



**FOR: GRAND GENEVA RESORT & SPA**  
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### **GRAND GENEVA'S WELL SPA + SALON HEATS UP IN NOVEMBER**

(LAKE GENEVA, WI; October 25, 2011) – In November, the AAA Four Diamond [Grand Geneva Resort & Spa](http://www.grandgeneva.com) will rejuvenate guests' bodies and minds with hot fitness activities and spa treatments. Whether you're hitting the gym or enjoying private time with your significant other, the team at the [WELL Spa + Salon](#) aims to help guests find balance and achieve WELLness.

Guests can unwind by channeling old-world traditions with the spa's **Ancient Chinese Secrets: Oriental Herbal Treatment**. This 50-minute treatment begins with a customized body oil rub, followed by a Body Exfoliation using medicinal Chinese herbs to smooth and retexture skin, creating a lasting velvet feeling from head to toe. Soon after, the body is treated to a soothing heated application of lotion that helps moisturize the skin. The treatment is completed with a facial exfoliation and cleansing. The **Ancient Chinese Secrets: Oriental Herbal Treatment** is available from now until November 30 at a cost of \$115.

Couples looking to strengthen their bond can indulge in the spa's **Together Forever** package, featuring duo WELL Spa Facials and "Relax Me" massages. Available from now through November 30, the **Together Forever** package can be purchased at \$368 for two people. Guests can also enjoy any of WELL Spa + Salon's array of massages in the privacy of their guestroom for a \$70 upgrade to the listed spa menu price.

Fitness buffs visiting the WELL Spa in the month of November can also look forward to heart-racing activities, guaranteed to work up a sweat. The WELL Spa + Salon's fitness team encourages guests to attend these classes in order to cleanse and invigorate the body, while achieving a sense of well-being through exercise. Events include:

- **Zumba® Master Class**

Can't stop the beat! Get ready to move at this Latin-inspired dance-fitness class hosted by Zumba® Instructor and convention presenter Tanya Bosset. Open to all visitors, this Master Class will help visitors expand their fitness prowess while learning more about this hot workout. All attendees will receive a Zumba appreciation rate of 20% off for all spa services received on Friday and Sunday, with a 10% off rate on Saturday.

The one and half hour Zumba Master Class will be held at the WELL Spa Fitness Center on Friday, November 18 at 6 p.m. Advance registration is available at a cost of \$10 per person. Day of sales are available for \$15 per attendee. Interested participants are encouraged to pre-register for this event. For more information, please call (262) 249-4750.

- **Heated Bikram Yoga**

A combination of Hatha Yoga postures and Pranayama breathing exercises, Bikram Yoga is designed to provide a challenging but rejuvenating yoga experience. Conducted in a warm room, Bikram Yoga works by detoxifying the body through perspiration, flushing every cell and organ in the body. Attendees will learn how to work each muscle, tendon, joint and even internal organs during this invigorating class. They will finish the session with a complimentary cup of hot tea and a personalized meditation message. No prior yoga experience is necessary to enroll in this event.

This one-hour activity begins at 5 p.m. on Friday November 25, and costs \$5 for members and \$10 for non-members. Participants should check in at the WELL Spa for their yoga pass prior to the class. Due to limited space availability, those interested in participating are encouraged to register for the event by Wednesday, November 23, 2011. For more information, please call (262) 249-4750.

### **About Grand Geneva Resort & Spa**

Grand Geneva Resort & Spa is an award-winning all-seasons resort set on 1,300 acres in the legendary southeastern Wisconsin community of Lake Geneva, just 90 minutes from Chicago and 50 minutes from Milwaukee. The property features 355 guest rooms; WELL Spa + Salon; two championship 18-hole golf courses; The Mountain Top, a three-chair/18-run ski and snowboard facility; 62,000 square feet of meeting and convention space; three restaurants; and a 4,100-square-foot executive airport.

Grand Geneva recently completed property-wide renovations, which included improvements to all guest accommodations, the outdoor pool deck and WELL Spa + Salon, and the addition of Embers Terrace, an outdoor fireplace experience.

Additional accommodations on property include the family-friendly Timber Ridge Lodge, featuring the 50,000-square-foot Moose Mountain Falls indoor/outdoor waterpark, 3,600-square-foot arcade, 3,500-square foot ballroom, and family barbecue restaurant. Grand Geneva is a wholly owned subsidiary of the Marcus Corporation (NYSE: MCS). For more information or reservations, call toll free (800) 558-3417 or visit [www.grandgeneva.com](http://www.grandgeneva.com).

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