



MAYFLOWER *Spa*

A NEW DESTINATION SPA, where luxury is fashioned from attention to detail, the Mayflower Inn and Spa is the very latest evolution in American elegance. Three features set the Mayflower Inn and Spa apart—the setting, the service and the selection of treatments and classes designed to align mind, body and spirit. A wide and carefully chosen array of seasonal offerings is enhanced by the tranquil surroundings, and supported by a knowledgeable and passionate staff.

Nestled comfortably on 58 exquisite acres amid the thousands of acres that are the Steeprock Reserve in North-Western Connecticut, the Mayflower Inn and Spa offers you elegance in quiet environs remarkable for their abundant natural beauty. The recently completed Mayflower Spa is a destination spa for 24 guests, housed in a thoroughly modern 20,000 square-foot building that evokes all the finer aspects of a European country manor resort. Here, the soft colors of sensuous fabrics and a dazzling collection of antique mirrors and Venetian glass create an inspiring yet serene manor house atmosphere.

As a luxury destination spa, the Mayflower Spa has the ultimate in treatment and exercise rooms. The beautifully designed and meticulously crafted facilities also include a whirlpool and a glowing marble hammam, providing an elegant setting for any of the signature Mayflower Spa treatments. You can choose from a complete menu of services that includes everything from massage, scented sugar scrubs from our scrub bar, to rituals in our couples rooms. Each treatment is a fully conceived experience, where, for example, aromatic foot baths and seasonally adjusted scents and tonics are just the beginning.



Whether you want to see something different or see things differently, we will help you experience the change that's right for you.



HIGHLIGHTS: luxurious accommodation, individual attention, a variety of body treatments, relaxation, mind/body/spirit
ACTIVITIES: yoga, pilates, nia, cardio-fitness, swimming, tennis, golf, hiking, kayaking and canoeing, snow shoeing, downhill and cross country skiing and other seasonal outdoor activities

Experience the Spa Sunday through Friday or as a weekend guest.



Mayflower Inn and Spa
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