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MOHONK MOUNTAIN HOUSE EMBRACES NATURE AND HISTORY WITH AN AWARD- WINNING ECO-FRIENDLY 30,000-SQUARE-FOOT SPA

Nature-inspired treatments and timeless design blend world-class Spa with unique historic hotel

NEW PALTZ, NY (2023) – Mohonk Mountain House, a strikingly beautiful Victorian castle destination resort set in the spectacular Shawangunk Mountains only 90 miles north of New York City in the Hudson Valley, was a leader in the field when they first opened their 30,000-square foot haven in 2005 and most recently have underscored their commitment to health and wellness with a renovation and addition of a new outdoor treatment room, the Lakeview Summerhouse in 2022.

Owned by the Smiley family, [Mohonk Mountain House](#) was founded in 1869 and was designated a National Historic Landmark in 1986. The 2005 Spa addition was designed to complement the hotel’s charming and distinctive architecture, honoring its commitment to remain “the same, only better.” The Spa at Mohonk Mountain House has more than 200 windows overlooking a majestic backdrop within a 40,000- acre natural setting. Local timber beams, cedar shingles, and native foliage create a sense of “bringing the outside in.”

True to their mission of providing “recreation and renewal of body, mind and spirit” the summer of 2022 brought about the introduction of a new Lakeview Summerhouse outdoor treatment room, which opened as part of a complete facility refresh and, as a complement to the 120 Summerhouses dotted along the 85 miles of hiking trails that serve as resting places to sit quietly and take in the panoramic views of nature, including the Mohonk Preserve, Catskill Mountains and of course Lake Mohonk. Conceived by the Mohonk rustic carpentry team in consultation with Wellness and Spa Architect [Robert D. Henry](#), the structure can accommodate a couples massage, small group yoga classes and mindfulness sessions with the on staff Director of Mindfulness Programming, Nina Smiley, Ph.D and overlooks the spectacular glacial formed Lake Mohonk.

The Spa has recently won praise from [Women’s Health Magazine](#) for Best Eco-Friendly Spa in the World in their inaugural 2023 Healthy Travel Awards.

Eco-Features of The Spa at Mohonk Mountain House

Interpretation and stewardship of the natural world have characterized Mohonk Mountain House since its beginning in 1869. Situated on the Shawangunk Ridge, Mohonk Mountain House pairs Old World charm and modern amenities within extraordinary natural surroundings. In creating the eco-friendly Spa at Mohonk Mountain House, the architects, Saratoga Associates, have “brought the outside in,” incorporating natural elements in all aspects of architecture, design, and decoration.

Many natural products and finishes were used for both the exterior and interior of the Spa. More than 17,000 tons of quartz conglomerate stone were excavated from the building site and 600 tons were reincorporated into the construction. Local timber and cedar shingles were also used to help the Spa wing blend seamlessly into the mountaintop.

Inside the Spa, stained ash wainscoting, moldings and pine floors support the natural theme, while the walls are adorned with artwork created by photographers Ruth Smiley, Daniel Smiley, and others. An environmentally- sound geothermal system consisting of forty-eight, 480-foot deep wells uses the constant temperature of the earth to heat and cool the building. This innovative system eliminates on-site emissions and is virtually soundless.

A 2,000-square-foot “green roof” garden terrace is located near the fitness level. The extensive green roof system consists of an eight-inch planting bed with a soil retaining system that allows for proper drainage. A specialized soil mixture supports growth of shallow root structure plants, grasses, herbs, mosses, and ground cover. This unusual green roof (most green roofs are in the full sun) is planted with predominantly shade-tolerant plants that attract birds and butterflies.

Fitness classes, yoga, Qi Gong, mindfulness and meditation classes are taught outdoors seasonally on the green roof of the Spa wing, in the award-winning Mohonk gardens, and at Sky Top Tower, which has a view of six states.

Facts About The Spa at Mohonk Mountain House

- Spa Facilities
- 16 Treatment rooms
- Three Wet Treatment Rooms: including one hydrotherapy room with personalized steam shower
- Two Couples’ Rooms: including one couples’ room with fireplace
- Salon overlooking Lake Mohonk with manicure and pedicure stations and hair and makeup stations, perfect for special occasions and events
- Solarium with fireplace, featuring quartz rock from the surrounding rock, reading rack and complimentary, interactive Art of Tea bar
- Women’s, men’s, and couples’ verandas for relaxation
- Outdoor heated mineral pool
- Sauna and steam rooms in the men’s and women’s Spa changing rooms
- TV lounge in the men’s area
- Motion studio with floor to ceiling views of the surrounding forest
- Fitness center featuring Precor cardio, strength and free-weight equipment
- Indoor heated pool measuring 60'x30' with an underwater sound system, children’s area and lanes for lap swimming
- Green Roof
- Lakeview Summerhouse Outdoor Treatment Room
- Retail Boutique with a fireplace nook to watch the Hudson Valley sunset
- Product Lines Include:
 - Tara Aromatherapy

- Eminence
- Pietro Simone
- Swiss Line
- Seed to Skin
- Farmhouse Fresh
- Cause+Medic
- Yoga Balm
- HobaCare

Hours of Operation

- Spa and Salon: 8:00 a.m. to 7:00 p.m.
- Fitness and Pool: 7:00 a.m. to 7:00 p.m.

Spa Director: Margaret Lora

Director of Mindfulness Programming: Nina Smiley, Ph.D.

Age Requirements

- Spa appointments are available for persons age 16 and over. Please note that persons age 16 and 17 must have a parent or adult guardian present during all massage and body treatments.
- Salon appointments specifically designed for younger clients, ages 6 – 15, are based on manicures and pedicures. Persons under the age of 16 are not allowed in the Spa changing rooms, saunas, steam rooms, verandas, solarium, mineral pool.
- The fitness level of the Spa features a cardiovascular and strength-training center for those ages 16 and over.
- Persons under 16 years of age must have a parent or adult guardian with them at all times while in the indoor heated swimming pool.

After a day spent on the mountaintop, guests rejuvenate with these featured healing body treatments, inspired by time spent in nature. Freshly harvested, sustainable botanicals combined with signature touch techniques, provide a deeply authentic spa experience, during these carefully crafted treatments.

Lakeview Summerhouse Massage: 60 Minutes | \$325 single / \$650 Couples

The ultimate Mohonk Mountain House spa experience, the Lakeview Summerhouse massage draws from the curative properties of immersing your spirit in the natural rhythms of the lake and the mountains that surround you. Your treatment begins overlooking Lake Mohonk as you enjoy a 15-minute hydrating and soothing hand and foot ritual. Next, restore and balance with a customized 45-minute massage using aromatic oils inspired by the Earth's unique forest biomes. The result - a tribute to nature and a wonderful way to embrace a perfect moment of mindfulness.

Private Mindfulness Session with Nina Smiley, Ph.D.: 50 minutes | \$325 private session for up to 2 guests

Learn simple techniques that can be used anywhere and anytime to bring the benefits of mindfulness into your everyday life. This personalized experience takes place in the Lakeview Summerhouse or Smiley Family Parlor.

Nina Smiley, Director of Mindfulness Programming, graduated from Vassar College, and earned a doctoral degree in psychology from Princeton University. She is co-author of *The Three Minute Meditator*, *Mindfulness in Nature*, and has been featured in *Forbes*, *The New York Times* and more. Nina taught psychology at the University of Maryland and directed public relations at the American Psychological Association.

Repair and Restore Facial: \$260 - 60 Minutes

From the House of Pietro Simone in New York City to our House in the Hudson Valley, we are pleased to present this exclusive service created by celebrity skin-care artist Pietro Simone, specifically for the guests at Mohonk Mountain House. The treatment incorporates his signature touch techniques which have won acclaim from beauty experts around the world.

This restorative facial begins with a spritz of refreshing glacial water, followed by a strategic sequence of lymphatic opening massage. Next, a signature organic cotton thread exfoliation promotes elastin production while removing dead skin cells followed by a unique dry facial massage to revive the skin's ecosystem, promoting circulation and sculpting facial features. As a final touch, we move onto the legs and feet for a "Grounding Forest Mohonk Moment" with compression, effleurage on calves, and pressure point work on the feet.

Luxe Lift Facial: 60 minutes | \$260

This advanced, bespoke treatment blends the luxury of nature with touch and botanicals. A double exfoliation, followed by a dedicated twenty-five minutes of a hands-on Sculpting Face Massage using the most complete and comprehensive manually-toning techniques, is combined with marine collagen, soothing botanicals, and enzymes to plump and tone. To conclude, a Magic Eye Mask will reduce puffiness and brighten skin for a luxurious and inspiring treatment designed to leave you feeling younger, sculpted, relaxed, and glowing.

Contrast Hydrotherapy Massage: 60 minutes | \$240

Your journey will recreate the natural healing and anti-inflammatory effects of glacial lakes and thermal springs by immersion in contrast hydrotherapy, as you alternate from warm steam to refreshing cool water showers. The combination of hot and cold temperatures boosts circulation and vitality. Restore, balance, and revive with an immune boosting, personalized massage using a luxurious blend of nutrient rich oils of therapeutic plant extracts, infused with CBD providing powerful regenerative properties and immediate relief from aches, pains, sore muscles, and inflammation.

"Mohonk Red" Massage: \$240 - 60 minutes

Feel your body sigh with relief as tension bound within muscles is unraveled with this powerfully effective treatment. A relaxation breathing technique and an aromatic evergreen inhalation begin your journey to a complete sense of tranquility.

A combination of Swedish massage and traditional Thai stretches will de-stress and re-balance your entire body. In honor of the "Mohonk Red" witch hazel grown on our property, warmed towels infused with witch hazel cocoon your face and feet as this remarkable experience ends with a mindful moment to revive your senses.

Mohonk Muscle Rescue: \$225 - 60 minutes

Deep heat massage with arnica oil helps calm the nerves and provides relief to over-used muscles. Highlights of this treatment include compression, flowing massage to increase circulation, direct pressure point work, and stretches to improve muscle and joint flexibility.

Lakeside Immersion Spa Therapy - offered seasonally

Plunge into peace with our new Lakeside Immersion, available to overnight guests only.

Start with a dip in Lake Mohonk for the benefits of cold therapy, providing endorphin release, blood flow stimulation, joint and muscle pain relief, and an immediate energy boost. The plunge is followed by hot cider or tea, guided yoga stretches and a warm ginger inhalation therapy in our lightly heated Spa Motion Room.

This stimulating experience will help to improve circulation, increase range of motion, reduce muscle soreness, and elevate the mood.

About Mohonk Mountain House

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America centrally located in New York State in the picturesque Hudson Valley, just 90 miles north of New York City and 220 miles west of Boston. 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, the outdoor Lakeview Summerhouse Treatment Room, 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 most 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).

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