

# Sore after a day on the slopes? There's a spa for that

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The Jacuzzi at the Spa at Mirror Lake Inn in Lake Placid, N.Y.

By Gina DeCaprio Vercesi | GLOBE CORRESPONDENT OCTOBER 29, 2018

Few things beat drinking a brew in your long johns, hashing through the day's runs with friends while the band rocks out in the background. But before you order up that shot-ski, consider spending an après hour or two in the spa instead.

“Over the last few years, we’ve noticed such an increase in people wanting to focus more on their wellness,” says Jessica Swartley, spa director at Stowe Mountain Lodge. “A lot of folks realize that a massage after a day on the mountain is really great for working out any soreness or tightness in the muscles, especially for people who don’t ski every weekend.”

Whether you spent the day on snow or just need something to do while your family is on the trails, resort spas burst with indulgences that nurture body, mind, and spirit. Not to worry — you'll still have plenty of time to partake in a pint or two.

### **Scandinave Spa, *Mont Tremblant, Quebec***

Silence is golden at this recently expanded Nordic-style thermal refuge 10 minutes from the slopes of Mont Tremblant in Quebec's Laurentian Mountains. An outdoor oasis overlooking the Diable River, [Scandinave Spa](#) invites visitors to journey through the traditional hydrotherapy sequence of hot-cold-relax, moving from the warmth of Finnish dry saunas, steam rooms, and hot tubs to cold-water pools and chilly Nordic waterfalls. For the most authentic experience, take a quick dip in the Diable's lung-seizing waters through a hole in the ice. Afterward, stretch out by the fire or indulge in a massage for the full-monty of spa serenity.

### **The Spa at Mirror Lake Inn, *Lake Placid, N.Y.***

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Hit the slopes, soar down the bobsled run, or glide around the Olympic Speed Skating Oval, a block from where the 1980 US underdogs conquered the Soviet men's hockey team in the "Miracle on Ice." Winter activities abound throughout this upstate New York Olympic village, giving visitors ample opportunity to work their muscles. The place to rejuvenate is the [Mirror Lake Inn](#). A member of the Small Luxury Hotels of the World, the Inn's spa features a host of luxurious offerings, but the signature Pure Placid Treatment — a full body exfoliation with warm essential oils and an organic cornmeal scrub followed by an aromatherapy massage that uses distilled Lake Placid water-infused lotion — is the way to go.

### **The Spa at Stowe Mountain Lodge, Stowe, Vt.**

A quick jaunt on the Over Easy gondola from Mount Mansfield delivers visitors to chic Spruce Peak Village, which has blossomed into a swank mountain enclave packed with amenities. The centerpiece is [Stowe Mountain Lodge at Spruce Peak](#), where guests will relish one of the most gorgeous lobbies around. On mountain, skiers and riders shred 485-acres of classic New England terrain, including Stowe's spruce-studded glades and famed Front Four. To recover, go local with Stowe Mountain Lodge spa's Stowe Cider Uber Scrub, an exfoliating treatment using fermented apple and Himalayan sea salts followed by a hydrating, full-body massage. Afterward, tuck in by the fireplace. The spa concierge will deliver a frosty can of Stowe Cider, which can be enjoyed along with sweeping Mansfield views.

### **The Spa at Woodstock Inn & Resort,**

*Woodstock, Vt.*

Set amid a storybook village complete with covered bridge and classic New England green, the [Woodstock Inn and Resort](#) makes an idyllic base for alpine and Nordic skiers looking to hit Suicide Six or traverse miles of trails in Marsh-Billings National Historic Park. Chase the chill from your bones in the Inn's airy spa, made cozy by Shaker-style wood stoves, heated floors, and plush seating. Try the Body Melt Back Therapy massage, which emphasizes the back, neck, and shoulders, employing arnica, sweet birch muscle rub, and heated compresses for additional ahhhh-factor.

### **The Spa at the Omni Mount Washington**

*Bretton Woods, N.H.*

Opened in 1902, this majestic hotel sits at the foot of Mount Washington, offering sweeping views of the Presidential Range and easy access to Bretton Woods, New Hampshire's largest ski area. Wintry escapades — from skating and tubing to snowshoeing and skiing — happen right outside its doors. In keeping with the elegant atmosphere, [the plush spa](#) invites guests to unwind from a day of activity in the lounge, saunas, and steam rooms before partaking in a signature treatment. For post-mountain rejuvenation, the Adventurer's Massage combines massage and deep stretching to heal sore muscles using a cocktail of rich, local botanicals.

As a resort town, Aspen gets major points in the wellness category and [Remède Spa](#) curates the most lavish pampering experience around. New this season, Remède introduced a CBD Customized Healing Massage as part of its next generation wellness services. Short for cannabidiol, CBD, unlike THC (tetrahydrocannabinol), is the non-psychoactive compound extracted from the cannabis plant thought to decrease inflammation and alleviate stress — minus the high. Using superior-quality CBD-infused hemp oil, therapists target overexerted muscles, kneading guests into a state of bliss. Arrive early — the spa’s oxygen lounge — perfect for altitude acclimatization — steam caves, and plush relaxation room — shouldn’t be missed.

**The Chill Spa at Hotel Terra, Jackson Hole, Wyo.**

Right in the heart of Teton Village, this vibrant boutique hotel is Wyoming’s first LEED Silver-certified property and has received numerous accolades for its eco-friendly luxury. Consistent with the hotel’s green initiatives, the chic [Chill Spa](#) brings outdoor magnificence inside with nature-inspired treatments and gorgeous Teton Mountain views. Using a steamed infusion of turmeric, lemongrass, and ginger, the spa’s Herbal Poultice Massage detoxifies the skin and reduces inflammation. Pair that with a Boot Recovery Treatment, which nurtures post-ski feet and calves with an orange peel buff and pressure point massage. The spa’s chlorine-free rooftop hot tub is a coveted destination.

**The Spa at Sundance Resort, Provo, Utah**

Anyone who has drooled over the Sundance catalog’s gorgeous wares will relish the earthy ambience and décor at Robert Redford’s rustic mountain haven. What Sundance lacks in size it makes up for with surprising steeples and spacious bowls, allowing snow enthusiasts many ways to play. Après, find the [resort’s nature-themed spa](#) tucked into a woodland cabin where Native American Sioux traditions inspire the treatment menu. The one to try is the Sage and Sweet Grass Ritual, which combines the purifying effects of sage smudging with a heated mud wrap and scalp massage topped off by a full rubdown with Sundance’s signature sage oil.

## **The Spa at the Landings Resort and Spa**

*South Lake Tahoe, Calif.*

Located just a few blocks from Heavenly Mountain's exhilarating slopes, the [Landings Resort and Spa](#) is South Lake Tahoe's only lakeside boutique property. Spend the day drinking in jaw-dropping Tahoe vistas — Ridge Run offers the best of the best — before relaxing après with the Landing's uber-hydrating Chai Soy Facial. The perfect treatment following a day in the cold Sierra sunshine, the facial combines the replenishing effects of a chocolate-chai masque with the warming stimulation of a full face and upper body massage.

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