

assimilate. The dishes are a sight to behold, and delicious as well. Our living plant foods include young greens, sprouted nuts, seeds and grains, cultured preparations and dehydrated foods. They give radiance and positive energy, clear skin and shining hair and eyes plus they help in shedding excess pounds, and feel great inside and out.

Our detoxing and weight loss juice fast programs feature delicious and satisfying concoctions extracted from seasonal, raw fruits and vegetables and all the organic produce is grown on the premises or by an affiliated organic farmer in the area. Our health cocktails are extracted just minutes before being served streamside or fireside, in elegant stemware, to celebrate health. Our homegrown wheatgrass, unparalleled for the vitality it provides, is juiced in the morning so that our guests start the day with a burst of nutrition. All our juices supply the needed elements and nutritional components for the body's healing processes.

Our classic spa program menu is inspired by a variety of international cuisines. We serve light, multiple-coursed meals consisting of the freshest fish, shellfish, free-range poultry, whole-grain breads and pastas, and organic, seasonal produce, herbs and fruits. Our guests discover that healthy food can taste so good! We have extensive selections of wines and beers to complement our meals.

STE: I think I'm starting to get the idea, but as succinctly as you can, please tell us what keeps the retreat's steady customers coming back year after year and weekend after

weekend and is there a long-standing tradition of savvy, hardworking folks from Manhattan staying with you?

Copperhood (EW): We have visitors coming from many far away places as well as from NY metropolitan area. The comfort, privacy, and beauty of the surrounding area plus result-driven programs bring our guests back. From top models before fashion week to stressed-out financial executives looking for respite from grueling careers, our clients come to us to recharge. There is no social scene here; guests drop all pretenses to be what they need to be for themselves. It is a home away from home without any obligations to do anything, with full focus on oneself.

STE: At the end of the day, what sets you apart from the rest and makes yours such a special place to visit?

Copperhood (EW): Individual attention to every guest's needs without being intrusive, respectful informality, great food and facilities and successful wellness and weight loss programs in a small retreat where nothing is compromised.

STE: Any enticing discount or packages available to attract last-minute vacationers or for those who have their eye set on a fall visit?

Copperhood (EW): We do not offer any discounts unless one is a returning guest (10% off). There is no mass production here so the rates reflect our costs and discounting would invite cutting corners and reduction of quality.

—By Jane Ginsberg



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