

## Colorado Condo Offers a Rocky Mountain High

Residents of an Aspen-area resort can indulge in 'forest therapy'.



A Colorado developer is telling its buyers to take a hike.

Literally.

The Residences Viceroy Snowmass, a luxury condo-hotel near Aspen, is now offering its residents and potential buyers an amenity known as “forest therapy.” Inspired by the Japanese practice of *shinrin yoku*, or “forest bathing,” the treatment involves a guided hike through a nearby forest. A naturalist from the Aspen Center for Environmental Studies leads hikers through the woods, offering up facts about animals, plants and local ecology along the way.

“We feel it’s important for our homeowners to connect with our community, their surroundings and to feel engaged,” said Leticia Hanke, director of marketing for Related Colorado, the developer of the Viceroy Snowmass. She added that many residents live in Aspen part-time, hailing from urban areas such as New York or Miami. Hiking with a guide has allowed them to get out into the wilderness.

Forest therapy is said to improve the immune system, lower blood pressure, reduce stress and lift mood, among other energy-boosting benefits, according to the Association of Nature & Forest Therapy Guides & Programs.

But the perks don’t stop there. While residents are out exploring the trails, the staff performs an “energy cleanse” in their homes using “aromatic treatments of sage and natural air,” otherwise known as burning some herbs and opening a window.

“We’re not taking it that seriously,” Hanke said. “Forest therapy is sort of the new feng shui.”

The Residences Viceroy Snowmass includes 152 wholly-owned units, more than half of which have sold. Prices range from \$279,000 to about \$5 million. Sales began in November 2012 and most of the larger units have sold.