

Stowe Mountain Lodge: Indoor pampering, outdoor snow activities

Spa offers a transforming experience for guests

BY ROCHELLE LASH, SPECIAL TO THE GAZETTE NOVEMBER 14, 2013



The Spa and Wellness Centre at Stowe Mountain Lodge has creative new packages.

Photograph by: Stowe Mountain Lodge

The luxurious Spa and Wellness Center at the slopeside Stowe Mountain Lodge has introduced a new, comprehensive getaway that blends indoor pampering and outdoor forays in nature.

Wei to Wellness (pronounced “way”) features two nights’ lodging, fitness classes and spa life with exclusive products. The word “wei” means “to be transformed” in Mandarin, and the idea is to become blissed-out and relaxed through services that use Wei flower essences, aromatic elixirs that are among Oprah Winfrey’s faves.

The deluxe Stowe Mountain Lodge has an enviable setting surrounded by major mountains, so the outdoor portion of Wei to Wellness is appealing. One of the signature activities is Winter Stowe-ga (inspired by yoga), a 30-minute outdoor warm-up at 7:30 a.m., on Saturdays at the Spruce Peak base area.

Arrive dressed for skiing or snowboarding, and you’ll be ready to ride a lift immediately afterward.

Stowe's lifts open at 7:30 a.m. on weekends, among the earliest in the east.

Wei spa-goers will have a private guide for Stowe's Mindful Snowshoe Tour, based on the Japanese shinrin-yoku principle of "forest bathing," or walking in the woods to relieve stress, lower blood pressure and generally improve physical, emotional and mental well-being.

Wei to Wellness also offers full access to such classes as winter sports conditioning, Pilates-yoga fusion, indoor cycling and zumba.

The exercise is done. Now it is time to be pampered.

Patrons of Wei to Wellness will have unlimited access to the spa's set of hot and cold baths, and a salt scrub, all effective relaxers before spa services. Then, each patron will be treated to sound-chair therapy with music, plus a soothing paraffin foot treatment and a revitalizing scalp massage. It's all about serenity and soft skin.

The climax for most spa-goers is the 50-minute full-body massage with Lotus Wei flower essences.

Wei turns into wine to complete the experience: After the soaks and strokes, guests finish a tasting of Vermont cheese and wine.

IF YOU GO

Stowe Mountain Lodge: 888-4-STOWEVT/ 888-478-6938, www.stowemountainlodge.com; Stowe, Vt. The two-night Wei to Wellness starts at \$329 U.S. p.p., per night, based on four people in a studio with kitchenette, or \$579 p.p., per night with two people in a studio. Prices fluctuate. Not available during holidays. Weekday visitors can substitute the Stowe-ga class, which is available only on Saturdays.