

Follow your bliss

By DORIS LARSON

Looking for a getaway that will leave you feeling less stressed and ready to return to your everyday life? Consider a stay at an inn with a full-service spa. The European tradition of combining these centers of tranquility with the serene setting of an inn is catching on in the United States. Check out these four destinations that offer escape and rejuvenation.

Buhl Mansion Guesthouse and Spa

Do you dream of staying in a castle? The Buhl Mansion Guesthouse in Sharon, Pa., – named as one of America's Top 10 Most Romantic Inns – has elegantly appointed rooms that showcase the Winner Art Collection in a grand castle-like mansion built by steel baron Frank Buhl in 1890.

Look forward to being pampered with afternoon tea in the music room, a welcome tray of fresh fruit, cheese and a bottle of champagne in guest rooms that feature gas fireplaces, whirlpool spas for two, separate showers, Egyptian linens and down featherbeds. Plan a lazy morning and order a gourmet breakfast from the room-service breakfast menu.

Decorative touches in The Buhl Mansion Spa – statuary, bronzes, paintings, fountains -- are set against a calming backdrop of pale colors with burgundy highlights. There are 100 royal treatment choices offered with services like the myoxy-cavier and pearl facial (a noninvasive Botox alternative) and a green coffee body wrap (a cutting-edge cellulite treatment).

An often-requested special is the Romance Package, which gives couples 3½ to four hours of luxurious side-by-side treatments, including a Swedish massage, relaxing facial, manicure and hand massage. The Buhl Mansion Spa sauna, steam room and one of the monsoon showers is also co-ed so you can plan on more "together" time. Linger over a spa lunch with a complimentary bottle of champagne in the cheery breakfast room with a view of gardens, pond and a Victorian greenhouse.

If You Go

Buhl Mansion Guesthouse and Spa

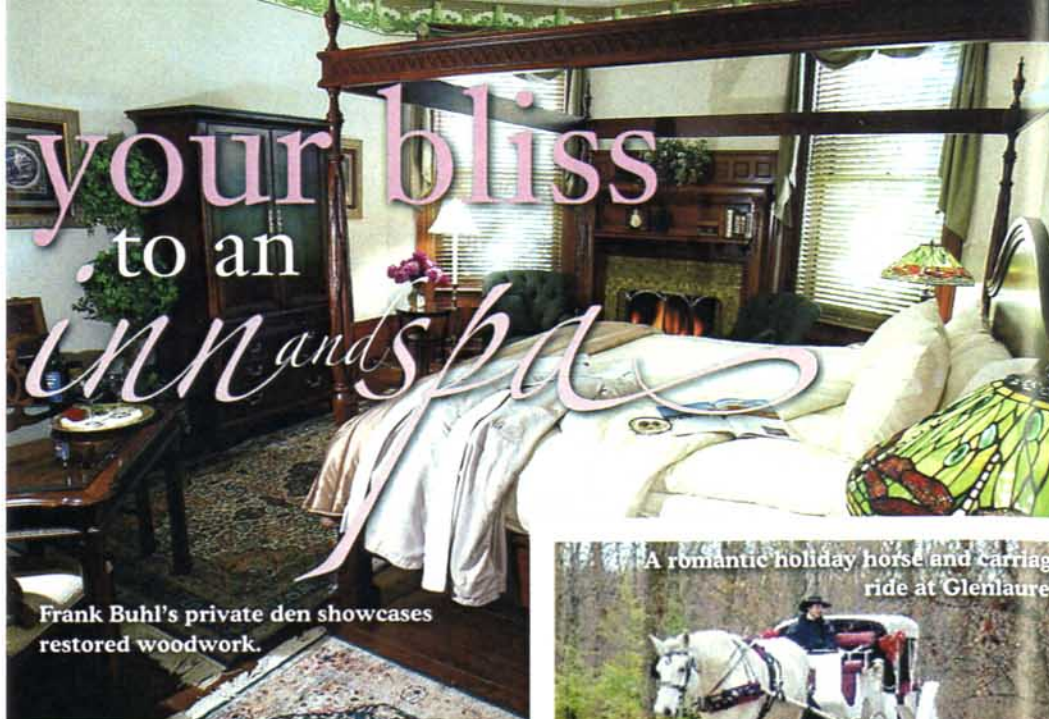
422 East State St. • Sharon, Pa.

1-866-345-BUHL • 724-346-3046

www.buhlmanions.com

Inn rooms: \$300 - \$450

Spa services and packages: \$30 - \$475



Frank Buhl's private den showcases restored woodwork.

Glenlaurel Inn - A Scottish Country Inn

Head down to Ohio's Hocking Hills for a stay at the Glenlaurel Inn and discover a wee bit of Scotland. There's an Old World feel to the stone and stucco Manor House. The nearby Carriage House, cottages and crofts (small houses) carry the names of Scottish clans or prominent personalities in Scottish history.

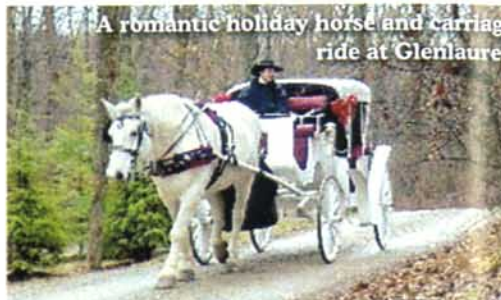
It's all about romance at this adults-only getaway with fireplaces, two-person whirlpool tubs or hot tubs on a deck. Hike in the Camusfearna Gorge, and you may hear the sound of bagpipes. Before dinner, listen to the poetry of Scottish poet Robert Burns.

Glenlaurel's Joppa Spa and Wellness Center provides an intimate spa experience. Located in the former innkeeper's home overlooking a pond and woodland, it is at one with nature.

Wellness therapies have an important place on the menu of services at Joppa Spa. Spa Director Connie Crist says, "Wellness is the discovery of peace and harmony in all of life's ups and downs."

The Chocolate Mud Wrap is the star of the body wraps. First, a mineral-rich mud with the essence of cocoa is applied. Next, you're wrapped in a soft, warm sheet. If you love Creamsicles, schedule a Creamsicle body scrub and delight in the scents of vanilla and orange used to exfoliate the body.

Couples return to the Joppa Spa for the Bliss for Two side-by-side massage. Soft music, candlelight and a choice of scented oils make it a luxurious hour. Reserve a personal yoga session and take home helpful tools to continue yoga practice.



A romantic holiday horse and carriage ride at Glenlaurel.



Hot tub and wine for two on a cottage deck.



A cozy snow-covered cottage at Glenlaurel.

If You Go

Glenlaurel Inn and Spa

14940 Mt. Olive Road • Hocking Hills, OH

1-800-809-7378 • 740-385-4070

www.glenlaurelenn.com

Inn rooms, cottages and crofts: \$149-\$339

Spa services and packages: \$35-\$425




Relax and rejuvenate at... Nemacolin Woodlands Resort

Make the trip this fall to Nemacolin Woodlands Resort in southwestern Pennsylvania and be rewarded with a panoramic view of autumnal splendor in the Laurel Highlands region of the Allegheny Mountains.

Think luxury and indulge in a grand stay at the Chateau Lafayette, modeled after the famed Ritz Paris and find an elegantly appointed room or suite with vaulted ceilings, traditional furnishings and a marble bath.

Select Nemacolin's newest lodging choice, Falling Rock, a Triple-A Five Diamond boutique hotel inspired by Frank Lloyd Wright. Amenities include marble baths with a 200-gallon soaking tub, European showers, 24-hour butler service and a 19-option pillow menu. Or tuck into a cozy room at the English Tudor-style Lodge. A final choice, the Links Townhouses, looks out to the golf course and appeals to groups and families.

A range of services is available at The Woodlands Spa, a tranquil retreat based on the principles of feng shui. Signature treatments like the Water Path Ritual, offers a hydrotherapy session that stimulates circulation and improves immune functions. For deep relaxation, ask for the Dream Catcher, which uses a unique blend of Native American healing techniques and ancient Hawaiian Lomi Lomi massage. Revolutionary therapies include the Lumi Light, which treats conditions such as acne, redness and uneven pigmentation. The gentle Eastern technique of Reiki is incorporated into some services.

Nutrition assessments, lifestyle and weight-management consultations, and a take-home fitness program round out the offerings at The Woodland Spa. 

If You Go

Nemacolin Woodlands Resort
1001 Lafayette Drive • Farmington, PA
1-800-422-2736 • 724-329-8555
www.nemacolin.com
Inn rooms: \$329-\$650
Suites: \$429-\$799
Spa services and packages: \$55-\$479

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Pillar and Post

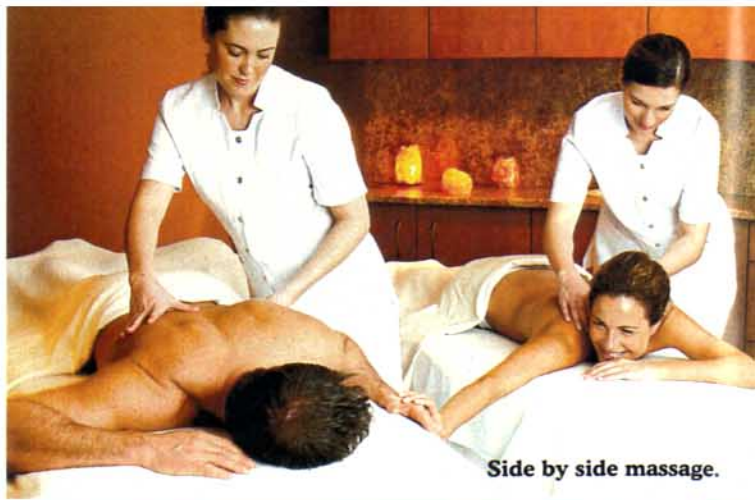


The Pillar and Post, an inn-cum-European spa nestled in the heart of Niagara's wine and fruit region, is rated as Ontario's only five-star country inn. Located in Niagara-on-the-Lake, visitors flock to this charming town to attend the Shaw Festival, shop on Queen Street or visit the 23 nearby wineries.

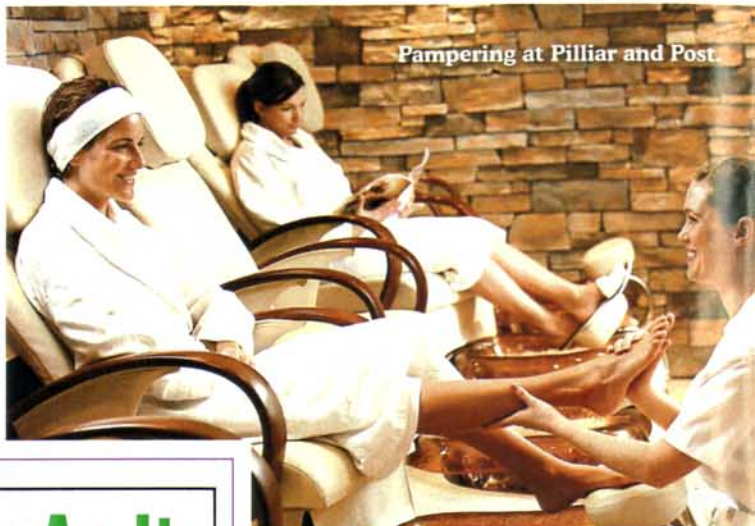
There's a contemporary feel to the recently redesigned 122 guest rooms and 12 suites. Beds dressed in fresh white linens topped with hypoallergenic duvets are set against a muted color palette. At this pet-friendly hostelry, reserve a premium guestroom and you will have access to a small courtyard for Fido.

Dine by the fireplace in the comfortably casual Cannery Restaurant, where heavy beams and posts remain from the inn's beginnings in the late 1890s as a canning factory. The Cannery offers European cuisine featuring the freshest of this region's agricultural bounty.

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Side by side massage.



Pampering at Pilliar and Post.



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If You Go

Pillar and Post

48 John St. West

Niagara-on-the-Lake, Ontario, Canada


1-888-669-5566 • 905-468-1362

www.vintage-hotels.com/niagara-on-the-lake

Inn rooms: \$150-\$400 • Suites: \$300-\$550

Spa services and packages: \$55-\$245

Enter the 100 Fountain Spa and find a heated saltwater swimming pool set amid lush tropical foliage. There are 12 treatments rooms that take you to exotic destinations including Japan, France or Sweden. Or opt for a session in the sunshine in the Garden Escape Room located in the Rose Garden.

Specialized treatments at the 100 Fountain Spa include vinotherapies using locally harvested wine-based products. Sample a signature treatment, the Head to Toe Wine Taster, and you'll experience a vinotherapy wellness wrap, facial and pedicure. A new package, the Stone Sole, combines reflexology with the balancing effects of healing stones. After your specialized session, relax outdoors in the inn's hot springs. 



Guests relax

at the Pillar and Post, Ontario's only 5-star country inn



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