



The Lodge at Woodloch Announces New Spa Treatments for 2017
Over A Dozen Treatments Added, Edited or Enhanced on the Award-Winning Spa Menu



For Immediate Release: December 8, 2016, HAWLEY, PA- As The Lodge at Woodloch welcomes in the New Year, the team will be showcasing the new spa menu which launches on January 16, 2017. The award-winning spa, recognized as a World's Best Spa by Travel + Leisure, Conde Nast Traveler, Organic Spa Magazine and TimeOut Magazine has refined, revised and added to the already crave-worthy spa menu with over a dozen new treatments.

2017 is the year of the Rooster in the Chinese Zodiac system which is the sign of dawn and awakening. The Lodge at Woodloch opened its doors over ten years ago with a philosophy of personal awakening and still continues to give people the opportunity to connect with new passions and hobbies that will benefit them long after they leave, fully awakened. The energies associated with 2017 surround the Fire element in its Yin form. Yin Fire expresses inner warmth, insight and devotion.

Some of the unique highlights of the new spa menu that will leave guests feeling inner warmth, insight and devotion include:

- A new FLOAT Room for FLOAT Therapy. **FLOAT Therapy** is a hydrotherapy experience that provides a profound sense of relaxation and weightlessness with immediate healing qualities for the body, mind, and soul. The FLOAT Cabin can be used as a sensory deprivation experience as the water and solitude removes sound, light, and outside stimulants to allow for a unique meditative state. Or, guests can choose to stimulate the senses by adjusting the lighting and music to preference. With high levels of Epsom salts, the benefits of FLOAT Therapy include the relief of muscular tension, joint inflammation and arthritic pain, as well as improved

sleep, concentration, and skin ailments. FLOAT Therapy can also help to reduce headaches, high blood pressure, and more.

- **Restorative Reiki** is a treatment exclusive to The Lodge at Woodloch. During this unique treatment, guests will enjoy the balancing effects of restorative yoga combined with the healing benefits of reiki for a transformative experience. The practitioner will guide guests through a series of gentle yoga poses designed to relax the mind and body while applying energy techniques to balance the spirit. This unique blend will help direct guests' awareness within, cultivating a deep sense of stillness.
- **Blues Be Gone Massage**- This treatment offers a warming ritual that 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 guests feeling relaxed and renewed.
- The **Therapeutic Magnesium Massage** uses Swedish massage techniques to loosen and relieve sore muscles while an exclusive magnesium lotion helps to promote energy levels, assist in sleep and muscle function, and aid in the body's detoxification process. As the body relaxes, it will absorb the vital minerals reducing aches and pains.
- **Healthy Hands Massage**- There has never been a bigger need for guests to take a break and disconnect from their devices. This treatment is a deeply therapeutic hand and arm massage. This massage combines techniques to combat overworked hands, wrists, and forearm muscles due to texting, typing, or tweeting to ease sore muscles in this often-neglected area.
- **Healthy Cupping Enhancement**- Soft cupping is an effective massage technique that reaches deep to break up stagnation that creates aches and pains in muscles. Due to the pulling power of the cups there is a dramatic decrease in inflammation and an increase in speed of recovery, along with a feeling of deep relaxation. (Healthy Facial Cupping, Healthy Back Cupping, Healthy Belly Cupping and Healthy Legs Cupping are available)
- The **Deep Forest Ritual** has received a makeover. This treatment is one of The Lodge's most popular body treatments, and a great enhancement to the Forest Bathing Experience through the Outdoor Exploration Department. During the Deep Forest Ritual, guests will enjoy the benefits of local plants and herbs with this detoxifying treatment inspired by native elements. The treatment begins with a stimulating exfoliation with the black mud of coffee and dandelion to cleanse and soften the skin. Directly following, the treatment now offers a therapeutic massage using warm birchwood sticks and oils of evergreen and citrus to ease tension deep within the muscles with long-lasting effects.

“This is an exciting time for our Lodge at Woodloch spa team. We are thrilled to launch these exclusive treatments that are research-based, results-driven, and inspired by the nature that surrounds us,” explained Nancy Deaton, spa director at The Lodge at Woodloch. “As guests continue to educate themselves on wellness and healthy lifestyles, the demand and expectation for innovation continues to push our team harder,” continued Deaton. The spa team at The Lodge at Woodloch is also working toward renovating the spa relaxation areas with plans of the new design expected to be revealed in late spring.

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 500+ 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 58 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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