

Mayflower Inn and Spa

118 Woodbury Road, Washington , CT

(860) 898-9466; www.mayflowerinn.com

It didn't seem possible to improve upon the legendary five-star, five-diamond, Relais and Chateaux Mayflower Inn, a 58-acre retreat in the heart of Litchfield County —less than an hour from White Plains . But once you step foot into its new, 20,000-square-foot Spa House, you'll never wanted to leave. A spa concierge helps you choose from the dozens of classes, treatments, and experiences—all included in the price, so do indulge in as many as possible. Try the Wild Lime Shiatsu Fusion Massage (a shiatsu/Swedish combo), the Sweet Violet Facial that includes a nourishing foot treatment and hand, arm, and shoulder massage, and the Japan Ritual that purifies, exfoliates, polishes, and massages you into another dimension. There is a full range of workouts, from a guided morning hike to cardio dance and Pilates to slower-paced yoga and stretch classes. Ever want to learn archery or how to knit or fly fish? This is the place. Or take part in sensuality, stress management, or dream interpretation workshops; meet with a nutritionist or hypnotherapist; discover sound therapy [with Alice Violet] using crystal “singing” bowls; nurture creativity through memoir writing flower arrangement, watercolor or landscape classes. And be prepared to go to bed early in your perfectly appointed room or suite and sleep really well on Frette linens and featherbed, under a fluffy duvet with a lovely lavender sachet tucked beneath your pillow. Insider tip: Spa guests receive fresh warmup suits and tees each day, so just bring your sneakers, bathing suit, and hiking boots.

Price: During the week, the Mayflower offers all-inclusive three-, four-, or five-night packages with unlimited access to all scheduled treatments, classes, and salon services; from \$4,500 per person. On weekends, there is a two-night minimum stay; rooms range from \$450 to \$750, suites from \$900 to \$14,000, and guests have access to the spa on an a la carte basis.