

● FEEL GOOD

Open up and say

Spaaaah!

The Northeast's top spas don't have to stress your budget, writes ANDREA BENNETT



THE VERY CONCEPT OF THE SPA getaway is somewhat ironic: You go to find inner peace, only to end up rattled and frazzled by the bill.

Resorts like the Canyon Ranch Spa in Lenox, Mass., which requires a three-night stay with rates starting at \$1,520 per person (and that's on weekdays), can certainly mess with the effects of a deep-tissue massage.

Fortunately, paying for your spa time needn't always undo the R&R — we set a budget of \$800 per person (based on double occupancy) and set out to investigate six of the Northeast's top spa resorts.

In the end, we found that even people like us can afford millionaire treatment, if they play their cards right. Here, our findings.



At Norwich Inn, dinner (spa cuisine, of course) is included.

The Spa at Norwich Inn

Norwich, Conn.
800-275-4772
thespaatnorwichinn.com

Length of stay: three nights, including breakfast and dinner

Availability: Sun.-Thurs. (no holidays)

A reflecting pool, perennial gardens, and its location on the 17th tee of the Norwich Golf Course help you surrender to the Norwich Inn's country spa charms.

Pick a combo of treatments, such as the Vitality Vitamin Wrap (apricot and algae scrub, followed by mummification in antioxidant vitamin cream, \$115), Orange Blossom Sugar Scrub (\$70), and Collagen Blanket and Paraffin Facial (\$105), to round out the \$135 per night room cost.

There are also a handful of free amenities: Enjoy the fitness room, and a spa 101 class (how to get the most from your spa experience).