

NEW ENGLAND CHARM

The elegant, 30-room **Mayflower Inn** in rural western Connecticut has recently added a world-class destination spa. The new Spa House, built next to the historic inn on its lush 58-acre estate, is a 20,000- square-foot oasis with eight treatment rooms, a thermal sanctuary, a heated indoor pool, two steam rooms, a mosaic-domed whirlpool, four exercise studios, a yoga garden, and labyrinth.

Within these intimate environs, numerous physical, artistic, and meditative activities are available seasonally, from kayaking and cardio-kickboxing to music therapy and memoir-writing. Of the spa's luxurious packages, the most blissfully indulgent is the five-night



Destination Spa Experience, which is offered Sunday through Thursday and includes everything a guest might desire: five-star accommodation, gourmet meals, a personal spa advisor, and unlimited access to scheduled treatments, classes, and salon services. (For those less inclined to splurge, more budget-friendly packages are available.)

Weekend guests can purchase à la carte spa services such as the Wild Lime Shiatsu Fusion massage or the Sweet Surrender, a blend of cranio-sacral, lymphatic, and acupressure techniques.