



THE LAKE ESTATE ON WINNISQUAM

THE SPA AT THE LAKE ESTATE ON WINNISQUAM AWARDED BEST NEW U.S. SPA

*New Hampshire's Newest Wellness Destination Claims Top Honor in
American Spa Magazine's Annual Reader Vote*



TILTON, NH (April 8, 2026) - [The Spa at The Lake Estate on Winnisquam](#) has been named “Best New U.S. Spa (2026)” by *American Spa* magazine, the industry’s leading authority on spa and wellness. The honor was awarded through the publication’s annual March Madness–inspired reader vote, which began with 32 new or newly renovated spas nationwide and culminated in 16 head-to-head matchups to determine the winner.

Located in the heart of New Hampshire’s Lakes Region in Tilton, NH, a quintessential New England small town, The Spa at The Lake Estate on Winnisquam, is part of a new 114-room independent luxury resort which opened in late August 2025. Set on 36 sprawling lakefront acres and situated on 3,400 feet of natural shoreline with views of the Belknap and Ossipee mountain ranges, The Lake Estate on Winnisquam is only 90-minutes from Boston and seamlessly blends understated New England elegance with world-class amenities, state-of-the-art technology and exceptional service.

Situated on the lobby level of the estate, The Spa at The Lake Estate on Winnisquam (The Spa) is a world-class, 5,000-square-foot wellness sanctuary offering understated elegance and luxurious comfort inspired by its natural surroundings. The nourishing serenity of the lake sets the tone and shapes each guest's journey. Nature-inspired treatments featuring local minerals and botanicals, wellness therapies, and curated rituals are thoughtfully designed to nurture physical, emotional, and spiritual wellbeing. The Spa's amenities include eight treatment rooms (including two couples' suites), men's and women's saunas, a luxurious relaxation lounge overlooking the apple orchard, and a 1,500-square-foot terrace featuring a year-round heated mineral pool, fire pit, and meditation garden. Open daily from 9am to 5pm, The Spa welcomes both resort guests and local day visitors.

“The Lake Estate on Winnisquam is redefining luxury in New Hampshire, and our world-class spa is central to our commitment to delivering an unparalleled resort experience through elevated, holistic wellness offerings,” says Ed Rocco, General Manager, and Patti Rocco, Estate Manager. “Set against our stunning lakeside landscape in the heart of the Lakes Region, The Spa is a true sanctuary blending innovative treatments with natural elements to create a deeply relaxing, restorative experience for both resort and day guests, year-round. This legacy project is one we are incredibly proud to bring to New Hampshire. For too long, travelers seeking true luxury hospitality had to look beyond our state’s borders, but we are changing that narrative by establishing a new benchmark of excellence showcasing the region’s natural beauty while honoring the grand traditions that make it a premier destination for discerning guests.”

The Spa is led by New Hampshire native Martha Zyla, Director of Spa & Wellness. Ms. Zyla has 20+ years of experience in the retail, spa and hospitality industries having owned and operated a chain of retail stores throughout New Hampshire and served as Spa Director for Cascade Spa at Mill Falls at the Lake in nearby Meredith, NH for more than 18 years. She is a 20+-year member of the International Spa Association and served on the New England Spa Association board for many years. Ms. Zyla has always held a passion for health and wellness and, on a personal level, is a firm believer in homeopathy and natural remedies.

“We are honored and humbled to receive this recognition from *American Spa* magazine readers. Having debuted New Hampshire’s newest luxury destination and day spa only seven months ago, our mission has been to create a sanctuary that reflects the beauty and vitality of our region’s landscape, and this award affirms that vision,” says Ms. Zyla. “Our team strives to provide a space and experiences where guests can discover their own path to rejuvenation, relaxation, and inner connection. With a commitment to continuous innovation, we aim to consistently exceed expectations.”

At The Spa, luxury is in every detail. The eight treatment rooms, of which two will be devoted to couples, all feature state-of-the-art, oversized and ADA-compliant massage beds by Lemi, the Italian global leader in spa and wellness equipment. The Spa team is professionally attired in award-winning Noel Asmar uniforms and guests are enveloped in the plush comfort of Kashwère spa robes and luxuriate in the exquisite softness of Comphy linens.

The Spa offers elegantly designed men’s and women’s locker rooms, each with dry saunas along with two spacious and bright luxurious relaxation lounges offering a haven of tranquility and echoing the serenity of the lake with a double-sided fireplace adding a touch of warmth. A wall of floor-to-ceiling doors lead to the outdoor mineral spa overlooking the property’s private apple orchard.

Drawing inspiration from the nourishing freshness and serenity of Lake Winnisquam and the surrounding natural woodlands, The Spa offers a custom-curated menu of nature-inspired services of ZENTS Bespoke massages, facials, body treatments and wellness therapies. Locally sourced minerals and botanicals set the tone and define the guests’ journey. Signature massage oils, lotions, body butters and scrubs created by Connecticut-based Wild Air Skincare incorporate elements from the property and capture the essence of New England including the crisp, fresh scent of apples, the invigorating aroma of pine essential oils and the delicate fragrance of wildflowers. Throughout the year, new seasonal blends will also be crafted.

The Spa’s offerings are designed to promote physical, emotional and spiritual wellness. This includes therapies such as: Shamballa Wellness sound therapy to enrich harmony and balance, forest bathing to connect with the power of nature; mindful sleep rituals, and meditation. Select treatments are provided outdoors in private settings. Guests also enjoy an advanced touchless sensory journey through integrated Vibro-Acoustic technology in the state-of-the-art Lemi massage beds in addition to chromotherapy. A Cancer Wellness Program provides therapists with the skills and knowledge on how to adapt treatments for clients undergoing any form of cancer treatment and recovery. Private in-room massages are available and outdoor massages in private cabanas are offered seasonally.

An additional 1,500 sq. ft. terrace with views of the lake offers a year-round outdoor oversized heated mineral spa, meditation garden, and dedicated spa fire pit. A salon on a lower level will offer styling and blow-outs and on-site customized bridal hair and make-up services, in addition to a full array of nail services. And a spa boutique offers brands such as New Hampshire-designed Parker Mountain Comfort Wraps, VP by Valeri Perez luxury resort and spa leisure wear, products from companies such as UMM, an Ayurveda-inspired luxury brand, OM4M, an all-natural and organic men’s skin care brand, Sprayology (homeopathic and vitamin sprays), Knesko (gem-infused skincare), The Beauty of Hope (signature hand-crafted soy candles), Voya (luxury lifestyle wellness products) and more.

To complete the full spa day experience, guests are invited to explore the estate’s exceptional dining offerings. Under the direction of Chef Chris Viaud, a two-time James Beard Foundation nominee, Top Chef alumnus, and Director of Culinary Arts, the estate’s venues deliver an elevated culinary experience. The Dining Room, modeled after a grand lake estate, is an elegant restaurant featuring floor-to-ceiling windows and panoramic views of the lake. The Bar offers a warm, sophisticated setting for casual seasonal cuisine, handcrafted cocktails, and fine wines.

The Spa at The Lake Estate on Winnisquam is an ideal destination for celebratory getaways, rejuvenating solo escapes, or a retreat with a partner. Curated packages for bachelorette gatherings, bridal groups, and girls’ weekends, as well as weekend wellness retreats, are available year-round. The Lake Estate on Winnisquam offers a complete

destination spa experience, with 96 oversized, custom-designed guest rooms and 18 luxurious suites, each reflecting an elevated New England aesthetic inspired by the surrounding natural beauty. More than 70% of rooms feature direct lake views, while others overlook lush woodlands. Many guest rooms also include private balconies or patios. All suites are enhanced by cozy fireplaces, and most offer balconies or patios with captivating lake views. All guest rooms and suites are equipped with state-of-the-art technology. 2026 rates range seasonally from \$399 to \$1,900 per room, per night (based on double occupancy), with the higher end reflecting a two-bedroom suite in peak season.

In addition to The Spa, The Lake Estate's offer an array of recreational facilities and natural spaces designed for relaxation and recreation.

- Expansive lakefront lawn with infinity pool and hot tubs
- Two groomed private beaches
- Four pickleball courts and one tennis court
- Apple orchard, meditation garden and three outdoor firepits
- The Point - a pristine lakeside preserve
- Walking/running/snowshoeing trails
- 25 fireplaces throughout the property
- The Granite Theater - a private screening room offering nightly movies with a complimentary concession pantry
- The Fitness Center - offering state-of-the-art equipment and lake views
- The Salon - offering blowouts, nails, make-up and bridal services
- Floral Designs by Adele Rose - in-house florist

The new resort represents the vision of principal owners Dan Dagesse, owner and Chairman of Nucar auto dealerships, and his wife Elaine, partnering with veteran hoteliers and minor investors Ed and Patti Rocco, an accomplished and dynamic husband-and-wife team. Designed by Samyn-D'Elia Architects of Holderness, NH, with interior design by Manuel de Santaren, Inc. of Boston, MA -- experts in designing private estate homes around the world -- the property draws inspiration from the Grand Hotels of the White Mountains and great lake houses of the late 19th- and early 20th-centuries. A wide array of NH-based contractors, suppliers, carpenters and master craftsmen worked tirelessly over two and a half years in bringing this development to life. Stone walls throughout the resort along with the stone entry pillars at the main entry are natural fieldstone sourced directly from The Lakes Region. A curated, private art collection of nearly 100 paintings, artwork and crafts is featured throughout the property. The end result: an elegant, warm, inviting atmosphere throughout the estate.

About The Lakes Region

Tourism has been a significant part of New Hampshire's economy since the 1800s. Grand Hotels were built in the late 1800s/early 1900s and were luxurious properties that drew the ultra-rich to New Hampshire's White Mountains region via new railroads that came to the region in the 1850s. The Grand Hotels transformed tourism in New Hampshire at the dawn of America's 20th-century. Located in the east-central part of the state, south of the White Mountains Region, New Hampshire's Lakes Region features 273 bodies of water and continues evolving as an exclusive year-round destination offering activities across all four seasons.

The largest international airport is Boston Logan Airport (90 miles), Manchester-Boston Regional Airport is located 45 miles from the resort and Laconia Municipal Airport is located only 10 miles from The Lake Estate. The resort will also have 3 charging stations for electric vehicles.

About The Lake Estate on Winnisquam

The Lake Estate on Winnisquam is a new 114-room modern, independent luxury year-round resort with a 5,000 sq. ft. world-class spa located in New Hampshire's Lakes Region in Tilton, NH, a scenic 90-minute drive from Boston, MA. The Lake Estate is situated at 725 Laconia Drive in Tilton, NH 03276. For more information, visit www.thelakeestatenh.com, call 603.202.3600 or e-mail reservations@thelakeestatenh.com / spa@thelakeestatenh.com / groups@thelakeestatenh.com / weddings@thelakeestatenh.com. Instagram - @thelakeestatenh / Facebook - thelakeestatenh / #thelakeestate.

About American Spa

American Spa is the leading trade publication and industry authority for the spa and wellness profession, serving wellness leaders and decision-makers for more than 25 years. An annual Folio Award winner for exceptional editorial, *American Spa* delivers news, business advice, research, trends, and features on the world's top spas through its monthly print magazine, digital editions, website, newsletters, and social media channels. For more information, visit

americanspa.com.

EDITORS NOTE: High-res image for The Spa are available via this [link](#) and general high-res images for The Lake Estate on Winnisquam available via this [link](#). (Credit: The Lake Estate on Winnisquam).

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