



LANSDOWNE

FOR IMMEDIATE RELEASE

CONTACT: Dianne Murphy, APR
(703) 927-0394

LANSDOWNE RESORT, A WELLNESS DESTINATION, OFFERS NEW IMMUNE SUPPORT EXPERIENCE

LEESBURG, VA --- Spring often signifies planning for outdoor adventures, lighter days, lighter food and healthy shedding after winter hibernation. [Lansdowne Resort](#) is excited to offer a package that provides the ideal balance between mind and body. The “Discover Immune Support” 3-day wellness journey begins with an improved understanding of one's unique health profile and the supportive self-management tools to build a healthy and balanced immune system.

[The Harmony Health Discover Immunity 3-Day Journey Includes:](#)

- Two nights' accommodations in a fully-equipped Deluxe Harmony guestroom
- Wake up to our signature tea and fresh fruit selections
- A personalized, structured health and fitness plan
- Curated menus crafted to harness the power of the five seasons, five elements and meridian flow
- Interactive cooking class with a professional chef
- Non-invasive measurement of body composition, assessment included
- Guided exercise and personal training
- Immunity and aromatherapy massage sessions
- Unhindered exploration of Lansdowne's 450-plus-acre natural setting
- Daily Yin Yoga, Qi Gong or Tai Chi mindful movement and meditation class
- Customized nutritional education with renowned experts
- Group life-coaching and mindfulness training
- Individually tailored take-home fitness and nutrition plan

“We are very excited to be able to focus on wellness at Lansdowne Resort, incorporating all areas for our guests whether leisure, business, club members or spa visitors, said Managing Director, Kevin Carter. “Guests to the resort will soon understand that our programs will revolve around the 5 seasons, the 5 senses and the 5 elements --- understanding each of them for a balanced and happy life with a focus on all-natural, therapeutic, and preventative techniques.”

To reserve a space in The Harmony Health Discover Immunity 3-Day Wellness Experience, call 703.858.4921 or visit www.lansdowneresort.com/discover-immunity to see the complete schedule. The package is currently available March 14 through December 30, 2021.

Our Commitment to cleanliness:

Our commitment to cleanliness since the Covid-19 pandemic, Lansdwone has established enhanced best practice guidance for cleaning, disinfecting, hygiene and social distancing to help protect the health and safety of guests.

During one's visit, the Lansdowne team members are dedicated to maintaining 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.

About Lansdowne Resort

Lansdowne Resort is a coveted wellness destination with environments created to promote the synergy of Mind, Body and Spirit. Nestled into 500 bucolic acres overlooking the picturesque Potomac River, guests are invited to disconnect from the world and reconnect with themselves through experiences that encourage self-discovery. Players find their haven on 45 holes of challenging championship golf designed by Greg Norman and Robert Trent Jones Jr. Travelers enjoy an idyllic escape in the AAA Four Diamond award-winning resort's myriad outdoor activities and spa. Groups discover an oasis for productive meetings with innovative conference facilities and world-class dining and amenities. Located 30 miles outside Washington, D.C. and 12 miles from Washington Dulles International Airport. For more information visit www.Lansdowneresort.com

###