

Copperhood Inn & Spa

TRY
THIS

Cloud Nine Ayurvedic Treatment

Exfoliates, moisturizes, improves circulation and nourishes body, face and hair — two hours of therapeutic bliss. \$220.

Escape the outside world and enter our serene oasis — Copperhood Spa Wellness and Weight Loss Retreat, where comfort and elegance, relaxation and fitness, “gourmet” and “healthful” are in perfect balance.

We cater to busy individuals seeking help and personalized attention, with a variety of custom wellness services and programs all conveniently located under one roof. We offer private training appointments, group fitness classes, therapeutic massage and body treatments and clinical skincare. Our customized, supervised programs address specific goals such as detoxification, accelerated weight loss, juice and lemonade fasting and raw food therapy, as well as Classic Spa Packages focused on relaxation, pampering and wellness.

We're fun too! Bring hiking boots with you. This intimate spa was conceived in the European Romantic tradition of revering nature and is located in the heart of thousands of acres of Catskill State Wilderness Preserve. Though there's no shortage of indoor activities, we spend as much time as possible outdoors — hiking, biking, snow-shoeing and skiing. Come and relax in the sun, or wade in the creek. Fish, play tennis, bird watch or even spot deer while dining on the outdoor deck overlooking the Esopus Creek.

Fifteen rooms and suites with balconies afford magnificent views of Garfield Mountain and Esopus Creek. Elegant, health-conscious meals are served fireside during the winter and creekside during the summer. Ingredients are locally harvested and recipes are taken from the best of international cuisines.

Guests enjoy a variety of indoor classes in the Spa's serene yoga studio, lap swimming in the 60-foot indoor pool and a full gym. There are six treatment rooms for therapeutic massages, facials and a wide variety of other wellness treatments and a wet room suite with a Vichy shower, Scotch hose and a hydrotherapy tub. A sauna, hot tub and steam room complete the spa facilities.

Where joyous lifestyle
leads to dramatic
results in your health
and fitness



STAY

Four luxury suites with balconies and river views, three duplexes with balconies and river views, seven riverview single or double rooms, some with deck access, two double rooms overlooking the front lawn. 20 guests, 15 employees; 40+ acres.

PLAY

14,000-square foot spa with six treatment rooms, 60-foot indoor pool, hot tub, steam room, sauna, sulfur waters, yoga studio, gym with weight circuit, free weights, cardio, tennis court, hiking on private 40-acre private island, hydrotherapy suite.

DINE

Creative fusion cuisine based on locally raised ingredients with focus on free-range poultry, fish and vegetarian dishes. No red meat.

EXPLORE

Hiking, biking, Zen meditation, dance classes, foraging, wild mushroom hunting, cross country skiing, snowshoeing, tai chi, natural detox.

SERVICES

Massages \$100+; Facials \$105+; Body treatments \$115+.

SPECIALTY WEEKS

Equinox Detoxification, Raw Foods Cooking, Hiking weeks, Girlfriend Getaway, Mother/Daughter, Seshin & Spa Mini-week.



WEATHER

Summer — High 85°, Low 60°
Winter — High 32°, Low 15°

TRAVEL

Albany International Airport 75 miles from spa; Stewart International Airport 50 miles from spa. Adirondack Trailways departs several times daily from Port Authority Bus Terminal in Manhattan and stops at our door. Limousine Service is also available.

2009 RATES

Valid through April 2009

2-night Classic Spa Package	
Single Occupancy	\$955
Double Occupancy	\$875
3-night Detoxification Program	
Single Occupancy	\$1,450
Double Occupancy	\$1,195
7-day Supported Juice Fast	
Single Occupancy	\$3,150
Double Occupancy	\$2,499
14-day Accelerated "Get-In-Shape" Program	
Single Occupancy	\$8,950
Double Occupancy	\$6,895

Minimum two-night stay. Rates include all taxes. Tipping is at guest's discretion. Service allowances vary depending on the package and current specials.

INCLUDED

Seven-night Classic Spa Package includes: standard accommodations, three gourmet spa meals per day, fitness program, exercise classes, equipment rentals, guided outdoor activities such as hiking, biking, cross country skiing and snowshoeing, use of all spa facilities and grounds, and ongoing special spa credit, depending on the season.



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