

## Top Spas in the Northeast for a Valentine Weekend Getaway

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**V**alentine's Day is the perfect time to show love: to yourself, to your significant other, or to your ride-or-die girlfriends. What better way to celebrate than a long VD-weekend getaway of pampering—body, mind, and soul—at a luxurious spa?

Whether you're flying solo, with your honey, or with your girls, here are some of the top spas in the Northeast.

### **Guerlain Spa at The Plaza Hotel, New York, New York**

With the name Guerlain you expect glamour and style, and their new spa is no exception. You'll feel like you're in France in this 6,500-square-foot spa. It's bright and airy, and orchids are plentiful.

Before and after treatment, chill in the relaxation room, settle in the plush sofas, browse the gorgeous coffee table books all about Paris, and enjoy a complimentary glass of champagne, all while listening to soft music in a dimly lit room.

The buzz here is about the Black Orchid Treatment, an 80-minute, ultra-premium facial featuring the new Orchidée Impériale Black Cream with Blackimmune technology — the result of 15 years

of research from the experts at Guerlain.

There's a VIP couples suite for specialty services. Guerlain is all about details, and there is no amenity you won't find there, packaged in perfect prettiness. Be prepared to fall under the spell of your ever-so-talented therapist.

### **Woodlands Spa and Holistic Healing Center, Nemaquin Woodlands Resort, Laurel Highlands, Pennsylvania**

The scenery alone — a foliage-rich valley — will calm you. Woodlands Spa is noted for its Woodlands Remineralizing Shirodara, the Woodlands Ritual Facial, and the Dream Catcher Massage.

The spa is also home to a 2,400-square-foot fitness center with elliptical cross trainers, treadmills, free weights, and cardio machines. Find your zen with yoga, Pilates, meditation, interval training, and more.

The Holistic Healing Center has group and private meditation rooms and private consultation space, as well as indoor and outdoor spots for Holistic Pathway classes built around yoga, coaching, and meditation.

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Enjoy a beautiful view and luxury at Nemaquin Woodlands Resort.



Experience a deep-tissue massage at the Bodhi Spa.



Relax in the quartz crystal steam room at the Spa at Mandarin Oriental, Boston.

When you receive treatments at the spa and healing center, you have access to the spa's indoor heated lap pool and wet areas, featuring men's and women's whirlpools, eucalyptus steam rooms, dry sauna areas, locker rooms, a fitness center, and fitness classes.

### **The Bodhi Spa, Newport, Rhode Island**

If you're looking to detox, your search is over. The Bodhi Spa celebrates the art of detoxification through hot mineral baths, infrared and electric saunas, aromatherapy steams, cold plunges, and organic-based skincare treatments.

One of the Bodhi's standout features is the Water Journey, a restorative hydrotherapy experience. Be ready for extremes — 98-degree Dead Sea salt pool, to the steam room, to a cold plunge (50 degrees) ... then the infrared or traditional sauna, another cold plunge, the Epsom salt pool (104 degrees), and another cold plunge. You'll be talking about this for a while.

Hydrotherapy has been used by cultures around the world for thousands of years based on the art of healing through the application of water in any form: hot, cold, steam, or ice.

### **The Spa at Mandarin Oriental, Boston, Massachusetts**

Have it your way at the only Forbes five-

star-awarded spa in Massachusetts. Here, it's all about customization. Step in and away with your worries.

The first thing you'll do is lose your shoes and put on slippers. Your therapist will greet you and talk about your needs. Be sure to give yourself plenty of time, at least 45 minutes, before your appointment to soak up the spa's state-of-the-art heat and water facilities.

There's a quartz crystal steam room, vitality pool, experience showers, and ice fountain. Let the stress leave your muscles and prep your body for a therapeutic experience.

The 16,000-square-foot spa specializes in blending modern and Eastern traditional therapies for body, mind, and spirit. You deserve signature treatments like Inner Strength, Time Rituals, or the Digital Wellness Escape.

### **The Springs Eternal Spa at Omni Bedford Springs Resort, Bedford, Pennsylvania**

The combination of the Allegheny Mountains and mineral springs can work like magic, be it romance or restoration. The spa's treatments are inspired by the resort's eight mineral springs, first used by the local Native Americans for their healing properties.

The most popular treatment is the Bedford Bath Ritual, which friends can do together,

featuring an aromatic steam, mineral deluge, whirlpool, and cold plunge. The spa also gets kudos for the First Lady Package — an array of services that awaken and invigorate the senses through an aromatic and sensory journey of treatments.

After a relaxing day at the spa, girlfriends can cozy up to the resort's fire pit, toast with cocktails, or make s'mores.

### **Topnotch Resort Spa, Stowe, Vermont**

Stowe is storybook picturesque, especially in winter. Warm up in the 35,000-square-foot spa. You'll have a hard time deciding from 120 treatments, but no worries — you can't go wrong.

If you go with your honey, there's a dedicated couple's lounge where you can experience side-by-side treatments. Do consider the Mount Mansfield Saucha, Custom Energy Healing, and Little River Stone Massage.

If you also want a workout, there's an indoor/outdoor tennis center.

Take your pick of Pilates, yoga, and personal training sessions. The center's solarium has a whirlpool, cascading waterfall massage, lap pool, sauna, and steam room. The indoor pool is heated.

So, what are you waiting for? Go ahead and plan your spa escape. **B**