

BUSINESS

Tranquility at the Mountain

The Spa at Mountain Edge offers services and membership packages to entice locals to relax and stay a while.

BY Laura Jean Whitcomb

You've probably driven by it a hundred times if you travel on Route 103 in Newbury, N.H.: the stone and wood sign that says "Mountain Edge Resort & Spa at Sunapee." If you're like me, born and raised here in the Granite State, the sign might be overlooked. After all, it's a place where out-of-town skiers stay for the weekend, right?

Right — and wrong. Mountain Edge Resort offerings are available to locals, too. You can eat dinner at the Mountain Spirits Tavern, or have a massage at The Spa at Mountain Edge. In fact, "our local spa guests are surprised to learn that they have access to the facilities here at the resort. The heated salt water indoor/outdoor pools, hot tub, sauna and fitness center," says Spa Director Laura Faucon, who suggests bringing your gym clothes or bathing suit to your appointment so you can take advantage of all the resort has to offer.

After a facial with Faucon, who is a clinical master esthetician, and a massage with Ali Kiley, licensed massage therapist, I'm all in. I sign up for the Mountain Edge Spa Club, a new membership program, for six months. The plan includes a monthly spa treatment (you can select between a 50-minute massage, a signature facial



and a maple spa pedicure) and daily access to the resort's facilities. "You can stay as long as you want," says Faucon, who implemented the mem-

Local spa guests have access to the hot tub, sauna, fitness center and indoor/outdoor pools.

bership program after she took over as spa director in 2014. "Local guests can access amazing spa services, as well as the resort's pools and fitness center outside of their spa services. It has helped us gain a steady stream of repeat business daily."

You may not want to go during

peak hours: between 4 to 7 p.m. in the winter (after everyone gets off the slopes) and on Saturday and Sunday year round. Faucon suggests locals come early in the week — Monday, Tuesday or Wednesday — to get the appointment they want, and possibly the pool to themselves.

Massages are the most popular treatments, and there are many to choose from on the spa menu: Hot Stones for deep heat penetration, Aromatherapy to enhance the senses and calm the soul, Deep Tissue to target an area of trouble, or Warm Bamboo to warm the muscles and melt away knots. Each massage therapist has their own areas of expertise, such as prenatal massages, Myofascial release, elder massage and acupressure therapy.

Faucon, who owned a skin care business for 15 years in southern New Hampshire, loves it all. "I love all aspects of skin care from the nitty gritty to hard core treatments to just making my clients feel safe, comfortable and pampered," she says. "I treat a client's skin as if it were my own. I take great pride when they are surprised by how good their skin feels after a facial."

No matter which service you choose, Faucon wants clients to know that everyone at The Spa at Mountain Edge "strives to exceed your expectations and deliver not only a service but an experience tailored just for you." 

WEB

mountainedgeresort.com/spa