



Catskills Spa Stay

Offerings & important information

What to bring:

- Please bring seasonally appropriate clothing for hiking if you plan to go outdoors: hiking shoes, hats, jacket, raincoat, sunscreen, sunglasses, bug repellent, etc.
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna/steam room.
- Refillable water bottle (Honor's Haven does not provide plastic water bottles in guest rooms. Instead, there are designated refill stations around the Retreat Center)

Check-in / Check-out:

- Check-in is available any time after 3pm on your day of arrival.
- Check-out is at 11 am on your day of departure.

Enhancements:

During your stay, you may add on additional Spa services or Holistic Healing sessions to enhance your wellness experience. For more information or to schedule, please see contact information below. It is recommended to call 1-2 days in advance to ensure availability.

Holistic Healing Sessions contact 845-210-3154 or Earthmind@honorshaven.com
Spa services call 845-210-3087 or spa@honorshaven.com

See next page for other inclusions/offerings during your stay!

Catskills Spa Stay Itinerary/Inclusions

*Scheduled activities are subject to change.

DAY 1

5:00 - 6:00pm – Energy Yoga Class (Only Saturday 7:30-8:30pm)

6:00 - 7:30pm – Dinner

7:30 - 9:30pm – Camp Fire or Free time

DAY 2

8:00 - 9:30am – Breakfast

9:30 - 10:30am – Guided Outdoor Nature Walk

MEALS

Our kitchen serves a pollo-pescatarian menu and upon request any unique allergy can be accommodated. Dining is mainly buffet style but depending on occupancy meals may be restaurant style with food made to order. (*Lunch is not included in this package, but it is available for purchase at our Café or local eateries in the town.)

ACTIVITIES

To support our guests' experiences of well-being during their stay, we offer wellness classes for all our guests.

- **Energy Yoga Class 5:00 - 6:00pm**

Through deep stretching, guided breathing, and somatic movement be guided to deeply loosen up your body, release tension, activate your energy senses and enter a state of pure relaxation.

- **Guided Outdoor Nature Walk 9:30-10:30am**

Take an excursion through our hiking trails to reset your mind in the pristine nature. Our guides are always ready to accommodate all types of mobility. *In the wintertime an indoor Qigong class may replace the guided nature walk.

- **50-minute Spa Massage**

Enjoy a relaxing massage from our Catskills Spa to de-stress and soothe tension from your body and mind. This session can be scheduled during your free time.

Please contact the spa for more information 845-210-3087 or spa@honorshaven.com.

AMENITIES

During your stay with us you are invited to enjoy Honor's Havens Amenities including: Pool, Jacuzzi Sauna, Steam Room, Gym, Nature Trails, Game Room, Basketball Courts, Tennis Courts, Pedal Boats (seasonal), Gardens (seasonal) and more.

POLICY

- Children ages 0-10 are not permitted to participate in the Wellness Classes or Guided Nature Walk.
- Youth ages 11-16 are allowed to participate in the Wellness Classes and Guided Nature Walk with an accompanying guardian.
- Any minor below the age of 18 needs a legal guardian present in the treatment room at the time the service is being provided.

