



## WELLBEING TREATMENTS

(435) 645-6475 | [spa@steinlodge.com](mailto:spa@steinlodge.com)  
Winter Hours 9 am-7 pm | Summer Hours 9 am-6 pm



## INTUITIVE INTERACTION

90 MIN | \$444

Engage in a personalized, heart-centered session that invites deep dialogue, energetic alignment, and intuitive reflection. In this holistic treatment you will experience a one-on-one journey with our gifted intuitive. She will tune into your energetic field in a safe and secure environment, to offer insights, guidance and gentle clarity around the questions or themes most present in your life. Whether you are seeking direction, healing, or simply a moment of soulful connection, Intuitive Interaction is a powerful opportunity to explore your inner landscape with compassion and curiosity.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*

## INNER WISDOM CONNECTION

90 MIN | \$444

Awaken your intuition and reconnect with your inner guidance in this deeply restorative experience. Designed to quiet the mind and open the heart, the Inner Wisdom Connection blends gentle energy work, guided meditation, and intuitive insight to help you access clarity, balance, and a renewed sense of purpose. Ideal for those seeking spiritual alignment, navigating life transitions, or those of us who are ready to finally stop repeating the same behavior that is not working. This session offers a serene space to reflect, release, and realign with your truest self.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*





## ABOUT OUR WELLBEING SPECIALIST

Sugar Forbes offers personalized spiritual insight, energy work, and holistic guidance to guests seeking clarity, balance, and renewal. With a deep foundation in intuitive perception, she brings a heightened awareness of energy, messages, and emotional insights, allowing guests to connect with their inner wisdom in a meaningful and transformative way. Her practice is rooted in a degree in Psychology with an emphasis on ethical and professional conduct, ensuring that every session is delivered with integrity, compassion, and respect for the guest's unique journey. Sugar prioritizes clear communication and empathy, providing gentle yet insightful guidance while maintaining the highest level of confidentiality and trust. Whether through energy readings, guided meditation, intuitive coaching, or mindfulness practices, her goal is to help guests navigate life's transitions, stress management, and personal discovery.

## PRIVATE YOGA & MOVEMENT SESSIONS

Experience an exclusive Yoga Session, Mindful Meditation, Foam Rolling, Barre, Strength Class, or Sound Therapy with a private instructor in our Verdandi studio. Catered to your individual or group needs, goals, and pace.

**1-2 Guests \$200 | 3-4 Guests \$300 | 5-10 Guests \$500**

**11-15 Guests \$1,000 | 16-20 Guests \$1,500**

