



The Lodge at Woodloch Prepares to Celebrate a Ten Year Milestone Anniversary Dedicating the New Meditation Garden in Honor of the Providing a Decade of Personal Awakenings

For Immediate Release: May 4, 2016, HAWLEY, PA- It is hard to imagine that The Lodge at Woodloch will be celebrating its ten years as a personal favorite among spa go-ers in the Northeast. June marks a decade of sharing their philosophy of personal awakening, giving guests the opportunity to shift from their everyday routine and re-focus on themselves. By learning about new hobbies and passions and giving the time to reconnect to creative and stress-relieving outlets, the results benefit guests long after they leave. During the first decade, The Lodge at Woodloch has been lucky enough to receive an Award of Excellence from TripAdvisor for the past 6 years, has been selected as a World's Best Destination Spa by readers of Travel + Leisure for 5 years in a row, a top 10 spa in the US (#1 Resort in the NY and Mid-Atlantic area) and top 30 in the world by Conde Nast Traveler (Readers' Choice). With additional nods from Wine Spectator, Organic Spa Magazine, Celebrated Living, TimeOut Magazine and the list continues.

Each year, The Lodge at Woodloch has taken the opportunity to evolve and use "personal reflection" in order to upgrade and update their unique offerings. From Stand-Up Paddle Boarding, completely renovated Guest Rooms featuring biophilic design, an archery range, 3 on-site gardens, an orchard and most recently, a custom Labyrinth. The evolution during the last ten years has been diverse and meaningful while always keeping nature as the muse. 2016 is no different, to help celebrate and reflect upon the last 10 years, The Lodge at Woodloch team will be unveiling a new Meditation and Hope Garden next to the Labyrinth. The garden will be punctuated with beautiful seasonal plants and flowers, bird feeders and a bird bath and will provide a seating area as guests begin or complete their Labyrinth experience or if guests just want a calm retreat during their Lodge experience.

Additionally, 3 miles of new nature trails have been added on our adjacent property to give over 5 miles of private paved and unpaved nature trails on the 400+ acres. Additional and expanded programming on the new nature trails will include The Gnome Roam (a whimsical take on Geo-Caching...with Gnomes) Forest Bathing with Certified Guides, Walking Meditation and more.

Also new in 2016, a FLOAT Room will be added for FLOAT Therapy. The new offering can be done as a couple or alone. The sensory deprivation tank provides a profound sense of relaxation as the water and solitude removes sounds, light and outside distractions and stimulants to allow for a unique way of staying in the moment.

New Spa Treatments on the 2016 menu include:

Blues Be Gone Massage

This warming ritual helps ease the symptoms of adrenal fatigue – headaches, depression, stiff muscles, and aches – by enhancing the immune system and re-energizing the mind. A Swedish massage incorporating ginger root oil and acupressure techniques eases muscular stiffness and unwinds emotional tension. This massage is sure to leave you feeling relaxed and renewed. *75 minutes \$200/\$210*

Chocolate Bliss

Enjoy the intoxicating and healing benefits of the cocoa bean! Start with chocolate body polish to renew and soften your skin, followed by a Swedish massage that takes you on your own chocolate journey with a chocolate shea butter to nourish and deeply relax. Inspired by Eclat's Mèdiant, guests can experience the beauty of simplicity. The Lodge at Woodloch, like Eclat takes muse in nature's beautiful flavors and smells to infuse the oils and awaken the senses with energizing or relaxing aromas based on guest preference. Enjoy a special Eclat Mèdiant- a thinner version of the French confection, following the treatment in the Whisper Lounge. *75 minute \$185/ \$195.*

“More than anything, we are thrilled that our guests come back time after time,” shares Robert Baldassari, general manager at The Lodge at Woodloch. There is no better validation that we are on the right path than the evidence in our loyal guests that share their experience with their loved ones. Living the philosophy of finding personal awakening that benefits them long after they leave we are thrilled to find out what the next few decades will bring!”

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit TheLodgeatWoodloch.com, [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

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