



Last year, Mayflower Inn, the fabled five-star, five-diamond, Relais and Châteaux property in Litchfield County, Connecticut, added a spa house on its 58-acre retreat. *Travel + Leisure* magazine named it the No. 1 spa in the country in 2006.

**BEST ITINERARY:** Just walking into the white sanctuary that is the Mayflower Spa transports you to another realm—heaven maybe. Plan on spending as much time here as possible. The setting is so ethereal, we really wouldn't have been surprised to see aestheticians floating around on gossamer wings. And do indulge in as many treatments as possible: the Wild Lime Shiatsu Fusion Massage (a shiatsu/Swedish combo that leaves you in a state of nirvana and smelling amazing); Sweet Violet Facial, which includes a foot treatment and hand, arm, and shoulder massage; the Japan Ritual, which massages you into another dimension. A spa concierge is there to help you choose from the dozens of classes, treatments, and experiences. There is a full complement of workouts from the morning constitutional—a brisk 45-minute guided hike around the countryside—to cardio dance to Pilates to yoga and stretch classes. This is the place to try something new: join a knitting circle, earn the art of fly fishing, take part in a dream-interpretation workshop, meet with a nutritionist or hypnotherapist, **or learn about sound therapy using crystal “singing” bowls.**

As beautiful as the spa is, do get outside and enjoy the ground's gorgeous gardens, including a maze and labyrinth walk. Go kayaking on Bantam Lake, hiking or mountain biking at the nearby Steep Rock reservation.