



Alaska's First Nordic Spa Opens at Alyeska Resort in Girdwood *A Place to Unplug and Reconnect with Nature 40-Minutes from Anchorage*



[Images](#)

Girdwood, Alaska (June 28, 2022): July 2022 marks the grand opening of Alyeska Nordic Spa at Girdwood's Alyeska Resort, located 40 miles from Anchorage. Alaska's first-ever [Nordic Spa](#) will be a year-round opportunity to disconnect to reconnect and enjoy a 50,000 sq. ft series of outdoor hot and warm Hydrotherapy pools, cold water plunges and waterfalls, aromatherapy steam rooms, a Finnish sauna, an exfoliation cabin featuring Alaskan sea salt, a Halotherapy Signature sauna, and heated walkways throughout. Indoors, guests will find digital free cozy nooks to unwind, 10 treatment rooms, wellness classes, spacious and beautifully appointed locker rooms, as well as the new Two Trees Bistro, an inspired dining experience focused on local offerings and a curated menu.

Guests can book Hydrotherapy Access \$99 and enhance their experience with one of two 60-minute massage treatments all customized with aromatherapy, deep tissue focus, CBD, and side-by-side treatments for two. The Alyeska Forest Therapy Massage includes the Aromatherapy designed to maintain balance and promote wellness. The Nordic Signature Massage is a next-level spa service inspired by the sensory experience of the outdoor hydrotherapy, playing on hot and cold sensations, scents of the outdoor pine, natural sounds of rain, and light touches of a morning mist.

Nordic spas provide great health benefits which include soothing sore muscles, creating a stronger immune system, reducing inflammation, and releasing endorphins. Spa Manager, Gena Lopez, shares *"The Nordic Spa experience gives guests an opportunity to experience the Nordic tradition of*

hydrotherapy, a health ritual Nordic people have practiced for thousands of years. Guests can cycle through stages of submersion in hot and cold water at their leisure, moving between the initial hot pools to stimulate blood flow and relax muscles, to cold, with the cold plunge waterfall to flush the body of toxins.”

Planned for later this year, in time for Alaska’s Aurora Borealis season, the Nordic Spa will debut a forest bathing experience that will include an elevated boardwalk through the Chugach Forest, North America’s northernmost rainforest. It will incorporate six outdoor hot and cold wooden tubs and two large barrel saunas nestled throughout the walking experience allowing for a unique moment to relax and connect with surrounding nature and two Banya saunas. Guests can then rest by the fire pits or fire cauldrons and recharge at the bistro. Specialized tartan robes have been designed to keep guests warm with a polar fleece lining and are adorned with their signature tartan, an iconic pattern that unifies the brand and signifies that each guest is part of the wellness experience at the Alyeska Nordic Spa community.

Unique to the spa world, but rooted in Alaskan hospitality is the inclusive nature of the Nordic Spa experience, which was designed to make all guests feel welcomed from its communal layout to friendly staff. *“We aim to provide a world-class spa experience in an inclusive and relaxed environment for locals and guests from afar. The Nordic Spa is where nature and community come together to create a sense of well-being that impacts guests long after they return home. As a spa destination, we want guests to feel comfortable and at ease in our digital free space,”* shares Émilie Pageau-Bisson, Director of Brand Marketing for Pomeroy Lodging.

The Nordic Spa is a 1.5-acre footprint near the resort surrounded by the forest and will be the largest addition to the resort since the 300-room Hotel Alyeska was built in 1994. It provides a harmonizing experience that balances the cadence of the modern world with the guest’s desire to relax in nature. The spa was created by Holland Design and local Alaskan firm Z Architecture and is the second destination to open after [Kananaskis Nordic Spa](#) in Canada by Pomeroy Lodging.

“Alyeska’s Nordic Spa in Girdwood will be the first of its kind in the U.S. We are thrilled to bring the unique hydrotherapy wellness concept to Alaska that our guests will be able to enjoy after a day on the slopes or exploring Alaska’s great outdoors or on a day that inhibits guests from going out on an Alaskan adventure,” said Ryan Pomeroy, CEO of Pomeroy Lodging

Alyeska Resort, acquired by Pomeroy Lodging in 2018, is Alaska’s premier year-round destination featuring 304-guest rooms, world-class dining, and impeccable mountain views and adventures. In the winter, guests have access to 1,610 skiable acres including the longest double black diamond run in North America. In the summer there are various outdoor experiences from the resort which include the Alyeska Bike Park for lift-accessed downhill mountain biking, 2.2 miles of intermediate to advanced hiking trails, moose and bear sightings, as well as convenient access to the Kenai Peninsula, Whittier, and Anchorage for day trips. Whether summer or winter, Alyeska is the perfect base camp for endless adventure and relaxation.

This summer guests can experience Seven Glaciers, the resort’s AAA Four Diamond Award Restaurant and the addition of a brand new Italian restaurant, Forte, opening in the Summer. Located just 40 miles

south of Anchorage in the town of Girdwood, guests can easily reach the resort and spa by a scenic 45-minute drive on the Seward Highway or the twice-daily Coastal Classic Train from Anchorage to Girdwood. Its proximity and access to Anchorage make the Nordic Spa an ideal day experience for guests before their evening flights back to the lower 48.

Hydrotherapy Access, yoga and pilates classes, use of locker rooms, and access to Two Trees Bistro can be booked for \$99. Treatment rates, guidelines, and full spa menu are [available here](#). Guests must be 18+ to enjoy the spa experience.

About Alyeska Nordic Spa: [Alyeska Nordic Spa](#) provides visitors an opportunity to enjoy a 50,000 sq. ft. series of outdoor hot and warm Hydrotherapy pools, massage treatments, and wellness experiences. Guests with reservations for Hydrotherapy Access, can relax and unwind for up to 12 hours a day, and dine at Two Trees Bistro which features breakfast, lunch, and dinner inspired by the wild landscapes of Alaska, alongside a full bar and cafe. Located in Girdwood, Alaska just 45-minutes from Anchorage, the Nordic Spa, owned and operated by Pomeroy Lodging, is the first in the United States. Guests can visit for a day of wellness or as the perfect complement to a stay at the year-round Alyeska Resort. To learn more about Alyeska Nordic Spa, visit [anordicspa.com](#).

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About Alyeska Resort: [Alyeska Resort](#) is Alaska's premier year-round destination featuring over 300-rooms, a 60-passenger aerial scenic tram, an indoor saltwater pool, and eight dining offerings including Seven Glaciers, the resort's AAA Four Diamond Award restaurant with unparalleled views overlooking seven hanging glaciers. With 1,610 skiable acres, 76 named trails, and over 669" of snow annually, Alyeska Resort is truly a playground for all levels of skiers and riders. In the summer, Alyeska is your gateway to the Chugach Mountains, offering a peek into the vastness and wild nature of this breathtaking mountain range. Home to numerous wildlife and flora species, Alyeska seamlessly entwines luxury accommodations with convenient access to nature. First opened in 1994, the resort was acquired in 2018 by Pomeroy Lodging, a Canadian hospitality company that also operates the Kananaskis Lodge and Nordic Spa in Canada. To learn more about Alyeska Resort, visit [alyeskaresort.com](#).

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