



**THE SPA AT WINTERGREEN AND
AQUATICS & FITNESS CENTER
Fact Sheet**

Description: The Spa at Wintergreen and the Aquatics & Fitness Center offer a mountaintop retreat from everyday life, a place to feel special, to pamper and restore the body, release tension and renew the spirit. This is an idyllic setting for strengthening the mind and body.

A \$4-million expansion completed in January 2006, added more than 6,000 square feet to the spa, which now offers additional treatment rooms, state-of-the-art equipment and enhanced services.

Address: Wintergreen Resort, Wintergreen, Virginia 22958

Phone: Spa and Fitness Center: 434-325-8562
General Resort Information: 434-325-2200
Overnight Reservations: 888-329-5828

Hours: Open daily, hours vary

Web Site: www.wintergreenresort.com

Location: Set at the highest point of Wintergreen Resort, the Spa and the Aquatics & Fitness Center are located a short, scenic drive from the resort's Mountain Inn. This unique location offers beautiful vistas of the mountains and the valley below.

Features and Services:

- 13 individual massage and treatment rooms, two which feature horizontal vichy showers
- Wide range of therapeutic massages
- Skincare treatments, including facials
- Reflexology
- Herbal body wraps, exfoliation, body polishing
- Salon for men and women, offering hair styling, coloring, make-up, manicures, pedicures and waxing
- Youth spa and salon programs designed with teenagers in mind
- Luxurious men's and women's changing rooms
- Co-ed relaxation lounge

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Featured Spa Treatments:

Ranging in length from 50 minutes to five hours, signature spa packages offer a variety of treatments, pampering, and wellness regimens.

Spirit of Renewal

For the ultimate journey of soul, this powerful combination of therapies is recommended for those seeking balance, renewal, restoration and relaxation. Therapies include a Mountain Stone massage, Woodland Essential Oil wrap, Signature Pedicure, and Radiant Glow Facial,

Signature Day

Indulge in a complete day of pampering, relaxation and renewal. This package includes a soothing 50-minute Signature massage, a Signature facial and Duo Express.

Lavender Dreams

Enjoy a combination of treatments designed to ease your stress, rejuvenate your skin and relax your mind. Treatments include Lavender Facial (50 minutes.), Lavender Pedicure (50 minutes) and Lavender Body Wrap (80 minutes)

Mountain Memories Couples Retreat

Reconnect with each other and escape from the stress and worry of every day life as you both experience relaxation time together and begin the process of restoring your body, mind and spirit. With treatments in the couples room the package includes two (2) Blue Ridge Bliss Swedish massages, two (2) Signature pedicures and complimentary sparkling cider and chocolates.

The Outdoorsman

Indulge yourself and recover after a day on the greens or on the slopes. Choose from a Back Nine Sports massage or a Shenandoah Deep Tissue massage followed by a Gentleman's pedicure.

Product Lines:

Specially trained professionals blend the latest spa techniques with elements of nature for a unique Wintergreen experience. The Spa features **Eminence** Organic Skin Care line offers a truly exquisite experience with products that are so natural that you can see the fresh fruit pulps, seeds, and smell the real herbs. These products deliver the highest quality natural skin care with active products created using European certified premium quality herbs, fruits, and flower buds. All products are proudly free of Parabens, Mineral Oils, Petroleum and Sodium Lauryl Sulphate.

In addition, the Spa offers the Woodsprite Organic product line featuring 100% natural, world-class organic spa and body products of uncompromised quality. And quality begins with pure botanical ingredients. They use only the finest whole or organic herbs and herbal extracts, distilled pure essential oils and cold-pressed, exotic organic fruit and nut oils and butters in their products; never chemicals or other harsh fillers. They utilize recycled materials for their simple packaging. They also tithe a percentage of their company's pre-profit income to grassroots organizations working to promote sustainable living, conservation, preservation and protection of wild or endangered creatures and places. A wonderfully effective, earth-conscious line that smell and feels great.

Finally, Paul Mitchell hair products. Paul Mitchell is recognized to be synonymous with excellent hair products. Regardless of hair type or scalp condition, they have superior treatments and daily products to give you beautifully replenished and strengthened hair, full of healthy body and luminous shine.

What might not be known is how much the Paul Mitchell family company gives back. As a child Paul Mitchell relied on the Boys and Girls Club and he now helps support their effort to create futures for young people. Other charities the company supports are: Grow Appalachia, Bright Pink and Prostate Cancer Research Institute.

The Aquatics & Fitness Center

Features and Services:

The Aquatics Fitness & Center offers state-of-the-art equipment, personal trainers, fitness classes, swimming and hot tubs for the ultimate in rebuilding and restoring the body as well as the mind.

- 12-station strength and conditioning circuit and free weights
- Cardiovascular equipment, including treadmills, stationary bicycles, stair-steppers and peak trainers
- Fitness trainer
- Group exercise studio
- Indoor pool and outdoor pool
- Therapeutic soak pool
- Private steam room and sauna in locker rooms

Wellness Programs: The Fitness Center offers wellness classes throughout the week. Classes vary during the year.

Spa Director: Debbie Greene

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