

# COSMOPOLITAN

## 15 Spa Weekend Ideas Your Tired Ass Deserves



Of course you'd rather go on a [week-long getaway](#) that's full of pampering, beach time, and margaritas. But sometimes there's only enough time for a quick weekend escape to nab a massage and facial (or two). When that's the case, opt for one of these speedy ideas. They're all located within the U.S. — or a short flight away — so there's zero time wasted.

### Topnotch Spa At Topnotch Resort



**Find it:** Stowe, Vermont

For those who want to [recommit to their fitness goals](#) while still relaxing in a more remote destination, retreat to this resort in the mountains of Vermont. They offer four different Wellness Pathway programs, all of which include spa treatments, fitness classes, and individualized services. The Active Pathway, for example, gets you a body composition analysis (so you can personalize your fitness routine and goals moving forward), a 50-minute private personal training session, access to all the fitness classes you want, and a choice between the 50-minute deep tissue, Thai or Shiatsu massage. Because by the time you get on that massage table, your muscles will have definitely earned a treat.

**Book it:** [topnotchresort.com](http://topnotchresort.com)

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