

Checking In: Red Mountain Resort in Southern Utah

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DESERT NEWS

Checking In: Red Mountain Resort in Southern Utah

SUZANNE KOCH, MARCH 15, 2019

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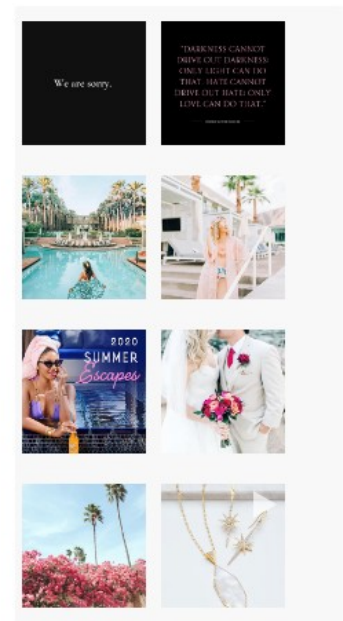
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As I was walking back to my room during my first night at [Red Mountain Resort](#), I realized how quiet it was. Not eerie quiet, but calm quiet. I was on the outdoor path with the resort to my right, and to my left was the desert, stretching for miles into the distance with no infrastructure in sight. The late February night was cool and the lack of lights brought out the twinkling stars in the black sky. You could almost hear the night sky sighing as the day came to an end. Or maybe that was just me. Either way, I was relaxed, something I rarely feel these days.



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Photo: Red Mountain Resort

I had arrived earlier that day after flying into the St. George airport. A 30-minute drive through the desert and the small town of St. George had brought me to Red Mountain's doorstep. The Southern Utah resort was backdropped by the towering red rock cliffs and canyons, and the residential-style accommodations were spacious, making me feel like I could really settle in and stay awhile. After turning on my fireplace at the flick of a switch, that's exactly what I did.

My first day I experienced the Red Mountain Revitalizer treatment at Sagestone Spa. Housed in bubble-like buildings, it looked like it could have been something from another galaxy, but indoors were all the relaxing amenities of an earthy spa. The relaxation room looked out on the red rocks, a perfect way to kick back before my treatment. A full body scrub prepped my skin for a massage that took place under the warm Vichy showers. Then, a full-body application of prickly pear lotion followed, before a total scalp treatment topped it all off. My hair felt incredible afterwards, as did I.



Photo: Red Mountain Resort

The next day, I kicked my heart rate into high gear by setting out on the Tuacahn Saddle hike, one of the many activities offered to guests. The four-hour point-to-point guided hike took me up and over the Saddle, down the other side of the canyon, and out through Snow Canyon State Park. From the top of the Saddle, the highest point of the hike, our guide pointed out in the distance that the horizon was actually the Utah-Arizona state line, with Arizona just on the other side. While the adventure was no easy hike, the scenic views and stunning rock formations were well worth it. We even encountered a few iconic Utah arches for the perfect photo opp.



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Photo: Red Mountain Resort

Among other offerings at the resort, guests can enjoy an array of options from yoga, pilates and biking to bird watching, stargazing, Chakra balancing, cooking classes and more. There are daily guided hikes every morning, with three levels of experience; plus more intense excursions like hiking adventures through Bryce Canyon, Snow Canyon and Zion National Park; rock climbing; rappelling; and so much more.



Photo: Red Mountain Resort

To make things easier, travelers can book a variety of retreat packages, depending on what you're looking for. Or simply go with the flow with a la carte activities and programming. The resort allows guests to be as active or relaxed as they desire, and it's the perfect retreat for solo travelers as well. The signature restaurant even has a community table where guests looking to meet new friends can gather nightly to enjoy dinner together.

Whether it's a yoga retreat or hiking adventure you're looking for, solo travel or group getaway, recharging or exploring, finding yourself or treating yourself, Red Mountain Resort will make it easier than ever.

For more information, visit: redmountainresort.com

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