

## **The Lodge at Woodloch Awarded “Best for Cuisine”, “Best for Cooking Classes”, “Best for Mind-Body-Spirit” in the 5th Annual Spa Finder Readers’ Choice Awards**

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The Lodge at Woodloch, a destination spa located just 90 miles from New York City, has been honored with three awards in the 5th Annual Spa Finder Reader’s Choice Awards: “Best for Cuisine”, “Best for Cooking Classes” and “Best for Mind-Body-Spirit.” Based on thousands of votes in 23 specific categories, the awards represent the most complete consumer assessment of the global spa market. Notably, The Lodge at Woodloch receives these prestigious awards on the heels of its first anniversary.

The Lodge’s “Awakening” philosophy-one that promotes greater personal awareness through a variety of activities including mind-body exercise, meditation and relaxation techniques, and the beauty and wisdom of nature-helps guests develop better skills to navigate life. “To be recognized in the area of Mind-Body-Spirit is particularly special to us, as it’s directly tied to our guiding principles,” according to owners John & Ginny Lopis.

Two awards in the area of cuisine mark The Lodge’s unique approach to dining. Departing from the traditional “calorie counting” spa cuisine experience, the Lopises have created an elegant, gourmet dining experience-much like in the city-and, yet, it is healthful, organic spa cuisine. Emphasizing moderation, portion size and the new “superfoods”-berries, melons, winter squashes, salmon, soy, and other highly nutritious ingredients-The Lodge at Woodloch serves a wide variety of foods, perfectly proportioned and expertly prepared by talented chefs, including red meats, chicken, fish and vegetarian choices.

The Lodge also omits calories or fat content from its menus. “Counting calories hasn’t really worked for most people, and it diminishes the quality of the dining experience. We have tried to create a realistic approach to healthy eating that is sustainable for the rest of our lives, including a slightly higher fat content, based on healthy fats like olive oil and soy butter. We hope our guests will take home a greater consciousness about healthy ingredients and portion size, and become more aware of that first moment of feeling full-which most of us disregard-and learn to eat less,” say the Lopises. “The result is exciting, nutritious food that we can truly enjoy eating,” note the Lopises.

A dedicated chef’s kitchen, where the award-winning cooking classes are held regularly, features state-of-the art appliances and equipment, including an overhead plasma screen television that displays the chef’s demonstrations for a close-up view. Guests enjoy an insightful, expert approach to spa cuisine, with techniques they can use at home.

## About The Lodge at Woodloch.

With its debut in June 2006, The Lodge at Woodloch is one of the finest full-service luxury destination spas in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on 75 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 exclusive property, which features 58 luxury accommodations, a 40,000-square-foot spa and more, is owned and operated by John and Ginny Lopis of JGL, Inc., internationally recognized spa design and operations experts. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at [www.thelodgeatwoodloch.com](http://www.thelodgeatwoodloch.com).