

LUXURY TRAVEL ADVISOR

Total Wellness at Sunrise Springs Spa Resort

by [Angel Gierisch](#) | Jul 21, 2017 9:46am



The medicine wheel is at the center of Sunrise Springs Spa Resort and symbolizes the four components of wellness: emotional, spiritual, mental, and physical.

Spread over 70 acres in Santa Fe, NM sits [Sunrise Springs Spa Resort](#), a getaway that embodies wellness. According to marketing director Wendi Gelfound, who visited our New York office, everything from its restaurants to its daily activities is designed to leave guests feeling their best.

Symbolized by a grass and stone medicine wheel in the center of the resort, all offerings are meant to nourish the four components of wellness: emotional, spiritual, mental, and physical. Guests can even begin their stay by filling out a chart to see where their needs align on the wheel. Classes are then suggested based on how guests fill in their chart.

Guests who opt for an all-inclusive package have access to unlimited classes which allow guests to, "play, experience joy, and to nourish their souls."

There are more than 50 classes to choose from ranging from horticulture classes like herbal tea making and communal gardening to expressive art classes that offer guests the chance to paint, sculpt clay, create a collage, or immerse themselves in meditative photography. There are also culinary-, fitness and yoga-, health-, mindfulness and meditation-, and nature-based classes to choose from. While classes are done in small groups—no more than 10—guests can choose to do private classes for an additional fee.

Classes are offered on a rotating schedule to allow guests to take what they want. Gelfound says that it's "important that people have choice, not a regimented schedule."



Sunrise Springs Resort Spa offers guests the chance to play with puppies during their stay.

One of the resort's more unique classes is puppy studio and silkie chicken coop. Guests are given hands-on immersion with puppies who are training to be service dogs. In partnership with [Assistance Dogs of the West](#), the program allows guests to interact with and help train the puppies under the supervision of ADW handlers. Alums from the "puppy preschool" have gone onto jobs such as working to calm those testifying at the Los Angeles courthouse or with children on the autism spectrum.

Additionally, guests can spend time with the silkie chickens, known for their friendly composure and, according to Gelfound, can purr like a cat when held. Guests can feed, handle, or just watch the chickens in action.

Looking over the pond is the Blue Heron Restaurant, serving breakfast, lunch, dinner, and Sunday Brunch. According to the website, "Executive Chef Rocky Durham embraces the idea that food is a potent elixir for the body and mind." The resort works with local farms to offer seasonal produce to guests.

Guests may recognize Chef Durham from his appearances on "Bizarre Food with Andrew Zimmerman" and as a contestant on "Guy's Grocery Games" with Guy Fieri on the Food Network. He also hosted two shows in the U.K.: "Plates from the States" and "South of the Boarder"

Also overlooking the pond is the resort's spa, offering nine treatment rooms and is open to both guests and the public. Besides the standard deep tissue and hot stone massages, the spa also offers the Ancient Echos massage designed after East Indian Head massage techniques. The therapist focuses on the upper body—including upper back, scalp, face, and ears—to help relieve pain and create a sense of calm. There are also skincare therapies available, with specialization in using natural techniques without extractions or machines.

For a unique experience, guests can book a 50-minute soak in the outdoor pool for up to two guests or by themselves for a 25-minute soak in the private outdoor magnesium tub.

There are 20 casitas and 32 guest rooms available. Casitas include a private courtyard patio entrance includes a king bed, gas fireplace. Garden view rooms include the choice of a balcony or patio and a queen size bed or two full size beds.



Inside a casita.

All rooms include blackout curtains, Sunrise Springs' signature amenities, mini-fridge, coffee and tea service, a full bath, and Wi-Fi.

Packages offered range from a Girl's Getaway and Couples R + R to the seven-night minimum Immerse and Thrive package designed for those seeking an intensive wellness experience.

Coming up for the resort is a flotation tank and IV therapy, which is used to supply vitamins directly to the bloodstream. Also planned are repose pools that will be built into the pond. The pools will be designed as an art installation and flow naturally from the pond to the sunken pools with an infinity edge.

The resort was recently named number three in *Travel + Leisure's* 2017 World's Best Awards readers' survey.

Gelfound's advice for guests staying here? "Expect change; change is gonna happen."