



the  
spa  
red rock  
by Well&Being

GROUP EXPERIENCES

A UNIQUE MIX OF SPA AND WELLNESS EXPERIENCES WILL INSPIRE HIGHER LEVELS OF PERFORMANCE AND LIFE SATISFACTION. WHETHER YOUR ATTENDEES ENJOY TRADITIONAL MASSAGES AND FACIALS, OR PARTICIPATE IN A HEALTH FAIR, **WE CAN MAKE YOUR MEETING MEMORABLE AND PRODUCTIVE.** WELL & BEING PROVIDES A TURN-KEY OPTION FOR OUTSTANDING PERSONALIZED AND ATTENTIVE APPROACH TO SERVICE. **LIVE IT WELL!**

SPA AMENITIES INCLUDE: Private Spa Pool | Wet Steam Room | Swedish Dry Sauna | Hot Therapeutic Whirlpool | Cold Plunge | Swiss Shower | Fitness Gym



MEET WELL  
LIVE WELL



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## MINDFUL BREAKS

Let Well & Being bring a bit of inner calm, relaxation and renewed energy to your attendees during the conference and provide a few tools to take that calm with them after the session. All sessions can be done in business attire-no special shoes or fitness clothing required.

### CLASS CHOICES

#### FIND YOUR FOCUS

Gets attendees out of their chairs, gets blood flowing and focusing on breathing to relax and reduce stress.

#### ENERGY SHOT

Our fitness trainer will guide your attendees through dynamic stretches to increase blood flow, stimulate cardiovascular and neuromuscular systems.

#### TENSION BUSTER

Through guided tensing and relaxing of muscles, attendees will feel refreshed and energized!

#### SPA BREAKOUT SESSIONS

Mini spa services in meeting rooms, customizable depending on group need. Any of the above experiences can be incorporated.

#### LAUGHING YOGA

Laughter is the best medicine for reducing blood pressure and stress while increasing endorphins. Our yoga gurus bring out joy and lift spirits to help start off your event in a fun, easy, comfortable way.

#### STRICTLY BUSINESS YOGA

Attendees stretch and recharge in and beside their chair, a great way to recharge the troops and get re-focused.

#### CLEAR MIND

Allow our experts to guide your attendees to relax and clear their thoughts at the beginning, middle or end of a long day of meetings through Violin Meditation.

\*1 SESSION \$500, (FULL DAY UP TO 4 SESSIONS \$1,500). *Class size may vary.*



#### WELLNESS LOUNGE

Give your attendees respite from their meeting and trade show schedule with a quiet place to relax and visit. We create the environment adjacent to your meeting location where feet can be propped up and thoughts can be collected!

#### YOUR GROUP'S RESPITE INCLUDES

- Relaxing lounge and sofa seating
- Ottomans or footrests
- Music (*choose from classical, spa music, or nature's sounds*)
- Freshly infused waters
- Salt scrubs and hot or cooling towels at each break

*For an additional \$200 (per provider/per hour), the following spa stations can be added to your Wellness Lounge which can typically accommodate 6-8 guests per hour\*:*

- Chair Massage Station: Tense neck and shoulders repaired and relaxed!
- Hand/Forearm Therapeutic Massage Station: Excellent for computer wrists and smart phone texting relief! Includes warmed mitts for extra relaxation.

\*One provider can service up to 10 guests per hour. Pricing includes set up and breakdown.

## FITNESS | GROUP CLASSES

Well & Being knows how to get active - and have fun while doing it! Get your group moving with fitness options ranging from yoga to the ultimate, sweat-inducing workout.

### CLASS CHOICES

**YOGA** Achieve physical and mental health with exercises that promote flexibility and strength. 10+ GUESTS | 60-MIN | \$500 PER HOUR

**WALL YOGA** With the use of a harness attached to the wall you will perform regular yoga poses and inversions. 1-6 GUESTS | 60-MIN | \$500 PER HOUR

**MELT** Start with dynamic stretches, then move into static sport stretches followed by a vibrating foam rolling to massage tight muscles to provide faster recovery. 1-6 GUESTS | 60-MIN | \$500 PER HOUR

**INTRINITY BOARD** A total body workout that challenges your balance and stabilizer muscles to create a lean and strong physique. 1-4 GUESTS | 60-MIN | \$500 PER HOUR

**VIOLIN MEDITATION** Our First-chair Violinist plays healing music while guiding you on an inward journey. MAX OF 40 GUESTS | 60-MIN | \$1,000 PER SESSION

**TRX** A total body workout using body weight to develop strength, flexibility, and a solid core. 1-15 GUESTS | 60-MIN | \$500 PER HOUR

**HIIT** High intensity interval training using medicine balls, kettle bells and free weights. 10+ GUESTS | 60-MIN | \$500 PER SESSION

**POSTURELINX** This class consists of exercises designed to build a strong posture. 1-12 GUESTS | 60-MIN | \$500 PER HOUR

**GUIDED HIKE IN RED ROCK CANYON** We will plan a hike from easy to difficult consistently surrounded by beautiful views. 10+ GUESTS | 60-MIN | PRICES MAY VARY

**HYPERVOLT ASSISTED STRETCH** Relieves muscle soreness and accelerates recovery. 1-9 GUESTS | 60-MIN | \$500 PER HOUR

**5K RUN OR WALK** With different themes and obstacles, there's a whole subset of races. PRICING AND GROUP SIZES MAY VARY



Active Leaders



## GROUP SPA SERVICES

The following venues can be reserved for private receptions, lectures, and meetings. Pricing does not include food and beverage, AV equipment, additional seating, etc. You choose your venue, and develop your own program, and we will make it happen!

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### GROUP BLOCKS

Let our Red Rock by Well & Being Group Experience Coordinators create the ideal program of treatment and class combinations for your attendees and your group schedule.

### SPA BUYOUT

Enjoy exclusive use of the Spa for a half day or full day.

### SPA & SALON TREATMENT BLOCKS

*(Ability to accommodate up to 23 treatments per hour if booked in advance)*

- Well & Being provides customized welcome fliers or digital media to highlight specials for your group. Fliers can be used in on-line conference registration material to promote group incentives for advance spa bookings.
- Spa Registration desk upon group arrival to the resort.
- Full use of spa facility is included for every attendee with a booked treatment for the same day.

### SPA FACILITY USE INCLUDES:

*(Additional fees may apply)*

Private Spa Pool, Wet Steam Room, Cold Plunge, Swedish Dry Sauna, Hot Therapeutic Whirlpool, Swiss Shower, Fitness Gym, Chair Massage and Regularly Scheduled Exercise Classes.

### VENUE RENTAL SPA POOL

A beautiful private setting with exceptional views, comfortable seating. Before 6 PM \$500 per hour | After 6 PM \$750 for 4 hours

### Movement Studio

Beautiful studio with programmable lighting options and music. This venue can be reserved for private functions any day. \$500 for 4 hours

### Spa Amenities *(Inquire for pricing).*

Early open and late closing available for exclusive use.

## SALON

After your meeting - enhance your natural beauty with a visit to the Style Bar!  
A refreshingly simple concept; we wash, blow, and style your hair in just 45-minutes.  
The perfect solution for your group's evening or night on the town!

### SALON SERVICES

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After Your Meeting – Enhance your Natural Beauty with a visit to the Style Bar! A refreshingly simple concept; we wash, blow, and style hair in just 45 minutes. Order one of our 5 distinct styles, from Wild Style to Event Style – and one of our talented stylists will take it from there while guests relax and enjoy the experience. The perfect solution for your group's evening event or night on the town!

#### STYLE BAR

**WILD STYLE** Big, sexy round brush

**SLEEK STYLE** Smooth, straight ironed

**IN STYLE** Hollywood glam waves

**FREE STYLE** Beachy waves

**EVENT STYLE** Updo

#### GLAM IT UP EVENTS

Looking for a fun way to “Glam Up” your group attendees before their final night or big awards dinner? Let our GLAM TEAM at The Salon at Red Rock work their magic. This activity can be highly customized to include everything from makeup touch ups, to blow outs/updo's to mini mani/pedi stations. Spice it up with some live music, champagne toasts and unique lite bites. Digital photography enhances the experience to last long after the last award is given. Prices and times vary based on size of group and selection of offerings included.



You Look Good



## Fuel your Mind

### EAT WELL

Allow our nutrition and wellness experts to give your group helpful tips for fueling your mind, body, and soul with a healthy diet. From cooking demonstrations to learning how to eat healthy on the go, our experts know how to make your experience delicious.

#### LUNCH IN A JAR TEAMBUILDING

Learn the essential ingredients for wellness, productivity and energy in a group session with our Wellness Experts. You'll build your own lunch jar, a unique twist to the sack lunch, which is tailor made and can be taken home.

15-35 GUESTS | 1-2-HOURS | \$85 PER PERSON

#### SAVOR EVERY BITE

Mindful Eating – an ideal session that discusses health with our wellness experts. Includes a healthy cuisine lunch served with mindful eating techniques.

15-35 GUESTS | 1 HOUR | \$85 PER PERSON

#### NUTRITION ON THE ROAD

Learn effective techniques from our nutrition experts on how to make smart food and beverage decisions while on the go. Great for business professionals with a heavy travel schedule.

10+ GUESTS | 15-30-MINS | \$35 PER PERSON





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