



SPIRIT-FREE RENEWAL ESCAPE INCLUSIONS

IN-COTTAGE ARRIVAL EXPERIENCE

Upon arrival, you are welcomed with wellness amenities curated to support relaxation and mindful living:

- Fresh fruit plate
- Yoga mat
- Molton Brown bath salts
- Reusable Winvian water bottle with electrolyte packets

FOOD & BEVERAGE EXPERIENCE

- Complimentary breakfast, including the daily smoothie of the day
- Wellness-forward lunch & dinner menus prepared with intention, centered on organic ingredients, farm-to-fork sourcing and thoughtfully prepared, protein-forward dishes (one 3-course prix fixe dinner included, tax & gratuity additional)
- Mocktail Flight (once per stay) featuring three handcrafted, wellness-inspired mocktails

IN-COTTAGE EVENING WIND-DOWN RITUAL

Each evening, cottages are gently prepared to encourage deep rest:

- Eye mask & pillow mist
- Herbal tea selection
- Sleep Ritual Card
- Meditation journal
- In-cottage healthy juices delivered at turndown

SPA & WELLNESS RITUALS

- \$200 Spa Credit per stay
- Aromatherapy intention selection, aligned with each guest's wellness goals
- Specialty elixirs and teas served pre- or post-treatment
- Sound Bathing session
- Participation in Yoga or Pilates class
- Curated wellness reading selection



WINVIAN

SPIRIT-FREE RENEWAL SAMPLE ITINERARY

DAY 1

arrival & hydration



4:00pm - Arrival at Winvian

Settle into your cottage, enjoying a fresh fruit plate, wellness amenities, and a peaceful space designed to encourage immediate decompression

4:30pm - Gentle Movement or Nature Walk

Unroll the yoga mat for light stretching or explore the property. You will be provided a property map and White Memorial map with suggested walking trails with your check-in envelope

7:00pm - Dinner

Seasonal, wellness-forward cuisine thoughtfully prepared.
One 3-course prix fixe menu included

After Dinner - Mocktail Flight

A curated trio of handcrafted botanical mocktails, designed to delight

9:00pm - Evening Wind-Down Ritual

Herbal tea, journaling, aromatherapy pillow mist, and the Sleep Ritual Card guide guests into a restful night

DAY 2

restore & renew



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

Followed by complimentary breakfast and smoothie of the day

Late morning - Spa Experience

Use the \$200 credit toward a massage, facial, or wellness treatment. Specialty elixirs and teas enhance the experience

Afternoon - Leisure Time

Relaxation, reading, journaling, or soaking in the cottage bath

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

A deeply restorative solo or group experience to reset and recharge

7:00pm - Dinner

Another thoughtfully prepared meal, followed by fresh juices delivered to the cottage at turndown

9:00pm - Evening Wind-Down Ritual

A second evening focused on rest and renewal

DAY 3

departure

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

Enjoy one last smoothie, hydrate for travel, and depart feeling refreshed and rebalanced