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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 – 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, announces their 30,000-square-foot Spa just being named the Number One Resort Spa in the United States by Condé Nast Traveler, which blends modern, environmentally conscious design with a noteworthy historic past.

Owned by the Smiley family since opening day, Mohonk Mountain House was founded in 1869 and was designated a National Historic Landmark in 1986. The recent 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." Organic product lines are used in treatments and provide guests with some of the best services in the industry today.

Complementing the Spa's menu of more than 50 therapeutic services, are Signature Treatments such as the "Shawangunk Grit" Mineral Body Treatment using fine quartz grains quarried from the surrounding cliffs in a gentle exfoliation, combined with a soothing hydrotherapy bath. The Signature "Mohonk Red" Massage was created in honor of the Mohonk Red Witch Hazel that grows naturally on the grounds. It features a variety of massage modalities to relax and renew the recipient. Couples can choose to have a massage together in a private room, complete with a fireplace. Men's and teens' treatments, as well as hair and nail services, round out the comprehensive menu, which also features sampler packages. New this year are treatments dedicated to providing spa solutions for busy, modern lifestyles.

"We are delighted with our eco-friendly Spa," said Albert K. Smiley, III, former president and CEO of Mohonk Mountain House and fourth-generation descendant of Mohonk's founders. "It embodies all of the qualities we envisioned from the outset, and we are now poised to offer guests a complete restorative experience. The building is beautiful, yet functional, and inside one immediately feels calm, contemplative, and totally relaxed."

The Spa at Mohonk Mountain House was carved into a natural glacier-formed stone bluff overlooking pristine Lake Mohonk. Six hundred tons of quartz conglomerate stone excavated from the site were recycled into stone walls, fireplaces, and retaining walls throughout the Spa. A geothermal system uses the constant temperature of the earth to heat and cool the building, resulting in a quiet, comfortable ambiance and eliminating on-site emissions. A 2,000-square-foot "green roof" garden terrace is one of the most popular areas of the Spa wing.

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Two 80-foot-long glass-enclosed verandas connect to a solarium with a stone fireplace and provide breathtaking views of the landscape. Sixteen treatment rooms, a heated outdoor mineral pool, and a full-service beauty salon, along with a comprehensive fitness center and yoga/motion studio, blend the ambiance of the eco-friendly Spa wing with the resort's Old World charm. The Spa wing also features a 60' by 30' indoor heated swimming pool with an underwater sound system, as well as expansive windowed walls and lofty exposed beams. Aqua Exercise classes are offered in the pool by certified professionals as scheduled.

The fitness center features Precor[®] cardio, strength and free-weight equipment. Yoga, meditation, Qi Gong, Pilates, and strength training classes are led by certified professionals on the "green roof" garden terrace (seasonally) and in the specially-designed yoga/motion studio. The yoga/motion studio's climate control system allows the flexibility to quickly switch between cool environments for aerobic activities and the warmer conditions preferred for yoga and meditation.

Private wellness classes are available and include yoga, Qi Gong, cardio mountain treks, and meditation. Guests may also learn to meditate in a private session with Director of Mindfulness Programming, Nina Smiley, Ph.D., coauthor of *The Three Minute Meditator* and *Mindfulness in Nature*.

The Spa at Mohonk Mountain House is open year-round, as is Mohonk Mountain House. For reservations and information call 855.274.4020, or visit www.mohonk.com.

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. Mohonk's culinary program, led by Executive Chef Jim Palmeri, was profiled in 2017 by the *New York Times* for its commitment to using local Hudson Valley ingredients. 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 or [Instagram @MohonkMountainHouse](https://Instagram/@MohonkMountainHouse).

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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 comprised 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, 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. The world-class Spa at Mohonk Mountain House has truly captured the ambiance of its natural surroundings, as it has “brought the outside in.”

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Fitness and Recreational Offerings at Mohonk Mountain House

At Mohonk Mountain House, guests not only find a wide variety of indoor and outdoor activities, but also a sense of inner peace and reflection which is the hallmark of a stay at this spectacular resort.

The new Spa wing at Mohonk Mountain House, featuring an indoor heated swimming pool with an underwater sound system, comprehensive fitness center, yoga/motion studio, and a full-service Spa, brings guests a vast array of guided experiences for body, mind, and spirit.

Classes include:

- Aqua Aerobics
- Aqua Chi
- Balance Ball Training
- Cardio Kicks
- Core Strengthening
- Core Fusion
- Meditation
- Pilates
- PIYO
- Qi Gong
- Stretch and Tone
- Total Body Conditioning
- Tai Chi for Neck and Back
- Yoga (Aqua Yoga, Barkan Yoga, Office Yoga, Restorative Yoga, and Yoga Flow)

The fitness center is fully equipped with Precor[®] treadmills, ellipticals, stationary bicycles, strength equipment, and free weights for those ages 16 and over. A spacious exercise room, “green roof” garden terrace for outdoor classes, and the spectacular backdrop within a 40,000-acre natural area provide a wonderful palette of possibilities for classes. Private personal training sessions are also available.

Outdoors, guests enjoy countless recreational opportunities. Overnight guests can enjoy rock climbing on one of the most acclaimed cliffs in the world. Other activities include 85 miles of hiking trails, mountain biking, rock scrambling, and disc golf. Acres of award-winning gardens are perfect for a gentle stroll. A rich variety of lake activities fill the spring and summer season with boating, fishing, fly fishing lessons, and swimming. A 9-hole golf course with Scottish-influenced design; two putting greens; tennis facilities, including two red clay and four Har-Tru[®] courts; and horseback riding on miles of scenic trails delight sports enthusiasts. Basketball, croquet, and paddle tennis courts are also available.

In winter, snow transforms the Mohonk Mountain House carriage roads into ideal paths for cross-country skiing and snowshoeing (weather permitting). Generations of guests return each winter to enjoy the wealth of activities offered. Even a short visit to Mohonk Mountain House provides a sense of renewal, with wintertime activities that include: ice-skating at an award-winning open-air Pavilion, cross-country skiing, snowshoeing, and snow-tubing.

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Facts About The Spa at Mohonk Mountain House

The award-winning eco-friendly Spa at Mohonk Mountain House—just named the Number One Resort Spa in the United States by *Condé Nast Traveler*, is in a 30,000-square-foot wing, featuring a full-service Spa with 16 treatment rooms, sauna and steam rooms, a salon, and an outdoor heated mineral pool, along with a comprehensive fitness center, yoga/motion studio, and an indoor heated swimming pool with an underwater sound system. With more than 200 windows throughout the new wing, guests can enjoy the breathtaking year-round views for which Mohonk Mountain House has been known since 1869.

Spa Facilities

- 16 Treatment rooms:
 - Three Wet Treatment Rooms: including one hydrotherapy tub
 - Two Couples' Rooms: including one couples' room with fireplace
 - Four Facial Rooms
 - Salon with three manicure and pedicure stations, one hair and one makeup station; special hair and makeup services available for bridal and special event groups
 - Solarium with fireplace, reading rack and complimentary tea and fruit 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
 - A complimentary tea and fruit bar on the women's veranda and the men's veranda
 - Yoga/motion studio
 - Fitness center featuring Precor® cardio, strength and free-weight equipment
 - Indoor heated pool measuring 60'x30' with an underwater sound system, children's area, classes, a daily adult-only swim hour, and lanes for lap swimming

Services

- Signature Elements of Nature Treatments
- Massages, body treatments, water cures, hydrotherapy, facials, waxing, nails, hair, and makeup

Classes

- Yoga, meditation, Qi Gong, Pilates, Tai Chi, strength training, and aqua aerobics

Exercise classes are led by certified professionals on the "green roof" garden terrace (seasonally) and in the specially-designed yoga/motion studio.

Spa Staff

All of The Spa at Mohonk Mountain House massage therapists, aestheticians, cosmetologists, and nail technicians are well-qualified professionals, licensed in New York State. Mohonk professional massage and aesthetics staff receive advanced training to provide spa services to individuals experiencing cancer and mastectomy. In addition, Nina Smiley, Ph.D., co-author of *The Three Minute Meditator*, is available for private meditation instruction.

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Product Lines

- Éminence – A line of European beauty essentials, which contain organically grown herbs, fruits, and vegetables, hand-selected to guarantee their highest quality.
- Naturopathica – innovative natural skin and body products from New York utilizing botanical ingredients combined with progressive science and a modern apothecary approach to wellbeing.
- La Bella Donna Linea Minerale – mineral-based cosmetic formulas for natural-looking color and environmental protection.
- Barex Italiana – a complete line of scientifically proven treatments and styling products for achieving healthy, shiny, and flawless hair.
- Goldwell – hair color line acclaimed for gentle, low ammonia formulas, and long lasting results.

Other Spa Wing Features

- “Green Roof” Garden Terrace: One section of the building has a green roof, an eight-inch-deep planting bed in which shade plants are cultivated. The green roof cuts summer cooling costs by 20-30%, filters air, provides acoustical insulation, reduces rain runoff, and supplies a habitat for birds and butterflies. The roof also is available for guests’ relaxation, meditation, and yoga.
- An environmentally-sound geothermal system comprised of forty-eight, 480-foot deep wells that use the constant temperature of the earth to heat and cool the building. This innovative system eliminates on-site emissions and is virtually soundless.

Hours of Operation

- ☐ Spa: 8:00 a.m. to 8:00 p.m.
- Fitness and Pool: 6:00 a.m. to 9:00 p.m.
- Salon: 10:00 a.m. to 6:00 p.m. (Salon appointments available during other hours by request.)

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, or 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.

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Electronic Devices and Smoking

- To preserve our tranquil environment and guest privacy, please note that use of pagers, cell phones, and other electronics are restricted in the Spa, fitness center, and pool areas.
- Please remember the entire Spa and associated outdoor terraces, including the mineral pool area and green roof, along with the entire Mohonk Mountain House, is a no-smoking facility.

Retail

- Spa product lines are available on the Spa level. Limited edition works from local artisans, clothing, and gift items are also available.
- The fitness lobby sells fitness and swimming apparel and accessories. Drinks and snacks are available at the pool level vending alcove.

Spa Director: Barbara Stirewalt Director of Mindfulness Programming: Nina Smiley

Architects: Saratoga Associates

Signature Treatments at The Spa at Mohonk Mountain House

In developing Signature Treatments for The Spa at Mohonk Mountain House, special attention has been paid to designing services that integrate indigenous botanicals and materials, along with an array of techniques. Our team has created an inviting choice of unique treatments to complement the Spa's spectacular setting.

Signature Elements of Nature – "Mohonk Red" Massage

A relaxation breathing technique and deep inhalation begins one's journey to a complete sense of calm and tranquility. Warmed Signature Oil inspired by the surrounding forest glides over the skin while towels infused with pure witch hazel, in honor of the Mohonk Red Witch Hazel plants surrounding the Spa, cocoon the face and feet. Acupressure, Swedish massage, Hawaiian Lomi Lomi massage, and traditional Thai stretches are used to de-stress and re-balance the entire body. This remarkable experience ends with a mindful moment to revive your senses.

Signature Elements of Nature – "Mohonk Red" Facial

An exceptional treatment using revitalizing plant-based botanicals, this facial begins with an herbal neck wrap and pure witch hazel-infused hand warmers, honoring the Mohonk Red Witch Hazel plants surrounding the Spa. This luxurious facial features deep cleansing, enzymatic exfoliation and a skin-specific hydration, complete with an eye area treatment. A truly relaxing face, neck, and shoulder massage feature warm and cool quartz stones to regenerate and renew the spirit in addition to leaving the skin balanced and healthy. A mindful moment to revive your senses completes the experience.

Signature Elements of Nature – "Shawangunk Grit" Mineral Body Treatment*

Begin with a restful hydro-tub soak to melt tension. The skin is then gently exfoliated with our own "Shawangunk Grit"* combined with hydrating botanicals. Finish by stimulating inner healing using our warmed body cream in a soothing cocoon wrap. After a mindful moment to revive your senses, one is certain to leave completely smoothed, softened, and refreshed. **Fine quartz grains quarried from our cliffs.*

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Signature Elements of Nature – Indigo Herbal Poultice Massage

This Signature Treatment, with its time-honored healing traditions, was inspired by the Indigo plant that grows naturally on Mohonk's property. The therapeutic deep heat massage features a steamed Indigo Herbal Poultice (muslin pouch) filled with aromatic wild herbs and spices to ease tension, loosen sore muscles, and increase circulation. A combination of massage modalities are used, including Royal Thai Massage, Thai stretches, acupuncture, aromatherapy, and herbal heat to detoxify the body, combat fatigue, and provide an overall sense of well-being. A mindful moment to revive your senses ends the experience, leaving guests refreshed and renewed. This powerful, deeply soothing treatment is ideal for those who are looking for immediate relief from the stresses of modern life. Athletes of all levels will enjoy it too.

Signature Elements of Nature – "Mohonk Red" Manicure and Pedicure

Begin this indulgent anti-aging treatment for the hands and feet with a refreshing soak featuring witch hazel, in honor of the Mohonk Red Witch Hazel plants that grow naturally on our grounds, and a foaming vanilla bath milk. Relax with a warm herbal neck wrap and restore your skin with a two-step exfoliation and rejuvenation treatment featuring our "Shawangunk Grit"* mixture and a nutrient rich mask, complete with warm mitts and booties to further soften your hands and feet. Nail buffing or a multi-step, strengthening polish completes your service. Anti-oxidant refreshment and a special gift conclude your session. *Fine quartz grains quarried from our cliffs.

NEW! Solutions for Modern Living

The burgeoning technologies and the hectic pace of modern lifestyles have led us to take a new look at solutions for daily stress. These treatments have been designed specifically to relax and relieve tension and renew body and mind.

Attainable Sleep Treatment: A Massage/Body Treatment: A busy and active life can profoundly affect your ability to get a good night's rest. This treatment combines a calming aromatic massage with a customized Dead Sea salt soak in our hydrotherapy tub to prepare you for restorative sleep. Pure essential oil blends of organic lavender, clary sage, bergamot, and rosewood ease you toward a more restful state.

Texting Tension Tamer: A Massage for Multitaskers. Increased hours online require special care of shoulders and neck, addressed by an upper body massage certain to relieve sore muscles. Hands and forearms receive special treatment complemented by an organic vanilla crème.

The High Heeler and Man on the Go: Real Relief for Calves and Feet address the needs of being on our feet day-in and day-out. From extended hours on the job, to caring for the kids and running around town, the lower legs provide support and literally carry the weight of our daily demands. Real results are achieved through a peppermint-infused massage and stretch techniques specific to the calves and feet, providing benefits felt from the hips to the toes.

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Other Special Treatments

The Fragrant Earth

This treatment journey highlights many of the medicinal herbs found in the Mohonk gardens and in the surrounding woodlands that have been traditionally used for their therapeutic properties. This combination treatment begins with a body polish using Rosemary Salts, and then is followed by a scalp and body massage with Evergreen extracts of Pine, Fir, and Oakmoss. Your journey concludes with a stimulating Peppermint foot massage featuring infusions of Arnica, Dandelion, and Burdock.

Mohonk Muscle Rescue Massage

An intensive massage with Arnica oil helps calm the nervous system and provides relief to over-used muscles. Highlights of this treatment include the deep heat provided by compresses and flowing Swedish massage to increase circulation, along with direct pressure point work and stretches to improve range of motion for enhanced well-being.

Moss Hydrating Body Masque

This detoxifying treatment, with its body massage and gentle cocoon, incorporates a mineral rich serum fortified with a potent blend of anti-inflammatory Moss extracts. Skin is rehydrated and revitalized. Choose the masque alone or combine it with our Rosemary Sage Exfoliating Body Glow.

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