



WINVIAN



RESTORATIVE WELLNESS EXPERIENCE

EXCLUSIVE EXPERIENCE

Welcome snack basket and fresh fruit

Yoga mat for use on-site

Winvian water bottle (*our gift to you*)

Electrolyte packets

Meditation journal

CULINARY DELIGHTS

Complimentary breakfast

Smoothie of the day

One three-course farm-to-fork dinner
(*tax & gratuity additional*)

Custom-crafted mocktail flight
(*or organic wine pairings \$45 per person*)

RELAXING TURNDOWN RITUAL

Eye mask

Pillow mist

Herbal tea

Deep sleep reflection card

Tasty turndown treat

SPA & WELLNESS ELEVATIONS

\$200 Spa Credit

Intention-aligned aromatherapy

Specialty elixirs and teas

Sound bathing session

Choice of yoga or Pilates class



WINVIAN

SAMPLE ITINERARY

DAY 1

Arrive & Unwind



4:00pm | Arrival at Winvian

Settle into your cottage, unwind with welcome snack basket and fruit plate

4:30pm | Gentle Movement or Nature Walk

Breathe in the fresh air and do some light stretching or explore the trails on our Winvian estate and adjacent White Memorial Conservation Center

7:00pm | Dinner at the Restaurant

One evening to savor an included three-course prix-fixe meal featuring seasonal, wellness-forward cuisine. Pair with a mocktail flight (included in package) or add organic wine selections (additional \$45 per person)

9:00pm | Evening Turndown Ritual

We will prepare your cottage with everything you need for a restful night sleep: soothing herbal tea, reflection journal, meditation card, aromatherapy pillow mist and sleep mask

DAY 2

Restore & Restore



7:00am - 8:00am | Yoga or Pilates session

Followed by complimentary breakfast and smoothie of the day

10:00am | Spa Treatment

Apply your \$200 spa credit toward a massage, facial, or wellness treatment. Enhance your experience with specialty elixirs and teas

Afternoon | Leisure Time

Read, journal, relax in your private outdoor space or refresh in your soaking tub

3:00-4:00pm | Sound Bathing Session

Reset and recharge with this restorative sound ritual

7:00pm | Dinner at the Restaurant or Maggie's Tavern

Our menu changes nightly and we are always pleased to welcome you back. If you have chosen to use your prix-fixe night one, we are happy to suggest other dinner options, on or offsite

9:00pm | Evening Wind-Down Ritual

Again, your cottage will be fully prepared for a restorative night's sleep. Today's wellness activities suggest perfect rest.

DAY 3

Farewell Until Next Time

7:30am - 11:00am | Breakfast & Reflection

Enjoy your last morning with us as you please. Enjoy complimentary breakfast with the smoothie of the day. Then engage in active reset, mindful walk or quiet reflection in your cottage and private outdoor space before departure.