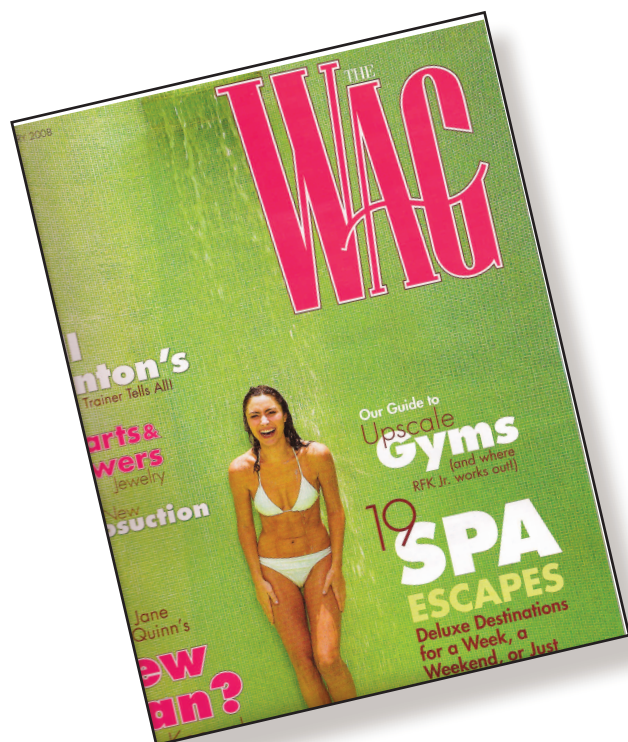


# GREAT SPA ESCAPES

The Wag, January/February 2008



## Monteverde at Oldstone Manor

28 Bear Mountain Bridge Road  
Cortlandt Manor  
739.5000

[www.monteverderestaurant.com](http://www.monteverderestaurant.com)

### MONTEVERDE IN CORTLANDT

MANOR is a spa experience like no other. The original home of the Van Cortlandt family, Monteverde is an old estate overlooking the Hudson. Although it houses an inn and restaurant, it also boasts a tranquil day spa offering basic facials and mas-



Facial treatment at  
Monteverde Spa

sages that are anything but basic. Spa Director and aesthetician

**Robin Queen** focuses on breath-

ing and meditation, so while you're getting "masked" with products that are almost good enough to eat (the pumpkin is a favorite), you're actually learning how to calm yourself when you're not already a happy puddle of rejuvenated flesh. In between treatments like Reiki and aromatherapy massage, you'll get treated to the spa's signature dark chocolates, Yoga Elixir Tea, and fruit. You can even get your chart read by their in-house astrologer, **Demitra Vassiliadis**, or partake in a private yoga session. Insider tip: Even if you're close enough to visit Monteverde as a day spa guest, consider an overnight or even a weekend-long stay. The inn has charming bedrooms. —JL

**Facials:** \$135 and up

**Reiki:** Call for prices

**Aromatherapy Massage:** \$135 and up

**Private Yoga:** Call for prices