

Spa Vacations in Ohio

by Mark Heidelberger, Demand Media

The state of Ohio is home to several quality spa resorts providing vacations that are meant to refresh, revitalize and rejuvenate. Spa vacations are a la carte, with guests paying as they go for customized spa packages, while others are all-inclusive. Some provide accommodations and dining as part of the rate. Either way, Buckeye State vacationers have the opportunity to tailor a relaxing vacation based on their preferred treatments and amenities.

The Spa at Glenmoor

The Spa at Glenmoor is part of the secluded Glenmoor Country Club, where guests can follow up 18 holes of golf on a Jack Nicklaus course with a relaxing massage or a dip in the whirlpool. One popular package is the "Club Classic," which includes a Swedish spa facial along with a manicure, pedicure and freshly prepared lunch. For the 13-and-under crowd, the "Friends Forever" package includes a youth-oriented facial, manicure and make-up application. And the "Ultimate Spa Experience" adds a body exfoliation, shampoo and a relaxing massage. Other a la carte services range from Brazilian bikini waxes to Oriental body polishes to warm iris foot soaks. A tennis courts, fitness center and gourmet restaurant are on the premises. However, Glenmoor offers no guest rooms, so vacationers should find a nearby hotel.

The Kerr House

The Kerr House offers vacationers a five-night, three-night, weekend or one-day program, with treatments designed for men, women and children. All-inclusive packages feature yoga classes, body treatments and lunches served in the on-site cafe. The one-day package includes an herbal wrap, mineral bath and one-hour massage. Overnight packages also feature reflexology, facials, hot stone treatments, outdoor nature walks, with leisure time scheduled for guests to rest, read, sit in the sauna, or go shopping at nearby stores in the area. Meals are healthy, wholesome and low in calories. Guests can enjoy breakfast in bed or dinner by candlelight. In addition, an instructor teaches guests how to make Kerr House recipes like stuffed tomatoes and cold cucumber soup at home.

The Spa at Cedar Falls

The Spa at Cedar Falls is part of the Inn at Cedar Falls, tucked away in a quiet, scenic part of Hocking Hills. All vacationers receive complimentary bottled water, snacks and a neck pillow. Those receiving mud wraps, salt glows and half-day treatments also are given bathrobe and slippers. Massages, with some special therapeutic techniques designed to help alleviate headaches, backaches and stiff necks. The spa is given priority over walk-ins. The on-site restaurant offers three-course gourmet meals for breakfast, lunch and dinner and has a bar. The inn includes inn rooms, cottages and large cabins, each combining rustic country decor with modern day amenities.

GreatStone Castle Resorts Bed and Breakfast, Lodge and Spa

As of 2011, GreatStone Castle, which is a lodge, B&B and spa rolled into one, has stood for over a century and is listed as a National Historic Landmark. Guests can create a customized spa vacation from a menu of services -- pairing deep tissue and European stone massage; aromatherapy, hot stone, and reflexology. Hand and foot treatments, vanilla mineral baths and aromatherapy take place in private treatment rooms. Three individual treatment rooms and a family-style wooden lodge by the lakeside can accommodate up to six. Breakfast is included in the rate. Volleyball, fishing, and hiking are also available.

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References

- [The Spa at Glenmoor](http://www.glenmoorcc.com)(<http://www.glenmoorcc.com>)
- [The Kerr House](http://thekerrhouse.com/)(<http://thekerrhouse.com/>)
- [The Spa at Cedar Falls](http://innatcedarfalls.com/spa/)(<http://innatcedarfalls.com/spa/>)
- [GreatStone Castle Resorts Bed and Breakfast, Lodge and Spa](http://www.greatstonecastle.com/)(<http://www.greatstonecastle.com/>)
- [Spa Index: Ohio Stay Spas](http://www.spaindex.com/resort/usa/ohio.html)(<http://www.spaindex.com/resort/usa/ohio.html>)

Resources

- [Best Spas USA: Glenmoor Country Club: Main/Contact](#)
- [The Spa at Glenmoor: Main/Contact](#)
- [The Kerr House: Contact](#)
- [Inn & Spa at Cedar Falls: Home/Contact](#)
- [GreatStone Castle Resorts Bed and Breakfast, Lodge and Spa: Directions/Contact](#)
- [Spa Finder](#)
- [Destination Spa Vacations](#)

About the Author

Mark Heidelberger has been writing for more than 17 years, with recent articles appearing on various websites. He has also written screenplays and manages a number of film and television writers. He holds a master's degree from University of California, L

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