

TIME OUT

# summer retreats for relaxation and adventure!

By Donna Mantone Adinolfi



Are you ready to nourish your soul and soothe your senses? Take time this summer to relax and play. Find your inner child and explore someplace new or take another look at an old favorite and live in each moment of your adventure. It's your life's adventure--enjoy and be ever present. We've included a couple of east coast locations to consider for your summer vacation and personal renewal.

## Spa at Sea Island *Sea Island, GA*

The Spa at Sea Island opened in November 2006 and is located between Jacksonville, Florida and Savannah, Georgia. The beauty of their white sand beach and nature preserve, not to mention their pleasing year-round weather conditions, has been drawing guests for more than 75 years. Mostly known for The Cloister, Sea Island also offers accommodations at The Lodge as well as their Cottages.

At 65,000 square feet, The Spa at Sea Island is a destination in itself. With 23 treatment rooms, an amazing array of spa services and treatments, Pilates studios, yoga, strength and cardio, squash courts, an indoor pool, a nutrition program, a naturalist and over 100 fitness classes and more, there are many options for staying active and for relaxation. In addition to all that is offered at The Spa, there is an abundance of other outdoor activities for relaxation and renewal including kayaking, sailing, shelling, dance classes, horseback riding at the beach or trail ride, bicycle riding, golf and tennis.

In addition to fitness and pampering opportunities, another unique feature at Sea Island is their Cooking School and a calendar of classes can be found on their website. Two that I found of interest include Cooking Healthy Together and A Taste of Tuscany. And speaking of cooking, Sea Island offers an amazing number of dining options from casual to exquisite. This destination is casually elegant and offers an abundance of opportunities to fulfill every need for a summer vacation and lifestyle.



## Mayflower Inn & Spa *Washington, CT*

The Spa is the new addition to this 30-room New England Inn, which is located less than two hours from New York City and has been getting rave reviews from both amateur and seasoned spa-goers. The new destination spa program offers a 3, 4 or 5-night option from Sunday to Thursday and includes accommodations, healthy meals and unlimited access to treatments, services and classes—a unique feature of the program. Weekend stays from Friday to Sunday are a la carte.

The Mayflower Inn & Spa offers a nurturing environment to inspire and to unite body, mind and spirit. The 20,000-square-foot spa offers an array of services and treatments as well as active and meditative offerings including personalized sessions, Pilates, yoga, dance and music therapy. With 58 acres to explore, you're sure to find plenty of active outdoor opportunities including tennis, Zen fly fishing, ballooning, horseback riding and more. Small or one-on-one fitness classes are offered and guests are contacted prior to arrival to discuss their fitness, pampering and well-being goals.

Classic style, five star accommodations, and a comfortable and revitalizing setting await you in New England this summer and beyond. 



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