

SPAS & WELLNESS

in New Hampshire's Eastern White Mountains

White Mountains Visitor Center
200 Kancamagus Highway/Rte 112
North Woodstock, NH 03262
603-745-8720
VisitWhiteMountains.com

Balance Spa

at White Mountain Hotel & Resort
87 Fairway Drive
North Conway, NH 03860
(603) 986 4223
whitemountainhotel.com/services-en.html

Self-care is fundamentally about bringing balance back to a life that has grown unbalanced from too many commitments or responsibilities. Services are provided in a private room on property. By advance appointment only. Call or text or email spa@whitemountainhotel.com.

Christmas Farm Spa at Christmas Farm Inn

3 Blitzen Way
Jackson, NH 03846
(603) 383 4313
christmasfarminn.com/jackson-nh-spa

Aveda spa guests enjoy first-class facilities and all the amenities of the 15-acre estate including 6 treatment rooms, relaxation lounge, indoor and outdoor pools, hot tub, and fitness center. The Christmas Farm Spa strives every day to offer the best in White Mountain spa facilities, therapists, products, and prices.

North Conway Grand Spa at the North Conway Grand Hotel

72 Common Court
North Conway, NH 03860
(603) 622 0916
northconwaygrand.com/spa

Indulge in a massage, unwind with a rejuvenating facial, or renew with our signature body treatments, wraps and scrubs. These spa rituals are designed to elevate your vacation experience, leaving you refreshed and revitalized. The spa also offers indoor and outdoor hot tubs, saunas, and a fitness center for a holistic wellness experience. Call to book appt.

Sense Spa at Thorn Hill

40 Thorn Hill Road
Jackson Village, NH 03846
(603) 383 4242 innatthornhill.com/spa-menu

Relax, Rejuvenate, and Revive. Luxury and comfort await at the Inn at Thorn Hill. Discover all that the Mount Washington Valley has to offer from their ideal location in the picturesque village of Jackson. Email or book online.

The Soaking Pot Infusion Spa at Settler's Green

2 Common Court, Unit H45
North Conway, NH 03860
(603) 356 2400 thesoakingpot.com

Clients fresh off a shopping excursion or a cold day on the slopes can relax in plush chairs, enjoy one of a dozen types of tea along with a sweet or savory treat from a local vendor and slip their feet into a large copper, water-filled pot infused with essential oils, herbs and salts.

The Spa at the Wentworth Inn

1 Carter Notch Road
Jackson Village, NH 03846
(603) 383 9700
thewentworth.com/activities/spa

Treatments have been created especially for The Wentworth such as "The Wentworth Wrap" and "Tranquil Falls Massage" and the team of masseuses are highly trained professionals. After a long day of skiing or golfing there is nothing better than a relaxing massage in a luxurious spa. All appointments must be made as far in advance as possible to allow for time to schedule the therapists.

