

Health, Wellness & Modern Green Living

organic spa

MAGAZINE

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APRIL 2017



A Lifestyle Publication
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Good Vibrations

Sitting is getting a bad rap lately, but sitting—and reclining—in the SolTec Lounge (below) will increase your sense of well-being and relax your mind and body.

The S-shaped chair was created by Dan Cohen, MD, who set out to create a technology to induce a relaxed, meditative state, and that is surely what the SolTec does.

Whether at the spa or in your living room, simply ease into the chair, close your eyes, listen to carefully curated soothing sounds that filter through headphones, and allow the synchronized sound and subtle magnetic vibrations to mightily inhibit your stress response.

soltecwellbeing.com

—Rona Berg



At One with Nature

It's quite a distinction, to be the first new accommodation built on a property in 100 years. With the construction of Grove Lodge, a light and airy 7,000-square-foot freestanding structure with six guest rooms, each with a fireplace and private bathroom, the historic Mohonk Mountain House in New Paltz, NY, now offers a perfect private getaway for family reunions, wedding parties and groups that want a spacious but cozy retreat all their own.

The two-story Lodge is built with sustainable materials like reclaimed wood and native stone, with rustic

furniture and artwork handcrafted by local artisans and craftspeople. The Great Room, a perfect gathering place for groups, features a cathedral ceiling, natural hardwood floors, a wall of windows and a stone patio, the perfect spot to enjoy a morning cup of joe and look out onto the woods and contemplate nature, while rocking in a hand-hewn rocking chair.

With all the amenities of the main house—including a range of locally sourced snacks from the surrounding Hudson Valley—Grove Lodge is the perfect home-away-from-home. mohonk.com

—RB



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