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**WISCONSIN'S SUNDARA INN & SPA JOINS OTHER SPAS IN 55 COUNTRIES TO CELEBRATE
GLOBAL WELLNESS DAY ON JUNE 13, 2015**

Sundara Turns It into Guest Appreciation Day with Complimentary Wellness Offerings

WISCONSIN DELLS, Wis. (May 28, 2015) – There are days to honor almost everything that is of value to people, so why not a day dedicated to the universally accepted importance of wellness? That was the question posed by the organizer of the non-profit Global Wellness Day when they launched the project three years ago. This year Global Wellness Day takes place on June 13 and Sundara Inn & Spa in Wisconsin Dells, Wis. is marking the day with a customer appreciation event. For details, log on to www.SundaraSpa.com.

Global Wellness Day, a Global Wellness Institute initiative, is based on the simple premise of increasing global consciousness of living a better life, even if it's just for one day, by drawing a focus on healthier lifestyle choices. According to the World Health Organization (WHO), the number one health problem in the world is, surprisingly, not a virus or a disease but depression – an affliction linked to sleeplessness, stress and obesity.

Sundara joins spas and other wellness organizations in more than 55 countries to support this project. It's especially fitting for Sundara, given its mission statement reads "wellness in all we do."



Complimentary activities at Sundara on June 13 will include mini spa services from 9 a.m. to 4 p.m. (no reservation needed); wellness treats from the spa's culinary team; an aqua fitness class; guided meditation walk in the woods; and yoga for overnight and day guests.

The campaign challenges people to change one aspect of their lives for a day. "We firmly believe that one day can change your

life, and started a list of simple steps to better wellness" said Tara Disch, marketing director at Sundara.

Disch went on to explain that the steps fell nicely under the theme lines used by Sundara. The list includes:

ENERGIZE YOUR SOUL

- Drink more water
- Walk for 30 minutes
- Get eight hours of sleep
- Use sunscreen

INSPIRE YOUR SPIRIT

- Do a good deed
- Meditate for five minutes each day

PURE JOY

- Eat a meal with those dearest to you
- Unplug from technology for a few minutes

LIVE IN HARMONY

- Purchase organic food from local producers
- Stop using plastic bottles

In the last few years, Sundara has built significantly on its philosophy of wellness by emphasizing the healing nature of tranquility. Recent additions include a conversation-free garden patio adjacent to the heated outdoor infinity pool and a meditation trail with hammock retreat in the woods. Sundara also offers silent sports like yoga and biking. The spa menu includes Ayurvedic treatments based on ancient healing principles of India that are restorative for mind and body. The sleep experience is enhanced with king featherbeds, a soothing-tea turndown service and spa-like music.

Sundara is tucked back in a fragrant pine forest on the scenic outskirts of Wisconsin Dells. It was one of the first destination spas of its kind in the heartland when it opened in 2003, offering a pristine retreat-like setting for people in need of a sanctuary from stress and good-for-you treatments and recreation. This adult-only property has 26 suites and a handful of private villas, each with high-end furnishings, fireplaces, Euro-style designer baths and beautiful artwork. Sundara is a member of the Green Spa Network and is Travel Green Wisconsin certified. It is also a proud supporter of the Breast Cancer Recovery foundation based in nearby Madison.



Reservations may be made online at www.SundaraSpa.com or by calling Sundara's toll-free number, 888.735.8181. Follow [Sundara on Facebook](#) for news of overnight specials and seasonal spa treatments.

About the Global Wellness Institute: The Global Wellness Institute (GWI) is an international think tank that brings together leaders from the private and public sector to positively impact and shape the future of the wellness industry. The GWI is considered the leading global research and educational resource for the \$3.4 trillion wellness industry, and WellnessEvidence.com, the world's first online portal to the medical evidence for common wellness approaches, is a GWI initiative.

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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 available for media use.