

Stone City Recommendations for Unique Local Wellness Options

[Stone City Forest Spa, Hardwick](#) – Micro-spa offering private streamside wood-fired sauna, various shower & cold plunge options, woodland lounge, sauna tools & products. Sauna heating service available. Two-person hot tub coming in 2026.

[Wellness 101, Hardwick](#) – Yoga & QiGong studio, Hyperbaric Oxygen therapy, Colon hydrotherapy and coaching, Facials, Massage, Community events.

[Strong Wellness, East Hardwick](#) – Restorative Bodywork (Relaxation, Sports, Hot stone, Pre & Post-natal massage, Side by Side massage, Acupressure, Reflexology, Exfoliating scrubs, Ayurvedic Health Counseling, Shirodhara, Cedar Sauna & cold plunge.

[Moon Honey Massage, Hardwick & Stowe](#) – Custom therapeutic massage, Prenatal massage

[Blue Heron Acupuncture, Hardwick](#) – Acupuncture, Chinese Herbal Medicine, Energy Healing Courses.

[Goldenrose Gardens, Hardwick](#) – Herbalist & Herbal Products, Elderberry, Immune support, Salves, Tinctures & Elixirs, Tea blends, Herb walks & events.

[Victoria Hill Physical Therapy & Wellness, Hardwick](#) – Physical therapy, Massage, Craniosacral therapy, reiki, Animal reiki, Intuitive bodywork, Sound healing, Workshops & Events, Reiki classes.

[Indigenous Roots Institute, Woodbury](#) – Reiki, Power animal retrieval, Soul retrieval, Lightwork energy integration therapy, Shamanic pattern release, Shamanic divination, Psychopomp, Extraction healing, Egg and carnation healing/Limpia, Flower bath ritual, Personal healing retreats & inner quests, Shamanic apprenticeships, Reiki courses.

[Jenna Yetman Massage, Albany](#) - Deep Tissue & Swedish-style Massage.

[Blossom Wellness Center, Elmore](#) – Massage, Hot tub, Sauna & cold plunge, Yoga, Guided meditation, Classes.

[Green Mountain Holistic Healing, Morrisville](#) – Acupuncture, Massage Therapy, Esthetics, Infrared Sauna, Reiki, Hypnotherapy, Energy work, Biofield tuning, Sound bowl healing, Yoga, Guided meditation, Pilates, Occupational Therapy, Holistic health coaching, Wellness store.

[Elevate 802, Lyndonville](#) - Intuitive Reiki & Energy Healing, Massage Therapy, Salt Cave Experience, Red Light Therapy, Cold Plunge, Infrared Sauna.

[Vermont Salt Cave Spa & Halotherapy Center, Montgomery Center](#) – Salt cave, Hand & foot spa room, Infrared & PEMF therapy, Traditional foot soaks.

[Sage Collective, Stowe](#) – Therapeutic & deep tissue massage, Prenatal massage, Thai massage, Yoga, Reiki, Myofascial cupping, Acupuncture.

Mainstream “Traditional” Spas

[Topnotch Resort, Stowe](#) – Fitness center, Solarium, pools, jacuzzis, saunas, steam rooms, massage, body treatment, facial care, hair & nail services.

[The Calm Company, Stowe](#) – Massage, Saunas, Facials, IV Hydration, Energy healing (Reiki & Sound bath), Acupuncture.

[The Spa at Spruce Peak, Stowe](#) - Fitness center, outdoor swimming pool, Jacuzzi hot tubs, a relaxing spa sanctuary lounge, a hot/cold treatment facility in the Healing Lodge and 18 private treatment rooms.

[Nordic Station, Magog, Quebec](#) – Massages & body treatments, steam room, baths, Finnish saunas, River, Cold plunges, Relaxation areas.

[Spa Bolton, Bolton-Est, Quebec](#) – Beauty treatments, Massage, Saunas, Cold plunges, River, Relaxation areas.

[The Spa at the Essex](#) – Massage, facials, Reiki, Reflexology, Beauty services, Fitness center, Pools, Hot tub, Steam room, Sauna.

Check us out at www.stonecitytreehouse.com

