



Wellness Weekend

October 13, 14, and 15, 2023

Friday, October 13 - Welcome

6:00–8:00PM

"Come As You Are" Welcome Reception

Sponsored by Dr. Gross | *In the Spa Sanctuary Lounge*

Meet and mingle with our featured guests for the weekend as you sample nutritional, yet indulgent, small bites and enjoy mini-facials by Dr. Gross

Saturday, October 14 - Experience

7:00–8:00AM

WMH Breathing Class & Ice Bath

By Tim Bettencourt of Vigor Outdoors

9:00–10:00AM

Guided Yoga - An Hour of Power

By Erica Diamond

10:00–11:00AM

Journaling with the 5 Pillars of Well-being

By Erica Diamond

11:00AM–1:00PM

Recharge Lunch Break & Free Time

Grab & Go lunches and suggested picnic locations provided

Explore Spruce Peak with a complimentary Spruce Peak Outfitters activity, or relax with select treatments* at The Spa

**At additional cost - 25% off regularly priced treatments*

1:00PM

Reconnecting Juice Break

By Tomgirl Kitchen

1:30–3:30PM

Refresh and Center Free Time

Explore Spruce Peak with a complimentary Spruce Peak Outfitters activity, or relax with select treatments* at The Spa

**At additional cost - 25% off regularly priced treatments*

4:00–6:00PM

Digital Detox Nature Walk

By Tim Bettencourt of Vigor Outdoors

Turn in your devices and disconnect among nature with a mindful walk focusing on the benefits of mother nature to your brain, body, and mind

7:00–9:00PM

Dinner at the Alpine Club

By Chef Seth Gallant *Executive Chef for The Club at Spruce Peak*

Sunday, October 15 - Farewell

8:00AM

Sunrise Ice Bath on Spruce Peak

By Tim Bettencourt of Vigor Outdoors

10:00AM

Open time at The Spa

Refresh in the Healing Lodge, or relax with a select treatment at The Spa

**At additional cost - 25% off regularly priced treatments*

For guest bios, partner information, and to purchase your tickets visit www.SprucePeak.com/Wellness

Schedule and offerings subject to change

