

### INCLUDES

- 5-nights deluxe accommodations
- \$100 credit for services
- Shuttle to and from Las Vegas airport
- 3 healthy meals daily
- 50 group exercise class options
- Daily guided hikes for every fitness level
- Cooking classes
- Trip protection plan

### THIS TRIP IS FOR YOU IF YOU LOVE

- Great girlfriend getaway time
- Quality mother/daughter experience
- High quality spa services
- Relaxing atmosphere
- Healthy gourmet fare
- A beautiful spot to rejuvenate

Red Mountain Spa really puts you “between a rock and a soft place.” The unique desert landscape feeds your soul, the spa soothes your body, the workouts stretch your muscles and the award-winning chef nourishes you with wonderful cuisine. Surrounded by highly skilled professionals and supportive friends, renew yourself to face the world with joy. There is something here for everyone. Challenge yourself or relax. Red Mountain is a safe and comfortable place for either. Speaking of comfort, this is a very down-to-earth spa featuring nature at its best. Leave the fancy jewelry at home because you can wear jeans or sweats to dinner. Honor yourself with some time in this special healing location, where quail scurry and the jackrabbits bounce under the blooming sage. You will go home a better person.



### ITINERARY

Day 1 - The shuttle takes you from Las Vegas Airport for the two-hour drive to Red Mountain. The orientation tour of the property gives you a good idea of all there is to do and see during your stay. We enjoy a little glass of wine before our dinner together tonight.

Day 2 - Do you want to rise in time for the morning hike? You will be back in time for a stretch class and a shower before lunch. This afternoon you may want to use your credit for a signature hot stone massage in the very Zen-like spa. Arrive early so you can sit, sip your cucumber water and take in the view of the dramatic red rock formations.

Day 3 - So much from which to choose. Meet the Mustangs today or learn about the rock art of the ancient people.

Day 4 - Hike or pedicure, cooking class or stargazing? The biggest challenge is to fit it all in. Grab your water bottle and you are off for today's adventure.

Day 5 - Today try sleeping in and completing a Sudoku or crossword puzzle. Be alone to walk the labyrinth or join a hike. It is your time.

Day 6 - You are recharged, renewed and ready to take on the world, having honored yourself for the last few days. Your shuttle back to Las Vegas Airport awaits you.

*BECAUSE WOMEN TRAVEL DIFFERENTLY THAN MEN.*