

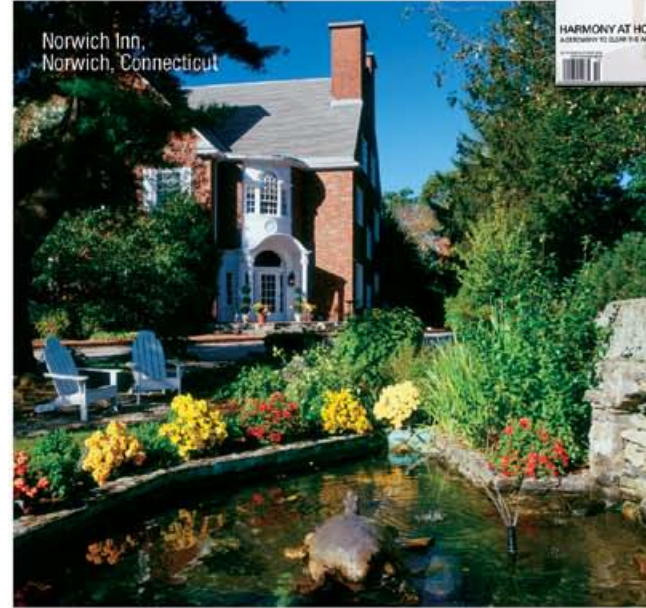


# Girlfriend Getaways

In the comfort of the spa, friends and family find space to reconnect.

By Cori Kenicer

Norwich Inn,  
Norwich, Connecticut



**The Spa at Norwich Inn (800/ASK-4-SPA, [thespaatnorwichinn.com](http://thespaatnorwichinn.com)),** located on 42 acres in the lush countryside of southeastern Connecticut, is the perfect country spa retreat. The 1929 Georgian-style inn and newly expanded spa are popular with girlfriends because they can custom design an Overnight Personal Escape Plan, which starts with two spa services, two fitness classes, and full use of the spa facility. A midlife crisis might be alleviated with the Ahhhhh! Power Surge Remedy facial, followed by a healthy dose of the super-hydrating Anti-Aging Cream, custom formulated for The Spa at Norwich Inn. A lifestyle enhancement and wellness program called Healthy Pleasures receives rave reviews for the custom packages tailored to each participant, based on the ancient Buddhist concept of mindfulness. Components range from laughter therapy to culinary nutrition classes.