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# The Spa at The Mountain

By [Jen McCabe](#)

I drove up to Mt. Hood last week to tour [The Resort at The Mountain's](#) new spa facility. As a part of their recent \$14 million hotel overhaul, [The Spa](#) at The Resort was built to provide a space for hotel guests, locals and day-trippers alike to enjoy customized wellness treatments and a place of balance where they can exhale.

I wove my way through the roads on The Resort grounds and parked in front of [The Spa](#). As I approached the building, I let out an audible sigh. With a backdrop of Mt. Hood National Forest Salmon-Huckleberry Wilderness perfection, The Spa's modern take on mid-century modern meets classic lodge, coupled with feng shui design sensibilities, are a harmonious sight for sore eyes. Designed to enhance and compliment the serenity found in the lush evergreen forest location, The Spa makes a visual promise of a haven, a welcome retreat. Once inside, it keeps that promise. Clients can pause to pamper their bodies before going back out to enjoy the cornucopia of invigorating recreational activities and scenic attractions offered by the Mt. Hood Territory.



photo © Jen McCabeResort at the Mountain's new spa, The Spa. My camera didn't do the view a stitch of justice.

Sammy, the lovely practitioner who would be performing my spa treatment, greeted me at the entrance. She walked me to the locker room and told me that she would meet me on the other

side, in the Infiniti Tea Garden, after I slipped into my robe. If I had had more time, I could have spent a couple hours in the locker room. There is a wonderful steam room that I sat in for a few minutes to warm up, but if I'd had the day to spare, a cool towel and some eucalyptus oil, Sammy would have had to drag me out of there. I moseyed into the Infiniti Tea Garden and immediately wished I was staying the night at The Resort. Hot tea, pitchers of water and healthy snacks are laid out to enjoy while you sit by the fireplace and lounge on the colossal curved lounge chairs. The wall of picture windows looks out into the yard that includes a beautiful horizontal teak fence to obscure anything but the beauty of the forest surrounding you. In the yard at The Spa you'll also find a reflexology pebble path and a sunny spot to unwind during the warmer months.

I've been extremely busy and feeling pulled in all directions since July. During my treatments I felt like I was able to finally take some time to really unwind and clear my head of those ever-nagging responsibilities that make being an adult so tiresome. The entire facility has been designed with balance of the elements, body and mind in mind. Unlike many spas that try to incorporate feng shui in a haphazard or insincere way, The Spa goes all the way. It is clear that the design team really put forth the effort to make the 3,500 feet of space cohesive and truly tranquil. It feels opulent without being ostentatious or overdone. The room itself was simple, soothing and had a warmly glowing hue, plus the massage table felt like a heated puffy cloud.



image courtesy of Resort at the MountainDoubles massage room at The Spa.

I had The Spa's Ultra-Pure Restorative Facial; a luxurious facial that replenishes nutrients and stimulates cellular regeneration. The Spa uses the [Dr. Alkaitis](#) line of holistic organic skin treatment products. Raw health food for the skin; Alkaitis' "biologically active" products are edible and easily absorbed. Mixed at the spa with natural bases, such as honey or yogurt, Dr. Alkaitis products can all be customized for each individual's skin needs. The high quality and flexibility of the Dr. Alkaitis line helps The Spa tailor your treatments. In addition to the facial, I enjoyed a side dish of massage from the spa menu, the Infiniti Foot, Calf and Scalp Therapy. The "Natural Affinities" list is another way to customize your services.

After my facial and massage, I met with [Joan Southon](#), The Spa's Director. Joan feels strongly that her clients should receive the best service possible to enable them to feel a sense of peace

while visiting The Spa. She has some great ideas for upcoming yoga retreats, nutrition options, meditation and more wellness focused goals, many of which will be especially implemented going into Spring 2010. Only open since September, The Spa is already becoming a destination within a destination. Joan's hope is that locals and Oregon residents make their way up and treat themselves to some beneficial pampering. Southon is a wonderfully sincere person and she truly believes in the healing power of her talented staff of massage therapists and estheticians. I think that her more than thirteen years of success in the industry can be attributed to her warmth, a keen ability to anticipate and be a step ahead of a client's needs and an immense appreciation for the balance found in nature. Under her care, resorts have received many prestigious travel accolades and awards. I believe it is just a matter of time before [The Spa at The Resort at The Mountain](#) starts receiving their comeuppance.

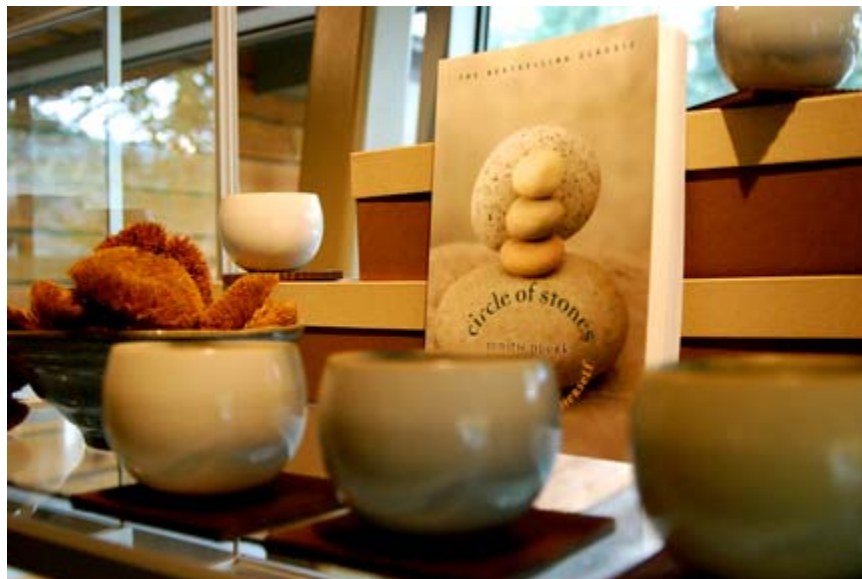


photo © Jen McCabeThe Spa's gift shop has a lot of lovely items.

I'm looking forward to coming back and trying "The Root and The Rock" from their Peak Experience Combination Spa Packages. A toasty ginger root exfoliation treatment and a heated stone massage sound dreamy for a chilly day. If you are looking to go up with friends or family, The Spa has a beautiful room for doubles. This is a great trip to make with a friend to unwind for the day, or longer if you are planning on staying at The Resort. I recommend having meals at The Resort's chic new restaurant, [Altitude](#), in between services at The Spa or other Mt. Hood activities. Altitude is vegetarian friendly!

★ Click [here](#) to view a complete list of spa services and treatments available. ★

To make an appointment at [The Spa](#), call (503) 622-2270. Or press 1650 when calling direct from a guestroom at The Resort or other internal Resort telephone extension. If you would prefer to email, please send any spa-related inquiries to [thespa@theresort.com](mailto:thespa@theresort.com).

To make hotel reservations visit [The Resort at The Mountain](#) online or call (877) 439-6774. Make sure to ask about current spa package deals!