

Discover Weekend Wellness Escape

REDISCOVER | RESET | RENEW



LANSDOWNE

RESORT



DEJIA HARMONY



Harmony of Mind & Body

Press pause on life's demands and **REDISCOVER** your inner peace. Come and enjoy a weekend of wellness experiences that promote relaxation, rejuvenation and renewal.

RESET your mind, body and spirit and connect with nature to bring balance and harmony back to your life.

Leave feeling **RENEWED** and realigned on your steadfast path to a prolonged and healthier lifestyle.





*Discover Weekend Wellness Escape Package Includes**



- Two nights' accommodations in a fully-equipped Deluxe Harmony guestroom (Friday arrival, Sunday departure)
- Wake up to our signature tea selections
- Non-invasive measurement of body composition, assessment included
- 50-minute Immunity massage
- 50 minute wellness massage with respiratory detox enhancement
- Yin yoga, meditation sessions
- Group fitness instruction
- Unhindered exploration of Lansdowne's 450-plus-acre natural setting
- Nightly in-room foot soaks
- \$999 plus taxes for single occupancy
\$1,499 plus taxes for double occupancy

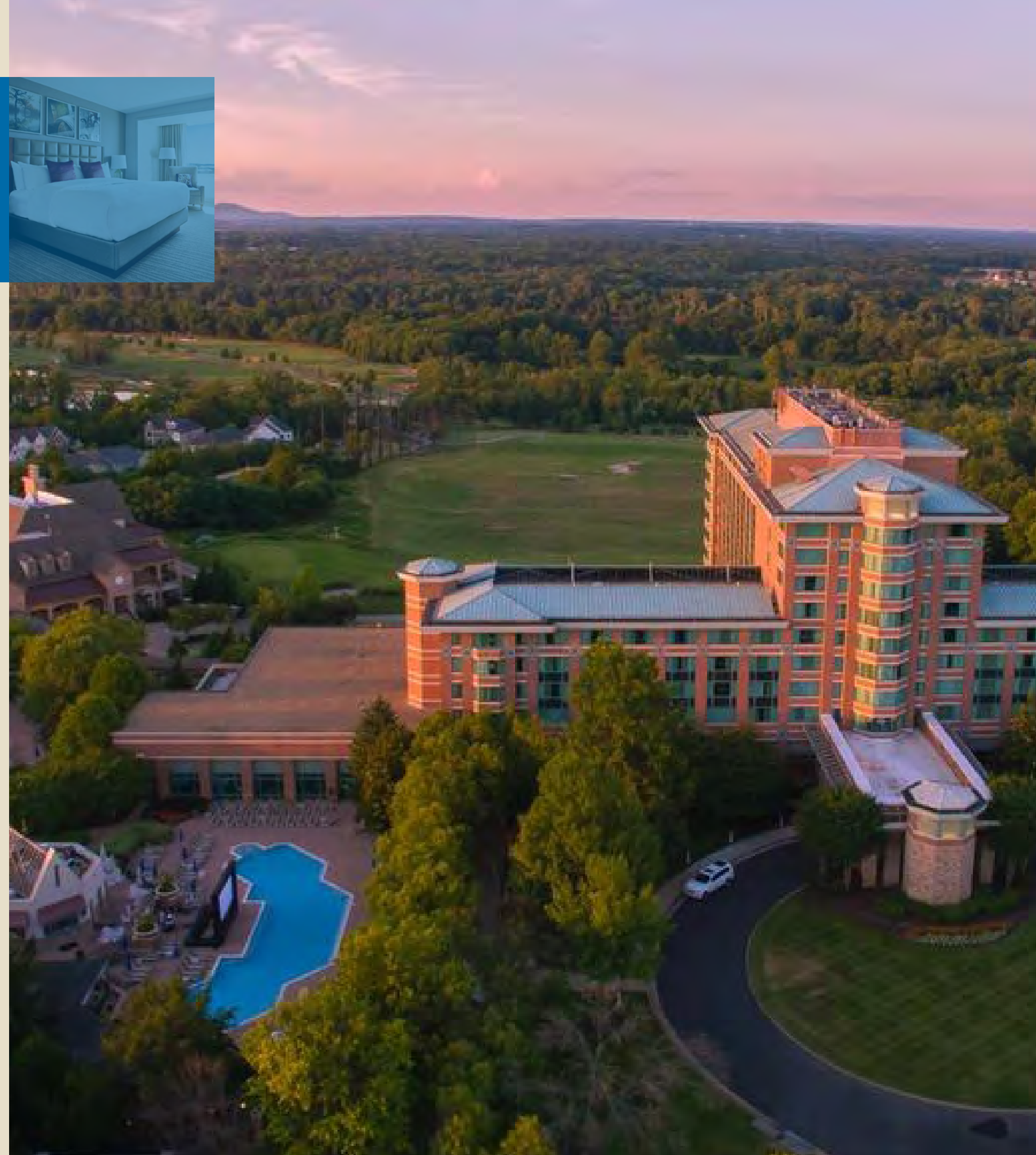
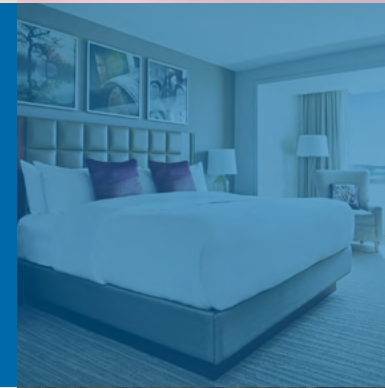
Promo code: WEEKWELL

Offer available Friday through Sunday only



*Be Challenged...
Be Inspired... Be Well.*

At Lansdowne, discover the services, amenities and cuisine that will help transform your health and well-being regimen. Set a powerful intention for your workout. Relax into a mindfulness session. Savor fresh new flavors...and replenish your vital energy with our curated nutritional plans. We harmonize the best of Eastern and Western therapies to create a unique and balanced approach to wellness in our AAA Four Diamond award-winning resort in the placid Potomac River Valley—just 30 miles outside Washington, D.C. and 12 miles from Washington Dulles International Airport.





Dejia Harmony's Mission



Our mission is to see health differently and inspire health in harmony with well-being. Dejia Harmony aspires to be the foremost innovator in the fusion of Eastern medical wisdom and Western medical science. Each of these practices offer extraordinary benefits on their own but, when combined, they deliver a wholly distinctive and dynamic approach to health and wellness. Our philosophy is simple—creating the Harmony Way of Life will empower individuals with the tools they need in order to become the guardians of their own health. Because we believe that everyone is healthier when we are aligned in harmony.



The Discover Weekend Wellness Escape Itinerary

Friday:

- 3:00 PM Arrival
- 4:00 PM–4:20 PM Body Composition Assessment (Health Club)
- 4:30 PM–5:00 PM Meditation (Health Club Terrace)
- 6:00 PM–7:00 PM Immunity Massage with Hot Stone Enhancement (Spa Minérale)
- 9:00 PM–Bedtime Herbal Foot Soak (Guest Room)

Saturday:

- 9:00 AM Spin Class (Health Club)
- 10:00 AM Yoga (Health Club Terrace)
- 11:00 AM Swimming Pool
- 5:00 PM–6:00 PM Wellness Massage with Respiratory Detox Enhancement (Spa Minérale)
- 9:00 PM–Bedtime Herbal Foot Soak (Guest Room)

Sunday:

- 8:15 AM Total Body Resistance Exercise “TRX” (Health Club)
- 9:15 AM Yoga (Health Club Terrace)
- 11:00 AM Departure

**Reservation for spa treatment will be required upon booking your hotel reservation; spa treatment is valid from Friday–Sunday for this package.*

During your visit, our Lansdowne team members are committed to maintaining cleaning and personal protection protocols as recommended by our hospitality partners, the US Travel Association and the American Hotel & Lodging Association. These new protocols have been established in collaboration with public health organizations including the US Department of Health & Human Services and the Centers for Disease Control and Prevention.



RESERVE YOUR SPACE



LANSDOWNE
RESORT



DEJIA HARMONY

Take the first step on your personal journey to enhanced health. Reserve your space in The Discovery Weekend Escape by calling 703.858.4921 or visiting www.lansdowneresort.com/wellness.

Lansdowne Resort and Spa | 44050 Woodridge Parkway | Leesburg, VA 20176 | www.lansdowneresort.com