



WELCOME

Condé Nast
Traveler

~ Perfect Score: Top Resort Spas for Setting
~ Voted as a Top Spa
Condé Nast Traveler readers

Spa
Magazine

Voted Top 10 Spas
healthy weekend getaways

SKI
THE PIONEER OF THE CO-CURE

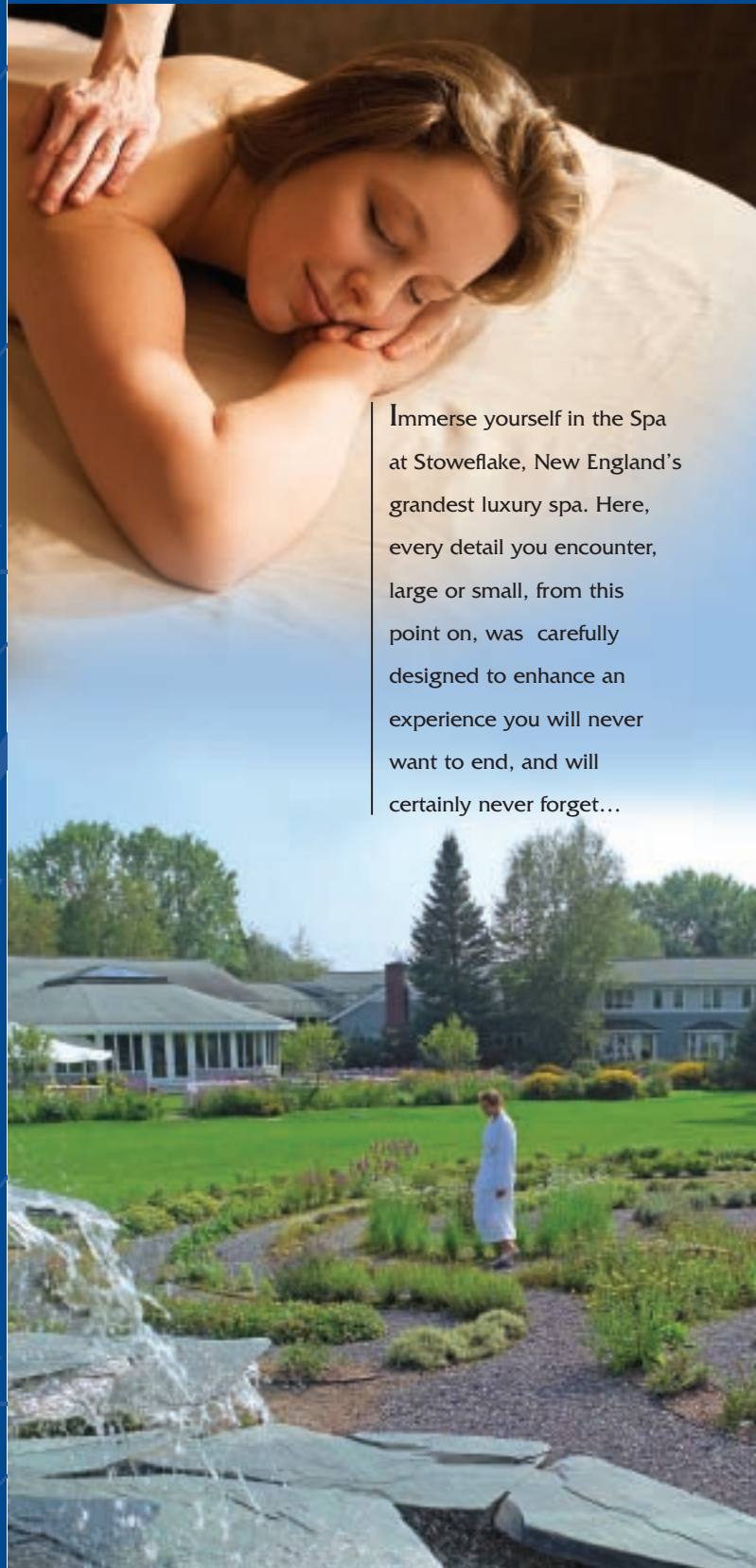
One of the Top Six Spas
in Ski Country

Spa finder

Voted Top 10 Spa for Yoga,
Winter Sports, & Men

ELLE
Magazine

Voted one of the nation's
top 14 spas



Immerse yourself in the Spa at Stoweflake, New England's grandest luxury spa. Here, every detail you encounter, large or small, from this point on, was carefully designed to enhance an experience you will never want to end, and will certainly never forget...



Relax completely. Push your body to the brink. Do a little of both, or do a lot of both. The Spa at Stoweflake makes sure that whatever you choose to do, will be done in the finest possible surroundings, with the latest equipment, under the guidance of highly trained experts. Saunas and Jacuzzis, workout rooms and classes, inside or outside... we have what it takes to shape reality to surpass your imagination.

The most important tool we use to put your mind at ease so your body can relax is a personal touch. Every person, seen or unseen, who shapes your spa experience, from the attendants to the trainers, to the therapists, is highly trained in the job he or she is performing for you. Service here is more than just friendly and attentive; it's smart, informed and personalized.



The Spa at Stoweflake puts at your disposal a fully equipped Cybex fitness center, a dedicated Spinning™ studio, a women's-only workout center, and many more opportunities for exercise. We have fitness professionals to lead you in yoga, pilates, and endless year-round activities. Whatever level of program depth and involvement you desire, you will find it all here nestled at the base of Vermont's highest peak.



Soak up the warm glow of a crackling fire, sipping a refreshment from the complimentary juice, fruit and tea bar in the men's and women's private lounges. Overstuffed chairs you simply melt into are the perfect place to clear your mind. Read, drift away on a daydream, or take the opportunity to pinch yourself — yes, it's really real.



Just when you thought you'd seen and experienced it all, the soothing thunder of a twelve-foot-high massaging waterfall draws you into the Aqua Solarium. The Spa at StoweFlake's signature feature, the Bingham *Hydrotherapy Waterfalls* and Hungarian Mineral Soaking Pool, are a unique and wonderful way to drown out the outside world, and wash any lingering stress away.



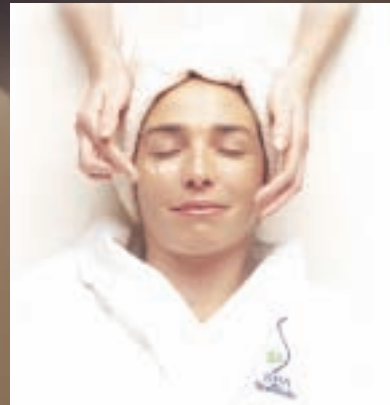
The Aqua Solarium overlooking the Green Mountains, featuring the Bingham *Hydrotherapy Waterfalls* and Hungarian Mineral Soaking Pool.



We spare no effort making your spa fantasies come true. There are 30 luxury treatment rooms, each thematically appointed to enhance the experience you desire. Choose from a menu filled with over 120 unique rejuvenating spa treatments.



A relaxing manicure, pedicure, or facial can be a wonderful treat by itself, or the perfect finish to a day at the spa. Let our beauty artists go to work, finding just the right products and techniques that fit your specific beauty needs, while you lie back and enjoy calming aromatherapy scents, the feather touches of makeup brushes, or the soothing strokes of a comb through your hair.



IF ONLY YOU COULD BOTTLE ALL OF THIS...

Your time at the Spa at Stoweflake will leave you with a treasure box full of memories. Bring home some of the most healthy, natural signature ingredients from your experience to enjoy whenever you wish. You will find them available at Elements, our spa boutique.



Visit Elements online - spaatstoweflake.com



A SATISFYING MEAL

completes a day of perfect satisfaction

Comforting textures, fragrant scents, soothing sounds, sights to behold... your spa experience wouldn't be complete without an equally delightful adventure for your sense of taste. The Spa at Stoweflake's Cuisine, prepared by our award-winning Executive Chef, combines a purity of ingredients with an explosion of flavor to create a meal sure to gratify both your body and your soul.



Spa Poolside Café



A sample day at the Spa...

9:00 AM

Check in and enjoy morning tea or fresh squeezed orange juice

9:30 AM

Attend a pilates class to invigorate the mind body connection

10:30 AM

Enter the Aqua Solarium and soak in waterfalls and a mineral bath

11:30 AM

Browse magazines and relax fireside before your treatment

12:00 PM

Relaxing Well Being Massage

1:00 PM

Enjoy a Harvest Cuisine Lunch in the Spa Poolside Café

2:00 PM

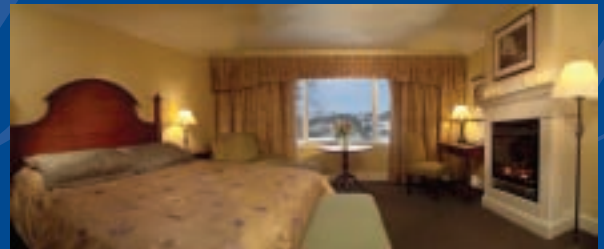
Cleansing Custom Facial

3:00 PM

Return to the Private Sanctuaries to steam, sauna and hot tub

5:00

Check out feeling renewed and relaxed



Start and end your perfect spa days with a restful night's sleep in a luxurious room, suite or one, two or three bedroom townhouse at Stoweflake.

*mind
body
spirit
mind
body
spirit*



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