

shatteredTM

breaking the glass ceiling

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The Intelligent Retreat

You cannot see the way forward anymore. You need to stop but even the idea to get on a plane or to think about where to go has become stressful. Nurturing yourself is vital, staying mindful and taking a step back every once in a while is essential to your wellbeing.

Two/three days' minimum in the right environment could be the best decision you make. In the same breath, your journey to and from your retreat is of utmost importance otherwise all the good of the break could be quickly undone — what is the point to spend 48 glorious hours of calm to then sit in six hours of traffic? The timings of your journey are crucial. We suggest you keep it simple and not too far away.

With all this in mind we have carefully picked two places in the UK and one in the USA for total meltdown. Priorities in mind being: room to breath, walk, have environment around you, top A1 spa treatments/products and above all, places that a woman can feel comfortable, relaxed and unintimidated to stay alone or with a partner.

The Mayflower shares great company with: Chewton Glen and The Carnegie Club, Skibo Castle.

The Mayflower Inn & Spa
Washington, Connecticut
www.mavflowerinn.com

One of the most elegant spas designed and created with women in mind. Clever and careful consideration have gone into The Mayflower Inn spa — a mother and daughter combine elegance, grace, spirit and warmth to give this place a truly unique feel. One of the most prominent features of the spa is the relaxation area where there is an amazing sense of clarity and space, not to

mention a spectacular view of the blue heron pond in the New England landscape beyond. This area has been very carefully designed and the attention to detail is impeccable. It captures all the senses with light, space, tactile throws and the most incredible selection of books that could keep you entertained for hours.

The Mayflower has created a signature range of products for treatments like the smooth as silk scrub,

which ends with a soothing shea butter cream application. The Spa house is infused with the evocative scent of Icelandic moonflower which is the fragrance in the spa's signature amenities as well as scented room infusers present within the changing rooms and through to the wonderful thermal sanctuary. A vast range of treatments are available within the spa, from holistic to scientific and you are not

overwhelmed with too many brands — again, careful consideration has gone into picking the ranges. There is a beautiful space for yoga and an inspired outdoor meditation area. You are surrounded by Steep Rock Preserve — 3000 acres for hiking, biking and a beautiful landscape to walk, run or just sit and unwind.

The Mayflower destination spa experience, offers three, four and five night stays which are inclusive of unlimited spa treatments and scheduled classes and activities. The spa advisory staff will contact each guest prior to arrival to ensure a personalized program. The spa cuisine is sumptuous — the theory is that no guest should feel deprived in any way as they indulge in anything from a super athletic to a super hedonistic spa experience. You are encouraged to let go of wardrobe, make up and jewelry. Just relax and unwind, exercise and stretch. This means minimal packing and wasted energy worrying about your wardrobe...emerge glowing...truly a divine way to spend a few days.■

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