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About The Lodge at Woodloch

The Lodge at Woodloch, a \$42+ million luxury destination spa, debuted in June 2006 and continues to re-invent itself as the finest full-service luxury destination spa in the Northeast. Set on over 500 pristine wooded acres with a 15-acre private lake, the property offers a serene escape but boasts the luxury of proximity. It is located in the Lake Region of Northeast Pennsylvania, a convenient two to three hour drive from New York and Philadelphia metropolitan areas.

The exclusive property features 58 finely appointed guestrooms and suites, a 40,000-square-foot Spa, exceptional dining, complete fitness programs and educational forums. The Lodge at Woodloch embraces a philosophy of personal *awakening*. As so many individuals get swept up in the whirlwind of life, guests have the opportunity to shift from their everyday routines and re-focus on themselves. They can reconnect to the creative and stress-relieving outlets that will continue to benefit them long after they leave. Stays are inclusive of luxurious rooms, three meals per night of stay, fitness and wellness classes, outdoor adventures, creative discovery offerings, speakers and events and use of spa and fitness facilities. Guests have the choice between two rate packages allowing them to choose between rooms plus à la carte spa treatments, or receiving one treatment per day with their stay.

“The Lodge at Woodloch provides an escape from the real world while grounding each guest in the nature that surrounds us,” explains Robert Baldassari, General Manager at The Lodge. “This location was chosen because of its breathtaking natural beauty and opportunity for activities that truly take in the great outdoors. It is the idyllic backdrop for The Lodge, which offers exceptional service and unpretentious luxury coupled with the most sophisticated spa facility of its kind.”

Upon arriving at The Lodge at Woodloch, guests are immediately drawn by the warm atmosphere and graciously designed facilities, created by architects Cooper Carry of New York and interior designer Jinnie Kim Design of Boston. Visitors enter from the porte-cochere into the Garden Hall, rich with foliage and featuring an impressive 14-foot glass cupola and balcony overlooking the lake. A set of three over-sized chakra bowls greet each guest at the entrance which, when rung, creates sounds and vibrations that resonate within the individual setting the tone for the rest of the stay.

Elegant common areas for mingling and quiet contemplation are sprinkled throughout the property. Visitors can savor the way in which the beauty of the outdoors is brought indoors through the abundance of floor-to-ceiling windows as well as verandas and terraces throughout the property. The newly renovated guest rooms and suites were designed with Biophilic Design methods and include private verandas, natural design elements throughout, as well as oversized marble bathrooms, flat screen televisions and complimentary internet access.

The Spa is a sanctuary for the senses. Guests can relax at the co-ed *Whisper: A Silent Sanctuary* or *Gather: A Social Suite* or immerse themselves at the Aqua Garden, complete with therapeutic soaking pools with dramatic hydro-massage WaterWalls surrounded by native boulders. An indoor activity pool and infinity-edge whirlpool located on



an outdoor porch overlooking the lake are also featured. Separate men's and women's locker rooms nurture with luxurious fireplace lounges, sauna, steam room, and whirlpool facilities with windowed relaxation porches and signature private shower/changing suites. Active indoor pursuits take place in the expansive windowed cardio/weight training studio, spinning room, rowing room, yoga/meditation studio and dance/fitness studios. Spa services are offered in 27 treatment rooms and focus on the use of natural ingredients, incorporating therapies from Europe and the Far East as well as indigenous elements.

Nutrition and lifestyle counseling, health and wellness classes and fitness training complement the world class facilities, which also includes a spa salon, retail shop and outdoor concierge. Outdoor recreation such as guided hikes, mountain biking, paved and unpaved nature trails, fly fishing, bird-watching, kayaking, stand-up paddle boarding, tennis and golf at an adjacent award-winning private golf club and more are offered. The spa is staffed by expert personnel who will work with guests to customize programs to meet specific needs, with a schedule that is as active or relaxed as they desire.

Unique programming and themed weekends are cultivated to help guests reconnect with hobbies or discover new passions. From the ever-expanding art program including sketching, water-coloring, mosaics, pastels and more to terrarium building and wild-crafting, the mind is aroused. The Lodge at Woodloch is known for its Forest Bathing offerings and certified Forest Bathing instructors. Weekend presenters are geared to inspire and ignite. The selection of presenters include award-winning authors, stadium-filling fitness experts, and awe-inspiring practitioners.

TREE, the stunning signature gourmet restaurant, delights diners with its elegant spa cuisine featuring farm fresh, local and seasonal dishes that are as creative and tasty as they are healthy. Menus at The Lodge at Woodloch offer choices to meet every dietary preference, and change continually to ensure a variety of selections. Seasonal menus often feature herbs and vegetables grown in one of the three gardens located on property. An award-winning selection of beers, wines, and spirits are available. Cooking demonstrations and chef-hosted events take place in the state-of-the-art Chef's Kitchen or the Garden Deck. The Lodge at Woodloch published its first recipe book: Nurture with Nature- Recipes for Body, Beauty and Healing.

A walk on the nature trails (paved and unpaved) will find some of the unique property highlights such as the new custom-designed Lotus Labyrinth, the Owl's Nest outdoor adventure education classroom, an archery range, a healing garden, a pollinator garden, hammock groves, an orchard and the Blackmore Farm-to-Table Garden with 5 honey bee hives.

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