

EMBRACE YOUR JOURNEY TO WELLNESS THIS SUMMER.



THE SPA
AT SPRUCE PEAK

Photo Credit: Dan Reid

The Ultimate Summer Wellness VIP MICRO RETREAT

Breathe in and embrace the natural wellness of the mountains. This full-day micro retreat combines outdoor adventure, meditation, mindful menus, and all-natural spa treatments for the ultimate summer wellness experience.

Your day will start with a predawn hike lead by our Spruce Peak Outfitters team through the mountains and woods surrounding the Spruce Peak community, for a sunrise forest bathing and meditation session to open your mind, body, and soul surrounded by nature. Enjoy a light, but energizing, breakfast of fresh granola and local yogurt before descending through the morning mist back to The Spa.

Recover your muscles with a 25-minute whole body vibration, followed by an Ion Foot Ritual to remove toxins. Follow up your recovery with meditative relaxation rituals in the Healing Lodge, and snuggle into a cozy Spa robe for an early lunch and hydration in the Sanctuary. Enjoy a moment of peace as you gaze out over the pool to the mountains beyond.

After lunch you will treat your body to a full afternoon of ultimate relaxation. We start with a 100-minute tri dosha balancing massage to relax and unwind, followed by a 50 minute Hydrafacial to cleanse and replenish, and a 50-minute Cryo Facial to soothe and shrink away wrinkles and finelines instantly.

\$1,050 per person

To book your retreat call the Spa at 802-760-4782 or email BTVDH-Spa@Hyatt.com
Tax, gratuity, and lunch not included in final price. Must book at least 7 days in advance.