



THE SPA AT STEIN ERIKSEN PRESENTS
CRYSTAL TONES®



**MIDWEEK SOUND BATH & SPA
EXPERIENCE**

Wednesdays at 5:00 PM | Beginning June 25

Unwind in luxury with our signature midweek sound bath experience in the tranquil Yoga Studio at The Spa at Stein Eriksen Lodge. This 45-minute guided session blends vibrational healing with a curated collection of rare alchemy crystal singing bowls designed to recalibrate the nervous system and deepen relaxation. Arrive early to enjoy full access to our award-winning spa amenities—including the heated outdoor pool, sauna, steam room, and relaxation lounges—before concluding your evening with immersive sound therapy.

\$100 per person | Includes full spa access

SUNDAY MORNING SOUND BATH SESSION

Sundays at 10:00 AM | Beginning June 29

Start your Sunday with stillness and serenity. This 60-minute sound bath session invites you to reset and restore through the healing tones of specialized alchemy crystal bowls led by Crystal Tones® wellness practitioners. Open to in-house guests and the public, this experience offers a peaceful, high-vibration escape in an elevated alpine setting.

\$35 per person | No spa access



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