

VAIL MOUNTAIN LODGE & SPA

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VAIL MOUNTAIN LODGE & SPA LAUNCHES GROUNDBREAKING VITALITY CENTER WITH “AGELESS VITALITY” WORKSHOP, JANUARY 11-14, 2010

Intimate Lodge Expands Beyond Popular Wellness Weeks to Open Unprecedented Initiative Led by Experts Dr. Tom Schneider, Dr. Heidi Archer and Mary Horn, M.S.

Vail, Colorado – December 15, 2009 – Some say the Colorado air keeps its residents young. Others swear by the active Rocky Mountain lifestyle. In January 2010, Vail will boast yet another claim to reverse the effects of aging with the launch of **The Vitality Center at Vail Mountain Lodge & Spa**. Marking the center’s debut will be a four-day Ageless Vitality Workshop facilitated by leading women’s wellness expert Mary Horn, M.S. Joining Horn as the Center’s resident experts are Dr. Tom Schneider, renowned for his revolutionary age management program, and Dr. Heidi Archer, who specializes in bioidentical hormones, fitness and nutrition and is a BodyLogicMD physician treating the symptoms of hormone imbalance.

Ageless Vitality Workshop: January 11-14, 2010

At an all-inclusive price of \$900 per person, the Ageless Vitality Workshop will explore health challenges women experience throughout the decades of their lives and offer healthy lifestyle changes that will impact their future well-being. Participants will learn how the mind/body connection influences overall health, and will practice “mindful eating” that will allow their intuition to make conscious choices of food and portion size. The four day workshop will include daily meditation with world-renowned pranic healer Felix Lopez, daily Mindful Eating breakfast and lunch with Horn, daily cardio/indoor and outdoor fitness with certified endurance coach and two-time Mount Everest summiteer Ellen Miller, daily yoga

class, , daily educational lecture with Horn on subjects ranging from body composition/analysis to bone health, two strength training workouts, two dinners prepared by Terra Bistro, and open time for body composition analysis, nutritional consultations, spa treatments, energy balancing, and personal exercise training sessions. For complete details, call (970) 477-3251 or visit <http://www.vailmountainlodge.com/spa>.

About the Vitality Center at the Vail Mountain Lodge & Spa

Already a leader in the Vail wellness community, the 28-room Vail Mountain Lodge & Spa will now provide Colorado residents, Vail visitors and lodge guests with unprecedented new offerings to help with the aging process. The Vitality Center will be Vail's first comprehensive spa experience dedicated to providing medically based guidance, bodywork treatment, and fitness programming for its clients. By consolidating the facilities and staff resources of the Spa at Vail Mountain Lodge and the Vail Athletic Club with selected practitioners of holistic, medical, nutritional, and spiritual healing, the Center will provide each client with a sound program for energizing and maximizing their lives while discovering how to create a personalized vitality program designed to enhance each individual's vital aging.

The Center provides individual diagnostics and guided, intensive regimens, group retreat programs, and workshop opportunities for its local and out-of-town clientele.

The Experts and their Programs

Dr. Tom Schneider will bring to Vail the revolutionary age management program he pioneered at his Healthspan Florida Institute. Dr. Schneider's unique approach to "anti-aging" blends western and eastern medicines with practical everyday advice to slow down and even reverse the loss of hormones that cause physical aging. His advances are rooted in more than a decade of personal and professional involvement in age management and regenerative medicine.

Vitality Center clients can book a **Healthspan Program** that includes one 2 1/2 hour consultation and a separate lab result consultation with Dr. Schneider; a complete physical; nutritional recommendations; exercise therapy assessments; and a follow-up phone consultation within four to six weeks. The individualized program's \$2,500 price excludes lab work costs. Participants can opt for an additional 4-month minimum, \$125 monthly maintenance retainer that entitles them to further follow-up phone calls and consultations

during the retainer time frame,

Also opening a practice at the Vitality Center will be **Dr. Heidi Archer**, owner and operator of a clinic in Loudoun, Virginia, offering specific consultations for BodyLogicMD. Dr. Archer uses a combination of bioidentical hormone therapy and customized nutrition and fitness programs to help men and women find relief from the symptoms of hormone imbalance such as weight gain, loss of energy, low libido and depression. Patients who book Dr. Archer's **Bioidentical Anti-Aging Hormone Replacement Therapy Services** will receive at 15% lodging discount at Vail Mountain Lodge.

Renowned nutritionist/exercise physiologist **Mary Horn, M.S.**, whose expertise has led to appearances on Oprah and the Martha Stewart Show, as well as Martha Stewart radio, will offer her nutrition consulting services at the Vitality Center for \$135 for a 50-minute consultation or \$70 for a 30-minute consultation. A sought-after keynote speaker on women's health issues, Horn has many years of experience developing and executing weight management programs. Most recently the women's wellness specialist for Miraval Resort Spa in Tucson, Arizona, Horn has also served as project scientist for the Quaker Oats Research and Development Gatorade Sports Science Institute, where she researched the effects that exercise, environment, and nutrition have on human performance.

In addition to her consulting services, Horn will lead the Ageless Vitality **Women's Wellness Workshop** at the Vitality Center. This four-day program, January 11-14, 2010, will include discussion on women's metabolism, foods that keep women vibrant, the benefits and potential risks of hormone replacement therapy, prevention, exercise, bone health, and creating a personal plan that will help participants incorporate healthy changes into their daily lifestyle. The price is \$900 for the four day program.

Additional Offerings

The Vitality Center will also offer Customized Wellness Programs for individuals, groups and corporate retreats on an ongoing basis throughout the year. Prices for customized weeks start at \$1,600 per person plus lodging. Two- and three-bedroom condos are a perfect complement to a girls' getaway or a corporate retreat featuring a week of custom programs designed specifically for a group's or individual's needs.

A monthly **Wellness Membership** will be available to residents and visitors as well. Benefits include a monthly body composition analysis, ActiveTrax participation to track fitness levels, one massage per month, four personal training sessions per month, free

admission to all wellness lectures, ongoing fitness evaluations and motivation with a personal fitness concierge and a personal locker. The price is \$550 per month for locals or visitors.

Vail Mountain Lodge's world-class wellness offerings include the exclusive Spa at Vail Mountain Lodge, featuring the Vail Valley's most extensive menu of holistic spa treatments delivered by top-tier practitioners, and the Vail Athletic Club, a full-service fitness facility that boasts its own yoga studio, The Yoga Studio at the Vail Athletic Club; a fully equipped Pilates studio; the area's only two-story indoor climbing wall; and the acclaimed Mountain Divas program, run by Ellen Miller.

For information on Vail Mountain Lodge & Spa, or for reservations, call (866) 326-6094 or visit www.vailmountainlodge.com.

About Vail Mountain Lodge & Spa

Located on the banks of Gore Creek just steps from world-class ski slopes and the heart of Vail Village, Vail Mountain Lodge & Spa is a beautifully-appointed boutique hotel for active travelers, offering a bespoke guest experience and the relaxed ambience and intimacy of a treasured bed and breakfast. Vail Mountain Lodge & Spa features 20 expansive guest rooms and 8 two-and-three bedroom condos, and is home to the award-winning Terra Bistro restaurant, the Spa at Vail Mountain Lodge, and Vail Athletic Club, the area's finest full-service health and fitness facility.

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