

ESCAPE to a Spa

By Judi Rothenberg

Whether you're wrapped in a fluffy white robe waiting for a hot stone massage, kayaking at sunrise or giggling with the gals in a Bollywood style belly dancing class, spas are the perfect place for friends to relax, rejuvenate and reconnect. To help you make the most of your time together, we found 3 inviting retreats that are just a short drive or a quick flight away. They all mix mind and body fitness, pampering and luxurious accommodations but each has its own unique personality.



The Emerson Resort and Spa

5340 Rt. 28, Mt Tremper, NY
877.688.2828
emersonresort.com

If you want to combine a few spa services with exploring quaint towns, unique shops, artists' studios, historical sites and restaurants, the Emerson Resort provides a luxurious base with a backdrop of stunning Fall foliage. Two types of accommodations are offered; a family-friendly Adirondack style lodge and a tranquil adults-only inn. The rooms at the inn are sumptuous; silk canopies drape the beds and the sitting area is anchored with a comfy sofa and "flip-the-switch" fireplace. It makes a cozy setting for a session of girl-talk. A small but lovely spa offers Ayurveda massage rituals, global therapies and has a limited number of

fitness classes. Dates to keep in mind are October 7-10 when the resort will host a life-inspiring retreat for women 50+ and October 10-14 when the Woodstock Film Festival offers screenings across the Hudson Valley.

The Lodge at Woodloch

109 Birch Lane, Hawley, PA
570.685.8500
www.theLodgeatWoodloch.com

Nestled in the Poconos on a 15-acre private lake, the Lodge at Woodloch takes a holistic approach to its offerings and is a fully immersive experience. The all-inclusive price includes three healthy (and gourmet) meals a day and most activities, though spa treatments are extra. Daily programming starts at 6:30am with a fitness walk and ends in the evening with kayaking at 6pm. Between those hours, you'll find plenty to keep you busy with Bodypump, Zumba, meditation, cooking demos, drawing and drumming. Everyone from the hardcore athlete to the novice yogi can find a class on their level. Geocaching, the outdoor sport that uses GPS devices to turn hikes into treasure hunts, is a fun group activity to try. After all the exercise, wondrous assortments of face and body treatments await you in the spa. Standouts on the menu include a Thai massage with warm herbal poultices and the signature facial with enzyme peels of sweet cherry, pear, fig or pumpkin.



Eau Spa by Cornelia

The Ritz Carlton, Palm Beach
100 South Ocean Boulevard, Manalapan, Florida
561.533.6000
ritzcarlton.com/palmbeach

Eau my darlings! You are going to love it here! Somehow the Ritz and Eau Spa manage to be posh and playful at the same time. The spa's cheeky personality shines through with whimsical touches like yellow rubber duckies floating in the whirlpool, a wishing well and a lush garden courtyard outfitted with swings. Indulgence is the theme here from the face and body treatments to the snacks. While therapeutic tea is offered, so is complimentary champagne and cupcakes. The stunning hotel has plenty of chic spaces for the girls to convene whether it's in the sparkling living room accented with crystal chandeliers and golden cherubs, a private ocean front cabana or around the fire pit on the outdoor terrace. Be sure to leave time to explore the glitz and glamour of Palm Beach itself, from mansion tours to museums and trendy restaurants to couture shops.