

american spa

THE SPA & WELLNESS AUTHORITY

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natural
RENEWAL

THE SPA AT THE LAKE ESTATE
ON WINNISQUAM (TILTON, NH)

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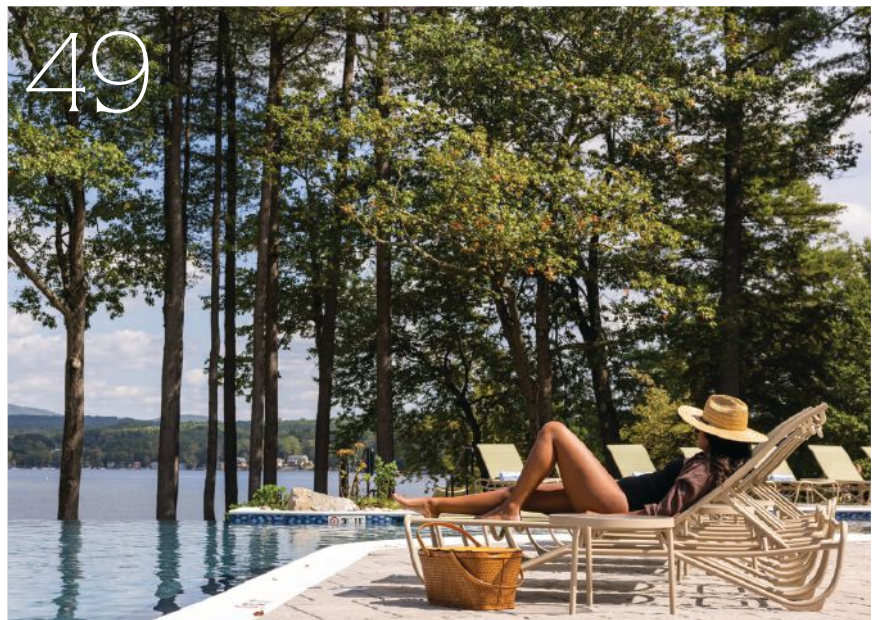
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COVER PHOTOGRAPHY: THE SPA AT THE LAKE ESTATE ON WINNISQUAM

LAKE SIDE COMFORT



A new spa in a small town in New Hampshire is making a big impact on guests' physical, emotional, and spiritual wellbeing. By Nicole Altavilla

Tilton, NH, is a quaint New England town of just over 4,000 residents, located on the Winnepesaukee River, only 90 minutes from Boston. It is considered the gateway to the Lakes Region of the state, and with the opening of The Lake Estate on Winnisquam, it can now also be considered a gateway to wellness. The new luxury resort is situated on 3,400 feet of natural shoreline with views of the Belknap and Ossipee mountain ranges and it boasts 36 acres

of lakefront property.

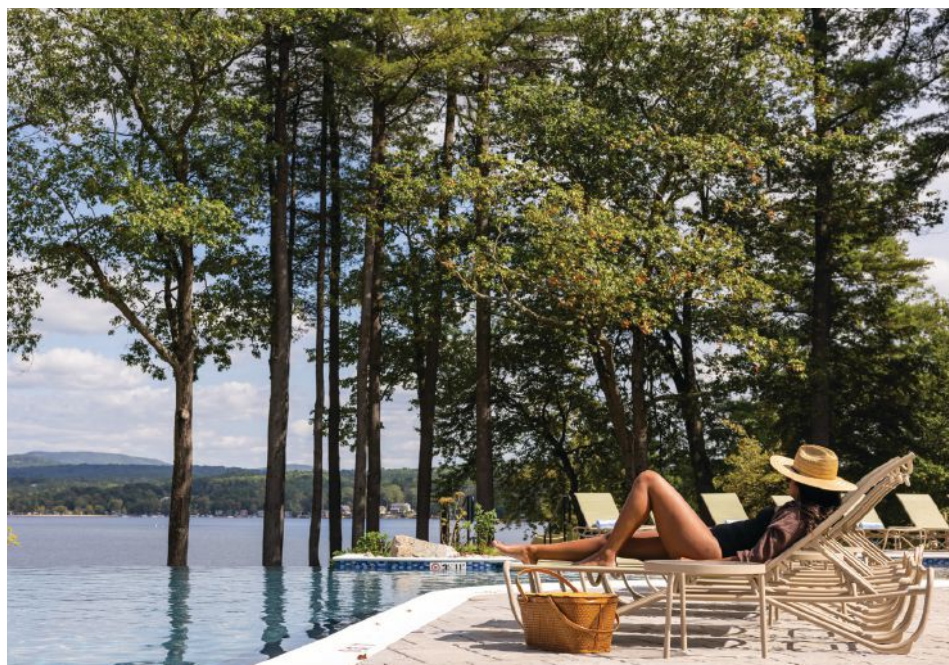
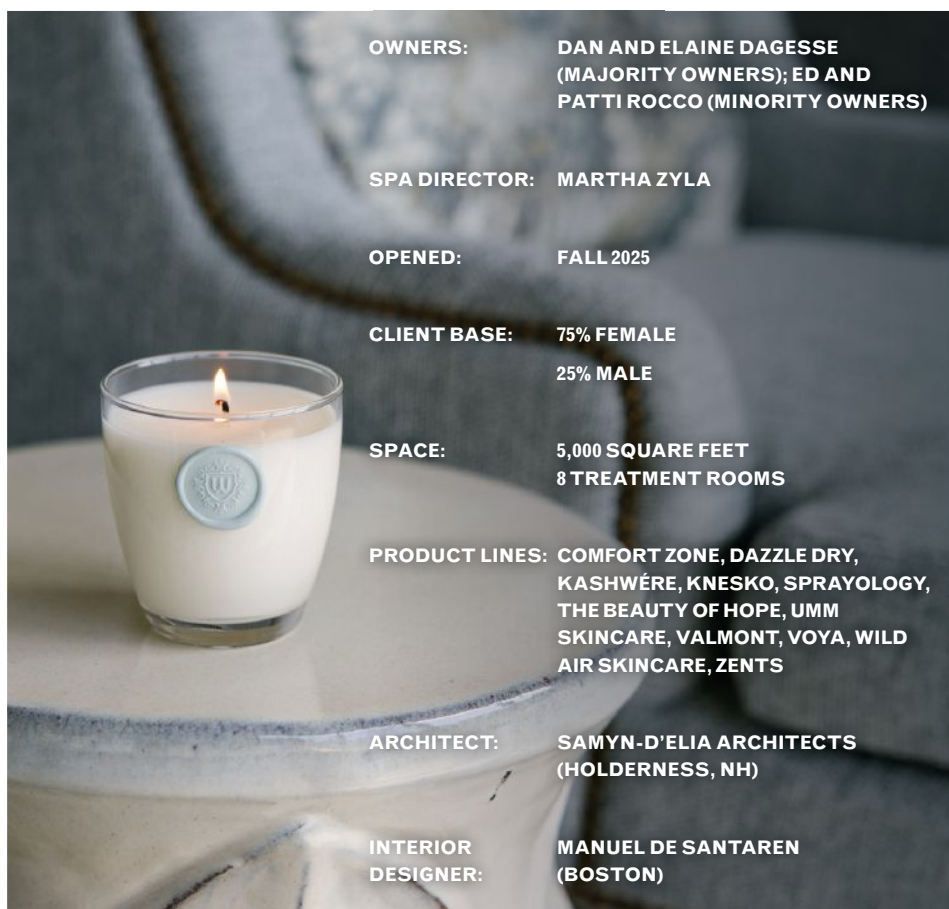
The resort has an elegant, warm, and inviting atmosphere, which extends into **The Spa at The Lake Estate on Winnisquam**. The 5,000-square-foot wellness facility, which opened in fall 2025, offers nature-inspired treatments using local minerals and botanicals, wellness therapies, and curated rituals designed to promote physical, emotional, and spiritual wellbeing. The space features calming hues of blue, green, and ivory that are carried

throughout the spa, as well as artwork reflective of Lake Winnisquam.

There are eight treatment rooms at the spa, which are named after the trees on property: Apple, Pine, Birch, Oak, Spruce, Elm, Maple, and Hemlock, as well as men's and women's saunas, a relaxation lounge with apple orchard views, and a 1,500-square-foot terrace. "In the outdoor spa terrace, one can immerse themselves in a multisensory experience, and disconnect from daily stressors of life while connecting with nature," says Martha



Calming and soothing vibes are felt throughout the property, from the spa's relaxation area and outdoor terrace to the resort's lakefront infinity pool.

OWNERS:	DAN AND ELAINE DAGESSE (MAJORITY OWNERS); ED AND PATTI ROCCO (MINORITY OWNERS)
SPA DIRECTOR:	MARTHA ZYLA
OPENED:	FALL 2025
CLIENT BASE:	75% FEMALE 25% MALE
SPACE:	5,000 SQUARE FEET 8 TREATMENT ROOMS
PRODUCT LINES:	COMFORT ZONE, DAZZLE DRY, KASHWÈRE, KNESKO, SPRAYOLOGY, THE BEAUTY OF HOPE, UMM SKINCARE, VALMONT, VOYA, WILD AIR SKINCARE, ZENTS
ARCHITECT:	SAMYN-D'ELIA ARCHITECTS (HOLDERNESS, NH)
INTERIOR DESIGNER:	MANUEL DE SANTAREN (BOSTON)

Zyla, director of spa and wellness at The Spa at The Lake Estate on Winnisquam. “Our terrace offers a year-round oversized heated mineral spa to ease the soul, a festive fire pit to enjoy storytelling or seek renewal, and a thoughtfully curated tranquil meditation garden to enjoy solace. This is available exclusively to our spa guests as a complimentary enhancement to their services.”

According to Zyla, the spa's custom-curated menu of nourishing services draws

inspiration from the freshness and serenity of Lake Winnisquam and the surrounding natural woodlands, and includes massages, facials, body treatments, and wellness therapies. “Locally sourced minerals and botanicals set the tone and define the guests’ journey,” she says. “Signature massage oils, lotions, body butters, and scrubs incorporate elements from the property and capture the essence of New England, including the crisp, fresh scent of apples paying homage to our on-site apple orchard, as well as the

invigorating aroma of pine essential oils and the delicate fragrance of wildflowers. Throughout the year, new seasonal blends are also crafted.”

The menu of services includes several signature and custom treatments that are designed to renew, rejuvenate, and relax the mind and body. The Lake Estate Sacred Nature Signature Facial (\$320, 90 minutes) helps to restore balance and energy using natural and organic botanicals and includes a double exfoliation, a

brightening peel-scrub for the hands, an extended massage, a revitalizing eye mask, and an elixir infusion. The Lake Estate Bespoke Massage (\$375, 90 minutes) allows guests to personalize their service with a choice of either a stress-relieving cashmere oil, hydrating and skin immunity probiotic lotion, or age-defying hydration to be used during the treatment.

Couples are encouraged to book the Better Together Massage (\$220 per person, 60 minutes; \$320 per person, 90 minutes). The treatment begins with an aromatherapy journey where both guests select their favorite aroma, which are then mixed together as a special bespoke scent to be used during the service. It also includes a full-body Swedish massage.

One of Zyla's proudest achievements at the spa is its Cancer Wellness Program that provides staff with the skills and knowledge to adapt treatments for clients undergoing any form of cancer treatment and recovery and in need of comfort care. Ideal for those who are undergoing treatments or in recovery from a cancer diagnosis, the Vibrant Living Massage (\$275, 60 minutes; \$375, 90 minutes), is a soothing, hydrating, and healing treatment that brings balance and vibrancy into the body and mind.



The spa features eight treatment rooms and a menu of services that includes nature-inspired massages, facials, body treatments, and wellness therapies.



SPA TALK *with* Martha Zyla

Meet Martha Zyla, director of spa and wellness at The Spa at The Lake Estate on Winnisquam, who has 21 years of experience in the spa and hospitality industry.



What was the path that led you into the spa industry?

My desire to be of service to others and make a difference.

What is your proudest accomplishment?

Certainly, being integral in the opening of The Spa at The Lake Estate on Winnisquam. Also, providing a Cancer Wellness Program that provides staff with the skills and knowledge on how to

adapt treatments for clients undergoing any form of cancer treatment and recovery and in need of comfort care.

What has surprised you most about working in the spa industry?

The true commitment of all spa professionals and their desire to unselfishly contribute to the health and wellbeing of others and the impact they have.

Where do you think the industry is heading?

The industry is on an upward trajectory and will continue to soar and to bring about change and make an impact on the world both through health initiatives and eco-consciousness.

With the natural surroundings being such an integral part of the experience, it was important for the spa to implement green initiatives into the creation of the menu of services and amenities. According to Zyla, biodegradable and recycled packaging is present throughout the spa. For example, the locker rooms have sustainable bamboo amenities in recyclable packaging; no paper hand towels are used in the spa; and linen treatment table bedding was selected because it is 100% recyclable, fast-drying, and naturally wrinkle-resistant.

From the personalized, nature-inspired services and offerings and eco-friendly amenities to the calming decor and peaceful natural surroundings, The Spa at The Lake Estate on Winnisquam provides guests with a wellness journey and experience that lasts long after they leave the spa. “Most spa-goers are looking for respite and a true sense of a caring atmosphere,” says Zyla. “They want to feel safe and comforted. They seek sensory treatments that leave a lingering journey. It was my mission to create a sanctuary inspired by the beauty of our natural surroundings and provide the space and tools for guests to discover their own path to rejuvenation, relaxation, and inner connection.” ●



Clockwise: The women's locker room features sustainable amenities; hair and nail services are available in The Salon; and guests can browse and purchase products in the retail area.

