

# 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](http://VisitWhiteMountains.com)

**Balanced Rock Bodyworks**  
22 Brookline Road, Lincoln, NH 03251  
(603) 398 5549  
[balancedrockbodyworks.com](http://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](http://millfalls.com/spa)

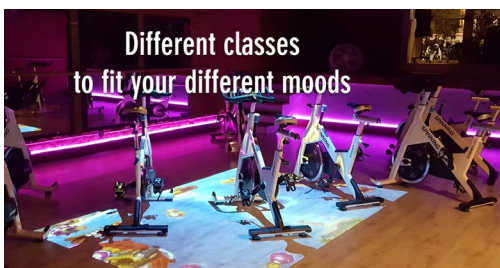
Cascade Spa at Mill Falls is looking forward to being of service to you! Providing a memorable wellness experience that will nourish mind, body and soul. The award-winning Cascade Spa & Salon delivers relaxing and restorative services in an art deco-inspired atmosphere.

**Daydreams Hair & Nail Studio**  
264 Main Street #6, Lincoln, NH 03251  
(603) 745 8200  
[daydreamshairandnailstudio.com](http://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](http://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](http://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.

**North Country Climbing Center**  
2572 US Route 302, Lisbon, NH 03585  
(603) 838 5300 [northcountryclimbing.com](http://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.



**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](http://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.



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

