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Experience Lakeside Luxury Wellness with Mohonk Mountain House's Outdoor Treatment Room

THE PROPERTY'S NEW LAKEVIEW SUMMERHOUSE IS THE CULMINATION OF A FULL REFRESH OF THE AWARD-WINNING SPA AT MOHONK MOUNTAIN HOUSE.

(https://welldefined.com/wd-authors/samantha-reed/)

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The Lakeview Summerhouse at The Spa at Mohonk Mountain House

The Hudson Valley's iconic **Mohonk Mountain House** (<https://www.mohonk.com/>) (New Paltz, NY) recently debuted a beautiful refresh of its award-winning **Spa at Mohonk Mountain House** (<https://www.mohonk.com/spa/>). Included in the upgrades is the resort's first-ever outdoor treatment room, the Lakeview Summerhouse, which boasts stunning views of Lake Mohonk and the surrounding Shawangunk Mountains.

"We are thrilled to welcome guests to the Spa at Mohonk Mountain House and introduce them to the Lakeview Summerhouse, where we've created experiences that are deeply connected to Mohonk's natural surroundings," says Barbara Stirewalt, vice president and general manager of Mohonk Mountain House. "Our spa has always been an exceptional space to nurture guests' wellbeing, and I'm delighted to build on that experience through this refresh and the introduction of new spa therapies and mindfulness offerings."

To reach the treatment room, guests must walk a path that was intentionally paved to inspire mindful moments. The outdoor wooden structure was crafted by Cody Claussen of **Robert D. Henry Architects** (<https://rdh-architects.com/>) in the same rustic tradition as the other 120 historic summerhouses on site that hikers can find along the property's 85 miles of trails. Airy white linens hang from the structure's roof to provide privacy while simultaneously allowing the sounds and smells of nature into the space. Beyond spa treatments, the Lakeview Summerhouse also serves as the site of private mindfulness sessions with **Nina Smiley, Ph.D** (<https://www.mohonk.com/spa/mindfulness/>), Mohonk Mountain House's director of mindfulness programming.

"Mohonk is world-renowned for its inspiring environment, so it was natural for our team to embrace this when creating the new roster of spa treatments that will provide guests with the ultimate in relaxation and a deeper understanding of themselves," says spa director Margaret Lora. "I am endlessly inspired by the serenity of the surrounding nature, and I'm excited to see that inspiration come through in our new offerings."

Back inside, new verandas and a solarium with floating swing chairs offer views of the adjacent Catskill mountains for guests to enjoy both before and after treatments. To celebrate its many upgrades, the Spa at Mohonk Mountain House also launched a **series of new services** (<https://www.mohonk.com/spa/treatment-menu/>), including the Lakeview Summerhouse Massage (starting at \$300, 60 minutes) which was developed exclusively for the new outdoor treatment room to amplify the serenity of the surrounding nature. Additional new treatments include the Luxe Lift Facial (60 minutes, \$260), The Perfect Formula Facial: A Re-Boot Treatment (\$500, 120 minutes), and a Contrast Hydrotherapy Massage (\$260, 60 minutes).

Take a look at the new treatment room below:



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Samantha (Sam) is a digital and content strategist who has been covering the health, wellness, and hospitality industries since 2016. A journalism graduate of Rider University, she has bylines in *American Spa*, *American Salon*, *Travel Agent Central*, *Luxury Travel Advisor*, *International Meetings Review*, *BroadwayWorld*, *The Odyssey*, and more. When she's not working, she enjoys listening to podcasts, visiting Instagrammable art exhibits, looking for new restaurants to try, and petting dogs she passes on the street.

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