

SEPTEMBER | 07

Mann About Town

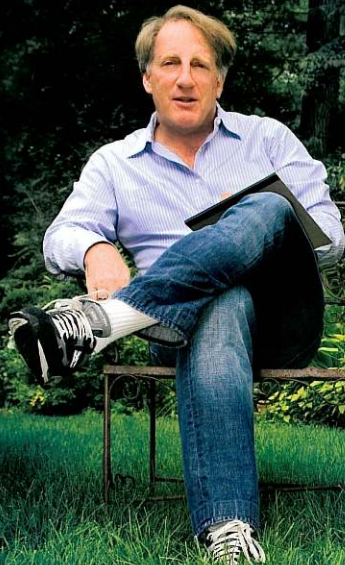
| LIVING WELL IN NEW YORK |

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Linden Spa At The Inn At Perry Cabin

Be among the first to experience the luxurious new Linden Spa at The Inn at Perry Cabin, a manor house resort hideaway nestled in quaint St. Michaels, Maryland. The addition of this extraordinary spa facility truly makes this gracious mansion, an Orient-Express property, the ideal escape from the everyday. Opened at the end of June this year, the spa is named after the large Linden trees that line the brick driveway leading to the hotel, with the blooms providing an authentic and natural touch to many of the spa's signature treatments, such as the *Linden Ritual* and the *Five Flower Solace*.

The regal design of the new, 6,000 square-foot Linden Spa follows the cues of the Colonial style of architecture featured at The Inn at Perry Cabin. Demarcating the spa's location, a tall tower provides a 360-degree outlook for guests to capture the true beauty of the area. Upon entering the spa, guests enjoy a relaxation room adorned with panels of pressed flowers and foliage from the surrounding area. Leaving the relaxation area, spa guests proceed to one of the seven private treatment rooms.

Drift far away from the stresses of the outside world with a full range of spa treatments and services that offer pampering, rejuvenation and wellness. The focus of the Linden Spa is on "the botanical art of wellness," achieved by harnessing the healing and restorative powers of local plants and herbs - especially the Linden tree blossoms: Linden trees were initially brought to the United States from Europe by early settlers, and their white and yellow blooms were coveted for their beauty, medicinal purposes and bountiful honey and beeswax harvests.

The spa is grounded in the long-standing practice of the traditional apothecary, which historically has had a strong following in the Baltimore area. Reflecting the wealth of local flora used in the treatments, the spa's treatment rooms are named after local flowers and trees that are known for their healing properties, including the Linden Room, the Bayberry Room, the Violet Room, the Lemon Verbena Room and the Rose, Marigold, and Lavender Suites. The spa even features its own apothecary, at which guests can have a personalized blend of herbs created to take home.

Spa guests can while away the afternoon resting in the indoor or outdoor relaxation rooms, taking a dip in the infinity-edge pool, detoxifying in the steam room, or finding harmony in one of the yoga classes offered, which draw on Ashtanga, Iyengar, and Vin-

ayasa flow styles with multi-level classes that allow individuals to work at their own intensity. For those feeling more energetic, guests can fine tune a fitness routine through an appointment with one of the on-call personal trainers.

The Linden Spa's signature treatment is *The Linden Ritual*. This spa journey begins by infusing linden flowers, black birch, sage, blackberry leaves, eucalyptus and rosemary into an herbal mixture with which the body is wrapped, allowing the guest to drift into a gentle sleep state as the body detoxifies. The lifting of toxins continues with a local salt and linden flower honey scrub. After being led to the cleansing alcove and draped in a towel, a shower with an herbal bath awakens and purifies body and spirit. The experience then continues back on the warm treatment table, where a four-handed massage of renewal is performed.

Another treatment not to be missed is the *Five Flower Solace*. At the Linden Spa apothecary, five local flowers are infused into white clay to create a stimulating and aromatic herbal mixture. The herbs are then slowly massaged into the skin to moisturize and balance the dermal layers and to allow for a light exfoliation. The body is then wrapped with warm towels, allowing the treatment to penetrate deep into the cells of the body. The mask is removed and a relaxing massage is performed using the essential oils of five flowers. The treatment brightens and revitalizes the texture and tone of the skin.

Other distinctive treatments include the *Botanical Complex Facial*, a completely organic treatment of natural herbs and flowers customized to each person's individual skin type, and the *Youthful Renewal Facial*, which combines the innovative science of bio-peptides - specific compound blends of complex amino acid protein extracts (the building blocks of healthy skin) - with gentle, natural application methods to increase oxygen supply to the skin and improve the moisture level.

Also available at the Linden Spa is an *Expressly for Men* menu with offerings such as the *Exposed Scalp* treatment, which is especially created for those who are naturally bald or choose to shave: a deep penetrating mixture of aloe, colostrum and noni is massaged into the scalp to moisturize, reduce redness, smooth and regenerate. The *Extreme Regime Recovery* is perfect for the man who works hard and plays hard, giving him some time to relax on a warm massage table and allow an experienced them-



Spa

pist to relieve the accumulated tension of his demanding lifestyle using a specially designed sports massage cream and effective techniques to get out even the toughest knots.

Located directly on the waterfront, The Inn at Perry Cabin was built in 1816 and is located on 25 lush acres overlooking the Miles River, which flows into the iconic Chesapeake Bay. The hotel is a short stroll from the historic and picturesque town of St. Michaels, Maryland, an easy one-hour drive from either Baltimore or Washington, DC.

Guest rooms are individually decorated in either a traditional style indicative of the inn's history, or in a manner evoking the classic feel of the Maryland seaside, with a mixture of modern and period furniture and a palette of taupes, soft blues and ivories. The restaurant, Sherwood's Landing, is decorated in a nautical style, and overlooks the waterfront. The award-winning cuisine of Executive Chef Mark Salter complements the beautiful surroundings. The serene landscape of water and sky is enhanced by intricately designed and exquisitely maintained grounds, including whimsical brick lanes and arches, classic white columns as well as lavish gardens and hidden pathways.

The addition of the Linden Spa, with its wide range of treatments and beautiful coastal setting, truly makes The Inn at Perry Cabin a perfect retreat for couples, friends, family or road warriors who need to take some time to relax and unwind.

Couples can also take advantage of the *Romance and Relaxation* package at The Inn at Perry Cabin, which includes overnight accommodations and a \$200 Spa credit (\$100 per person). Starting from \$470 in a Signature Room, this package is available weekdays from Sunday-Thursday only, until September 30, 2007. Individual rates start at \$400 per night, with treatments at the Linden Spa starting at \$75, ranging up to \$420. **TM**

For further information, or to book your very own experience at The Inn at Perry Cabin's new Linden Spa, visit www.perrycabin.com.

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