



**Alaska Ski Trip at Alyeska Resort Doubles as Wellness Holiday**  
*Alyeska Nordic Spa Healing Hydrotherapy Circuit is a new après-ski experience*



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**Girdwood, Alaska** (January 23, 2024): Alaska’s largest mountain resort, [Alyeska Resort](#), is reimagining this year’s winter ski holiday, as the mountain opens for its first season as a member of IKON pass, and prioritizes physical recovery and mental wellbeing with new offerings at its [Nordic Spa](#). Girdwood’s Alyeska Resort, located 40 miles from Anchorage is the perfect ski destination for athletes and winter sports enthusiasts looking to nurture and rejuvenate as they make the most of their time on the mountain. The Nordic Spa, which debuted in 2022, offers guests 50,000 square feet of outdoor hot and cold hydrotherapy pools, massage treatments, and yoga classes with a view. The experience includes cold water plunges and waterfalls, aromatherapy-infused steam rooms, a Halotherapy Signature sauna, a Finnish sauna, and an exfoliation cabin featuring Alaskan sea salt, all connected by a heated pathway. Alyeska Resort is the first Alaska mountain to become a member of the IKON pass, and this winter skiers can enjoy a new après-ski experience, with [Twilight Soak](#) available in the evenings from 5 p.m. to 9 p.m.

*“Alyeska’s Nordic Spa is the perfect way to start or end a day of Alaskan adventure or a day on the slopes. The Nordic traditions of hydrotherapy aid muscles to recover and rejuvenate, while helping with delayed onset muscle soreness. The spa’s new Twilight Soak is perfect for skiers as a healthy take on après-ski with access until 9 p.m., preparing them for a good night’s sleep and another day back on the mountain. For the ultimate day of rejuvenation and recovery, the spa’s Hydrotherapy Access allows up to*

*12 hours of self-care and connection with nature,” shares Director of Nordic Spa Operations, Simone Lyons.*

Hydrotherapy involves alternating between immersion in hot and cold water which stimulates blood circulation, relieves stress, detoxifies the body, reduces inflammation, promotes better sleep, and repairs injuries. The traditions of Nordic spas provide great health benefits which include soothing sore muscles, creating a stronger immune system, reducing inflammation, and releasing endorphins. The Nordic Spa is a 1.5-acre footprint at Alyeska Resort, surrounded by the forest, and is the largest addition to the resort since the hotel was built in 1994. It provides a digital-free space that balances the cadence of the modern world with the guest’s desire to relax in nature. The addition of the Forest Loop connects two barrel saunas, two banya saunas, and six cedar soaking tubs (five hot and one cold plunge) and includes an elevated wooden boardwalk through the Chugach Forest, North America’s northernmost rainforest. Indoors, guests can find cozy nooks in which to unwind, 10 treatment rooms, wellness classes, and spacious and beautifully appointed locker rooms. Guests can also refuel and recharge in [Two Trees Bistro](#), which highlights local artisans and a seasonal menu featuring unique regional selections. Visitors can rehydrate from a selection of juices, teas, and coffee or enjoy a carefully crafted wine and cocktail selection.

Director of Nordic Spa Operations Simone Lyons shares, *“The Nordic Spa provides 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, utilizing the cold plunge waterfall to flush the body of toxins.”*

Guests can book [Hydrotherapy Access](#) from \$119, which provides full-day access (9 a.m. to 9 p.m.). Reservations can be upgraded with 60-minute customized [massage treatments](#) including aromatherapy, couples treatments, and more. With full-day access, guests can rest by the fire pits or fire cauldrons and recharge at the Two Trees Bistro. Signature tartan robes lined with polar fleece are sure to keep guests warm. Unique to the spa world, but rooted in Alaskan hospitality is the inclusive nature of the Nordic Spa experience, designed to make all guests feel welcomed from its communal layout to its friendly staff.

A winter playground, Alyeska Resort offers glacier-filled vistas and Northern Light sightings. In the winter, guests can access 1,610 skiable acres including the longest double black diamond run in North America. The mountain is home to a 60-passenger aerial scenic tram with panoramic views, 76 trails, and over 669 inches of snow annually, plus seven dining options, including [Seven Glaciers](#), a AAA Four Diamond Award restaurant with unparalleled views overlooking seven hanging glaciers. New for 2024, is the debut of its new [Black Diamond Club](#), a luxury offering of premium accommodations, services, and exclusive amenities. Also, new for the season and perfect for families is the resort’s new terrain-based learning program which provides novice skiers an opportunity to develop their skills with a guarantee that if you aren’t skiing the green trails by Day 3, your lessons will be complimentary until you reach that goal.

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. The resort and spa can easily be reached by a scenic 45-minute drive on the Seward Highway or the twice-daily Coastal Classic Train from Anchorage to Girdwood in the summer. Hydrotherapy Access, yoga and pilates classes, use of locker rooms, and access to Two Trees Bistro can be booked from \$119 per person. Treatment rates, guidelines, and the full spa menu are available at [www.anordicspa.com](http://www.anordicspa.com). Guests must be 18+ to enjoy the spa. Rooms at Alyeska Resort can be booked at [www.alyeskaresort.com](http://www.alyeskaresort.com).

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**About Alyeska Nordic Spa:** Opened in September 2022, [Alyeska Nordic Spa](#) provides visitors an opportunity to enjoy a 50,000-square-foot 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. Two Trees Bistro, inspired by Alaska's wild landscapes, is open for breakfast, lunch, cocktails, and dinner. Located in Girdwood, Alaska just 45 minutes from Anchorage, the Nordic Spa, owned and operated by Pomeroy Lodging, is the first in Alaska. 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](http://anordicspa.com).

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**About Alyeska Resort:** [Alyeska Resort](#) is Alaska's premier year-round destination featuring 299 rooms, a 60-passenger aerial scenic tram, an indoor saltwater pool, and seven dining options 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 inches 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 vast wilderness 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](http://alyeskaresort.com).

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**About Pomeroy Lodging:** [Pomeroy Lodging](#) is an independent hospitality company based in Alberta, Canada. Managing a wide portfolio of hotels, resorts, and spas since 1941, Pomeroy Lodging is deeply invested in the communities in which they operate. Their investments go beyond the walls of their hotels and the land they build on. They are dedicated to making their people, partners, guests, and communities strong, successful and sustainable. Pomeroy Lodging is driven to make a difference because they cherish where they come from and where they grow. Pomeroy Lodging has a dedicated leadership team with a clear vision for business development and partnership opportunities that provide development and growth opportunities to all employees.

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