



Horizons

AAA Southern New England

4

AAA HORIZONS

JUST SAY *Spaah!*

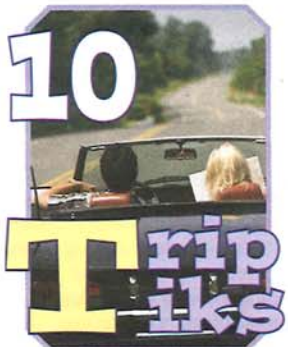
*From Cocoa Baths to Flower Wraps,
Wash Your Worries Away*

By Megan Gorzkowski

Imagine soaking in a whipped cocoa bath as you bask in the glow of scented candles melting your cares away.

Now picture yourself enjoying a deep tissue massage, relaxing your muscles after that morning's invigorating nature hike.

Today's spas aren't just about cucumber slices on the eyes and rose-petal pedicures; they offer a variety of activities and treatments to fit almost anyone's tastes and budgets. Below are 10 favorite spa getaways within a day's drive.



Cascade Spa, The Inns & Spa at Mill Falls, Meredith, N.H. (♥♥♥♥) Escape everyday life with a trip to Cascade Spa, part of The Inns & Spa at Mill Falls. Set along Lake Winnepesaukee, this spa builds upon the theme of water to create a tranquil atmosphere. "The inn itself is very relaxing and romantic, and I enjoyed a massage and facial at the spa," said AAA member Kathleen Hoye of Warwick. "I felt a world away in the small New Hampshire town off-season."

Cranwell Resort, Spa & Golf Club, Lenox, Mass.

(♥♥♥♥♥) Pamper yourself while taking in the Berkshires. Cranwell offers packages that combine luxurious spa services with recreation. Fans of the outdoors can bike, golf or hike during their stay. Art lovers can visit nearby museums and theaters, with admission included in some hotel packages. After a busy day, return to the spa for a facial or massage. Don't worry about being cold on the walk back to your suite; Cranwell's spa and fitness facilities are connected to the guest rooms by heated glass-enclosed walkways.

Elizabeth Arden Red Door Spa, Biltmore, Providence, R.I. (♥♥♥♥) For a customized spa retreat, consider the Elizabeth Arden Red Door Spa, in the Biltmore Hotel. Red Door offers a range of spa services and packages to fit almost any budget. The True-to-You package, for example, includes your choice of four treatments, lunch and makeup application. Want to make it a spa vacation? The Biltmore offers several packages that include accommodations, meals and spa services.

The Greenbrier, White Sulphur Springs, W.Va.

(♥♥♥♥♥) At The Greenbrier, you can sneak in a history lesson before your manicure. Twenty-six U.S. presidents have visited Greenbrier over the past 231 years, taking advantage of the resort's restorative sulphur springs. The Greenbrier once housed an emergency bunker to be used by Congress in case of attack during the height of the Cold War. Today, this spa, tucked in the beautiful Allegheny Mountains, is a place of ultimate tranquility, still specializing in sulphur baths and related mineral treatments.

The Spa at Hershey Hotel, Hershey, Pa. (♥♥♥♥♥) Chocoholics rejoice! At The Spa at Hotel Hershey, you can actually envelop yourself in chocolate without consuming a single calorie. Wash away stress in a Whipped Cocoa Bath, then exfoliate and moisturize with the spa's



Top Left and Right: Guests at the Spa at Hershey Hotel enjoy sweet treatments like a Cocoa Facial Experience. Above: Soak in the restorative sulphur spring waters at The Greenbrier.



Photo credit: Kenneth J. Koubek
No matter what the season, you can unwind with a swim in the outdoor heated pool at Topnotch Spa in Stowe, Vt.

signature Chocolate Bean Polish. For the ultimate sweet treat, savor the new Cocoa Facial Experience, an anti-aging treatment using cocoa's natural antioxidants. Not a fan of chocolate? There are non-chocolate options, including the Cuban Experience and Hershey Gardens packages.

Ste. Anne's Spa, Grafton, Ontario, Canada

(♥♥♥♥♥) Taste the Caribbean in Canada when you visit Ste. Anne's Spa, 90 miles northeast of Toronto. Ste. Anne's combines country charm with exotic spa facilities. Enjoy a Caribbean Aqua Therapy body treatment, complete with mango and cocoa butters. Then treat yourself to Caribbean Foot Rejuvenation, featuring a soothing soak and massage for tired toes. For a refreshing treat, visit the Fieldstone Grotto, a year-round facility with a hot tub and two pools.

Senator Inn & Spa, Augusta, Maine (♥♥♥♥) If you want a blissful getaway that doesn't break the bank, then consider the Senator Inn & Spa. Indulge in an Anti-Stress Facial or a Sea Marine Spa Pedicure, just two of the many affordable services this three-level spa offers. Next,

swim in the indoor mineral pool, surrounded by glass walls, Greco-Roman architecture and cloud-mural cathedral ceilings. For a delicious meal, stop by the Senator's celestial-themed restaurant, Cloud 9, known for its fresh seafood dishes.

Topnotch Spa, Stowe, Vt. (♥♥♥♥♥) For

50 years, Topnotch Resort & Spa, nestled in the Green Mountains, has brought year-round luxury to guests. Begin with the Aroma Mountain Massage, using botanical oils to calm and balance. Next, go for a swim, no matter what the season, in the heated outdoor pool. "It's great when there's snow around the pool and on the mountain," said AAA member Valerie Russo of Weymouth. "I went swimming in subzero temps; I was warm and my hair didn't freeze!"

The Whiteface Lodge, Lake Placid, N.Y.

(♥♥♥♥♥) Looking for a spa getaway for the entire family? The Whiteface Lodge is your answer. Adults can be treated to maple-infused face and body treatments, while the children participate in resort activities like bowling, swimming and volleyball. At night, gather the family for dinner in your in-suite kitchen, followed by the "Experience the Lodge" family bonfire with s'mores.

Editor's note: AAA diamond ratings pertain to the accommodations. Spas are not AAA rated. To create a customized Internet TripTik to any of these destinations, visit AAAmaps.com

We want to hear from you!

In June, AAA Horizons will highlight our favorite Minor League Baseball parks. If you have a suggestion, please e-mail Megan Gorzkowski at mgorzkowski@aaa.com.