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GREAT ESCAPES

The World's Sexiest Hotels
& Secret Island Paradises

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GETAWAYS

A LITTLE BIT COUNTRY The famed Windham Hill Spa, just north of NYC.

Weekend Updates

You've survived the endless winter and rainy spring, and now it's time to prepare for summer at one of these top-notch spas and wellness centers, all just a short drive from the city. —*Rose Walker*

INDULGE YOURSELF

You've sweated through Zumba and survived five Blue Print Cleanses since Restaurant Week. It's reward time!

SUMMER PREP Pamper yourself at the **Windham Hill Spa** (311 Lawrence Drive, Townshend, Vt., 802.874.4080). This newly opened pastoral sanctuary boasts rubdowns of the stress-reducing Swedish kind and the muscle-soothing deep tissue variety. For the ultimate indulgence, you don't even need to leave your beautifully appointed room; all services can be performed bedside.

GET PHYSICAL

Nine-hour workdays have become the norm, but you're a workout warrior when the weekend rolls around. Don't stop now—get your Zen on at a renowned yoga retreat.

SUMMER PREP Check into the tranquil lakeside **Kripalu Center for Yoga and Health** (57 Interlaken Road, Stockbridge, Mass., 413.448.3400) and stretch your way through 30 different yoga services (including 13 Ayurvedic practices). Now you can feel less guilty about missing those Tuesday-night Bikram classes.



LAP IT UP The pool at Vanderbilt Grace.

GO EURO

Never found the time for that Greek Islands getaway? You need an absolute escape.

SUMMER PREP Greece-based Grace Hotels has taken over Vanderbilt Hall, a historic Newport mansion, and brought their European-inspired spa practices stateside at the **Vanderbilt Grace** (41 Mary St., Newport, R.I., 401.846.6200). Five minutes into the skin-boosting Evasion Sensorial Facial you'll have that Mediterranean glow.

EAT RIGHT

The nuances of the Black Label Burger at Minetta Tavern are never lost on you—but even foodies have their triple-cream and foie gras breaking point.

SUMMER PREP Just a 90-mile drive from the city, the **Lodge at Woodloch** (109 River Birch Ln., Hawley, Penn., 866.953.8500) offers an ever-changing lineup of chef-instructed private classes on using unexpected ingredient alternatives for delicious and deceptively healthy meals.

TAKE A BREAK

The gala circuit was particularly lively this season and you've consumed more Veuve Clicquot than water since New Year's Eve. Time for a detox!

SUMMER PREP Shed the winter weight with a three-day juice fast at the bucolic **New Age Health Spa** (7491 State Route 55, Neversink, N.Y., 800.682.4348). Choose from liver-cleansers, joint-rejuvenators, fatigue-fighters or pound-blasting blends made from the freshest fruit and vegetables west of the Hudson, many of which are grown on the spa's own 280 acres.



In-Treatment When it comes to beauty maintenance, men get the short end of the stick. Not so at Hommage Atelier, a sanctum for masculine pampering. The Face Sculpture facial battles puffiness brought on by sleep deprivation, and the signature hand massage targets muscles strained by texting. The full spa menu is available by appointment, and memberships run \$1,500 to \$6,000. 605 Madison Ave., 212.752.2100