

NOURISH YOUR BODY AND SOOTHE YOUR SOUL AT
THE WOMEN'S WELLNESS RETREAT AT
OLD EDWARDS INN AND SPA

Take time out this fall to discover a healthful and refreshing refuge in the Smoky Mountains with experts from the Cleveland Clinic HIGHLANDS, NC— A five-day pursuit of wellness for a woman's mind and body is being offered at Old Edwards Inn and Spa's second annual **Women's Wellness Retreat**, September 9-13, 2007. At the retreat, offered in conjunction with the renowned Cleveland Clinic, guests will be offered the opportunity to customize their experience to get the most out of their stay. Dr. Tanya Edwards, Medical Director for the Center for Integrative Medicine Clinical Practice, will be returning this year to present on topics such as **Integrative Therapies for Menopause, Integrative Therapies for Cardiovascular Disease** and **Integrative Approaches to Cancer Treatments and Prevention**. Staff members, including a dietician, mind-body coach and Reiki Master, will accompany her. These experts will discuss **Preventive Nutrition** with Whole Foods, **The Healing Touch of Reiki, Laughter Therapy** and Relaxation Techniques. The Fitness Center will also be offering a variety of new activities and classes this year. One addition to this year's retreat will be water aerobics in our new outdoor heated, mineral water lap pool. Yoga, fitness training, aerobic conditioning and Pilates will also be available for retreat guests. In addition, Women's Wellness participants will receive a personalized Wellness Consultation prior to arrival. Wellness consultants will help guests identify and outline goals for the week to allow each participant the maximum benefit of the retreat. Guests will also be offered daily wellness lectures, a variety of fitness classes and gourmet wellness cuisine for breakfast, lunch and dinner with all snacks and metabolic beverages included each day. During the evening hours, guests will be invited to attend an exclusive trunk show of the collection of elegant yet modern, semi-precious stone jewelry from Designer Coralia Leets. Evening entertainment will also be offered in the Library on other evenings. Women's Wellness packages start at \$1,879 and are inclusive of tax and gratuity. The basic package rate does not include Spa treatments; however, upgraded packages do include up to four treatments. Early registration rates are available through August 1, 2007 and reflect a 10% discount. Details are available online at www.oldedwardsinn.com. For reservations, call 866.526.8008 or 828.787.2604 Monday-Friday.

Old Edwards Inn and Spa is located at 445 Main Street, Highlands, NC 28741, 828-526-8008 or 1-866-526-8008. Old Edwards Hospitality Group, LLC, founded in 2003, includes Old Edwards Inn and Spa, Madison's Restaurant and Wine Garden, The Farm special events facility, Acorns retail shop; The Lodge at Old Edwards Inn, Rib Shack, The Laundry and Dry Cleaners at Old Edwards Inn and Miss Priss-Charlotte at Stonecrest. Old Edwards Inn and Spa is a AAA-Four Diamond award winner; a member of the National Trust Historic Hotels of America and a member of Boutique—the newest brand within Preferred Hotel Group. The property is a Recommended Hotel in Condé Nast Johansens Recommended Hotels, Inns and Resorts Guide for 2005, 2006 and 2007 and was nominated for Most Excellent Inn 2006 and 2007. Madison's Restaurant and Wine Garden received Wine Spectator magazine's Award of Excellence in 2005 and 2006.

For more information visit <http://www.oldedwardsinn.com/>
<<http://www.swiftpageemail.com/SpClicks.aspx?Acc=Jennifer.HawkinsPR&SPCED=C070621101400&LNK=0&UIId=227>> Contact:

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