



The Lodge at Woodloch Launches Rest+Well Blueprint- March 2015

Award-winning destination spa expands sleep offerings to create a blueprint of wellness under the sheets

For Immediate Release: Hawley, PA, February 18, 2015- It is no secret that a good night's sleep is good for one's health. Studies have long shown that sleep improves the immune system, allows the body to better deal with stress, helps the longevity of beauty and even helps a person lose weight. The message is clear, sleep is good. The challenge lies in real life. Time is crunched and people try to fit more and more into each hour of the day, stressors of day-to-day life weighs heavily on the mind and caffeine and alcohol are simply part of what make many people tick. Plainly stated, sleep is great but can be difficult to come by.

The Lodge at Woodloch has tapped its resources to develop and share a Rest+Well Blueprint. It is not a program, not a single class and not a special offering, but a way of life. A Blueprint that includes tips, resources and strategies to help guests find their Rest+Well bliss on their own terms within their own lifestyle. The components will be rolled out at the property during National Sleep Week, March 2-8, 2015 and will continue to be part of the everyday offerings at The Lodge.

The Rest+Well Components Include:

Sleep Environment:

- **Pillow Menu:** In addition to the Classic Down Pillow standard on every bed, The Lodge offers an additional 5 pillows as choices for personalized comfort to maximize a restful sleep:
 - Hypoallergenic Pillow
 - Memory Foam Pillow
 - Sleep Number Customizable Pillow
 - Body Pillow (good for pregnancy and for those with back/hip/knee problems)
 - Buckwheat Pillow
- Blackout Drapes
- New memory foam beds in each guest room. Each guest room and suite has been equipped with a new Therapedic EcoGel² Mattress which offers hourglass design for additional support and gel technology for cooling benefits
- Temperature Control for personal preference- recommend to sleep in a cool room- 65 degrees is the best temperature for a good night's rest
- Additional customized offerings that are available upon request from the Sleep Menu (free of charge during stay) include:
 - Light therapy box available
 - Traditional 2-bell alarm clock to remove radiant light of electric alarm clocks
 - Sound Bar docking station
 - Customized bed comfort: Upon request, guest can receive pillow toppers, egg crates or a board beneath the mattress for added firmness/support to help customize to specific needs

Rest+Well Lifestyle Tip: Keeping the bedroom and bed as a tool only for sleep will help train the body to go to sleep faster. Try not to read, watch TV or use electronic devices while in bed. Create a Rest+Well haven at home.

Spa Treatments:

- **New: Restful Retreat**

This relaxing massage focuses on releasing areas of chronic tension, promoting a deep state of relaxation. A “zero gravity” chair suspends the guest and gently rocks while the therapist applies massage to the head, neck and feet, using specially crafted oil blends to ease one into a restful state. 50 minutes \$135 Saturday-Sunday; \$125 Monday-Friday

- **Guest Favorite: Lavender Garden Dream**

Breathe in the calming and cleansing benefits of wild lavender in this uplifting and rejuvenating experience. Earthly minerals and lavender exfoliate during an energizing salt scrub. A customized essence of lavender wrap with a warm stone back massage lead the way to a restorative full body massage. 100 min \$260- Saturday-Sunday; \$250- Monday-Friday

Rest+Well Lifestyle Tip: Lavender is a perfect choice for natural aromatherapy that helps one relax. A lavender bath at home is a perfect way to transition the body into a restful state of mind.

TREE Restaurant and Bar:

- Cooking demonstrations include sleep inducing items during March- National sleep awareness week(end)
- Herbal tea offerings that help induce sleep

Rest+Well Lifestyle Tip: Certain foods provide tryptophan, an essential amino acid that helps the body create serotonin which helps the body relax. Eating certain foods before bed will help the body get into a calm state and ready for sleep.

Mind/Body Classes:

- Breathe and Change Your Life! Open the mind as guests learn to focus their attention within and experience simple ways in which they can enhance their body’s energy levels while cleansing and rebalancing
- Meditation to Quiet the Mind: Come into the present moment with mindful meditation. This class guides guests through steps of meditation with breath awareness and focusing the mind on a sound

Rest+Well Lifestyle Tip: Mastering meditation and breathing techniques are a great way to manage a wandering mind just before hitting the sheets.

- Power Napping: With the help of props and pillows, guests are guided through a series of gentle stretches to promote total relaxation and rest. Guests leave feeling rejuvenated and revitalized

Rest+Well Lifestyle Tip: Sometimes getting a full night’s sleep just isn’t possible. Learning the trick to a true power nap can help the body get the rest that it needs. Some of the most powerful people in history were known for taking a daily nap (Margaret Thatcher, Winston Churchill, Theodore Roosevelt and more)!

- AM Stretch: Begin the day with active stretches for the total body. Guests will leave feeling awake and ready for the day!
- Fitness Walk: Greet the day with an invigorating three-mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain

Rest+Well Lifestyle Tip: Part of getting a good night’s sleep is getting the body on a consistent schedule. Waking up early and exercise both help to set the circadian rhythm in the body for good sleep patterns.

Special Services:

- Customize your sleep experience at The Lodge at Woodloch with our Sleep Sommelier
- Naturopath Private Consultation with Nathaniel Whitmore: \$150 per 50-minute session
- Wake Up Call (a.m.) & Wind Down Call (p.m.- turn off TV and electronic devices to prepare the body for bed) upon request

Outdoor Adventures:

- Seasonal outdoor adventures include kayaking, hiking, biking, nature walks, Nordic walking, stand up paddle boarding, archery, cross-country skiing, snow-shoeing and more

Rest+Well Lifestyle Tip: Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate the sleep-wake cycle. The brain secretes more Melatonin in the evening (dark) to encourage sleep and less during the day

(light) to encourage alertness. Spending time outdoors during daylight helps to normalize Melatonin production. Remember to take off sunglasses in the morning to not trick the brain! Note that long days in the office in front of a computer or at home with a TV or electronic device misaligns the light exposure message and Melatonin release.

Educational Forums:

National Sleep Week(end) features Dr. Jodi Mindell, sleep expert and author

Thursday, March 5th

Getting a Good Night's Sleep

Learn about the importance of sleep for your overall health and well-being, including memory, weight control and disease prevention benefits. Find out about common sleep disorders and ways to improve your sleep. A few simple changes can make all the difference in how well you sleep and refresh at night.

Friday, March 6th

Sleepy, Dopey, and Grumpy: Helping Your Infant, Child, Grandchild, or Adolescent Get a Good Night's Sleep

Sleep is essential for children of all ages. Whether you have a 6-month-old, a 6-year-old, or a 16-year-old, learn ways to help your child get a good night's sleep. A few simple strategies can make all the difference.

Saturday, March 7th

Getting a Good Night's Sleep

Learn about the importance of sleep for your overall health and well-being, including memory, weight control and disease prevention benefits. Find out about common sleep disorders and ways to improve your sleep. A few simple changes can make all the difference in how well you sleep and refresh at night.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive 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 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 and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at thelodgeatwoodloch.com.

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