

# Two Hours to Tranquility



## New Age Health Spa, A Haven For Relaxation and Renewal in Nearby Catskills

By Jeanne-Marie Phillips

**I** always forget how wonderful it is to get out of the city. I should do it more often," said a Wall Street trader out for an early morning hike in the woods where trees loomed as tall as buildings.

"I came with my daughter, and we haven't talked this much in years," commented a book editor from Manhattan looking thoroughly relaxed and enjoying a healthful breakfast of yogurt and fresh fruit in the dining room amidst a breathtaking view of the surrounding countryside.

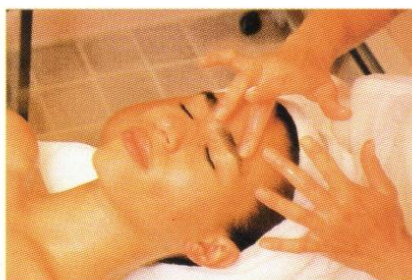
"I didn't think I'd make it through the week — I was completely burned out," exclaimed a corporate lawyer as he finished a one-hour boxing class and headed for the pool for a short swim.

And for me, personally, the wonderfully fragrant mixture of herbs, seaweed and European oils being gently massaged into my neck and shoulders was working a special kind of magic. Thoughts of business pressures, a new home and a challenging week were now a world away.

From delightful, pampering spa treatments to an array of fitness classes, outdoor hiking and biking, lectures and more — there are as many ways to relax, renew, refresh and get back in touch with yourself at the New Age Spa as there are reasons why people come here.

Nestled on 160 acres of pristine rolling hills in the Catskill Mountains only two hours from New York City, the Spa may be reached in less time than it takes you to get to work on a busy day. Relaxed and unpretentious — even packing is easy, just athletic gear and jeans — New Age has been consistently rated a "best value" by Zagat's. Its dedication to achieving balance through fitness, personal growth and nutrition makes it a stand-out among spas. Its the perfect weekend getaway for busy executives - men and women alike — who want to invest a little time in themselves and forget the pressures of corporate life.

During my stay, I started off with a massage and then tried out the water



aerobics in the crystal-blue indoor pool. After swimming a few laps, I headed for the sauna and checked out the lounges in the solarium with its scenic panorama.

Later, in the dining room, I enjoyed a poached salmon dinner and relaxed conversation with guests. The healthful nouvelle kitchen, featuring the freshest ingredients — many grown in the Spa's own greenhouse — and calorie-controlled portions, were one of the highlights of my stay.

The second day, I arose early for a New Age ritual — the



daily three-mile morning walk. Followed by a yoga class, I had worked up a healthy appetite for breakfast.

Other activities included tai chi, stretch and step classes, walking and

a lecture on tarot reading. Favorite unscheduled activities included soaking in the bubbly whirlpool and lolling in the solarium. For services, I chose a therapeutic mud bath. Personal choice is central to the New Age point of view, and some guests prefer a "less is more" approach to physical exertion during their stay.

The Spa also boasts state-of-the-art fitness room, outdoor spring-fed pool, steam room, tennis courts and hot tub — many of these spanking new, thanks to an impressive expansion project that will be completed this year.

## New Age Health Spa

is located in Neversink, New York, fifteen minutes from Monticello. Rates are extremely reasonable.

And the Spa even offers convenient van service from Manhattan.