



Off-the-Grid Getaways

Six No-Work-Zone Weekends



kay, so we're all totally stressed out and doing more with less than ever before. All those urgent emails and insane requests aren't going anywhere soon—but, fortunately, you can. Power down the BlackBerry, step away from the iPad, and recharge your own batteries instead at one of these delightfully biz-free destinations designed to set you free from the daily grind.



PREPARED TO BE PAMPERED
THE SPA AT NORWICH INN
 Norwich, CT;
thespaatnorwichinn.com
 2.5 hours from White Plains

This award-winning destination

combines the best of old-fashioned charm—its main lodging is a 1930s red-brick Georgian manse—with the latest in health, fitness, and beauty offerings. Its grounds, encompassing 42 acres of manicured lawns, rambling pathways, colorful gardens, and spring-fed ponds are particularly delightful.

- **While Here:** The 25,000-square-foot spa's the thing here—and it offers it all, from soothing yoga sessions by candlelight to heart-pumping zumba and belly dancing classes. Gaming enthusiasts will also enjoy a no-designated-driver-needed outing to the nearby Foxwoods and Mohegan Sun casinos via complimentary shuttle service.
- **Dining:** The white tablecloth Kensington's and the clubby Ascot's Pub offer organic and locavore-friendly fare.
- **What Puts the "Away" in Getaway:** Spending your entire visit in your white terry robe.
- **Ask for:** Guest quarters in the charming Inn. While the short-walk-away villas may offer more space and kitchens, nothing beats just ambling downstairs in your robe for blueberry pancakes or your sugar scrub.
- **Price Tag:** Prices start at \$225 for rooms, \$450 for suites, and \$300 for villas, per night, double occupancy. Included is morning coffee, afternoon tea and scones, evening wine tasting, and select classes and activities. Packages are available. ●