



Copperhood Inn & Spa

A Healthy, Luxurious Catskills Getaway

Aug 28, 2009 [Maureen Littlejohn](#)



Copperhood Inn & Spa - Maureen Littlejohn

Weight loss, rejuvenation and detoxing are a few of the programs at this retreat. But don't worry, dessert and wine or beer is available to those who want it.

Copperhood Inn & Spa is tucked into a valley in the Catskill Mountains, at the foot of Mt. Garfield and Mt. Sheridan, minutes from the town of Phoenicia and Woodstock Art Colony. Wooded slopes rise to a sky as blue as a field of forget-me-nots, and cutting through the property is the Esopus River, the sound of its gently tumbling water is an endless lullaby.

Weight Loss, Wellness, Rejuvenation and Detoxing Programs

The inn has a reputation for intimacy and fine European dining. It's also a great place for hiking, swimming and yoga. "We are not really an inn," owner Elizabeth Winograd-Iwinski explains. "We provide our guests with the essentials of a healthy lifestyle. People can't just come and not be part of our spa program," she says.

Programs include wellness, rejuvenation, detoxing, and weight loss. The price includes accommodation, three meals a day, and a myriad of classes and outings including water aerobics, weight training, power walks, and Zen meditation. Part of the fee also goes towards a spa treatment of your choice. There's a small library (guests mail back books if they haven't finished them before they depart) and a wall of DVDs to chose from.

On the first floor of the inn is a wood-paneled dining room with central hearth. There is also a lounge, complete with baby grand piano, leather couches and huge flat screen TV. There are 10 guest rooms and seven suites and duplexes, some which overlook the river and have balconies. Bathrooms are tiled in marble or imported cermaics and have Jacuzzi tubs and/or showers.

Hot Stone Massage, Facials and Reiki Treatments

Yoga classes are held in the fitness studio which looks out over the river and Mt. Garfield. The health complex includes a 60-foot pool, steam room, dry sauna, Jacuzzis and gym. Also attached is the Hanna Kes Spa which offers a Vichy shower, hydrotherapy tub and Scotch hose. Treatments include hot stone massage, Reiki, shiatsu, gommage scrub, herbal body wrap, acupuncture, facials, manicures, and pedicures.

"I was born in Poland. In Europe spas are a way of life. We came to America when I was 19 and my mother worked for years as an esthetician with Georgette Klinger. [Klinger started a famous chain of U.S. skin care salons in 1941.] I grew up with mud baths and massages," explains Elizabeth, who is also a psychologist.

Whippet lean and fit as a decathlete, Elizabeth (who opened the facility almost 30 years ago with her husband Lech, the property's chef) is also a licensed hiking guide. Her daily treat is to lead guests up Sheridan Mountain. "Our hikes aren't wimpy," she warns.

The property sits on 40-acres. Elizabeth and her husband raise pet goats who paw guests like puppies as they walk the winding paths.

Dinner is served in a cozy dining room. Tables are positioned near a welcoming fireplace and candles give the room a romantic feel. Healthy and delicious, the menu includes gingery beet soup, crunchy green salad, roasted Cornish hen, scallops and tiramisu as well as wine and beer. There's also a raw living foods menu, and juices for people on a fasting schedule.

Charming Catskill Spa Getaway

Copperhood Inn & Spa <http://www.copperhood.com/> offers a quiet charm and healthy atmosphere that is both restful and invigorating. Fine food, a picturesque location, exercise options and spa treatments make it easy to get back on track, no matter which program you sign up for.

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