



The Spa at Norwich Inn

in Connecticut

By Jane and Marius Rubin



The main building.



Kensington restaurant.

Ahi tuna over bokchoi.



Need to chase away the winter blues and renew yourself for spring? Then head to *The Spa at Norwich Inn*, the ideal place to restore and rejuvenate mind, body and soul.

Located in Connecticut, only a two and a half hour drive from the George Washington Bridge, *The Spa at Norwich Inn* is an intimate retreat nestled on 42 serene acres with manicured lawns and spring-fed ponds.

The 103 guest accommodations include beautifully decorated rooms, country suites, "signature" suites and private villas.

The inn is home to an elegant world class spa offering a blend of fitness programs, nutritional instruction, and over 40 beauty and body treatments.

Start your day with a 50-minute walk or a guided meditation session, then head to the state-of-the-art fitness center for your daily workout. Join a Tai Chi or Yoga class, swim in the lap pool and relax in the sauna, steam room or jacuzzi.

Indulge in the blissful Native Hot Stone Therapy massage, or the Hearthside Relaxer, and feel all your tension and stress melt away under the soothing hands of your skillful therapist.

If you prefer, treat yourself to a body wrap and an anti-aging facial.

In the afternoon, relax with a cup of tea and fresh scones served in the elegant Palm Court.

Complete your day with a gourmet dinner at *Kensington*, an elegantly appointed restaurant with mahogany walls, murals, and a majestic chandelier subtly illuminating a huge flower arrangement. Gifted singer/pianist Pat Mitchell enhances the atmosphere with her romantic tunes.

Chef, Daniel Chong-Jiminez, formerly of the Miraval spa in Arizona, creates a symphony of international tastes and textures. His "spa" cuisine emphasizes proteins over carbohydrates and uses the finest ingredients such as naturally raised beef and lamb, Kobe beef, wild salmon, free-range chicken, and whole grains. Every dish on the menu is precisely described along with its caloric, fat, carb, and protein contents. Try the Amaretto shrimp, or the black mustard & sesame crusted Ahi tuna, and for dessert, the blackberry mousse napoleon .

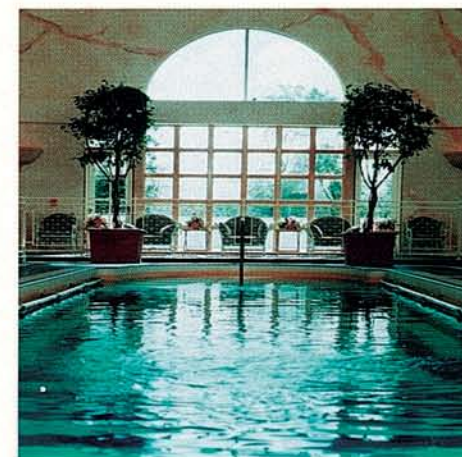
* * * * *

The Spa has recently introduced *Healthy Pleasures*, a four-day, three-night package, emphasizing a "non-diet" approach to better health and wellness. The program incorporates the ancient Buddhist concept of mindfulness as the core component of all classes, which include exercise, laugh therapy, nutrition, food and wine appreciation and massage therapy. The package is offered only on specific dates so call for information.

The Spa at Norwich Inn was named one of the Top Ten Spas in the nation by Zagat in 2003 and 2004, and has received many accolades in local and national media. It has also recently joined the prestigious National Trust Historic Hotels of America.

During its 74-year history the inn and spa have hosted the likes of George Bernard Shaw, Frank Sinatra, Barbara Streisand, Chris Rock and Gloria Estefan.

So if you, too, are looking forward to a few days of blissful indulgence, call *The Spa at Norwich Inn* at 860-886-2401, or visit www.thespaatnorwichinn.com.Δ



The indoor pool.



A soothing facial.

The Palm Court.

