

A World of Sophisticated Journeys and Retreats

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Utah: Radiant Health, Ultimate Adventure Solo, Couple or Group Travel Sample Itinerary: 2010-11



OVERVIEW

Enjoy the outdoors while hiking and relaxing while surrounded by the spectacular beauty of the Great American Southwest, a scenic 90-minute drive from Las Vegas. Few places on earth match the beauty and tranquility of the red rocks surrounding St. George, Utah. You'll find a vast selection of healthy living activities, dining, spa, and recreational services at this amazing Resort and Spa.

This award-winning spa prides themselves on the diversity and quantity of programming for our guests. Whether you stay for just a few days or an entire week or more, you will be as active as you want to be or simply relax by the pool and enjoy the spa.

Get inspired by attending daily classes and lectures taught by friendly and knowledgeable staff. Informative topics on health, fitness, nutrition, cooking, stress management, relaxation, anti-aging, mind/body and wellness classes, and the life enrichment programs educate and motivate guests to learn and make life-enhancing changes that last much longer than their stay here.

This Utah Resort and Spa is the perfect setting to start or renew your health and fitness goals. Offerings here include a wide variety of fitness assessments and programs to meet your goals. However you choose to spend your time here, the peace and solitude of the facility, daily fitness activities, guided hiking, healthy gourmet cuisine and an array of wellness classes will set you on the path to lifelong fitness and health. Let the Adventure begin!

Resort Fast Facts:

- Stylish deluxe accommodations and full amenities in all rooms and suites
- 82 rooms and 24 Villa Suites
- Healthy gourmet cuisine - 3 meals daily
- Indoor and seasonal outdoor swimming pools
- Three whirlpools
- Meeting rooms
- State-of-the art Cybex Equipment and cardiovascular center
- Over 50 different fitness classes weekly
- Guided hiking and biking
- Healthy Living Classes and Events
- Full-menu spa & salon
- Spa Outfitters clothing and gift store



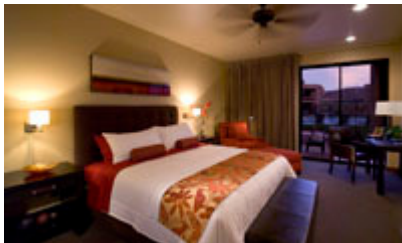
Accommodations

The resort offers 82 beautifully designed rooms and 24 Villa Suites with magnificent views of the surrounding red cliffs and canyons. Accommodations come complete with resort services and room amenities to make your stay relaxing.



Deluxe King

The deluxe accommodations include a king bed, chair and bench. Amenities include a writing desk, telephone and cable TV. Included tub/shower combination, hairdryer, coffee maker and comfortable robes. All Guest Rooms are non-smoking.



Villa King

Offering a luxurious environment featuring a king size bed along with a natural gas fireplace, balcony or deck and master suite bath with oversized shower and soaking tub. You'll enjoy nearly 600 square feet of luxury handsomely appointed with a writing desk, coffee maker, cable TV, luxurious bathrobes, hairdryer and lighted make-up mirror. All Guest Rooms are non-smoking. The Villas have exclusive use of a negative-edge pool and whirlpool.

Healthy Dining

The resort chefs have created a delicious and healthy dining experience for you. From international wines to fresh meats and vegetables, you will enjoy learning great secrets to making delicious and healthy cuisine upon your return home.

The staff here truly believes in the concept of "Eat Well, Feel Well." They educate guests to increase their awareness of the role of nutrition in the pursuit of optimum health through cooking demonstrations, presentations by the Wellness Team and the "Eat Well, Feel Well Culinary School.



Changing the way you may think about eating and food is the key to weight loss success. They do not advocate deprivation or severe restrictions; as everyone knows it is not conducive to long-term success or a healthy short-term solution. All meals are included in your Signature or Premium package and are guaranteed to be satisfying and energizing, nutritious and delicious.

Breakfast and lunch are served buffet style and a three- course seasonal menu is presented for evening dining. Kosher, Vegan, Vegetarian and Gluten Free diets are supported. Guests with food allergies are asked to alert the Culinary team prior to arrival. Nutritional information is available for each dish or food served. Smoothies, organic coffee drinks, sodas, pizzas, sandwiches and healthy snacks may be purchased at the Canyon Café. A room service menu is also available.

Activities

The Resort & Spa is near St. George, Utah and is surrounded by mountains, canyons, and the setting for infinite outdoor and fun recreational activities. Nearby Zion National Park and Bryce Canyon draw outdoor sports enthusiasts year round.



Framed by towering cliffs and red rock formations at the entrance to Snow Canyon State Park, the resort offers an amazing selection of quality activities for fitness enthusiasts, in addition to all the pampering, luxury and relaxation you expect from a full-service resort and spa.

Enjoy indoor and outdoor pools and a long list of scheduled daily activities. In and around the resort are trails for walking, hiking, biking and climbing, as well as the premier Ledges Golf Club.

There is so much from which to choose during your stay here. Either your agent at LUX World Travel or the resort staff can help you to choose where to begin and what to see. No matter what reason you visit: spa, health and fitness, outdoors, golf, business or leisure, you'll keep yourself busy in this beautiful Utah mountain destination property.



Fitness

Whether your goal is weight loss, improved athletic performance or better nutrition, spending time with the Resort Health Professionals will send you in the right direction.

Select from a variety of package options to make the most of your stay. If you want to have the most flexibility and enjoy multiple fitness classes daily, the best choice is the Signature Package, which includes unlimited fitness classes. This is the package featured in the price quote.



Spa

In its soothing desert setting, the Spa & Salon sets out with one goal – to transport guests to a place of deep relaxation, tranquility and renewal.

The Spa takes pride in having a very highly qualified team of therapists, aestheticians and cosmetologists. Therapists are required to be nationally certified and licensed and are selected for their nurturing spirit and passion for the work they do. Health, wellness and beauty rituals practiced throughout the world with indigenous desert botanicals, Utah honey and mineral rich muds, clays and salts inspire the Signature Treatments.

PACKAGE DETIALS

Signature Package Includes:

- Daily Guided Morning Hikes
- Three Delicious & Nutritious Meals Daily
- Deluxe Accommodations
- Unlimited Fitness Classes
- Healthy Life Classes & Events at the Wellness Center
- Personal Discovery Activities
- Eat Well, Feel Well Cooking Demonstrations
- Complimentary In-Room High-Speed Internet
- Use of Resort Amenities including Indoor and Seasonal Outdoor Pools, Bicycles, Walking Trails, Strength & Cardio Studios

Spa & Salon Services, Golf, Outdoor Adventure Trips & Wellness Center Services can be added to any package for an additional fee.

PRICING

Deluxe Room: **\$2575.65** or \$1287.25 Each
from \$219 per person, based on double occupancy
5 nights with taxes and fees

Solo Rate \$1510.83

Luxury Villa: **\$3021.65** or \$1512.82 Each
from \$269 per person, based on double occupancy
5 nights with taxes and fees

Solo Rate \$1789.58



~ Thank you for choosing LUX World Travel~

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