

## Spa Cuisine

Delicious light healthy meals served to you in the comfort of the indoor or outdoor relaxation areas. Stay in your robe and enjoy post treatment.

### **Light Snacks:**

- ✦ Fresh seasonal fruit platter with your yogurt and honey
- ✦ Pita bread and hummus

### **Healthy Lunches:**

- ✦ Chicken and cucumber wrap with lettuce and hummus
- ✦ Whole grain sandwich with tuna, lettuce, tomato, red onion and dill yogurt

### **Fresh Salads:**

- ✦ Classic Caesar salad, (can add chicken, tuna or shrimp)
- ✦ Rocket pear and parmesan salad

### **Something Sweet:**

- ✦ Selection of fruit sorbets with fresh berries
- ✦ Selection of cheeses with dates, walnuts and crackers

### **Beverages by the Glass:**

- ✦ Sparkling Brut
- ✦ Champagne
- ✦ Wine
- ✦ Herbal Leaf Tea
- ✦ Fruit Smoothie
- ✦ Orange or Apple Juice

*Sample menu only, Selections may change due to the availability of seasonal ingredients.*

## Fitness & Fun

*“Plunge boldly into the thick of life”*

Equani Spa offers many creative outdoor activities to stimulate and activate the mind, body and soul.

Learn about our Native American history by participating in a meditation and enjoy alone time navigating the Labyrinth and experience the unique healing benefits of the Fire Pit

Bring your swimwear and plunge into the thermal pool and relieve tension and stress under the waterfall spillways. A spa attendant will cater to your towel and beverage needs. Afterwards relax on the chaise lunge without a care, and lose yourself in the breathtaking views of the Blue Ridge Mountains. A perfect end to a golf day, corporate workshop or horseback riding along the local trails.

Please call the spa concierge for availability 706-379-2336.

### **Mind Body Rituals:**

- ✦ \*Yoga
- ✦ \*Qi Gong
- ✦ Meditation

*Please note that Yoga and Qi Gong Classes do require (4) participants to hold these two classes.*

### **Spa Cuisine Nutrition Class:**

- ✦ Achieving Energy and Wellness through Nutrition
- ✦ Spa Cuisine Preparation Class

### **Native American Replicas:**

- ✦ Fire Pit
- ✦ Labyrinth

*Please refer to the Calendar of Events and Classes available the Spa Reception Desk.  
Contact an Equani Spa Concierge for more information.*