



WINVIAN

WINE & WELLNESS RENEWAL ESCAPE

IN-COTTAGE ARRIVAL EXPERIENCE

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

- Welcome snack basket with wholesome, elevated snack options
 - 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 dinner included, tax & gratuity additional)
- Optional Organic Wine Pairings available at dinner for guests wishing to indulge mindfully

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
- Healthy turndown treat

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



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WINE & WELLNESS SAMPLE ITINERARY

DAY 1

arrival & unwind



4:00pm - Arrival at Winvian

Settle into your cottage, enjoying the welcome snack basket and exploring wellness amenities

4:30pm - Gentle Movement or Nature Walk

Light stretching using the in-cottage yoga mat or a self-guided walk along the property's trails. You will be provided a property map and White Memorial map with suggested walking trails with your check-in envelope and cottage keys

7:00pm - Dinner

Seasonal, wellness-forward cuisine thoughtfully prepared. Guests may opt to enhance their meal with an organic wine pairing.

One 3-course prix fixe menu with wine pairing included

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 & indulge



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, with the option of an organic pairing for a balanced indulgence

9:00pm - Evening Wind-Down Ritual

A second evening focused on rest and renewal

DAY 3

departure

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

A final smoothie, moments of quiet, and departure feeling refreshed, balanced, and restored