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WELLNESS

3 Cold-Plunge Experiences That Provide Health and Wellness Benefits

By Nicole Altavilla | Nov 22, 2021



(Photo credit: Mohonk Mountain House)

Even though cold water therapy is an ancient practice, it is a growing trend in health and wellness today because of its many benefits, such as improving circulation, promoting deeper sleep, increasing energy levels, and reducing inflammation. It can also help to boost the immune system, promote lymphatic drainage, and more. More and more resorts and spas are offering cold-water therapy to their guests, and here are a few examples:

- [Mohonk Mountain House \(New Paltz, NY\) Lakeside Immersion](#): Guests start with a dip in Lake Mohonk, which helps provide endorphin release, blood flow stimulation, joint and muscle pain relief, and an immediate energy boost. The plunge is followed by hot cider or tea, guided yoga stretches and a warm ginger inhalation therapy in the lightly heated Spa Motion Room.
- [Miraval Berkshires \(Lenox, MA\) Cold Immersion for Building Resilience](#): In this physiological experience premiering in 2022, a Miraval specialist guides guests using breathwork, mindset mediation, and cold immersion to help them build resilience and unlock dormant potential.
- [Sand Valley Resort \(Nekoosa, WI\) Cold Water Therapy](#): Available year-round, the resort's cold water therapy offering helps restore the mind and body, offer profound physiological and psychological benefits and reconnect with oneself and the nature surrounding the resort.