



Chill Out

Pilgrims' progress

Find your original self at the Mayflower Destination Spa. By **Jane Borden**

It didn't surprise me to find a copy of John Milton's *Paradise Lost* in the poetry section of the library at Adriana and Robert Mnuchin's Mayflower Inn in Washington, Connecticut: Nearly everything about the property's new 20,000-square-foot Destination Spa is Edenic. In between treatments, exercise classes and wellness seminars, guests knock about the gorgeously landscaped grounds, wear matching nude-looking tan sweat suits and, of course, eat divine organic produce.

Of course, there are differences between this paradise and the one inhabited by Adam and Eve. For one, the Sunday-to-Friday session is exclusively for women (weekend stays are coed). The original wasn't within two-hours of New York City, and God didn't charge \$6,700 per person to frolic in the garden. Then again, God also didn't offer unlimited spa treatments. Yes, you can have as many massages, facials, body scrubs, and energy therapies as your muscles, face, epidermis and chakras can handle in five days. The other two aspects of the Mayflower's triangle of wellness experiences—fitness classes and mind-spirit seminars—are also offered smorgas-

board-style. Each daily schedule features two exercise options—which may include Mayflower Yoga for Flexibility, Cardio Circuit, Aquatic Ballet and Pilates, among others—at 9, 10 and 11am each. The afternoon schedule is similar, but lists workshop titles such as Dream Interpretation, the Zen of Archery and Hypnotherapy. Hiking excursions, canoeing, tennis and golf are also available. And when you tire of appointments, you can lounge in the whirlpool, read in the library, wander through the waist-high maze of hedges or meditate your way through a granite and grass labyrinth.

Itineraries are tailored to personal goals such as getting fit, sleeping better, losing weight or alleviating nutritional concerns. The property exudes serenity and the experience, unlike nearby Canyon Ranch, is intimate; capacity is only 28 people. The staff is accommodating, the instructors are knowledgeable, and co-owners Adriana Mnuchin and daughter Lisa Hedley are involved and gracious. The rooms, housing elevated four-poster beds, showers and bathtubs, are the epitome of comfort. The all-inclusive health-conscious cuisine is sati-

ating and delicious.

It's about shedding original guilt and "giving yourself permission to enjoy the experience," Hedley says in the welcoming Stretch and Release class. In other words, you'll never leave the garden full of shame.

