New York's Catskill Mountains. Whether it's weight loss, addiction management, or just some good old-fashioned decompression you're after, the spa will help you find a rhythm you can keep up at home. Copperhood even offers juice-fast and vegan raw-food dining programs (but have no fear: its classic dining program, while still healthy, is much more inclusive—with wine and all). Rates start at \$305 a person per night for a seven-night package.

Learn more: copperhood.com.

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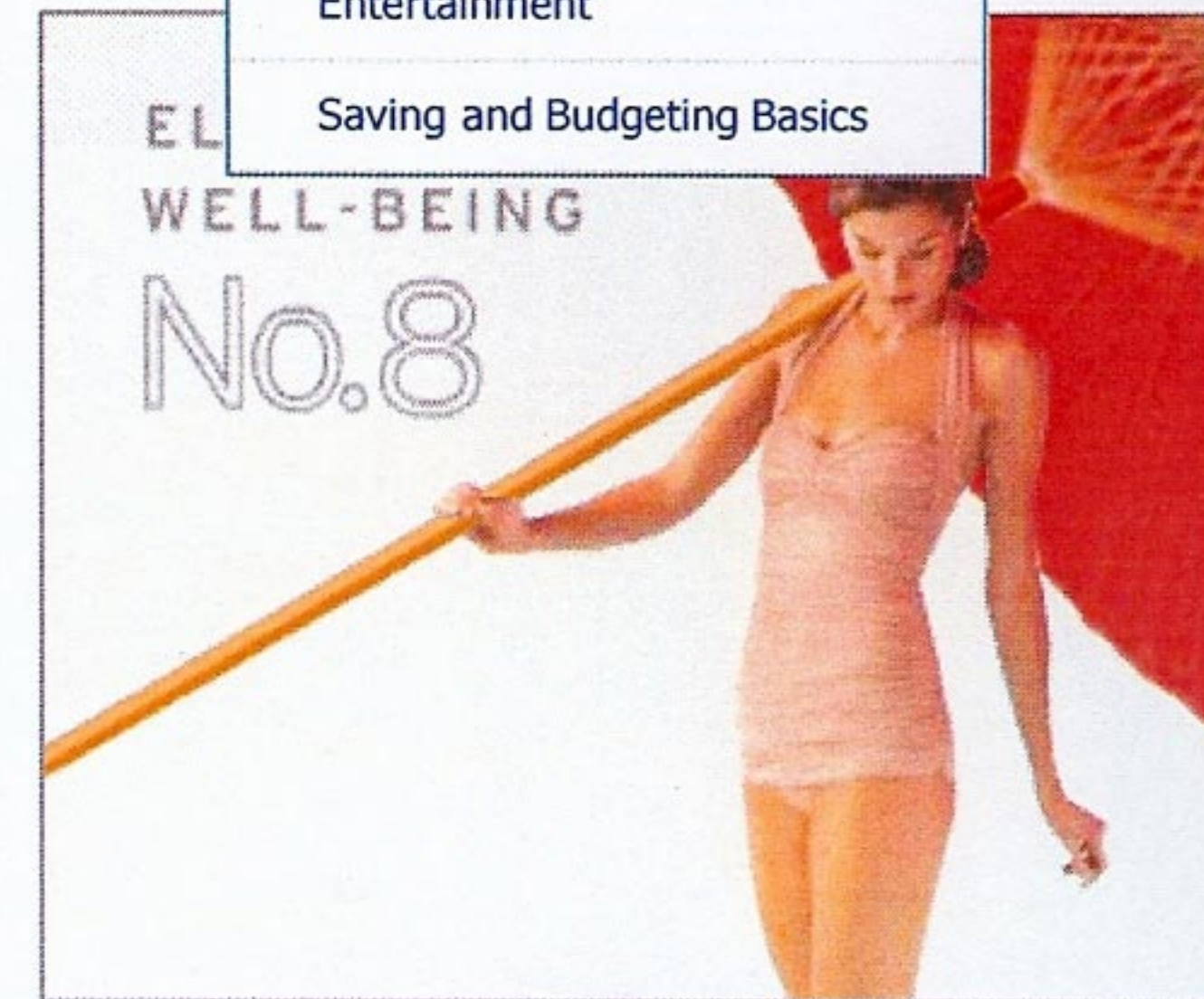
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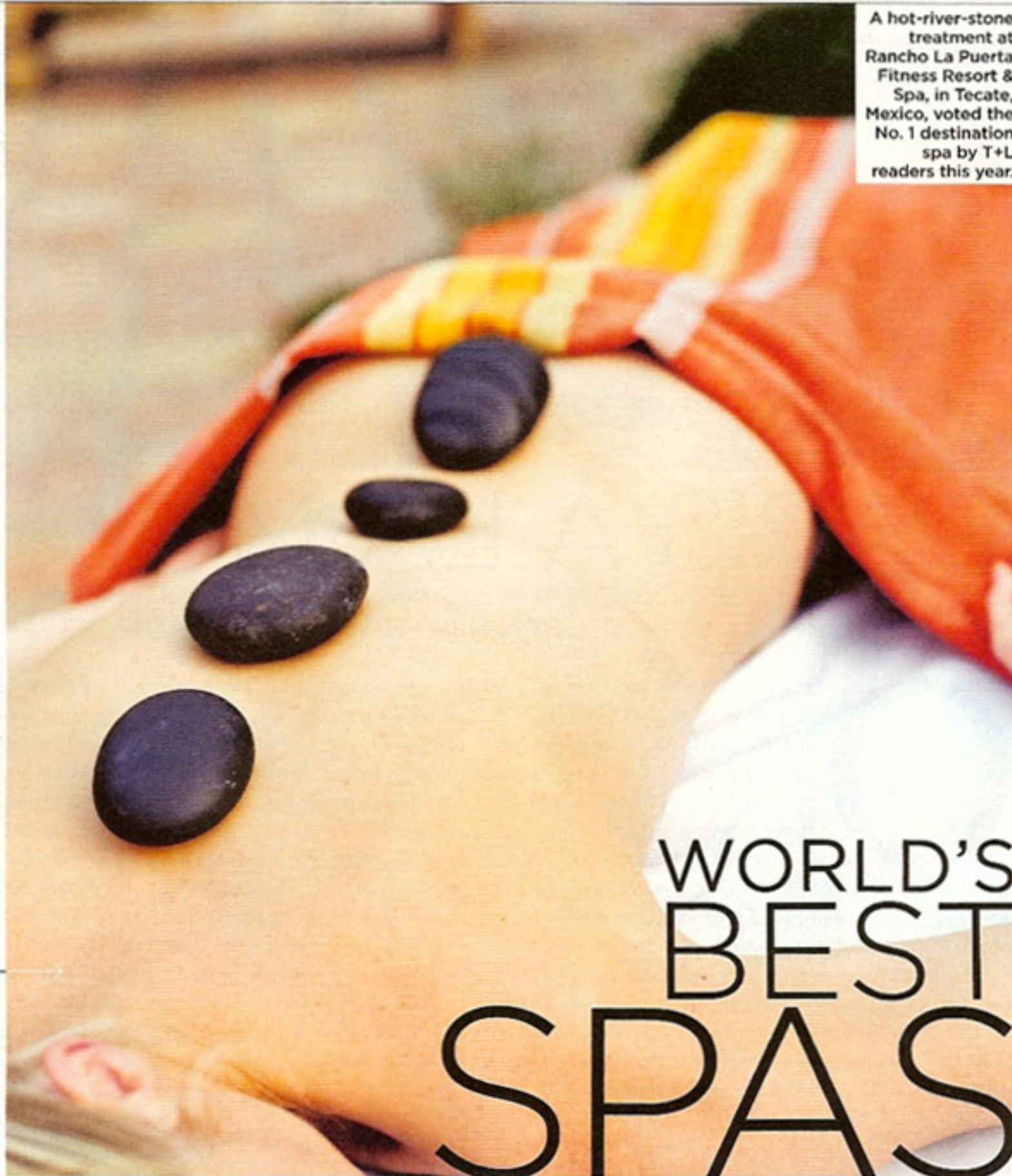
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A hot-river-stone treatment at Rancho La Puerta Fitness Resort & Spa, in Tecate, Mexico, voted the No. 1 destination spa by T+L readers this year.



WORLD'S BEST SPAS

THIS YEAR'S CROP OF WINNERS—AS VOTED BY READERS IN THE T+L WORLD'S BEST AWARDS SURVEY—INCLUDES 17 DEBUTS, FROM AN AUTHENTIC HAMMAM IN NEW ZEALAND TO A CLASSIC ROMAN ESCAPE ON 15 HILLTOP ACRES. HERE, WHERE TO UNPLUG AND UNWIND NOW. **PLUS** EXCLUSIVE DEALS, WELLNESS TRENDS, AND NEW SPAS TO WATCH.

Top 10 Destination Spas

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| 1. RANCHO LA PUERTA FITNESS RESORT & SPA Tecate, Mexico 94.79 | 6. LODGE AT WOODLOCH Hawley, Pennsylvania 90.19 |
| 2. WESTGLOW RESORT & SPA Blowing Rock, North Carolina 93.87 | 7. COPPERHOOD RETREAT & SPA Shandaken, New York 89.33  |
| 3. CAL-A-VIE HEALTH SPA Vista, California 91.91 | 8. CANYON RANCH IN LENOX Massachusetts 87.92 |
| 4. MIRAVAL RESORT & SPA Tucson, Arizona 91.21 | 9. CANYON RANCH HOTEL & SPA IN MIAMI BEACH 87.51 |
| 5. MII AMO, A DESTINATION SPA AT ENCHANTMENT Sedona, Arizona 90.82 | 10. LAKE AUSTIN SPA RESORT Texas 87.13 |