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MOHONK MOUNTAIN HOUSE UNVEILS OUTDOOR SPA TREATMENT ROOM AND REFRESHED SPA

NEW PALTZ, NY – This June, Mohonk Mountain House, the Hudson Valley’s most iconic resort, will unveil the Lakeview Summerhouse, the resort’s first outdoor spa treatment room which overlooks Lake Mohonk and the surrounding sweeping cliffs. The addition of this new structure culminates a full refresh of the award-winning Spa at Mohonk Mountain House which features design enhancements throughout the space – from warm wood tones to rich, natural stone – to create a simple, welcoming environment that promotes wellbeing of the mind, body and spirit. Together, the new outdoor treatment room and spa refresh reinforce a connection to nature and create a peaceful, restorative and luxurious spa environment. Also premiering with the spa refresh is a new series of spa therapies utilizing the finest techniques and products to enhance the existing extensive menu of offerings.

“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,” said 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.”

Lakeview Summerhouse Outdoor Spa Treatment Room

Inspired by the rustic wooden summerhouses that dot the hiking trails throughout the resort and provide a mindful respite for hikers, the Lakeview Summerhouse treatment room is enveloped in nature, surrounding guests with the resort’s ancient trees and the sights and sounds of nature. Robert D. Henry Architects, an award-winning architecture and design firm committed to creating spa environments that enhance health and wellbeing, worked in collaboration with Mohonk Mountain House’s Rustic Crew, led by Cody Claussen, to craft the structure in the same rustic tradition as the other 120 historic summerhouses on property and ensure that it blended seamlessly into the mountainous landscape.

“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,” said Margaret Lora, spa director of Mohonk Mountain House. “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.”

The Lakeview Summerhouse will also serve as the site of private mindful sessions with Nina Smiley, Mohonk Mountain House's director of mindfulness programming, teaching guests simple techniques that can be called upon at any time to support the benefits of mindfulness. Guests will also be able to join Mohonk's yoga and meditation instructors for classes in the Lakeview Summerhouse overlooking Lake Mohonk. Lastly, Mohonk Mountain House will offer a sound bath on the moss-covered green roof terrace at sunset, allowing guests to deepen their mindfulness practice as they embrace the simplicity of nature around them.

"Wellness has been a crucial aspect of the Mohonk Mountain House experience since its founding in 1869," said Nina Smiley, Ph.D. and director of mindfulness programming at Mohonk Mountain House. "With the addition of the Lakeview Summerhouse and the new treatments and programs that come with it, guests will be given fresh opportunities to celebrate our natural environment and create mindful moments on property, just as our founders intended."

The lead design firm on the project, Robert D. Henry Architects, was inspired by the natural surroundings of Mohonk Mountain House, utilizing an organic earth tone palette with forest green accents to respect the heritage of the resort and nurture a sense of timelessness in a spectacular setting. Majestic autumnal views are evoked in the palette of materials and natural wood, stone and fabrics that support biophilia by bringing the outdoors in throughout the spa. Additional enhancements to the Spa include verandas and a solarium inspired by mountain style living and floating swing chairs, all providing a cozy and comforting space for guests to enjoy the natural landscape.

New Spa Therapies

To celebrate the refresh, the Spa at Mohonk Mountain House will launch a series of new luxurious treatments including an exclusive massage that was developed for the new outdoor treatment room to envelop guests in the serenity of nature as they relax with stunning mountain views:

- ***Lakeview Summerhouse Massage***
The ultimate Mohonk Mountain House spa experience, the Lakeview Summerhouse massage includes a Mohonk Foot and Leg Ritual, invigorating dry brush treatment, frankincense & peppermint foot and leg massage and Deep Tissue or Swedish massage using aromatic oils inspired by the earth's unique forest biomes.
- ***Luxe Lift Facial***
This advanced, bespoke treatment combines relaxing signature facial massage techniques with a unique approach to skin firmness. A sculpting massage and Magic Eye Mask are used to instantly activate youth inducing skin mechanisms leaving guests sculpted, relaxed and glowing.
- ***The Perfect Formula Facial: A Re-Boot Treatment***
The Re-Boot Treatment will take guests on a journey of discovering why their skincare routine may not be working and will help them to re-set their skin care regimen. After an extended consultation and Sculpting Face Massage, Mohonk's skincare professionals will curate a tailored facial to address guests' personal skin care needs.
- ***Contrast Hydrotherapy Massage***
The spa therapist recreates the natural healing effects of Glacial Lakes and Thermal Springs by immersing guests in contrast hydrotherapy as they alternate from warm steam to refreshing

cool water showers, followed by an immune boosting, therapeutic Swedish massage using essential oils of rosemary, black pepper and eucalyptus to warm and relieve achy muscles.

For more information on the Spa at Mohonk Mountain House, please visit:

<https://www.mohonk.com/spa>.

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About Mohonk Mountain House

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America located in New York's Hudson Valley, just 90 miles north of New York City. Owned and operated by the Smiley Family since 1869, the resort has been a sought-after family destination for generations. Throughout Mohonk's storied history, it has been recognized by publications including *Condé Nast Traveler* (Gold List and Readers' Choice Awards), *Travel + Leisure* (World's Best Awards), and *USA Today's 10Best* (Best Historic Hotel, Best Family Resort). A champion of the environment and the Hudson Valley community, Mohonk maintains over 85 miles of trails for hiking, biking, snowshoeing and cross-country skiing and offers earth-friendly activities and programs that preserve the land and educate guests about the surrounding environment. Mohonk also offers exquisite gardens, a nine-hole golf course, tennis courts, an ice-skating pavilion, horseback riding and horse-drawn carriage rides, and a glacial-formed lake that is ideal for boating, fishing, and swimming. The award-winning spa features a menu of nature-inspired treatments, an outdoor heated mineral pool, an indoor heated pool, a comprehensive fitness center, and yoga/motion studio.

Overnight rates at Mohonk Mountain House include historic accommodations, three meals, afternoon tea and cookies, and many resort activities. For additional information, please call 855.274.4020 or visit Mohonk.com. Connect with Mohonk: [Facebook.com/Mohonk](https://www.facebook.com/Mohonk) or [Instagram @MohonkMountainHouse](https://www.instagram.com/MohonkMountainHouse).