

# Escape to Poplar Springs

This luxurious new inn, located in the heart of Virginia's horse country, invites guests to relax and indulge their senses.

I'm not really a morning person, but I awoke early today. I'm not sure why, but it likely has something to do with the country air or the healing massage I enjoyed at the spa yesterday.

Resisting the urge to snuggle under the covers again, I step onto the balcony of my room at Poplar Springs and watch as daylight arrives. A soft mist swirls across the meadow, parting to reveal a shy doe grazing at the edge of the woods. Then the sun peeks over the neighboring barn, and golden light spreads across the farmstead like warm, buttered honey.

I breathe deeply, then smile. This is what brought me to Poplar Springs the first time, and this is what will bring me back again.

This pricey new inn and spa, built on a historic farm in Casanova, Virginia, about 50 miles west of Washington, D.C., is the dream of Bethesda, Maryland-based caterers Howard Foer and Lauren Levin. The couple purchased the property eight years ago and opened it for special events. Now, they've added a luxurious 22-room inn and a spa. The farm's Manor House also boasts a bar and restaurant.

"Peace and relaxation," says Howard simply when asked what he hopes his guests find at Poplar Springs. "We wanted to create a place where people can indulge in those things."



PHOTOGRAPHS: MEG MCKINNEY SIMILE

## A Place To Relax

Poplar Springs has become a spot where guests can enjoy the tranquillity of country life yet still be pampered to their hearts' content. The area's natural beauty only serves as a canvas upon which the service and amenities are displayed. At the spa, guests indulge in massages, stress-relieving facials, or treatments from the salon. There's also a pool and whirlpool, a well-equipped exercise facility, and steam rooms.

## Luxury on Call

Each room features a balcony or patio designed to allow the indoor spaces to merge with the countryside. The luxurious bathrooms are outfitted with tubs so deep you could do the backstroke. There's even 24-hour room service, as well as a hospitable concierge staff waiting to do your bidding.

There's no shortage of things to do in this corner of the state. The nearby town of Warrenton has a wealth of

antiques and specialty shops; plus, the delights of the Nation's Capital await those who seek big-city attractions. Still, I simply prefer to enjoy my time at Poplar Springs. We all deserve to indulge ourselves once in a while.

CASSANDRA M. VANHOOSER

**Poplar Springs:** 9245 Rogues Road, Casanova, VA 20139; (540) 788-4600 or [www.poplarspringsinn.com](http://www.poplarspringsinn.com). **Rates:** \$300-\$600. Inquire about packages. ♦

