

TRAVEL + LEISURE

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New Year's Detox in the Catskills

By [Lyndsey Matthews Spa + Wellness Comments](#)



Be honest. You've probably broken your New Year's Resolution to eat healthier by now. (I know I have. The sticky toffee pudding at Brooklyn's [Beast](#) tapas restaurant is just *that* good.)

To get back on track, the best thing to do is get thee to a health spa, like the [Copperhood spa](#), just 120-miles northwest of [New York City](#) in the Catskill Mountains. An ideal place to recover from the chaos—and over-indulgence—of the holiday season, its specially tailored health and wellness programs will also help you detox and get a move on your New Year's resolution to lose weight and feel fab.

Recent guest Nina Combs, an NYC-based copy editor, raved about Copperhood's wonderful owner, Elizabeth Winograd, and the juicing plan. "I lost 10 pounds in a week!" she reports.

Rates for Copperhood's juicing and detox programs run from \$1,200 to \$6,510, for programs that last from three days to three weeks. Each juicing program is customized to the individual guest's goals, while the detox program focuses heavily on green juices made from kale and spinach mixed with other veggies and herbs and spices like cayenne rather than fructose (i.e. sugar!)-rich fruit juices.

There is also a raw food option, which includes veggie sushi (below), and other raw versions of regular dishes, such as pastas, cakes and breads, using nuts, seeds, sprouts, fruits and vegetables.



In addition to the juice fasting program, Copperhood also offers classic spa programs, which include three gourmet meals each day, and run from \$800 to \$4,500, depending on the length of your stay. In



addition to guided hikes and aerobic workout sessions, guests can also partake in cross country skiing and snowshoeing in the winter. See sample schedules of programs [here](#)—and feel good in 2010!

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Photos courtesy of the Copperhood Inn & Spa