

SPRING INTO WELLNESS

ONLY \$169

WEEKEND PASS (INCLUDES ALL ACTIVITIES BELOW)
OR \$30 PER INDIVIDUAL ACTIVITY



FRIDAY, JUNE 2

6 - 8PM WELCOME MIXER FIRE PIT LAWN
Complimentary Wellness Weekend welcome reception featuring Knesko Skin eye gels, chair massages, and cold pressed juice champagne cocktails.

SATURDAY, JUNE 3

7:30AM MINDFULNESS WALK SPA LAWN
60 Min : Rain or shine. Scenic Meditative walk using the aesthetics of the Alleghenies as inspiration for meditation along the way.

8AM SUPERFOOD LATTE BAR SOLARIUM PORCH
Taste the rainbow with Next Door.

9AM RISE & SHINE YOGA SPA LAWN
45 Min : Align your movement and your breathing through gentle yoga practices. Mats and water provided.

10AM SELF-CARE SKINCARE TALK BUCHANAN
60 Min : Learn Gua Sha techniques, taught by our very own Lead Esthetician. Understand more about different skin types, concerns, and at home regimens for better skin health.

11:30AM BEE'S & BLOOMS SPA SERENITY GARDEN
60 Min : Our grounds team is responsible for all the landscaping you see around you. Join them as they share their knowledge on local vegetation, gardens, and honey bees on property.

11:30AM STEEP THOUGHTS EISENHOWER
45 Min : Sample iced and hot teas by Everything Tea as you learn about the different blends and their health benefits.

12:30PM COOKING DEMONSTRATION REAGAN
60 Min : Learn the art of healthy cooking with a demonstration by our expert culinary team

2PM DON'T WORRY BE HOP-PY BUCHANAN
30 Min : Olde Bedford Brewing company will educate on the many health benefits of locally grown hops.

2PM PAINT & REJUVENATE TAYLOR
*(LIMITED AVAILABILITY)
60 Min : Explore your inner painter as Morgan Young expertly guides you. With the creative mind engaged, your master strokes of genius will undoubtedly make their way to the canvas. Your unique expression as a new piece of art will surely have you feeling refreshed and recharged.*

2:30PM STRETCH ANYWHERE ANDERSON
45 Min : Learn simple stretches you can do anywhere you may be. Practice ways you can use your surroundings to help maintain lifelong flexibility.

4PM PAINT & REJUVENATE TAYLOR
*(LIMITED AVAILABILITY)
60 Min : Explore your inner painter as Morgan Young expertly guides you. With the creative mind engaged, your master strokes of genius will undoubtedly make their way to the canvas. Your unique expression as a new piece of art will surely have you feeling refreshed and recharged.*

5:30PM SIPS AND DIPS REAGAN
60 Min : Learn to make guacamole, skinny margaritas, and 'pico de gallo,' a super-fresh salsa that can be as mild or spicy as you want in this interactive demo. Raise a chilled margarita to toast the occasion and enjoy an authentic healthy Mexican snack.

8:30PM BED-ITATION SPA LAWN
30 Min : Relax and redirect your mind with a guided meditation ending with a warm caffeine-free lavender tea.

SUNDAY, JUNE 4

8:30AM RISE & SHINE YOGA SPA LAWN
60 Min : Align your movement and your breathing through gentle yoga practices. Mats and water provided.

10AM AROMATHERAPY SOLARIUM PORCH
*BALANCE BUNDLES
Create aromatherapy well-being bundles from locally-grown organic lavender combined with palo santo, selenite, and other farm-foraged flora.*

PLEASE VISIT TALLY HO OUTFITTERS FOR COMPLIMENTARY BIKE RENTALS THIS WEEKEND TO ALL WELLNESS WEEKEND PASS GUESTS.

FOR MORE INFORMATION, PLEASE CALL OUR ACTIVITY COORDINATORS AT 814-624-5633.

Times are subject to change.

VENDORS WILL BE AVAILABLE ON SATURDAY, JUNE 3 FOR ALL GUESTS

10AM -3PM
AESTHETICS BY KEL
IN THE INDOOR POOL HALLWAY
Skincare / refillery / home goods. Shop a curated collection of women owned brands

EVERYTHING TEA
IN THE REAGAN HALLWAY
Enjoy the area's freshest quality teas from around the world and curator of the Springs Eternal Spa tea offerings

HYDRAFACIAL
AT THE SPA ENTRANCE
Hydrafacial patented technology cleanses, exfoliates, extracts, and hydrates for immediate radiance

MAHENDI
IN THE MAIN LOBBY
Ancient beauty & artisan products for your body, soul, and sanctuary

MAKES SCENTS
IN THE INDOOR POOL HALLWAY
Carefully formulated line featuring 100% Vegan, Organic, and natural products. The creators of our very own Springs Eternal Spa signature Cucumber Honeysuckle line

MINDFUL BODY & WELLNESS
IN THE INDOOR POOL HALLWAY
Wellness center with YOU in mind! Reflexology, Halotherapy, Ballancer Pro Lymphatic drainage

MOM'S PLANT-ME-DOWNS
IN THE REAGAN HALLWAY
Beautiful Variety Of Propagated House Plants, Nurtured From Generation To Generation

12 - 3PM
OLDE BEDFORD BREWING
AT THE RESORT ENTRANCE
Local micro-brewery

PURE INVENTIONS
HYDRATION BAR
IN THE REAGAN HALLWAY
*Natural and Delicious Antioxidant Infused Flavors
Crafted In To Hydrating Mocktails*