



MAYFLOWER
Destination Spa

OUR OFFERINGS



We are pleased to offer this guide to the pleasures of the Mayflower Destination Spa which was created out of our shared passion to set a new standard in spa experiences.

As mother and daughter, ours is a commitment to a sybaritic blend of luxury, personal attention and a full range of activities and opportunities to align mind, body and spirit. Most of our weeks are dedicated to women, while specialty weeks for couples and men will also be offered.

Our intention is to help you reveal your best personal self through a mix of relaxing and invigorating experiences. You will discover Active Body choices from challenging to restorative, Mind~Spirit offerings to inspire, Spa Treatments to pamper, the pure luxury of five-star accommodations to cosset—and award winning spa cuisine to nourish.

We invite you to think of this Offerings Guide as a wish book. Your Personal Spa Advisor is always on hand to help you make beneficial, adventurous and playful choices. We encourage you to take advantage of all possibilities and try at least one thing you have never tried before.

We are excited to welcome you to your Mayflower Destination Spa Experience.

Adriana Mnuchin
ADRIANA MNUCHIN
Mother

Lisa Hedley
LISA HEDLEY
Daughter

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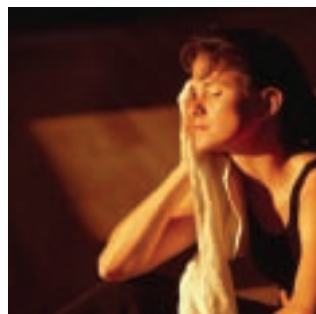
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SPA HOUSE

At the heart of Mayflower's 58 acre estate lies Spa House, our luminous 20,000 square foot relaxation resource that provides an intimate number of guests a serene haven for activities and spa treatments less than 2 hours from New York City.

Spa life at Mayflower revolves around our sun-filled Garden Room which overlooks Blue Heron Pond and the woods beyond with a vista Thoreau would have cherished.

You will discover our shimmering indoor pool, mosaic domed whirlpool and the seasonally scented Thermal Sanctuary. Botanical amenities enhance the experience of our residential-style changing rooms which have an assortment of robes, slippers, plush towels, warm-ups and t-shirts for

use during your stay. Hospitality stations throughout Spa House provide a selection of fresh fruit, fresh-pressed juices and beverages for your refreshment.

Spa House offers 4 fully equipped exercise studios including a private Pilates studio and outdoor yoga and meditation gardens. You will experience spa services in one of our tranquil treatment rooms. A salon caters to your beauty needs with manicures, pedicures and hair treatments. Our Spa Shop offers an enticing selection of skin-care products, clothing and gifts.

In order to preserve the serene ambiance of Spa House, we provide Sensei slippers for your use. You may bring your own slippers if you wish.

PLANNING YOUR
DESTINATION SPA EXPERIENCE*Personal Spa Advisor*

We encourage you to take full advantage of the knowledge and services of your Personal Spa Advisor. As soon as you make your reservation, an advisor will contact you to begin hand-crafting your stay. During your stay, advisors are available to help you with scheduling and anything else that may arise. Long after you leave us, you will find your Spa Advisor to be a powerful support for maintaining your long-term goals.

*Before You Arrive***Blue Heron Insights**

Your Mayflower Experience begins with Blue Heron Insights—our comprehensive pre-arrival consultation process. These Insights provide you with an opportunity to consider your own goals and intentions, and provide your Personal Spa Advisor with the information essential to developing a program that will best serve you.

A BLUE HERON



Over the seasons and over the years, a statuesque blue heron made its home on one of the ponds at the heart of the Mayflower's 58 bucolic acres. That pond became known as Blue Heron Pond.

Local Indians, known for their healing rituals, revered the serene, elegant and powerful heron as a symbol of self-realization—the joy you experience when you discover your best self.

Blue Heron symbolizes our commitment to offering guests a serene haven of spiritual, emotional and physical comforts.

What We Provide

Spa robes and slippers
 Warm-up suits
 Logo t-shirts
 Rain jackets
 Wellington rain boots and umbrellas
 MP3 Player with personalized selections of music
 Heart rate monitors and pedometers
 Meditation cushions
 Yoga mats in two thicknesses
 Weight lifting gloves and boxing gear
 Gaiters, snowshoes and cross country skis
 Mountain and comfort bikes
 Kayaks & canoes
 Helmets

What to Bring

You will want to bring:

Workout clothes
 A swimsuit
 Sneakers (indoor and outdoor)
 Comfortable hiking boots
 Seasonal clothing:
 gloves, hat, undergarments

A complete seasonal list is available from the Spa Concierge.

If you forget anything, our Spa Shop offers a well-edited selection of active wear, yoga clothes, undergarment layers, sportswear and outerwear as well as a full array of beauty products.

Once You Arrive

After settling into your accommodations, you will be greeted by a Spa Advisor for a tour of Spa House. You may also choose to relax and mingle with fellow spa guests over tea in the Garden Room.

We then encourage you to step out of your world and into ours with Stretch & Release at 5 PM, which is our first opportunity to help you decompress.

Breakfast is offered in the Spa dining room. Lunch is served at the Spa House Loggia. Hors D'oeuvres and Dinner are served in the Spa dining room at Mayflower House. A variety of healthful waters, fresh-pressed juices and fresh fruit is available throughout the day at Spa House.

Spa activities begin at 7 AM with either an outdoor morning walk on Mayflower Mountain or an indoor Mayflower Rise & Shine in the Willow studio.

Throughout the day your personalized schedule will include a wide variety of activities and treatments.

Mayflower Signature Essentials

Certain treatments, activities and classes with this symbol 🌸 are unique to Mayflower.

Additional Details

Communications

We encourage you to disconnect and use this valuable time to focus on yourself. While land lines and wi-fi are available throughout the property, please be aware that cell phones and Blackberries will not get reception.

Seasonal Temperatures

The average daily high temperatures (fahrenheit) are as follows:

JANUARY	34°	APRIL	57°	JULY	80°	OCTOBER	61°
FEBRUARY	37°	MAY	68°	AUGUST	78°	NOVEMBER	50°
MARCH	45°	JUNE	76°	SEPTEMBER	71°	DECEMBER	38°



Active Body

Whether challenging your physical edge, whether you are a beginner or an experienced practitioner, whether you are looking for something fun and invigorating, our wide variety of choices allows you to explore it all indoors, outdoors and in the pool. Classes are accessible to all levels of experience and knowledge.

INDOOR

Cardio

Cardio-Kickboxing

An empowering and invigorating combination of martial arts, punches, blocks and footwork along with an incredible core workout for an energizing, intense session set to inspiring music. Empowering and invigorating.

Pumped-Up Playground

Play while you get a great cardio workout—Skip, jump, hop, hoola-hoop and rediscover those carefree days in this cardio class geared around playground games you used to play.

Double Step

A new twist to the step-class standard using two platforms. Challenging, fun and exciting way to burn of those extra calories.

Cardio Dance

An exhilarating combination of dance, salsa and a classic aerobics work-out.

Cardio Circuit To Go

Learn how to exercise anywhere. A seven-station workout with dyna-bands, jump ropes, lunges, punching and more.

Move It Move It

Mix it up in this upbeat cardio-dance fusion mix of Latin, hip-hop, belly dance and dancing to the oldies that stimulates physical and emotional well-being.

NIA

Have fun and play in this dynamic movement class as you enjoy the sensations of strength, flexibility, agility and balance. Set free the dancer and martial artist within you.

Yoga, Pilates and Chi

Mayflower Rise & Shine 🌸

This gently invigorating morning sequence awakens the mind and body for the day ahead. Seasonally adjusted to warm up joints during the cooler months and take advantage of more supple muscles during the warmer months.

Active Body

Mayflower Yoga Flow 🌸

An invigorating vinyasa-inspired yoga class that blends flowing movements, yoga poses and breath in a stimulating, muscle-toning class that leaves you feeling deeply stretched, toned and flexible. Challenging yet relaxing.

Blue Heron Yoga Blend 🌸

Personalize your yoga with this one-on-one session. Our yoga guru will work with you to incorporate the goals and intentions identified in your Blue Heron Insights into a yoga practice custom blended for you to take home.

Reiki Yoga

A powerful, transformational experience developed through the union of two ancient healing systems. The Reiki Healing System combines carefully selected yoga postures to enhance physical, mental and spiritual wellness.

Pilates Mat

Keep your body supple and strong as you build endurance without building bulk with this complete series of graceful yet balanced body conditioning movements done on the floor.

Pilates Reformer

A private or semi-private session using specialized equipment to condition the whole body.

Pilates Magic Circle

Tone and firm from the core with this easy-to-learn, easy-to-take-home 30 minute workout using the Magic Circle.

Tai Chi & Qi Gong

Whether on the lawn or in the studio, these ancient healing sequences are graceful, toning and fun to learn.

Dance and Tone

Mayflower Method 🌸

A daily core balancing, calisthenic sequence using weights, bands and the power of your own body to leave you feeling thoroughly toned and relaxed.

Mayflower Stretch and Release 🌸

A daily late afternoon sequence of physical moves to stretch, relax and restore the body.

Ballet

Step up to the bar and discover a time honored world of movement, grace and fluidity.

Active Body

Dance Warm Up

Learn the sequence practiced by renowned dance companies to warm up their bodies.

Have a Ball

A fun total body workout using a combination of medicine balls, flex-a-balls, fit balls and tennis balls.

High Definition Sculpting

Pure strength and pure intensity are the road to power and grace. This intensive body sculpting workout uses light weights and dance moves to focus on coordination, abs and glutes.

Targeted Toning

A 30 minute intensive workout that targets either upper or lower body—short, sweet and effective.

OUTDOOR

Looking for something super challenging or a gentle hike, we have a year-round selection of seasonal activities ranging from the super-challenging to the restorative.

Hikes and Snow Adventures

From a mountain challenge to a scenic hike, our experienced guides are familiar with thousands of acres of the best trails for each season.

Snowshoe

A low impact yet cardio-vascular workout on snow covered trails. Experience the glorious vistas of New England at its winter best.

Cross Country Skiing

For aerobic exercise and sheer winter beauty, nothing compares to the pleasures of cross country skiing.

Bike Rides and Outdoor Adventures

Mountain Bike Challenge

From novice to seasoned trail blazer, we have an exhilarating mountain bike course for you.

Active Body

Comfort Ride

A leisurely guided tour along scenic trails or alongside Lake Waramaug.

GPS Adventure Quest

A non-competitive adventure that delivers a workout while you play. Using a hand-held global positioning system, you will go on a scavenger hunt for clues to solve a puzzle. Fun as a team or individual challenge.

Kayak

Traverse beautiful waterways and observe a variety of wild-life, from graceful herons to nesting birds, in one of our ultra-stable kayaks. Enjoy a leisurely paddle while getting a great upper-body workout.

Zen Fly Fishing

The exquisite meditative art of fly fishing is easy to learn on Blue Heron Pond. Instruction in graceful casting, catch and release—and choosing the correct fly for each season.

Saunters and Constitutionals

Morning Constitutional Walk 🌿

A brisk, energizing morning ritual. Daily at 7 AM.

Mayflower Mountain Challenge 🌿

A fun and physically challenging class. Natural props at each of seven stations target every muscle and guarantee a great cardio workout.

Saunter 🌿

A guided, meditative walk around Blue Heron Pond and paths beyond. This is a journey that is more about taking your time than going a distance.

Robert's Specimen Tree Walk 🌿

Mayflower founder Robert Mnuchin lovingly planted hundreds of specimen trees around the estate. Follow a map from tree to tree on the property and discover some of the world's most beautiful specimens.

Nature Around Us

Expand your horizons as you become more mindful of nature in every season. Take time on this walking tour with an expert guide to explore the flora and fauna that are all around us.

Active Body

Evening Constitutional Walk 🌿

A digestive evening stroll that provides time to reflect on the day past and the day ahead. Nightly at 8 PM.

Tennis

Take a private lesson or request an organized match.

Putting Clinic

Learn to putt or refine one of the fundamental skills of golf.

Al Fresco Tai Chi or Qi Gong

The grace of these ancient sequences is inspirational, but in conjunction with nature, the experience is that much more profound.

AQUATIC

All aquatic classes employ the resistance of water to give you a low-impact, full-body workout.

Aquatic Splash

A fun but challenging workout complete with hand buoys and kickboards.

Aqua Pilates & Yoga

Pilates core building techniques or yoga moves combine with the resistance of the water for deeply satisfying results.

NIA Aquatic Dance

A dynamic and light-hearted session that will help you with coordination, balance and core strength.

Swim Stroke Clinic

Improve or learn the swimming techniques and body positioning that make swimming one of the most complete workouts for the body.

Spa Treatments

We recommend that you allow a minimum of 20 minutes prior to each scheduled service to enjoy the pleasures of our steam rooms, whirlpool or Thermal Sanctuary before meeting your treatment therapist in the Garden Room.

FACIALS

Mayflower offers a range of facial treatments targeted to your specific needs, combining the finest in natural products and advanced techniques.

Mayflower Harmony Facial 🌿

The ultimate holistic skin therapy incorporating potent aromatic botanicals and sophisticated Japanese facial massage techniques. Antioxidant rich products combine with the benefits of increased circulation, hydration and detoxification to revitalize, nourish and strengthen your skin. (90 MINUTES)

Seasonal Balancing Facial 🌿

As the seasons change, so does our all-natural, ultra-relaxing and deeply nourishing facial. We incorporate seasonally adjusted botanical remedies in order to hydrate, purify and revitalize your skin. (60 OR 90 MINUTES)

Daily Defense Facial

A powerful antioxidant treatment for the face, décolleté and hands to reduce the appearance of fine lines, promote collagen synthesis and prevent environmental damage. Special attention is paid to the delicate eye and lip area, as well as to the hands. (60 OR 90 MINUTES)

Sweet Violet Facial

A gentle facial to soothe, hydrate and improve the elasticity of the skin and reduce the appearance of fine lines. An antioxidant rich facial mask, relaxing hand, arm and shoulder massage and nourishing foot treatment will leave you feeling nurtured and cared for from head to toe. Great for sensitive complexions and moms-to-be. (60 OR 90 MINUTES)

Deep Cleansing Facial

Rediscover your skin's inner radiance. Our comprehensive treatment facial combines traditional deep-pore cleansing techniques with potent antioxidant formulas to refine, detoxify and refresh your skin. (60 OR 90 MINUTES)

Gentleman's Facial

A nourishing antioxidant facial tailored to the special needs of men's skin. A thorough neck and shoulder massage and invigorating scalp treatment will leave you feeling relaxed and refreshed. (60 OR 90 MINUTES)

Spa Treatments

ADDITIONAL FACIAL OPTIONS

Hand Facial

A luxurious treatment to revitalize the hands, often the area most revealing of age—incorporating an exfoliation, masque and massage. (30 MINUTES)

Foot Facial

A soothing aromatherapy experience for the feet with warm compresses, an antioxidant exfoliating gel and a relaxing foot massage. (30 MINUTES)

Scalp Facial

A revitalizing treatment for dry scalp, damaged hair or split ends. Essential oils of rosemary, lavender and chamomile are massaged into the hair and scalp to condition, nurture and restore shine. (30 MINUTES)

Intensive Eye Treatment

A specialized treatment for the delicate eye area to minimize the appearance of wrinkles, dark circles, puffiness and redness.

Intensive Lip Treatment

A specialized treatment to reduce fine lines around your mouth and to smooth and hydrate the lips.

SOUL REVIVING RITUALS

Rituals are complete sensory experiences that combine the benefits of scent, sound and skillful body work to induce deep, lasting relaxation.

Thermal Sanctuary Experience 🌸

The pale marble palette of our signature warming room reflects a series of healing colors—indigo for clarity, gold for energy and pleasure, and green to enhance balance and self-acceptance. A seasonally scented mist provides warming moisture while ambient music and sound lull you into reverie. A red flower selection of flower oils and fruit essences is available for you to enjoy in your own time. Soften the skin, create energy and vitalize the system. You may choose to enhance this experience with any one of our relaxing massages.

Deep Blue Lavender Embrace

red flower's synergistic blend of lavender, peppermint, rosemary, ginger grass and fir accompanies you through a gentle sequence of buffing, steam and massage. Enjoy a lingering sense of peace in the body and clarity of mind. Wonderful for relieving headaches and depression as well as soothing the digestive system. (90 MINUTES)

Spa Treatments

Seasonal Balancing Ritual

An all-natural, seasonally scented sequence designed to ease the transition between the seasons. An herbal body wash is followed by a gentle sweet milk exfoliation, your choice of scented remedy-oil bath or warming wrap, herbal scalp treatment and soothing full body massage. Gently revive with a fragrant herbal spritz. (90 MINUTES)

Hammam—a red flower Treatment Ritual

A rich combination of detoxifying washes and scrubs in a ritual of relaxation that has its roots in the ancient Byzantine bath house. An intoxicating blend of orange blossom, jasmine, bergamot, amber and clove provides an invigorating and therapeutic experience for mind and body. (90 MINUTES)

Japan—a red flower Treatment Ritual

A deeply nourishing and exquisitely scented ritual blending layers of exceptional ingredients. You'll be purified with yuzu mimosa sea algae, deeply scrubbed with ohana ginger grass, polished with cherry blossom rice and hydrated with rose, camellia and plum. The finish is a shiatsu massage using kinmoxei wild lime silk oil to energize and restore the whole body. (90 MINUTES)

SCRUBS & WRAPS

These treatments provide a variety of opportunities to nourish, purify, energize and relax the body using a potent selection of natural botanicals, essential oils and muds.

Mayflower Smooth-as-Silk Scrub 🌸

The ultimate in all-natural exfoliation. Our seasonally adjusted selection of three sugar and sea salt scrubs was created especially for the Mayflower Spa. You choose the essential oil blend that suits your mood—purify, energize or relax. Your scrub will be followed by a rich, smoothing shea butter application and massage. (60 OR 90 MINUTES)

Antioxidant Body Wrap

A potent treatment to calm the mind and nourish the skin. Thorough dry brushing is followed with warm aromatherapy compresses and the application of a nutrient-rich red clay mask from shoulders to toes. A warm blanket envelops you to optimize hydration while an expert mini-facial, scalp massage or foot treatment takes you to a new level of relaxation. (60 MINUTES)

Spa Treatments

Moor Mud Wrap

Enjoy the potent benefits of natural Moor peat therapy as well as the antioxidant qualities of green tea in this therapeutic cocoon. A gentle exfoliation is followed by a thick layer of warm organic mud spread over the body. Enveloped in a cozy blanket, let the natural medicinal properties release impurities while your scalp and feet are gently massaged to induce a blissful state of deep relaxation. (60 MINUTES).

Herbal Detox Wrap

A wonderfully aromatic and purifying experience. Lie back and relax as we gently polish your body with an herbal buff before enveloping you in a detoxifying succession of hot, fragrant, herb-soaked linens. Emerge feeling rested and restored. You may choose to continue this transformative experience with a nurturing full-body massage.

(30, 60 OR 90 MINUTES)

SOAKS

A selection of therapeutic baths.

Revitalizing

An uplifting blend of citrus and rosemary to invigorate the body and clear the mind.

(30 MINUTES)

Detoxifying

A therapeutic blend of organic Moor peat, mineral spring waters and salts to promote circulation and stimulate the immune system. (30 MINUTES)

Nourishing

A hydrating blend of rose, chamomile and cream to soothe and moisturize dry skin.

(30 MINUTES)

Rebalancing

A meditative blend of sandalwood, pine and lavender to soothe both mind and body.

Wonderful for insomniacs. (30 MINUTES)

After-Sports

A soothing blend of arnica and birch to ease muscular aches and pains. (30 MINUTES)

Spa Treatments

MASSAGES AND BODY THERAPIES

A variety of body therapies from deep tissue, to light touch, to our ultimate sleep-inducer—Mayflower Sweet Surrender.

Mayflower Massage 🌸

Our signature seasonal balancing massage, using a combination of rhythmic massage techniques and blended oils selected to encourage your body to respond to the rhythms of each individual season. (30, 60 OR 90 MINUTES)

Mayflower Sweet Surrender 🌸

A gentle blend of cranio-sacral, lymphatic and acupressure work to soothe the nervous system and help induce deep relaxation in the body. A selection of sleep music, guided visualizations and aromatherapy blends is available to enhance the session. (60 MINUTES)

Steeprock Stone Therapy

Bring your life energy into balance. Our deeply relaxing sequence uses warm smooth Steeprock river stones and potent oils to soothe your body as it frees your spirit.

(60 OR 90 MINUTES)

Sports Massage

Ease sore muscles with our soothing combination of therapeutic techniques and arnica-infused massage oil. This series of compressions and free-flowing movements minimizes muscle soreness and stiffness and dispatches any painful knots. (60 MINUTES)

Reflexology

This therapeutic session focuses pressure on the reflex zones of your feet, hands and ears that correspond with organs and structures throughout your entire body. You will feel your body come into joyous balance. (30 OR 60 MINUTES)

Pre or Post-Natal Massage

A purposeful yet gentle combination of strokes considerate of the special needs of the mother-to-be or the new mother. A wonderful way to ease lower back pain, relieve weary legs and simply enjoy being nurtured. (60 MINUTES)

Thai Massage

Where massage meets yoga. Using a combination of assisted stretches, energy work and acupressure, this experience will revitalize, dispel tension and uplift you to a state of deep relaxation. Please wear loose-fitting clothing. (60 OR 90 MINUTES)

Spa Treatments

Shiatsu

Restore your equilibrium with this traditional Japanese therapy that uses a variety of techniques to stimulate energy flow. Customized to the needs of your body, the session may include gentle holding or pressing on the meridians, or when appropriate, more dynamic rotations and stretches. Please wear loose-fitting clothing. (60 OR 90 MINUTES)

Wild Lime Shiatsu Fusion — a red flower Massage

A blend of shiatsu techniques and stretches with Swedish massage strokes using an intensely scented wild lime, kinmoxei flower and bergamot oil to promote blood flow and warm the body. (60 MINUTES)

Reiki

A Japanese energetic therapy using a light touch, or no touch, to treat the whole person including body, emotions, mind and spirit. The many beneficial effects include relaxation and feelings of peace, security and well-being. (60 MINUTES)

Cranio-Sacral Therapy

Dissipate stress and encourage a feeling of well-being. This gentle, non-intrusive hands on therapy works on the head and spine to bring about the release of tension and blocked energy by restoring the optimum flow of cerebral spinal fluid. Please wear loose-fitting clothing. (60 OR 90 MINUTES)

Lymphatic Massage

A gentle, rhythmic treatment that uses slow, light and circular kneading massage movements of the hand and the thumb. It is a tension dissolving technique that works deeply inside the body by stimulating the lymphatic vessels and nodes, thereby supporting a healthy immune system. (60 MINUTES)

Acupuncture

A powerful and ancient technique using fine needles to stimulate the body's natural healing abilities and promote physical and emotional well-being. Treatments can help with digestion, carpal tunnel, migraines, pain relief, sleep issues and many other challenges. (60 MINUTES)

Salon Services

Enter our luxurious world of treatment oriented beauty services for the hands, feet, scalp and hair.

Deep Scalp Rejuvenation

There is nothing like the deep conditioning and feeling of relaxation that follows a Mayflower deep scalp rejuvenation. It is a glorious sensation. Your entire treatment from product selection to massage is customized to your specific needs.

Mayflower Nourishing Manicure 🌸

Our signature manicure includes both rejuvenating anti-aging and hydrating treatments to reveal younger looking hands before a complete manicure.

Mayflower Nourishing Pedicure 🌸

Our signature pedicure exfoliates with seasonal natural scrubs, before enveloping, warming and rejuvenating your active feet with hydrating botanical oils and a glorious rub. It includes nail conditioning and a buff or nail polish.

Polish Change

Shaping, moisturizing and polish change.

Shampoo and Style

Look your best—shampoo with products selected for your hair needs and enjoy new tips on blow-dry techniques from one of our experts.

Hair Removal

We offer gentle waxing for the face and body.

TOOLS AND STRATEGIES

Explore ways to quiet the mind and focus your intentions with specific tools, strategies, meditative rituals and pastimes.

Labyrinth 🌸

Unlike a maze, the labyrinth seeks to quiet the mind; it offers an opportunity to walk in meditation to a place within, where the rational mind merges with the intuitive. It is there that we can re-discover our spirituality by invoking the sacred into the everyday; we can become closer to ourselves and our spirituality.

Blue Heron Insights 🌸

Know yourself and work from your strengths. This one-on-one consultation gives you a better understanding of what motivates you. Get tips on how to optimize interactions with others and identify potential hindering factors. Apply the self-awareness gained in this process throughout your Mayflower Experience.

Blue Book It! — an Exploration of Journaling 🌸

Whether you want to start a novel, record the events of the day, or ease your mind by writing down the thoughts that interfere with a good night's sleep. Explore techniques and the practice of journaling.

Dream Interpretation

In this fun, and illuminating workshop, learn how to interpret dreams, often considered a window into our inner self.

Breath & Mindful Meditation

Learn to relax and be completely present. Explore breathing techniques that help quiet the mind, lower your stress and soothe the body. We provide a number of chairs, zafus and zabutons to help you find a comfortable seat.

Stress Management

We all have stress in our lives, it is part of being human. Learn how your personality type tends to deal with stress at home, at work and in your relationships. Through simple relaxation skills and techniques learn new ways to cope and manage stress and to keep the spa effects alive when you return to your busy lives.

The Sensual Self

Women's Sexuality changes with stages of life, family, and age. Women are naturally passionate, and that erotic energy can be connected to and built on to create a happy sexually fulfilling partnership, or a heightened awareness of the self as a sensual and sexual being. Learn how to have a fuller sensual life, find out how to make your body work for you, and how to make your fantasies come true.

Body Image Appreciation

Most women spend the majority of their lives thinking negative thoughts about their body. What would it be like to love and appreciate your body exactly as you are? What would you spend your time thinking about instead?! Learn why we judge ourselves so harshly and how to learn to love yourself. Feeling positive about our bodies leads to better self-care, healthier eating habits and a lifetime of positive self-esteem.

Finger Labyrinth, Buddha Board & Zen Garden

Portable relaxation at your fingertips. These clever and beautiful tools are available around Spa House and this class will show you how to make use of them.

Sleep Well

Fall asleep more easily and improve the quality of your sleep. This session, in conjunction with other relaxation inducing experiences at Mayflower, will go a long way to reducing sleep disturbances. Please complete your Sleep Diary prior to arrival to optimize the value of this session.

Music Therapy

Laughter and bonding are the keys to this workshop where you explore your inner music, songs and rhythms. Some sessions focus on voice and others use techniques from drumming to singing bowls.

What's in a Chant?

Call and Response is a fun and easy way to enjoy tone and vibration as effective tools to awaken energy and quiet the mind.

The Knitting Circle

Knitting is a relaxing as well as a productive pastime. Our instructor will get you started with a variety of projects to choose from and work on throughout the week and beyond.

Mind~Spirit

Break the Cycle

Explore the habits that prevent you from reaching your full potential. There are certain mistakes we enjoy so much we are always willing to repeat them. This seminar will give you tools to change the way you think so that you can change the way you act.

Feng Shui

Explore the universal wisdom of this ancient art and learn how changing your physical space according to Feng Shui principles can change your life and bring in new opportunities.

Organize your Life

There are tricks to the trade to getting organized in your home and in your life. Our expert will give you some of the best strategies.

CPR

Learn this critical life saving technique. Participants will receive their Red Cross Certification.

Canoe 🌿

Just relax in a canoe on Blue Heron Pond.

NURTURING CREATIVITY

Memoir Writing 🌿

Memoir is the literature of self discovery and we will have leading memoir writers on hand to inspire your inner muse.

Watercolor and Landscape

The New England landscape is a wonder in every season and watercolors are a vivid, fun and inspiring way to enjoy it even more. Let your creativity loose and be inspired!

The Joy of Tea

Tea as ritual, as a social moment, as a delicious way to treat your body and calm your mind in the company of others.

The Art of Flowers

Flower arranging is beautiful, relaxing and brings you closer to the nature around you. We will show you how to reap the benefits.

Nutrition

OUR CULINARY PHILOSOPHY

Every spa meal at Mayflower is a celebration of flavor and nutrition. Mayflower Spa Cuisine is an approach to spa dining which incorporates fresh seasonal ingredients to produce meals which are delicious, elegant and satisfying.

The basis of our philosophy is that learning to make healthy, real-world choices is the key to maintaining healthy weight and a balanced diet.

Our skilled culinary teams are always happy to teach you to prepare Mayflower Spa Cuisine so that you can continue the pattern of healthy eating you savor at Mayflower long after you leave us.

CLASSES AND WORKSHOPS

Mayflower Spa Cuisine Demonstrations 🌿

These are interactive sessions where you will learn to prepare a wide variety of healthful recipes and sample them too!

Mindful Eating

Learn about your relationship to food—change patterns and enhance the benefits of eating with knowledge. Discover which foods affect mood, spirit, and why.

Nutrition Consultation

A one-on-one session with our nutritionist to explore your eating patterns and emotional triggers and learn new eating strategies. We recommend that you complete a food diary prior to your arrival to optimize the value of this session.

Specialty Weeks

Deepen the Mayflower Destination Spa experience with profound focus. The following are some examples of weeks that may be offered throughout the year.

For more information and specific dates please contact our Spa Concierge.

The Mayflower Iron Women 🌸

Strong body, strong mind. This week long fitness challenge incorporates the disciplines of the triathlete—swimming, cycling and running. A week is personally designed for each woman to achieve individual goals—whether preparing for a first time event or improving your times. Led by an expert training team, this is an opportunity to bond with like-minded women to enjoy the adrenaline as well as the physical and mental challenges. The week culminates in a team event which celebrates you at your personal best. The final reward is a glorious sense of balance, achievement and inner strength.

Mother-Daughter or Father-Son

A wonderful opportunity to re-connect and spend time catching up in an idyllic setting. There is plenty of time to enjoy learning something new together as well as to indulge in our variety of challenging, restorative and pampering activities.

Couples at Mayflower

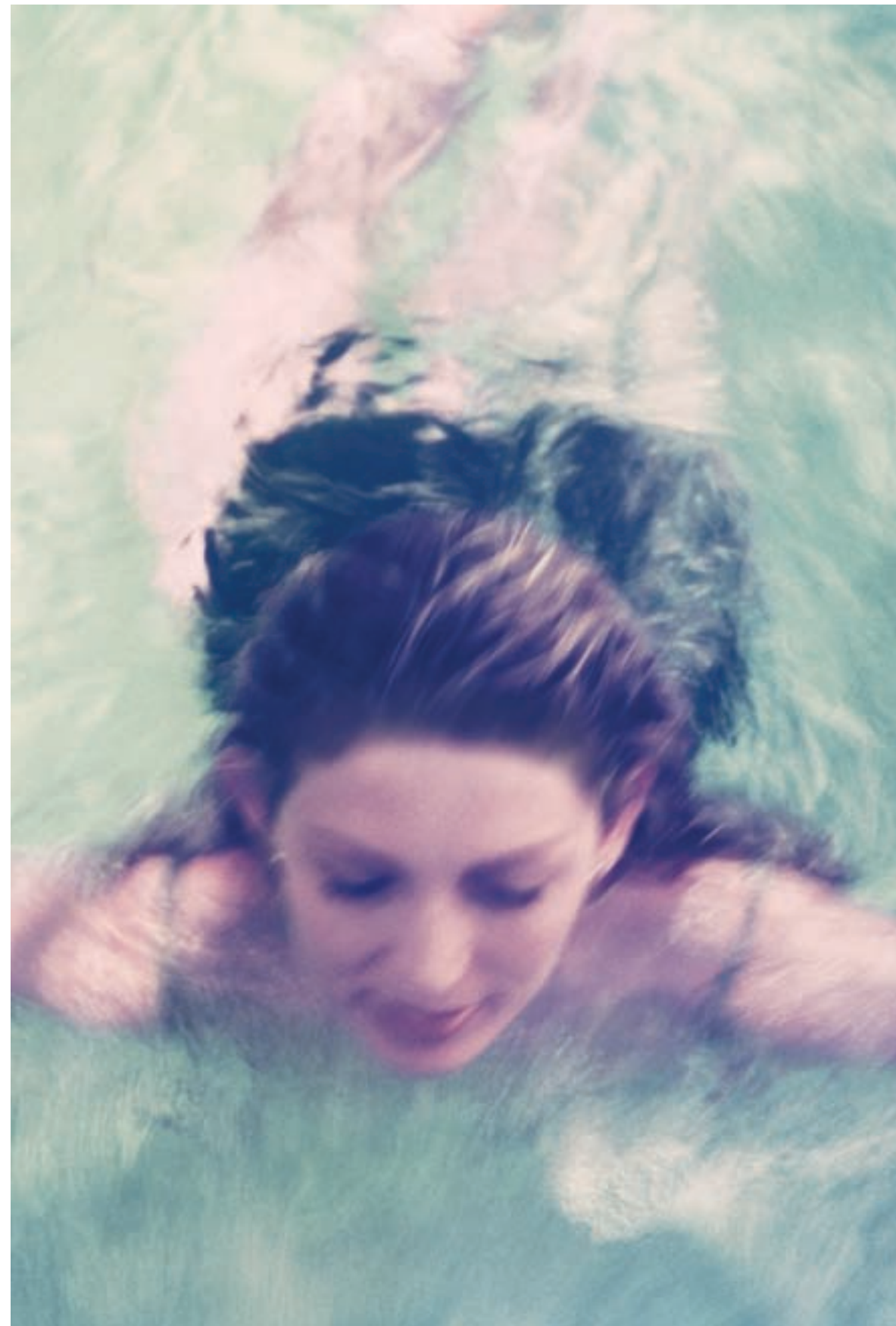
The Mayflower has long been known as a romantic escape for couples. Combined with the innovative programming of the Mayflower Destination Spa, couples will find unique ways to explore their relationship and rediscover each other. Classes and workshops during this special week may include relationship remedies, the passion of dancing the tango, the joy of sensual touch or writing a heartfelt love letter.

Yoga Immersion

A Destination Spa Week with particular emphasis on yoga with master instructors. A consistent and heartfelt yoga practice is a great way to get to know yourself in ways that can be profound and empowering. Ample time remains in your day to enjoy other spa activities and treatments which will enhance the benefits of your practice. Whether new to yoga or an experienced yogini, our instructors will tailor a program to suit your needs.

Literature of Self Discovery

Let your inner muse loose, take a fresh look at yourself and discover your own personal language. Mayflower memoir writing workshops are led by leading writers who show you how to turn your personal story into an inspired written work. There is always plenty of additional time in the day to nurture your creativity with the treatments, classes and activities which are integral to the Mayflower Experience.





MAYFLOWER

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