

SPAS & WELLNESS

in New Hampshire's Western White Mountains

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

Balanced Rock Bodyworks
22 Brookline Road, Lincoln, NH 03251
(603) 398 5549
balancedrockbodyworks.com

Restoring balance to clients' lives through comfort & trust. Relaxation, Deep Tissue, & Hot Stone Massage, Aromatherapy & Craniosacral Therapy.

Cascade Spa at Mills Falls
312 Daniel Webster Hwy, Meredith, NH 03253
(603) 677 8620
millfalls.com/spa

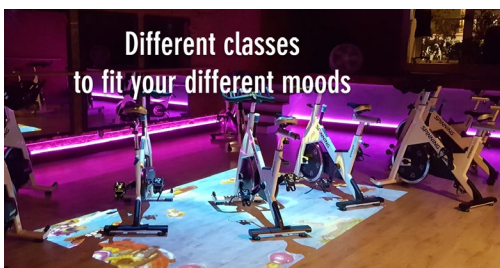
Cascade Spa at Mill Falls is looking forward to being of service to you! Providing a memorable wellness experience that will nourish mind, body, and soul. The award-winning Cascade Spa & Salon delivers relaxing and restorative services in an art deco-inspired atmosphere.

Daydreams Hair & Nail Studio
264 Main Street #6, Lincoln, NH 03251
(603) 745 8200
daydreamshairandnailstudio.com

We specialize in Men and Women's Haircuts, Updo's, Colors, Foils, Perms, Manicures, Pedicures, Acrylic Nails, Body Waxing, Ear Piercing and Make-up.

Live a Little Fitness & Kids Studio Play
25 South Mountain Drive, Lincoln, NH 03251
(603) 348 7220 livealittlefitness.com

Be inspired, feel good and PLAY! Live a Little Fitness is a funky movement boutique. We offer a state-of-the-art play system for kids plus Yoga, Pilates, Spin, and Barre. Come visit and PLAY!



Mountain Spa & Wellness Center
at The Mountain Club on Loon
90 Loon Mountain Road, Lincoln, NH 03251
(603) 745 2244
mtnclub.com/spa

Relax and enjoy the skilled hands of healing therapists and massage experts, or take a Pilates or yoga class, hit the pools, or test our workout equipment. From facials and body treatments to personal training and nutrition consulting, the Mountain Spa & Wellness Center is here to help you look and feel your best.

Nordic Club Health + Fitness at The Nordic Inn
227 Main Street, Lincoln, NH 03251
(603) 745 8866
thenordicclub.com

Offering indoor and outdoor heated pools and hot tubs, fitness room with cardio machines, circuit weight training room, racquetball court, locker rooms, and game room with table tennis, air hockey, pool table, and arcade games. Memberships for individuals, families, and local lodging properties.

North Country Climbing Center
2572 US Route 302, Lisbon, NH 03585
(603) 838 5300 northcountryclimbing.com

The only full-service indoor climbing gym serving the White Mountains of New Hampshire with over 6000 square feet of varied terrain for all ages and abilities. Open 7 days a week.



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Solstice North Day Spa
at Riverwalk Resort at Loon Mountain
22 South Mountain Road, Lincoln, NH 03251
(603) 745 7560
riverwalkresortatloon.com/riverwalk-resort-spa

Solstice North Day Spa is a full-service professional boutique day spa offering a plethora of treatments from head to toe. The extensive menu includes massage, facials, manicures, and pedicures. The spa even has a talented hair stylist for your cut, color, and special occasion needs.

The Spa at Common Man Inn
231 Main Street, Plymouth, NH 03264
(603) 238 2845
thecmaninnplymouth.com/spa-salon-2/

This full-service Spa is an oasis away from your demanding activities and lifestyle. The Spa features beautiful treatment rooms, a heated pool, light therapy relaxation room, fireside spa lunch seating, a sauna and a soothing rock waterfall hot tub. Our experienced therapists and technicians use superior products, including Phytomer, BareMinerals, Farmhouse Fresh and Paul Mitchell, as well as chiropractic services.

The Spa at Omni Mt. Washington
310 Mt. Washington Hotel Road
Bretton Woods, NH 03575
(603) 278 1000
omnihotels.com/hotels/bretton-woods-mount-washington/spa

Like the abundant natural beauty all around, The Spa at Omni Mount Washington Resort will open your mind, rejuvenate your body, and soothe your spirit. To enhance your relaxing mountain spa day, head to the fitness center or heated indoor and outdoor pools.

Tower Spa
at the Mountain View Grand Resort
101 Mountain View Road, Whitefield, NH 03598
(603) 837 2100
mountainviewgrand.com/new-hampshire-spa-resorts.htm

Located on the top floor of the resort, the Tower Spa features ten spacious treatment rooms for relaxing privacy as well as a treatment menu providing a cohesive list of spa services, including body, facial, and massage treatments, as well as manicures and pedicures.



White Mountain Athletic Club
at Waterville Valley
Route 49, Waterville Valley, NH 03215
(603) 236 8303
wmacwv.com

A modern, four-season recreational facility for vacationers, property owners, and local townspeople in Waterville Valley and the greater area. Explore many recreational offerings including pools, saunas, steam rooms, a cardio room, fitness classes and tennis courts.

