

The Potting Shed Spa at Blantyre, Lenox, Massachusetts, USA

[The Potting Shed Spa at Blantyre](#) is a pampering oasis located in the heart of the [Berkshires](#), in [Lenox, Massachusetts](#), and as every gardener knows, for plants to thrive, they must be cared for, nourished, and above all else, cherished. Forgive our indulgent metaphor, however it is important to remember that people also need those same ingredients to lead healthy lives; making time in hectic schedules for Spa treatments provides us with the opportunity to regenerate our minds and bodies, rejuvenated to tackle the ups and downs of everyday life. Relax, you earned and deserve Spa time.

Blantyre, nestled on 110-acres and built in 1902 as a Gilded Age mansion was a testament to "the good life," a glorious summer "cottage" where gracious living was de-rigueur; during its heyday, there were nine greenhouses attached to the potting shed where the owners' cultivated exotic tree and plant specimens collected during their many travels. Jack and Jane Fitzpatrick purchased the estate in 1980 for their daughter Ann Fitzpatrick Brown, the eighth owner of Blantyre, who opened it as a luxury, country house hotel in 1981 after a remarkable renovation that restored the estate to its former beauty, and later added The Potting Shed Spa.

When one thinks of Spas, images of restful tranquility come to mind, which was what we experienced during pre-and post Spa treatments at The Potting Shed Spa. Located in the former estate Carriage House, The Potting Shed Spa pays tribute to its past with a collection of antique watering cans on a shelf over a door that has been stripped to expose its many layers of paint proudly bearing witness to its age and prior use.



Watering Cans - Tribute to Potting Shed's Past

The Spa invites guests to relax and read one of the many books that line the shelves, or perhaps sit and add a piece or two to the ongoing community puzzle. There is an attractive hominess to the Spa with its cozy seating areas, aromatic Agraria Potpourri made with bitter orange, cinnamon, and roses lightly perfuming the air, and braided rugs in front of the state-of-the-art equipment in the fitness area.



The Potting Shed at Blantyre Fitness Area

Blantyre is all about attention to the small details, treadmills simulate running on pine needles, there is always a supply of Dove ice cream bars to pamper guests longing for a sweet treat, and the ladies and gentlemen's locker rooms offer complete body amenities.

The Spa offers a diverse treatment menu of massages, facials, body treatments, hands and feet treatments, as well as treatments designed especially for men, and although we knew that we wanted, as well as needed, massages, the decision remained as to what treatments would be best to match our requirements. With guidance from Lynn, the personable and professional Spa Manager, we decided on the Relaxation Massage and the Combination Massage.

(Edward) My therapist escorted me to an attractive wood-paneled treatment room for the Relaxation Massage, which consisted of a full-body Swedish massage to improve body circulation and relax tight muscles, combined with the use of Hot Stone Therapy using smooth stones and essential oils to relax and restore the body, and to provide deep relief to tired and sore muscles. The combination of the Swedish massage and the Hot Stones targeted to relax my neck and shoulder muscles, worked their magic and after 60 minutes, I emerged from the session relaxed and ready to tackle the sauna.



The Potting Shed at Blantyre Treatment Room

(Debra) I had the Combination Massage, which featured 30 minutes of a head, neck, and shoulder massage, and 30 minutes of a reflexology massage. Sitting for long periods in front of a computer, unfortunately leads to neck and shoulder tension and massage helps to release the knots that invariably reappear from time to time. Lynn advised that reflexology targets specific reflex points in the hands and feet using thumb pressure, which correlate to individual organs and parts of the body. Activating these reflex points helps to improve circulation and promotes relaxation. The combination treatment was indeed

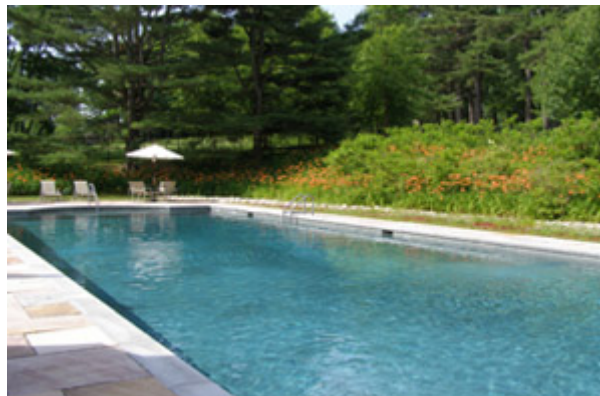
Created by: Debra C. Argen and Edward F. Nesta

beneficial, which I followed by a session in the sauna, steam room, and hot tub, with alternating cold showers to cool down between sessions.



The Potting Shed at Blantyre Greenhouse Hot Tub

Feeling like we had found paradise, we headed outdoors to relax poolside on chaises with the Sunday newspapers. The ambience was one of tranquility, with orange daylilies naturalizing the attractive gardens surrounding the sparkling pool, and the only sound that of birds singing, if only ever Sunday could begin this way.



The Potting Shed at Blantyre Swimming Pool

The Potting Shed at Blantyre is open for **Blantyre** guests from 7:00 am until whenever and includes the common sauna, hot tub, steam room, and fitness area. In addition to treatments at the Spa, guests desiring additional privacy can arrange to have in-room treatments.



The Potting Shed and Swimming Pool at Night

Read more about **Blantyre** in the **Destinations, Hotels and Resorts, Restaurants, Chefs' Recipes, and Luxury Products - Gifts** sections.



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