



## 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.
- 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 Catskills Spa 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 845-210-3144 or [Wellness@honorshaven.com](mailto:Wellness@honorshaven.com)  
Spa services call 845-210-3083 or [spa@honorshaven.com](mailto:spa@honorshaven.com)

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

# Catskills Spa Stay Offerings/Inclusions

\*Scheduled activities are subject to change.

## Meals

Catskills Spa Stay includes Breakfast 8:00-9:30am & Dinner 6:00-7:30pm on each day of your stay. Beginning with dinner on day of arrival and ending with breakfast on your day of departure. Lunch is not included, but available for purchase at our Café or local eateries in the town.

Our dining offers vegetarian, vegan, gluten free, nut free, and dairy free options. Upon request, any unique allergy or sensitivities can be accommodated.

## Activities

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

- **Energy Yoga Class 7:30-8:30pm**

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. You will be given a tour, stopping at 2 key points, the 120 Steps pavilion and sacred Mago Tree with nearby forest swings. Our guides are always willing and ready to accommodate all types of mobility and physical conditions. \*In the wintertime an indoor wellness class may replace the guided nature walk, if weather doesn't permit an outing to the hiking trails.

## Amenities

During your stay with us you are invited to enjoy Honor's Havens Amenities including: Spa, pool, sauna, gym, nature trails, game room, basketball courts, tennis courts, paddle boats (seasonal), Gardens (seasonal) and more.

## Policies (\*Important\*)

- 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.

