



**THE SPA AT WINTERGREEN AND  
AQUATICS & FITNESS CENTER  
Fact Sheet**

**Description:** The Spa at Wintergreen and the Aquatics & Fitness Center offer a mountaintop retreat from everyday life, a place to pamper and restore the body, release tension and renew the spirit.

**Address:** Wintergreen Resort, Wintergreen, Virginia 22958

**Phone:** Spa and Fitness Center: 434-325-8562  
General Resort Information: 434-325-2200  
Overnight Reservations: 888-329-5828

**Hours:** Open daily, hours vary

**Web Site:** [www.wintergreenresort.com](http://www.wintergreenresort.com)

**Location:** Set at the highest point of Wintergreen Resort, the Spa and the Aquatics & Fitness Center are located a short, scenic drive from the resort's Mountain Inn. This unique location offers beautiful vistas of the mountains and the valley below.

**Features and Services:**

- 13 individual massage and treatment rooms, two which feature horizontal vichy showers
- Wide range of therapeutic massages
- Skincare treatments, including facials
- Reflexology
- Herbal body wraps, exfoliation, body polishing
- Salon for men and women, offering hair styling, color, make-up, manicures, pedicures and waxing
- Youth spa and salon programs designed with teenagers in mind
- Men's and women's changing rooms
- Co-ed relaxation lounge

**Treatments**

**Highlights:** Ranging in length from 50 minutes to five hours, signature spa packages offer a variety of treatments, pampering, and wellness regimens.

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**Spirit of Renewal - 5 hours**

This powerful combination of therapies is recommended for those seeking a full day of treatments to encourage balance, renewal, restoration and relaxation. Therapies include a mountain stone massage, woodland Essential oil wrap, signature pedicure, and radiant glow facial; light snack provided.

**Wintergreen Signature Day – 3 hours**

Package includes a soothing 50-minute signature massage, signature facial and duo express (mini-manicure and pedicure).

**Lavender Dreams - 3.5 hours**

Enjoy a combination of treatments designed to ease stress, rejuvenate skin and relax the mind. The three lavender treatments include facial (50 minutes), pedicure (50 minutes) and body wrap (80 minutes).

**Blue Ridge Couples Retreat – 2 hours**

Reconnect with each other and escape – briefly - from everyday life while relaxing together. Treatments in the couples’ room includes two Blue Ridge Bliss Swedish massages, two signature pedicures, complimentary sparkling cider and chocolates.

**Seasonal**

**Treatments:**

Each month, a series of spa specials are offered that capitalize on seasonal ingredients or the time of year. These specials are featured on the resort web site.

**Product Lines:**

**Eminence** Organic Skin Care line is featured in The Spa at Wintergreen treatments. This line is known for products that are so natural that the fresh fruit pulps and seeds are visible and the scents, divine. Eminence products deliver the highest quality natural skin care with active ingredients that include European certified premium quality herbs, fruits, and flower buds. All products are free of parabens, mineral oils, petroleum and sodium lauryl sulphate.

In addition, the Spa offers the **Woodsprite** organic product line featuring 100% natural, world-class organic spa and body products made with pure botanical ingredients.

**Paul Mitchell** hair products are featured in the salon.

**Spa Director:**

Debbie Greene

## **The Aquatics & Fitness Center**

### **Features and Services:**

The newly renovated and expanded Aquatics Fitness & Center offers state-of-the-art equipment, personal trainers, fitness classes, swimming and hot tubs.

- 12-station strength and conditioning circuit and free weights
- Cardiovascular equipment, including treadmills, stationary bicycles, stair-steppers and peak trainers
- Fitness trainer (by appointment)
- Group exercise studio
- Indoor pool and outdoor pools
- Therapeutic soak pool
- Private steam room and sauna in locker rooms

**Wellness Programs:** The Fitness Center offers Yoga and wellness classes throughout the week. Class schedule varies during the year.

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