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staying healthy
HOW TO AVOID HOLIDAY BURNOUT



Check-in at the Linden Spa reception. BELOW: Snack jars line the antioxidant bar.

Blooming in Maryland

Set by the serene Miles River in St. Michaels, Maryland, The Inn at Perry Cabin has always provided a respite for the stressed-out and weary, and now its new, sweet, white-clapboard-walled spa furthers the experience. Named after the centenarian Linden trees lining its brick drive, the inn's Linden Spa offers treatments with herbs freshly picked from the property's garden then hand-mixed in the spa apothecary before gracing your skin with their botanical benefits. Begin your tidewater respite by slipping into a cushy robe and relaxing on the outdoor terrace or inside the windowed lounge with cucumber water, herbal tea, and dried-fruit-and-nut treats from the antioxidant bar. Next, signature treatments like the Five-Flower Solace (\$165, 80 minutes) — a blend of blue cornflower, rose, chamomile, jasmine, rose hip, and clay painted onto your skin to hydrate and moisturize — or the 110-minute Linden Ritual (\$420), a four-handed treatment featuring a relatively unknown massage technique, will leave you blissed out. Called Flying, the therapy involves two bodyworkers moving freely around the table combining deep strokes with dance motions that make you feel like you're floating in the ocean, massaged by the ebb and flow of the waves. Facials by Jurlique and Epicure continue the spa's natural inclination. SHARU MYCEK



THE INN AT PERRY CABIN, LINDEN SPA, ST. MICHAELS, MARYLAND, (800) 237-1236, ORIENT-EXPRESS.COM



ATLANTIS UNCOVERED

Unlike the sunken city of lore, finding Atlantis on the Bahamas' Paradise Island is fortunately no mystery — especially now that the resort's Mandara Spa has resurfaced. Featuring Elemis therapies in 37 treatment rooms, the 30,000-square-foot spa melds Balinese and European modalities with Bahamian botanicals. In addition, the spa reserves a select menu of treatments (such as the three-day Wellness Experience that combines a body composition analysis with tailored treatments) for those staying at The Cove Atlantis, the property's new stylishly exclusive accommodations. Too comfy to roam from your room? The Cove's Ensuite Program brings the spa to you — now that's paradise found. V.M.

THE COVE ATLANTIS, MANDARA SPA ATLANTIS, PARADISE ISLAND, BAHAMAS, (877) 268-3847, THECOVEATLANTIS.COM