



Kamalaya Koh Samui's eight-day cleanse allows time for meditation and reflection.

TEMPTING DEALS

SPRING cleaning

Stressed, fatigued, or saddled with winter weight? It may be time for a detox.

Here are some spa deals to suit all cleanse comfort levels. BY MARIA WAKEM

{Detox for 7 nights}

New York Slim down in the Catskills with a cleanse at **Copperhood Retreat & Spa**. **WHAT YOU GET** Accommodations; five fresh juices per day; health-boosting tonics, potassium broth, and teas; guided morning hikes; aqua, yoga, and abs classes; a Therapeutic Massage; and more.

BOOK IT Detox and Slim Down package, singles from \$2,450; (845) 688-2460, copperhood.com; available year-round.

Utah Renewal is the focus of this detox at **Red Mountain Resort & Spa** in Ivins, which includes a series of healthy-lifestyle lectures and cleansing cuisine. **WHAT YOU GET** Accommodations; a 90-minute personal nutrition assessment; daily detoxifying Ultraclear smoothies; nutritional products for a 28-day detox; a 50-minute lymphatic drainage treatment; a cooking class focused on detoxifying recipes; and more. **BOOK IT** Detoxification & Renewal program, singles >>