

SUNRISE SPRINGS SPA RESORT

FACT SHEET

LOCATION:

Sunrise Springs Spa Resort is located on 70 acres of breathtaking beauty nestled between the Sangre de Cristo and Ortiz mountains in Santa Fe, New Mexico.

Santa Fe Airport (SAF) is 10 minutes away with limited air service. Albuquerque International Sunport (ABQ) is approximately one hour south. The resort provides complimentary round-trip airport transportation for *Immerse & Thrive* guests.

SUNRISE SPRINGS RESORT

EXPERIENCE:

Sunrise Springs is a tranquil oasis that has been a source of rejuvenation for centuries. Whether guests are looking to simply relax and recharge or immerse in a deeply transformative experience, Sunrise Springs invites guests to come play and nourish their soul at Santa Fe's only destination spa. Nestled among 70 acres of breathtaking beauty, guests discover gracious hospitality, enchanting accommodations with local artisan touches, and vibrant farm-fresh cuisine. Along with their sister resort, Ojo Caliente Mineral Springs, Sunrise Springs honors the ancient wisdom of Native Americans, the sacred land and legendary waters.

At the center of the resort is a Medicine Wheel with many different meanings and uses across a variety of cultures. Here the circle, or "mandala," represents harmony between the mental, emotional, spiritual, and physical aspects of wellbeing, which has been used as a blueprint to develop activities and services.

The resort's *THRIVE* philosophy empowers guests to learn, grow and thrive physically, emotionally, mentally and spiritually. Following the belief that the path of wellbeing is unique for every individual, the resort's highly qualified guides empower each guest to find the choices that meet their personal goals, needs and interests.

HISTORY:

Sunrise Springs is a lush and culturally rich high desert oasis that has been home to Native American pueblos (Tano and Keres) for millennia. By the early 17th century, Sunrise Springs and the neighboring El Rancho de las Golondrinas became parajes, or resting places, for travelers along El Camino Real de Tierra Adentro (The Royal Road of the Interior Land). The natural cold springs have provided a source of life to multiple generations of Native Americans and Spanish families that settled in the La Cienega Valley.

In April 2013, under stewardship of the Scott family, the historic property was restored and revitalized as a place of relaxation and rejuvenation. As owner/operator of Sunrise Springs Resort (and its sister property Ojo Caliente Mineral Springs), Andy Scott continues the commitment and passion for "health through water."

CLIMATE: Sunrise Springs is located at 5,932 feet in the high desert of northern New Mexico. The area has low humidity and moderate to seasonal temperatures ranging 52 to 84°F in the summer; 35 to 65°F in spring and fall; and 18 to 45°F in winter. Layers of clothing are extremely important during all times of the year, as temperatures fluctuate widely between day and night.

ACCOMMODATIONS: The resort's enchanting accommodations include 20 spacious casitas with local artisan touches and 32 resort-style guest rooms. Each casita has its own private courtyard and is arrayed with king bed, gas fireplace, and in some cases an adjacent bedroom with full-size bed and separate entrance. Resort-style guest rooms located in two buildings facing the sacred Medicine Wheel include a queen bed (12 rooms with 2 double beds) and balcony. All accommodations include full bath, mini-refrigerator and microwave (upon request), and amenities including coffee and tea service, Sunrise Springs signature amenities, hair dryer, robes, sound machines, direct dial phones (local and long distance calls are complimentary), and complimentary 24/7 Internet service.

DINING: Dining at Sunrise Springs Resort is a unique experience designed to change the way guests think and feel about food. The resort's culinary staff embraces the idea that food is a potent elixir for the body and mind, and works closely with local farmers to source organic and seasonal herbs, fruits and vegetables whenever possible to create a selection of vibrant and colorful dishes. Guests will also learn to mindfully grow, prepare, and "experience" food that supports and enriches the mind, body and spirit.

- **Sages Café** is the destination for breakfast in a delightful dining space imbued with warm earth tones of the natural landscape and a koi pond that flows from inside to an outdoor fountain and patio. The café menu includes cold-pressed juices, fresh fruit, featured entrees, yogurt, granola, a variety of breads, fair trade coffee and premium teas. Breakfast lite fare is served from 7am-7:30am; breakfast is served from 7:30am-9am.
- **Blue Heron Restaurant** serves lunch and dinner daily in a newly-restored setting overlooking the spring-fed pond. The lunch menu offers a selection of soups, appetizers and salads, as well as vegetarian entrees (fish, chicken and/or lamb may be added) and seasonal side vegetables. The dinner menu is similarly styled with vegetarian and non-vegetarian entrees, as well as dessert. Lunch is served from 12pm-2pm; dinner from 6pm-8pm.

SPA: Overlooking the serene, natural spring-fed pond the Spa fuses the rejuvenating and restorative services of a wellness spa with the best of

Eastern and Western therapies. The Spa offers nine treatment rooms and is open daily from 10am-8pm, with the last available appointment at 8pm. Specialties include:

- Bodywork & Therapeutic Massage
- Skin Care
- Rejuvenating Add-Ons
- Energy Healing
- Integrative Medicine Services with Dr. Sally Fisher, MD
- Mind-Body Wellness
- Movement & Functional Fitness

AQUA PAVILION:

Surrounded by towering cottonwoods, our natural springs soaking experience is nestled above the central pond in our Aqua Pavilion. Enjoy a private ritual soak infused with local herbs. The Aqua Pavilion includes 2 private pools and 2 private soaking tubs plus steam showers and coed steam room. *Rates start at \$30 for private soaking tub; \$45 for private outdoor pool.*

EXPERIENTIAL SERVICES:

Sunrise Springs Resort offers a wide range of activities designed for guests to play, experience joy, and nourish their souls, including:

- Mindfulness Meditation
- Yoga
- Walking
- Fitness Studio
- Animal Interaction with Puppies and Silkie Chickens
- Horticulture/Gardening
- Culinary
- Expressive Arts

SUNRISE SPRINGS GUIDES:

The resort team is passionate about integrative wellness, and committed to helping each guest thrive and experience life differently:

Wellness Team

- Dr. Sally Fisher, MD, Medical Director
- Michael Schroeder, LMFT, Lead Counselor

Experiential Guides

- Danielle Simmons, Horticulture and Animal Interactions
- Diane Chase, Expressive Arts
- Sue McDonald, Horticulture and Expressive Arts
- Tess Young, Movement and Functional Fitness

PACKAGES:

Sunrise Springs offers day escapes and multi-day all-inclusive packages.

- **Refresh & Recharge** – Enjoy a spa getaway and unplug in our serene, natural oasis. Create a personalized experience to refresh and recharge. *Package includes accommodations; farm-fresh breakfast, choice of yoga or Qigong class and one experiential activity of choice. Resort-style Guest Room, \$279/double, \$224/single; Casita, \$379/double, \$324/single.*
- **Couples R + R** – Relax and reconnect with your special someone in the lush tranquility of Sunrise Springs. Two-night package includes accommodations; all farm-fresh, gourmet meals, all daily activities; two 50-minute Sunrise Custom Masages; one private experiential session of choice.; bottle of sparkling wine (or sparkling cider) and heavenly, homemade chocolate truffles. Resort-style Guest Room, \$325 per person, per night (a total of \$650/night for two); Casita, \$375 per person, per night (a total of \$750/night for two). **STAY + SPA LONGER:** Receive a \$50 Spa Credit per person, per day, for each additional day booked beyond the 2-night minimum.
- **Girls' Getaway** – Grab your mom, sis, or favorite gal pal and indulge in a girls' getaway. Two-night package includes accommodations; all farm-fresh, gourmet meals, all daily activities; \$100 Spa Credit (per person, per visit) towards our signature spa services; one private experiential session of choice. Resort-style Guest Room, \$269 per person, per night (a total of \$538/night for two); Casita, \$319 per person, per night (a total of \$638/night for two). **STAY + SPA LONGER:** Receive a \$50 Spa Credit per person, per day, for each additional day booked beyond the 2-night minimum.
- **Wellness Exploration** – A healthy getaway for people seeking a meaningful, life-enhancing experience. *Three-night package includes accommodations, all farm-fresh, gourmet meals, all daily activities; one 50-minute Sunrise Custom Massage per person, per stay; one private experiential session of choice. Resort-style Guest Room, \$299/double, \$359/single; Casita, \$345/double, \$459/single. STAY + SPA LONGER:* Receive a \$50 Spa Credit per person, per day, for each additional day booked beyond the 3-night minimum.
- **Immerse & Thrive** – Designed for transformative wellness. Guests work collaboratively with a medical doctor and a licensed counselor to evaluate physical, mental, emotional and spiritual health and to develop an Integrative Wellness Plan. Engage in experiential activities and services, and meet daily with a licensed counselor during stay. Leave with a Take-Home Plan that recommends sustainable, healthy living

practices. Guests also have the opportunity to access ongoing support from the resort team after their visit so they can continue to learn, grow and thrive. *Seven-night minimum package includes accommodations, all farm-fresh meals, all daily activities; pre-arrival Wellness Assessment; Health & Wellness Evaluation; Customized Integrative Wellness Plan; daily meeting with licensed counselor; \$50 Spa Credit per day, per person; round-trip airport transportation. Resort-style Guest Room, \$599/double, \$675/single; Casita, \$649/double, \$775/single.*

- **Spa + Lunch** – Getaway for half a day to Sunrise Springs. Lounge by the pool and revitalize with a soothing and restorative spa treatment and a gourmet, farm-fresh lunch. Package includes a \$99 Spa Credit towards your choice of spa service.
- **Sunrise Full Day Escape** – Escape for a spa day to relax and rejuvenate. Lounge in a hammock by the pool, take a yoga or expressive arts class and enjoy a gourmet farm-fresh lunch. Package includes a \$99 Spa Credit towards your choice of spa service, plus all daily activities.

Package rates do not include applicable taxes or gratuities and do not apply to groups; subject to availability.

FOUNDERS:

Andy Scott, Founder
Andy Joseph, Co-Founder

ADDRESS:

Sunrise Springs Spa Resort
242 Los Pinos Road
Santa Fe, NM 87507
Tel. 505.780.8145

RESERVATIONS:

877.977.8212
contact@sunrisesprings.com

WEBSITE:

www.sunrisesprings.com

FOR FURTHER INFORMATION

CONTACT:

Wendi Gelfound
Marketing Director
505.780.8145
wendi.gelfound@sunrisesprings.com

Meghan Sherrill
Hawkins International PR
212.255.6541
meghan@hawkpr.com