



# 20 treats

March is actually the cruelest month. Here's how to make it feel a lot kinder.

**By Staff**



**HEAD OF THE PACK**  
Coach seems to be at the head of the pack as one of the most sought-after designer labels—everywhere you go someone is sporting a bag covered in its signature logo. If you've been eyeing a certain bag, now's the perfect time to give in and splurge on a "just because" gift for yourself. In addition to the signature-logo style, Coach handbags are also available in solid leather, with prices ranging from \$118 to \$748. See [coach.com](http://coach.com) for the store locations in Connecticut.



**THE CUP RUNNETH OVER**

Is a cupcake an indulgence? It is if it's from La Rosticceria in Guilford (203/458-8885), where the Boston Cream, German Chocolate and Carrot Cake cupcakes are so good they seem like the final taboo. Or consider the Coconut cupcake, made with coconut milk in the cake and lemon curd in the buttercream frosting. And if you prefer to indulge with a good book at your side, La Rosticceria's cupcakes are also available in the café at R.J. Julia Booksellers in Madison.



DENNIS LANEQUIP/ITER

**A GREAT RIDE**

There may still be a nip in the air, but as long as the sky is clear, no day is a bad day for a hot-air balloon excursion. Soar with A Windriders Balloon (860/677-0647) to marvel at the beauty of the Farmington and Connecticut river valleys, enjoy panoramic views of the Litchfield



RADIUS IMAGES

Hills with Aer Blarney Balloons (203/910-4955, [aerblarney.com](http://aerblarney.com)), or doubly pamper yourself with a "bed, breakfast and ballooning" package from Berkshire Balloons in Southington (203/250-8441; [berkshireballoons.com](http://berkshireballoons.com)). Call ahead for reservations and information.

**SPA DAY**

Your skin is so dry it fairly snaps, crackles and pops. Your joie de vivre has taken a time-out. And the health and fitness regimen you embraced back when has fallen by the proverbial wayside. It's time, clearly, for some serious pampering, and the picturebook setting, luxurious digs and skilled hands at The Spa at Norwich Inn make that a first choice (their motto: "Come in pieces, leave whole"). "Personal Day Off 2007" includes a fitness class, lunch at Kensington's and two treatments: a choice of Swedish, phytotherapy, aromatherapy or hearthside massage or reiki, and a choice of a European deep cleansing facial, hand or foot massage or treatment (except gels), 25-minute scrub or hydrotherapy bath. Plus, you have full use of the spa facility—sauna, steam room, whirlpool, indoor pool, fitness center, etc. Might be just what's needed to breathe some life back into that tired old bod. Cost of the day package, available through March 31, is \$250. Call (800) ASK-4-SPA.