

Where to Go for Dinner and a Show • Bobby Flay Recipes
The Bookseller Buried by Books • UConn's Money Pit

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HEALTH & BEAUTY

Spa

DESTINATION | The Spa at Norwich Inn
Norwich, (800) ASK-4-SPA (thespaatnorwichinn.com)

The inn is a gracious Georgian Revival manse set back from the road on 42 wooded acres. The spa, its crowning glory, offers a dazzling array of services and treatments in a calm, serene wing evocative of a Roman villa. You won't run out of options in the 36 treatment rooms, though we admit we're partial to the Rain Drop Therapy (50 minutes, \$125) and Nirvana, Ayurvedic Herbal Body Exfoliation and Shi-rodhara (80 minutes, \$125). Afterward, enjoy lunch or dinner in the beautifully redone, lightened and brightened Kensington's restaurant.