

THE  
SPA



escape. revive. discover.



Lots of people hardly ever feel real soil under their feet, see plants grow except in flower pots or get far enough beyond the street light to catch the enchantment of the night sky studded with stars. When people live far from scenes of the Great Spirit's making, it is easy for them to forget His laws.

We need to visit nature so we can see and feel these things.

~Tatanga Mani (Walking Buffalo)



The Spa at Primland embraces the spirit of the rocks, the river, the trees, the animals, the birds, the sun and the sky.



© Kramer Gallery and Studio



## american indian inspiration

The peaks and valleys now known as Primland have been home to many American Indian tribes, and the wisdom of these people and their sensitivity toward nature have been assimilated in the spa philosophy.

American Indian culture emphasizes honor, love and respect for Mother Earth and every living thing. Their world is a deeply spiritual one in which all things in the universe are sacred and interconnected.

The symbol of this holistic culture is the medicine wheel, a compass of life which connects the outside world to the inner world of heart and spirit, and which reminds us that everything in nature works in a circle, turning, as do the seasons, in an ongoing cycle.

The Spa's unique treatments are intended to work in line with energies of nature— fire, air, water and earth—creating harmony, lifting the spirit and restoring balance and strength.



## inspired choices

In this special place, everything has been carefully selected to awaken the senses—the art, the peaceful music, the scents and products, the design of The Spa.

We have gently interwoven the wisdom of American Indian healing with the finest European spa rituals for an uplifting experience in an ambiance of complete harmony.

Turquoise is a spiritual and aesthetic touch point of The Spa. This most sacred of stones, the American Indians believe, is a piece of sky fallen on earth and regenerates the skin while harmonizing the mind and body. The “stone of eternal youth” finds a place in both the soothing décor and several of our treatments.

The Spa has been built from the richness of the land, with wood from our forests and stone from our earth.



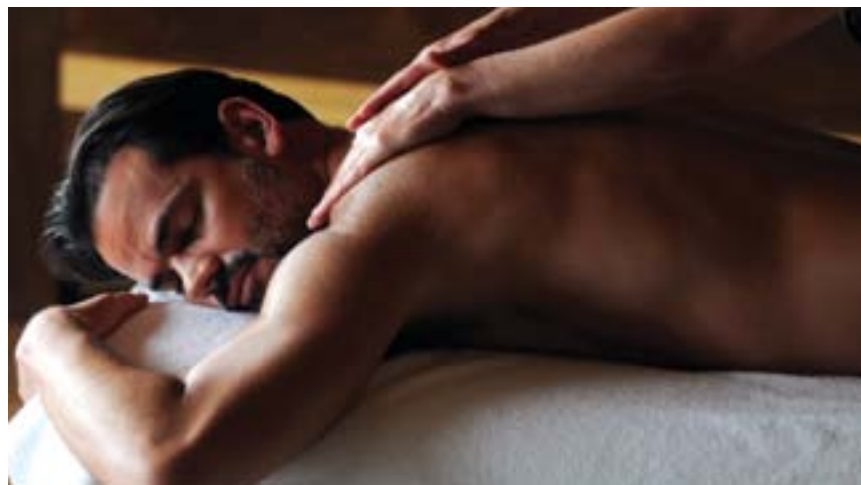
## spa offerings

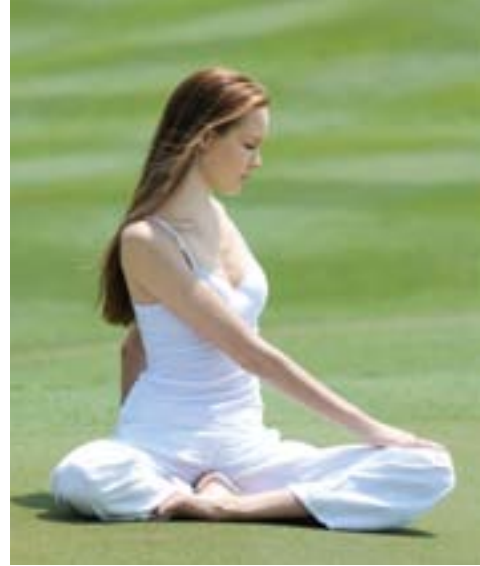
The Spa at Primland creates a customized, personal experience for women, men, children, teens and couples. We are respectful of the environment, and so we use mainly natural and organic spa and beauty products.

Our treatment rooms are named after the elements we seek to balance—fire, air, water and earth—and offer a sanctuary for body, soul and spirit.

Because calm and harmony are most enjoyable when shared, we have created the unique Unity Suite where couples or friends can open their heart to pure well-being and pleasure.

Our refined and healthy spa menu was created with the freshest seasonal and locally sourced ingredients and may be ordered in all Lodge restaurants.

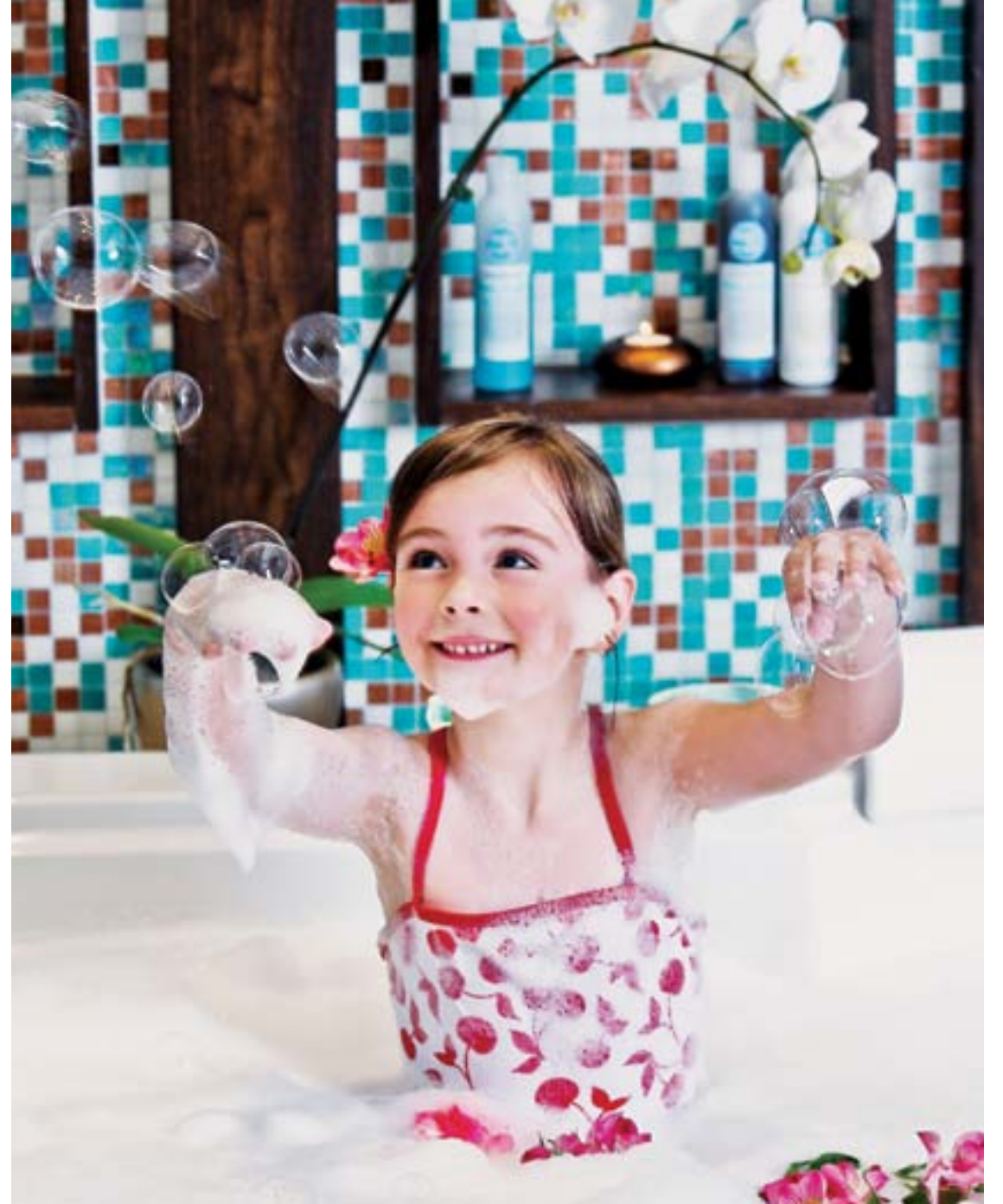




## small pleasures

At Primland, we believe even the youngest children benefit from nurturing a commitment to well-being. We have devised a special treatment menu for children and teens designed to introduce them to the pleasures and benefits of caring for body, mind and spirit.

For more details on these offerings and our complete treatment menu, please refer to the back pocket of this catalogue or visit [primland.com](http://primland.com).





Look deep into nature and then you will understand everything better.

~Albert Einstein



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