



NEW YORK

COPPERHOOD RETREAT & SPA

Known for its results-driven programs for wellness, detox and weight loss and making “idleness” an activity, the Copperhood Retreat & Spa is just a two-hour ride up the New York State Thruway. Set in the heart of the Catskill forest, the Copperhood boasts views of Mt. Garfield and the rapids of Esopus Creek. Minutes from the Woodstock Art Colony and eclectic town of Phoenicia, the Copperhood blends the charm of simpler times with the contemporary amenities luxury destination spa guests demand.

FACILITIES

Spa facilities include a water therapy suite with a Vichy shower, hydrotherapy tub, Scotch hose, steam chamber for Swedana and seven treatment rooms, including an outdoor cabana for riverside massages. A Finnish Sauna,

Jacuzzi and steam room, gym and pool are also available to guests. The exercise/yoga studio is home to both instructor led group activities and private classes that follow current trends in exercise and fitness.

A favorite spot for guests to practice idleness while taking in the Catskill scenery and basking in the sun is the streamside outdoor deck, situated next to the pool.

The property’s private, 40-acre island includes miles of manicured walking trails with strategically placed benches to allow guests to enjoy numerous scenic, yet secluded spots. The trails are ideal for a run or a romantic stroll.

Outdoor activity offerings target a wide range of physical activity and include hiking, biking, Nordic walking and nature walks in warmer weather, and snowshoeing and cross-country skiing in the winter.

SPA OFFERINGS

Spa treatments at the Copperhood range from the traditional to the transcendent. Not only can guests pamper themselves with more established spa menu services such as massage therapies, body treatments and facial care, they can also opt for several alternative therapies that involve working with one’s natural



energy field or life force to stimulate the body's own healing mechanism.

Such "energy medicines" range from the less defined systems like spiritual healing and reiki, to the more structured such as acupuncture, homeopathy, reflexology and Ayurveda, an ancient approach to good health that emphasizes balancing the body, mind and consciousness through proper diet and lifestyle, as well as herbal remedies.

Guests can also choose from many more traditional spa offerings, such as the Copperhood Sleep Surrender. Designed for those who find it difficult to fall asleep, this treatment includes an exclusive evening aromatherapy massage using a customized blend of essential oils. Guests take the remaining oils home to help them relax in their own beds.

The Copperhood's signature European Body Treatment encompasses nearly two hours of therapeutic tranquility. This experience blends Swedish massage, hot herbal wrap and an invigorating almond body scrub.

The Copperhood also offers Medispa treatments, such as injectable fillers and cosmetic peels, performed by a certified doctor.

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THE MAYFLOWER GRACE

Located in the quintessential New England town of Washington, Connecticut, The Mayflower Grace is an intimate country retreat just shy of a two-hour ride from Bergen County. Set on 58 acres of woodland and manicured gardens, this luxury hideaway features a 30-room hotel that has attained both the prestigious Forbes Five-Star and AAA Five Diamond statuses and is home to one of New England's premier spas, the Mayflower Spa. Previously known as the Mayflower Inn & Spa, The Mayflower Grace was acquired by Grace Hotels in 2013.

FACILITIES

The Mayflower Grace combines the atmosphere of a boutique hotel with one of the finest spas in New England. The 20,000 square-foot Mayflower Spa is designed as a serene haven for an intimate number of guests. The Mayflower Spa features large treatment rooms designed to create a tranquil setting for all customized spa services.

The Mayflower Spa guests are invited to arrive at least 30 minutes prior to a scheduled service to enjoy the steam rooms, whirlpool or Thermal Sanctuary before meeting a treatment therapist in the Garden Room.

Photographs provided by The Mayflower Grace

