



Celebrating 10 Years of
Pure Joy

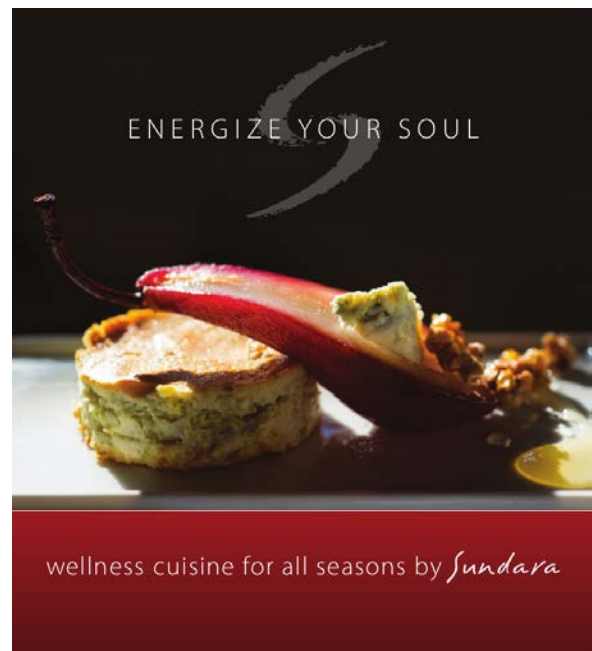
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FIRST COOKBOOK FROM SUNDARA INN & SPA THEMED AROUND THE SEASONS, WELLNESS CUISINE
Cookbook Project Part of Sundara's 10th Anniversary Celebration

WISCONSIN DELLS, Wis. (August 15, 2013) – Almost from the moment Sundara Inn & Spa in Wisconsin Dells, Wis. opened its doors 10 years ago, guests have been asking for a cookbook. The wait is over, as the first delivery of Sundara's debut cookbook has arrived at the spa. Appropriately titled "Energize Your Soul," Sundara's longstanding theme line, the subhead reads "Wellness Cuisine for All Seasons." The 151-page hard-cover book includes more than 300 original recipes, grouped by the four seasons, plus tips from Sundara's culinary team. Loads of color photographs showcasing signature recipes, partner farms and the pristine grounds of Sundara make the book a veritable feast for the eyes too. The cookbook is \$27.99 plus tax and shipping and is available on Sundara's web site and in the spa boutique, as well as at select booksellers.

According to Sundara, the cookbook isn't simply a collection of recipes, rather it is a culinary roadmap for honoring the seasons and the family farming way of life in Wisconsin. "We knew our guests, who visit from all over the country, would appreciate a book that shows how to authentically eat with the four distinct seasons that we experience here in our corner of the world as part of a wellness and eco-friendly lifestyle," said Tara Disch, marketing director.



Disch was also quick to point out this is not a stereotypical spa cookbook of years past, when a lone lettuce leaf was the prevailing imagery. “Our cookbook shows readers how good-for-you food can be flavorful and satisfying too,” she explained. “Our hope is that people will enjoy these recipes as a way to energize the body, which, in turn, always feeds the soul.”

Within each season, readers will find a variety of recipes under the headings of breakfast, beverages, appetizers, soups and salads, entrées and desserts. Included are some of Sundara’s most-asked-for recipes, including the signature granola, hummus, smoothies, butternut squash ravioli, sweet corn bisque, Wisconsin beer cheese soup, pan seared duck with sun-dried cherry risotto, sweet potato salad, apple walnut date tart and spicy hot chocolate.

The Sundara culinary team uses seasonally fresh ingredients in developing its menus, with an emphasis on organic fruits and vegetables sourced locally from family-run farms. “Our mantra is ‘What can we find within 60 miles,’” shared Disch. Sundara also continues to expand its own on-site gardens, located right outside the kitchen door. This summer, the garden footprint grew to 2,000 square feet.

Disch said the Sundara team went on good intuition that the 10th anniversary would provide just the right timing to put a cookbook into production. “We have so much to celebrate – loyal guests from coast to coast, terrific employees, new developments like our Tranquility Garden patio and Meditation Trail in the woods, and national awards – and the cookbook was the one thing that had been on our wish list the longest.”

Earlier this summer, *Travel + Leisure* magazine announced the results of its 2013 World’s Best Awards readers’ survey and Sundara was ranked one of the [Top 10 Destination Spas overall](#). This is the second year in a row Sundara has achieved the Top 10 ranking in the worldwide destination spa category.

A portion of the proceeds from the book will go to support Breast Cancer Recovery, a grassroots organization based in nearby Madison, Wisconsin, whose mission is to provide environments for women breast cancer survivors to heal emotionally. All their programs are designed and conducted by survivors for survivors and Sundara regularly hosts their Infinite Boundaries wellness retreats, where women learn and practice healing strategies to live life more fully, with Sundara’s spa therapists donating their time and talents during the retreats. Sundara also hosts an annual Golf & Spa Classic in June to benefit the organization, with this year’s event raising a record \$27,000. Breast Cancer Recovery’s web site is www.bcrecovery.org.

Sundara was one of the first resort spas of its kind in the Midwest when it opened in 2003, offering a pristine retreat-like setting for consumers in need of a sanctuary from stress and good-for-you

treatments and recreation. This adult-only property has 26 suites and several private villas, each with high-end furnishings, fireplaces, Euro-style designer baths and beautiful artwork. Directly adjacent to Sundara is its championship golf course, Wild Rock. Sundara is a member of the Green Spa Network and is Travel Green Wisconsin certified.

Reservations may be made online at www.sundaraspa.com or by calling Sundara's toll-free number, 888.735.8181. Follow [Sundara on Facebook](#) where anniversary specials will be posted on the 10th of each month through the end of 2013 in celebration of the property's 10th anniversary.

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EDITOR'S NOTE: High-resolution photos available upon request. E-mail cminsky@charter.net. Any of the photos from the web site, www.SundaraSpa.com are also available for media use.

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