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Three High-End Spa Treatments Just For Gents

Posted by [Correspondent Melanie Nayer](#)

April 30, 2014 5:00 am

Save for later:



The Spa at Mandarin Oriental, Boston

We know that long flights and short breaks between meetings have the same effect on a man's muscles as they do on a female's. Spas know this, too. It only makes sense then that pampering in luxurious settings wouldn't be exclusive to ladies. Sure, in most spas, flowers are everywhere and the scents are reminiscent of jasmine perennials, but thanks to these Forbes Travel Guide Star-Rated spas around the country, male aches can start getting a bit more attention.

The Spa at Mandarin Oriental, Boston

The only Five-Star spa in Boston is giving guys a reason to man up and pamper themselves. "Broga" (yoga for bros) is a new fitness program designed just for men who need a little extra stretch and Zen in their day. This high-intensity strength workout is taught by trained Broga yoga instructor Matt Morin. "The classes combine traditional yoga with functional fitness exercises. The result is a practice that builds muscle, improves flexibility, reduces the risk of injury, relieves stress and improves balance," Morin says. Broga is an hourlong session that takes place every Saturday at 1 p.m. If that time doesn't work with your schedule, private sessions are available.

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The Spa at Whiteface Lodge, Lake Placid, N.Y.

Whiteface Lodge in Lake Placid has pulled together a selection of treatments that target the outdoorsman. The Modern Man offerings include tried-and-true winners for guys such as a sports massage, but the menu also introduces a few new concepts such as The Outdoorsman, a relaxing, deep-cleansing facial that repairs and protects skin damaged by windburn, sun and overexposure to the elements; the Man Hands Soother, which exfoliates rough, dry skin while imperfect nails are trimmed, filed and buffed; and the Energizing Foot Remedy, a soothing Epsom salt soak with nail and cuticle grooming, exfoliation, Quench mask and massage.

The Ritz-Carlton Spa, Denver

By some accounts, Denver is the microbrew capital of the U.S. So, it's only appropriate the Four-Star spa at **The Ritz-Carlton, Denver** would pull together a couple of beer-infused treatments. One of these sudsy services is The Mile High Malt Scrub & Microbrew Massage, which mixes the powers of brew (a full-body exfoliation with a malt scrub; beer mask) and a bit of pressure (scalp massage) to send you to a place of amber-scented blissfulness. The other ale lover's dream is the Hops N' Honey Ultimate Pedicure that combines caramel, oats and a scoop of Hops N' Honey-flavored Me! Bath ice cream to create a hydrating, revitalizing experience for your feet. And before all good things come to an end, top this hoppy experience off by savoring a trio of microbrews in the relaxation lounge.

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Union to protest at Lake Placid conference

April 25, 2014

By MATTHEW TURNER - Staff Writer (mturner@adirondackdailyenterprise.com) , Adirondack Daily Enterprise

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LAKE PLACID - When Gov. Andrew Cuomo talks about promoting tourism in the Adirondacks, groups of protestors carrying signs probably isn't what he has in mind. Either way, they are coming and will be staying here on May 4.

The protest is being called "Picket in the Pines." It is led by New York State United Teachers. The teacher's union members will protest an education conference, run by Education Reform Now, a pro-charter school group. The three-day conference called "Champ Philos," will be held on May 4 through 6 at Whiteface Lodge.

Carl Korn, a NYSUT spokesman, said the group plans to mobilize "several hundred" teachers and parents from across the state. They will be taking buses to Lake Placid and plan to stay at the Comfort Inn.

"It's a reformist retreat by hedgefund supporters and billionaires," Korn said. "Democrats for Education Reform and Education Reform Now give hundreds of thousands of dollars to political candidates every year. They are trying to use their wealth to impose their radical ideas on all children in New York schools."

Education Reform Now and its political arm Democrats for Education Reform are led by Joe Williams, of New York City, and part-time resident of Saranac Lake. He chose Lake Placid as the destination for the conference to draw in interest and money to the Adirondacks.

"We're very pleased there has been so much enthusiasm from the education community in our Philosopher's Camp," William wrote in a statement by email. "More than anything else, the buzz surrounding the event proves that this important conversation is happening at a crucial time for education in the United States."

Cuomo has agreed to attend, being named the "honorary chair" of Camp Philos. Although it is little more than a title, according to his office, he is taking no part in running or funding the conference. Williams told the Enterprise he was working with the governor on education policy, and that he pitched the governor on attending the conference here as a way to boost tourism - a goal both men want to achieve. Democrats for Education Reform has donated at least \$65,000 to Cuomo, Capitol New York has reported.

Marla Kilfoyle, a teacher from Long Island and a protestor, said around 50 to 75 people from her area plan to travel to Lake Placid.

"People are at the point now they are so disgusted with (Cuomo) and his agenda," Kilfoyle said. "It's not about public education, it's about selling it."

Kilfoyle questioned how serious the discussion would be at the

Saranac Lake, NY



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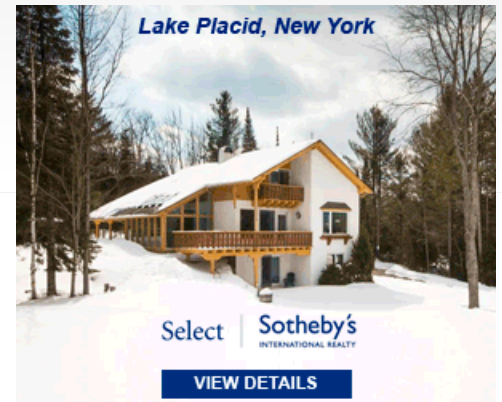
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conference with people like movie director M. Night Shyamalan attending.

The union members will make signs and then meet the Camp Philo guests in front of the Whiteface Lodge as they arrive. This isn't the first time NYSUF members will visit Lake Placid. They have held conferences here in the past, most recently at the Hilton in February.

Korn said the lack of teacher involvement at the education conference is telling.

"The fact that entry costs \$1,000 and no public school teachers are attending suggests this is more about strategizing about how to profit and privatize education rather than improve the learning experience," Korn said. "Let me say, as opposed to these self-proclaimed reformers from around the country, NYSUF reformers are very familiar with Lake Placid."

Williams said on Thursday his conference will feature education leaders as well as both teachers and parents from across the country. Last week, Williams told the Enterprise by phone that school administrators would be attending the conference.

"I am excited to convene this diverse group of thinkers to advance the dialogue on education reform," Williams wrote.

Bianca Tanis, a teacher in Rockland County, said Williams is "full of it." She attempted to sign up for the event, but the registration was closed before she could.

"I'm sort of getting the feeling teachers are being excluded," Tanis said. "There was no mention of teachers or even educators (on the website).

"Around the last week when I was going to purchase the ticket, I got a call from a retired teacher and she got two confirmation emails that she was registered, and then with no notice, was given a refund. She thought that felt strange."

William said he regrets that they could not accommodate everyone at the conference.


"Given the unexpected interest, the event is now over capacity, and we have had to turn away some applicants due to space limitations," Williams said. "Without a doubt, we will seek out a larger venue next year to accommodate the growing number of participants ready and willing to engage with these important topics."

Camp Philo attendees will stay at one of three host hotels: the Whiteface Lodge, High Peaks Resort and Golden Arrow Lakeside Resort. Ticket rates for the conference were \$1,000 for general and \$2,500 for VIP admission. The Whiteface Lodge, where the discussion will take place, can host conference groups of up to 200 people, according to Chris Pulito, the Whiteface Lodge's general manager.

"The bottom line: it's a really exciting opportunity to bring people to the Adirondacks," Pulito said, "regardless of the topic of discussion."

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Home > News & Features > Photos > 10 Best Lakeside Hotels in the US > Whiteface Lodge

10 BEST LAKESIDE HOTELS IN THE US

April 10, 2014 1:30 pm | [Post a comment](#)

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Photo Credit: Courtesy of Whiteface Lodge

WHITEFACE LODGE

Where: Lake Placid, New York

Located in the heart of the Adirondacks, [Whiteface Lodge](#) is built in the style of a great camp. When the weather warms up, guests can take a dip in the lake or a ride in the resort's pontoon boat or classic Hacker-Craft. Whiteface Lodge is also home to the Canoe Club, a private beach that offers dining along with complimentary canoes, kayaks, paddle boards, and Frisbees.

Insider Tip: The Whiteface Lodge was conceived and built by a former Olympian, and the hotel staffs includes several Olympic hopefuls and recent Olympians. Bartender Chris Mazdzer competed in the luge at the 2010 and 2014 Games.

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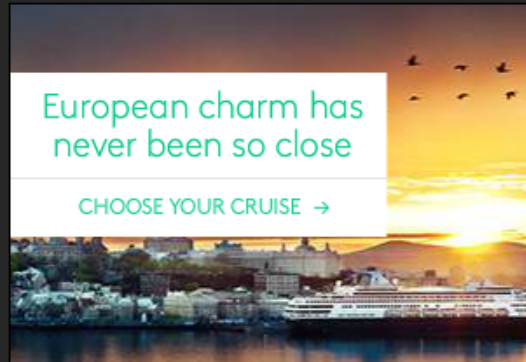
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THE WORKING MOM'S TRAVELS



Heaven on Earth at Whiteface Lodge and Spa

BY FRANCESCA APRIL 8, 2014 [ADIRONDACKS](#) [LAKE PLACID](#) [LAKE PLACID ADK](#) [MASSAGE](#) [NEW YORK](#) [WHITEFACE LODGE](#)
[WHITEFACE SPA](#)

I think I found heaven on earth. Not that I was even looking for it, but I'm pretty sure it's in [Lake Placid, New York](#), disguised as the spa at [Whiteface Lodge](#).

On my trip to Lake Placid [earlier this year](#), I was treated to a morning of pampering and relaxation at Whiteface Lodge's luxurious spa. I'd visited the resort the previous day for a tour of the property and was provided a glimpse of the spa. I already knew it was going to be enjoyable but I didn't know that my time there the next morning would be absolutely blissful.

We checked in at spa reception and were escorted back into the women's sanctuary – not a locker room but a SANCTUARY. We were given instructions to

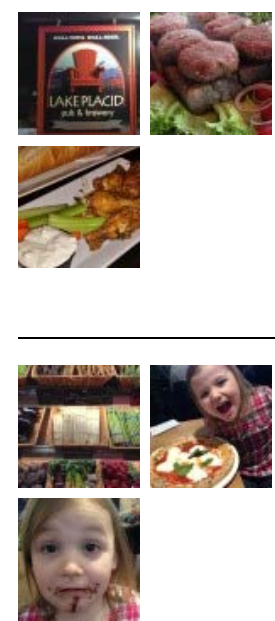
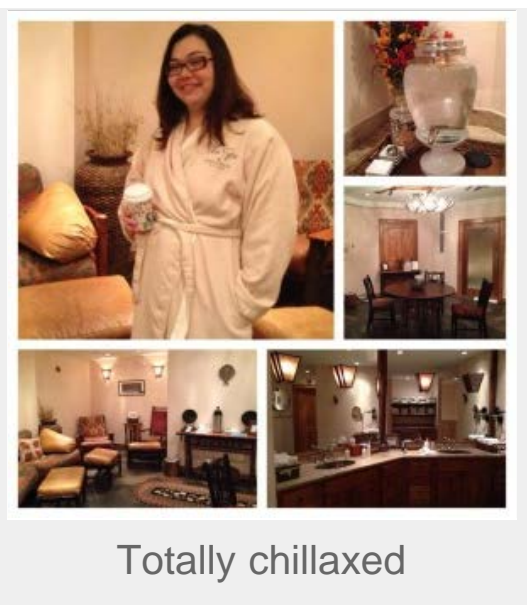
PHOTOS



store our clothing and belongings, change into a pillowy soft white cotton bathrobe, have a seat and wait for our massage therapist to come for us. In those few minutes, I took notice of the available amenities in the women's sanctuary: complimentary water, tea, and healthy granola snack mix; sofas and lounge chairs; free wifi; sauna; steam room; and spacious private showers. As excited as I was for my massage, I was seriously looking forward to relaxing in the sanctuary afterward.

My massage therapist met me in the women's sanctuary and spent some time asking about specific pains and problem areas. Before getting to work, I got to choose from an array of aromatherapy oils to use during my massage. The massage itself? Heavenly. It was the perfect mix of relaxing and therapeutic. I don't like no wimpy massage, and my therapist used the right amount of pressure to make me feel like my muscles were really being worked out while I was completely relaxed. One of the best massages of my life.

Sadly, it seemed that this blissful massage ended way too quickly, but the relaxation didn't stop there. We were offered access to the resort's outdoor heated pool, indoor pool, and hot tub, but I declined. Instead, I took advantage of the solitude of the women's sanctuary and treated myself to a long, hot shower that was not interrupted by my kids (like they are at home), using all of the complimentary amenities on hand (shampoo, soap, hair dryer, etc.). Then I got comfy on one of the oversize loungers, took advantage of the free wifi, and waited for the rest of the group to be finished with their treatments. Honestly, the entire morning was heavenly, and just



Outdoor heated pool area

what this mama needed. Working full-time, keeping up my travel blog (and traveling), and taking care of my two children, I rarely have the opportunity to treat myself as I was at Whiteface Spa. So, thank you from the bottom of my heart, Whiteface Lodge and Spa. I can only hope that, one day very soon, I can once again visit the heaven on earth that you've created.

I was a guest of Whiteface Lodge and Spa for my morning of luxury and bliss, and of Lake Placid CVB. All words and opinions, as always, are my own.

POSTED IN LAKE PLACID, NEW YORK, USA  Tweet  Like 2  Submit  Pin it 1  reddit 

PREVIOUS

One thought on “Heaven on Earth at Whiteface Lodge and Spa”



Erin at The World Wanderer

APRIL 8, 2014 AT 9:02 PM [REPLY](#)

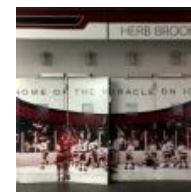
Ohhhh, this brought me right back to that magical winter day. Seriously, I'm glad winter is over, but I'd do it all over again for a dip in that hot tub and a massage in paradise.

Erin at The World Wanderer recently posted... [Music Monday: Don't Mind Me.](#) 

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Whiteface Lodge, Placid, NY

Apr 02, 2014 @ 3:48 PM
Posted by robertopellegrini



NUTRITION

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Cal/Serving: 146
Daily Value: 7%

Low-Fat, Low-Sodium
Fat-Free, Low-Fat-Abs,
Vegetarian, Paleo, Dairy-Free,
Gluten-Free, Wheat-Free,
Egg-Free, Milk-Free, Peanut-Free,
Tree-Nut-Free, Soy-Free,
Fish-Free, Shellfish-Free



Roberto Pellegrini

Cosmopolitans are so last year. Kick into high spring fashion with this delicious and refreshing spring cocktail.

RATE THIS RECIPE: ★★★★★

BE THE FIRST TO RATE THIS!

INGREDIENTS

- 1.5 ounce gin
- 2 ounces green tea
- 1 ounce prosecco
- .5 ounce Pama Pomegranate liquor
- 1 teaspoon honey

Fat	0g	0%
Saturated	0g	0%
Trans	0g	0%
Carbs	9g	3%
Fiber	1g	2%
Sugars	8g	0%
Protein	0g	1%
Sodium	3mg	0%
Calcium	2mg	0%
Magnesium	4mg	1%
Potassium	58mg	2%

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La Pinatita (The Little Pineapple) for Cinco de Mayo



Avocado 101



How Countries Eat Avocados Around the World



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The Daily Meal Alerts

Iron	0mg	0%
Zinc	0mg	1%
Vitamin C	1mg	2%
Thiamin (B1)	0mg	1%
Riboflavin (B2)	0mg	1%
Niacin (B3)	0mg	0%
Vitamin B6	0mg	1%
Folic Acid (B9)	8µg	2%
Vitamin E	0mg	0%
Vitamin K	2µg	3%
Fatty acids, total monounsaturated	0g	0%
Fatty acids, total polyunsaturated	0g	0%

[See Detailed Nutritional Info](#)

Have a question about the nutrition data? Let us know.

DIRECTIONS

Combine ingredients and served in a highball glass. Garnish with a lemon slice.

Recipe Details

Servings: 1

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Green Beans with Pecans and Clementine Dressing

If clementines are unavailable, substitute 1/3 cup freshly squeezed juice and a little zest from a...



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