

GREENWICH

APRIL 2007

WHAT'S NEW



Imagine a place that pampers your every need for mind, body and spirit. It's a place of such sublime tranquillity that you never want to leave — where the woods beckon for a leisurely walk, where a river suggests a morning kayaking with a friend, where lawns, pond and maze invite contemplative afternoons while oversized chaises in a blue and white lounge prompt long stretches curled up under a blanket with a good read in hand. But it's also a place to jog and jostle recalcitrant muscles and body fat, stretch, dance, box, climb, swim, bike, fly-fish or play tennis. You'll discover a new you — especially after the massages, facials, pedicures, manicures and half styling you have elected for your salon routine.

Such a dream does exist, and only an hour and a half from Greenwich. It's The Mayflower Inn and Spa in bucolic Washington, Connecticut. Adriana Mnuchin (owner of the hotel with her husband) and her daughter Lisa Hedley have created a microcosmic world of unabashed luxury (but with spa cuisine), with gracious accommodations apart from the hotel. Choose a three-, four- or five-night stay. Women-only (great for bridal party getaways), men-only and coed weeks are offered.

MAYFLOWER INN & SPA, mayflowerinn.com, 860-868-9466 — R.T.A.