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Cranwell Resort, Spa, and Golf Club

Julie Register visited this resort spa in the Berkshire Mountains in western Massachusetts in October 2010

Cranwell Resort, Spa and Golf Club

The air was cool and clear. The sun was shining. Fall colors were at their peak. It was a perfect weekend to visit Cranwell Resort, Spa and Golf Club in The Berkshires of western Massachusetts.

Accommodations

Cranwell Resort offers 114 distinctive and elegantly decorated guest rooms, suites, cottages and townhouses in a variety of buildings. I stayed in Suite 202 in the Mansion.

The Mansion at Cranwell Resort Spa and Golf Club

The 380 acres the resort now encompasses belonged to the brother of Harriet Beecher Stowe (author of *Uncle Tom's Cabin*) from 1853-1869. The hilltop Tudor-style mansion, the centerpiece of the resort, was built in 1894 by John Sloan, a relative of the Vanderbilts and co-owner of the famous furniture company, W & J Sloane. According to the Maître 'd of Wyndhurst, the resort's fine dining restaurant located in the Mansion, this 30,000+ square-foot "cottage" was built in two years and not one nail or peg was used in the construction. Everything is held together by joinery. Sloane also commissioned Frederick Law Olmsted, the landscape architect who created New York City's Central Park, to design the grounds. Impressive!

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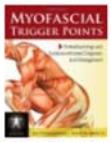

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*
Entry Hall in The Mansion at Cranwell Resort Spa and Golf Club

I entered this stately building, passed a wedding party and climbed the ornate stairway to my second-floor suite. I found it to be nicely decorated, spacious and very comfortable.

Living Area in Suite 202 in the Mansion at Cranwell Resort

Room amenities include a safe, robes, iron and ironing board, coffee maker, i-Home clock radio, complimentary bottled water, hair dryer, make-up mirror, flat-panel cable TV (on which I watched the Phillies lose their final game of the play-offs), refrigerator and complimentary wireless internet access.

Bedroom in Suite 202 in the Mansion

The view of the mountains from my suite was spectacular.

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View from Suite 202

The Spa at Cranwell - The Facility

The Spa at Cranwell

The Mansion is conveniently located near the Spa at Cranwell - just a short walk across the lawn. Fifty-eight of the resort's guest rooms (in the Olmstead and Carriage House buildings) are directly connected to The Spa by heated, glass-enclosed walkways offering views of the resort's landscaped and wooded grounds.

Indoor Pool at The Spa at Cranwell

The first thing I did when I entered the 35,000 square-foot, award-winning spa and fitness facility was to take a quick tour. On my right, I could see the 60-foot long indoor pool with 20-foot high glass wall and on my left, the Spa Shop that carries brands used in the spa's facial and body treatments such as Carita, Decléor, Somme Institute and Jane Iredale as well as gifts and yoga and fitness attire.

The Spa Shop at The Spa at Cranwell

The reception desk is about halfway down the skylit main corridor.

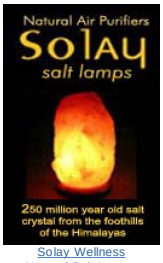
So Serene

Luxury Lavendar Gift Box

Green Tea Stress Free Spa Set

Love The Tub Spa Set (Rose Petal Fragrance)

Spa Store



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Main Corridor in The Spa at Cranwell

Across from the desk is a split stairway leading up to the right and down to the left. Taking the stairs up leads to the large fitness center equipped with cardiovascular and strength training equipment, aerobic area and yoga room. Personal training sessions and fitness classes are offered such as Morning Stretch, Body Sculpt, Boot Camp, On the Ball, Gentle Yoga, Moderate Yoga, Spinning, Cardio Sculpt, Zumba and Aqua Mix. The schedule is written on a blackboard near the staircase.

The Fitness Center at Spa at Cranwell

Taking the stairs down leads to the Spa Café that serves lunch daily from 12 p.m. to 2 p.m. (reservations and menu selection need to be placed with the Spa Desk by 10 a.m.). The menu is three-course and prix fixe offering 3-4 healthy selections for each course. The calorie count is provided for each. I had lunch there one day and enjoyed a green salad, vegetarian chili (very good!) and fruit for dessert.

Spa Café at The Spa at Cranwell

Continuing the tour on the main level facing the reception desk...

Reception Desk at The Spa at Cranwell

The Image Center where salon, makeup and nail services are provided is behind the Spa Shop on the

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left.

The Image Center at The Spa at Cranwell

The women's area is behind the Image Center and to the left. The men's area is to the right.

Women's Locker Room at The Spa at Cranwell

The women's area has a large locker room, separate vanity area, showers, a wet area with steam room, sauna and whirlpool and a Lounge with a refreshment bar offering water, a selection of teas and fruit.

The Women's Lounge at The Spa at Cranwell

A see-through fireplace can be enjoyed in the Lounge and the wet area. There are a total of 16 treatment rooms.

The Spa at Cranwell - The Experience

My first treatment at The Spa at Cranwell was one of their new seasonal offerings - the Iced Apple Cider Body Scrub. The description invites you to "immerse yourself in the healing properties of the apple as we welcome the changing season and celebrate this indigenous fruit." It seemed to fit right in with the Fall weather and color. My only reservation was the word "iced" in the description. I sometimes get chilly during body scrubs when the wet product cools off on my skin before it is washed or wiped off. "Iced" could have meant it was intentionally cold. There was no need for concern. I wasn't chilly at any time during the scrub. My therapist, Sheryl, kept me warmly covered on the heated table except for the part she was scrubbing. After she finished that part, she wiped off the product with hot towels, which felt wonderful. After the scrub, she massaged in a moisturizer. The products smelled just like apple cider - crisp and refreshing. My skin felt soft and smooth. I was pleased that no salt bits remained on my body after the scrub - surprising considering they were wiped off and not showered off. Note to self, though, don't shave my legs before a salt scrub!

*

Treatment Room at The Spa at Cranwell

On my second day, I had the new 105-minute S.P.A. (Signature Personalized Attention) massage. My therapist, Jayne, collected me from the Lounge and escorted me to the treatment room. As we walked, she guided me with her hand on my back (as Sheryl had the day before). It is interesting how effective that little gesture is in making a connection between us. Jayne invited me to sit on the treatment table, and we discussed the current state of my body. I told her about the perpetual tightness in my neck and shoulders and that my feet hurt if I wear any shoes other than my Fitflops. Jayne then custom-designed a session to address my personal needs. She invited me to write down an intention for the session before I got on the table. What followed was a truly wonderful massage. Jayne worked on my problem areas and found some knots I didn't know I had. She would occasionally remind me to think about my intention for the session. When the session was over, Jayne gave me two sheets of paper that had instructions for yoga poses for me to do at home to further address my issues - Supported Fish Pose to uncurl me and Half Frog Pose to open my hips. She suggested that I spend 10 minutes every day in each of the poses. This was one of the best massages I've had and, with the suggestions for aftercare, really sets a new bar. Every massage should be like this!

Other spa treatments available at The Spa at Cranwell at the time of my visit include:

Massage Therapies

- Swedish Massage
- Deep Tissue Massage
- Warm Stone Massage
- Pre and Post-Natal Massage
- S.P.A. (Signature Personalized Attention)
- Aromatherapy Massage
- Reflexology
- Thai Massage
- Duet Massage
- Aromatherapy Scalp Massage
- 22-minute Massage
- Couples Instructional Massage

Facials

- Carita Essential Rénovateur Facial
- Carita Beauty Treatments
  - Lift-Firming
  - Lagoon Hydration
  - Papaya Purenes
  - Cotton Softness
- Carita Pro-Lift Instant Beauty Facial
- Carita essential Pro-Lift Treatment
- Facial Enhancements
  - Vital Eyes
  - Alpha Hydroxy Exfoliation
  - Waxing
- Decléor Classic Aromatherapy Facial
- Decléor Aroma Expert Treatments
  - HydraForce
  - Mate et Pure
  - Divine Nutrition
  - Harmonie Doucer Extreme
  - White Bright Extreme
  - Excellence
- Somme Institute Treatment
- Teen Facial

For Men Only

- Blueberry Exfoliation
- Coco Scrub
- Chocolate Exfoliation
- Treatment with Coffee

Spa Stay Packages

- A variety of overnight spa packages are available, which are perfect for a Girlfriends Getaway, Mother-Daughter Retreat or relaxing multi-night Spa Stay. For information and reservations, please call (800) 272-6935 or visit www.cranwell.com.

Seasonal Services and Specials

Body Treatments

- Exotic Date & Wild Honey Buff
- Cranberry Yuzu Sugar Scrub
- Decléor Crème Exfoliante
- Carita Skin Rénovateur
- Grand Mosaic
  - Relax
  - Flow
  - Tonic
  - Detox
- Baths
- Decléor Body Wraps
  - Relax
  - Flow
  - Detox
  - Tonic
- Body Waxing

Salon Services

- Cut & Style
- Shampoo & Blow-Dry
- Highlights
- Colors & Glosses
- Special Occasion Styling
- Bridal Hair

Make-Up

- Jane Iredale Mineral Cosmetics
- Hourglass Cosmetics

Fitness

- Group Fitness Classes
- Personal Training
- Outdoor Activities
  - Hiking
  - Private Hikes

Spa Day Packages (not available on Saturdays) All spa day packages include a nutritious spa lunch served in the Spa Café, full use of all spa facilities, and unlimited fitness classes for the day.

- The Cranwell Spa Day
  - Swedish massage or classic facial (50 min)
  - Spa pedicure
  - Spa Café lunch
- The Revitalizer
  - Swedish massage (50 min)
  - Decléor facial (50 min)
  - Spa pedicure
  - Spa Café lunch
- The Spa Works
  - The Grand Mosaic treatment
  - Carita facial (50 min)
  - Spa manicure
  - Spa pedicure
  - Spa Café lunch
- The Couples Retreat: $470
  - Couples massage (50 min)
  - Man's facial (50 min)
  - Decléor facial (50 min)
  - Spa Café lunch for two

Dining

Wyndhurst Restaurant in The Mansion at Cranwell Resort

In addition to the Spa Café, there is elegant dining in the Mansion at Wyndhurst and Music Room Restaurants and casual family dining at Sloane's Tavern with outdoor seating in warm weather. I enjoyed dining at Wyndhurst one evening. I went with the Prix Fixe Menu (foolish me) and selected the "spa" entree of Roasted Fresh Salmon Filet with Mustard Caper Sauce, which came with roasted mixed vegetable and potatoes. It was absolutely delicious. I also selected the Sweet Potato and Squash Bisque for an appetizer (also delicious but very rich and too much) and an apple tart (large enough to share) for desert. It was way, way too much food. I should have just ordered the salmon.

The meal was entertaining as well. Between my first and second course, the Maître d' asked the diners if anyone recognized the design in the ceiling. He said that it was carved from solid mahogany and that somewhere along the line, they thought painting it would preserve it better. Unfortunately, it just looks like plaster now. However, long before that happened, President Mckinley was a friend Sloane's and a frequent guest in this house. He loved the design of the ceiling. One of his last acts as president (he was shot 6 days into his second term) was to arrange for the building of the West Wing and the Oval Office. He hired the same artisans to build this design in the ceiling of the Oval Office.

Et Cetera

Cranwell Resort has spacious meeting and banquet rooms for conferences and weddings. It would be an ideal location for either.

In addition to the spa, Cranwell Resort offers other activities such as an 18-hole, par 70, championship golf course; outdoor heated pool; 4 Har-tru tennis courts with private and group lessons available and 10 groomed kilometers of cross-country ski trails on property. Additionally, there is mountain biking (on-site bike rentals), white-water rafting, hiking for all levels throughout the region on your own or led by spa fitness staff and downhill skiing nearby at Jiminy Peak and Butternut. Also nearby is the Norman Rockwell Museum, the Boston Symphony's summer home at Tanglewood and shopping at the Lee Premium Outlets (I stocked up on gifts for my son at the UnderArmor outlet!).

Contact and Resources

Contact

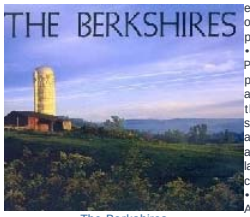
Cranwell Resort, Spa, and Golf Club
• Address:
55 Lee Road
Lenox, MA 01240
• Toll free: 1-800-272-6935
• Phone: 413-637-1364
• Fax: 413-637-4364
• Email: info@cranwell.com
info@cranwell.com
• Web Site: http://www.cranwell.com/

Related Resources

• Discover More Spas in Massachusetts
• DiscoverSpas.com Cranwell Listing page
• Tanglewood
• Norman Rockwell Museum
• Andrew Devries Sculptures (displayed at The Spa at Cranwell)
• Lee Premium Outlets

Spa FYI

• **Reservations & Cancellations**
Advance reservations are strongly recommended to insure a treatment time most convenient for you. Reservations will be held with a credit card; please call at least 24 hours in advance if you must cancel or change your reservation. Cancellations made within 24 hours of all scheduled appointments are subject to a 50% cancellation fee and will be charged to your credit card. Spa reservationists are available to assist you in coordinating your spa experience and answer any questions you might have. You can dial extension 727 from any in-house phone or dial (413) 637-1384, ext. 600. Please indicate your preference for a male or female practitioner and if you have any health concerns or medical conditions the spa should be aware of.
• **Service Charge**
A service charge of 20% will be added to all spa services and to lunch and will be given to your service provider. Additional gratuities for exceptional service are at your discretion.
• **Age Requirements**
Kindly note the spa is an adult-oriented



The Berkshires
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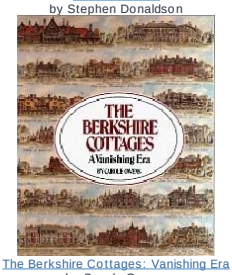
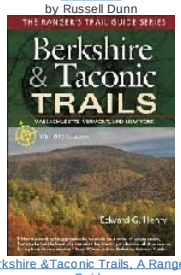


The Berkshire Cottages: Vanishing Era
by Carole Owens

Berkshire Region Waterfall Guide: Cool Cascades of the Berkshire & Taconic Mountains
by Russell Dunn



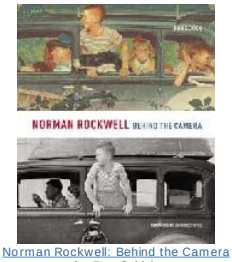
Berkshire &Taconic Trails, A Ranger's Guide
by Edward G. Henry

atmosphere; therefore, with the exception of the indoor pool facilities, all other areas of the spa are reserved for persons over fourteen years of age.

• **Spa Arrival and Etiquette**
Plan to arrive at least thirty minutes prior to your first scheduled appointment to familiarize yourself with the spa and change into a robe and slippers. Please be advised that all appointments begin and end on time. As a courtesy to others, cell phones and laptops are not permitted in the spa core.

• **Personal Belongings and Valuables**
A locker is provided for your use and is locked with your own private code to secure your personal belongings. The spa recommends that you leave all valuables at home or in your room safe, as Cranwell is not responsible for lost or stolen items.

Hawthorne's Lenox: The Tanglewood Circle
by Cornelia Brooke Gilder



Norman Rockwell: Behind the Camera
by Ron Schick

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As is common in the travel industry, Julie Register was provided with accommodations, spa treatments and a spa meal at Cranwell Resort, Spa and Golf Club for the purpose of reviewing those services. While it has not influenced this review, she believes in full disclosure of all potential conflicts of interest.

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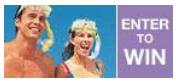

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