

Caribbean Queen

Cap Juluca resort provides romantic renewal against a tranquil, stunning backdrop.



ABOVE FROM LEFT: Private oceanview terraces provide a splendid spot for in-room dining; a view of Cap Juluca's whitewashed villas

FOR TWO DECADES the Caribbean's most celebrated yet secluded romantic getaway has been a mile-long crescent beach on the British West Indies Island of Anguilla called Cap Juluca. The sands are pale pink and the Caribbean is like a warm bath of turquoise tranquility. The 18 whitewashed Moorish-style villas with screen-saver picture-perfect ocean views (some with private pools), grand beds dressed in Frette linens, travertine-marble baths and handmade Moroccan carpets brought over by owner



Adam Aron and famed designer Paul Duesing.

After a day of sun, tennis and leisure, the beachside spa massages can replenish the most frustrated New Yorker in search of the perfect sanctuary. It's no wonder the likes of Brad Pitt, Bill Gates and Caroline Kennedy make Cap Juluca their home away from home.

Its upscale "Eurobbian" Pimms restaurant from executive chef René Bajeux is set on a coral outcrop where the sea spray creates an aerial ballet. Offerings include delectable dishes like Anguillan lobster bisque and green peppercorn-marinated swordfish paired with any of the 700 vintage Champagne and wine selections. The resort's newest concept restaurant, Spice, has fresh garden-to-table Asian fare with island flair, while the casual bistro, Blue, offers bare-foot beachside dining and a menu boasting everything from lobster omelets for breakfast to Anguillan bouillabaisse for lunch.

The resort's \$80 million enhancement plan is underway and includes pro-environmental efforts like the purification of Maundays Bay and the creation of a national park. With direct flights from JFK to St. Maarten followed by a quick boat ride to the island, this Mediterranean-inspired vacation paradise is an effective remedy for the recession blues. December rates start at \$595. For reservations, call 888-858-5822 or visit capjuluca.com.

THERE ARE MANY phrases that can warm a person's heart, but, as I discovered recently, few bring as much joy as "You look great!"

Happily, that's what I heard when I returned, a full 10 pounds thinner and incredibly refreshed, from an idyllic week at The Copperhood Inn & Spa near Phoenicia, New York, deep in the Catskill Mountains, just two-plus hours from Manhattan.

The Copperhood, owned and lovingly tended by Elizabeth Winograd—equal parts health guru and BFF—is more than just a spa: It's a tranquil, lovely retreat.

Hugging a rambling, tree-lined river that keeps guests company during meals and lulls them to sleep at night, The Copperhood offers a variety of food plans—a surprisingly satisfying organic juice fast (featuring vegetables straight from Winograd's own garden), raw food, vegan, you name it—prepared by Winograd's husband/head

The Spa Secret of the Catskills

Prep for the big day at Copperhead Inn & Spa. by *Nina Combs*



chef Lech, who makes healthy food so tasty and inspiring you feel silly for not having eaten better every day of your life.

The Copperhood's spa is serenity incarnate. Treatments include herbal, mud and milk-and-honey wraps; sea-salt scrubs; and exotic facials, all designed to make you look and feel ready for an awards-show red carpet—or, at the very least, the hottest date of your life.

During my seven-day getaway, I meditated in the glass-walled studio overlooking the river, swam in the huge indoor pool, worked out in the high-tech gym; hiked and took a cooking class. Cold-weather activities include snowshoeing and cross-country skiing—hopefully, my next adventures. *Copperhood Inn & Spa, from \$2,450 per week; three-, 14-, and 21-day packages also available; 7038 Rte. 28, Shandaken, NY, 845-688-2460; copperhood.com*