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SUNDARA SPA SINGS THE PRAISES OF WIRELESS COMMUNICATION, BUT NOT IN THE WAY YOU'D THINK

Offer to Babysit Phones, Laptops on Trio of National Observances That Espouse Virtues of Peace and Quiet

WISCONSIN DELLS, Wis. (February 4, 2014) – There is a trio of calendar observances coming up that has Sundara Inn & Spa in Wisconsin Dells, Wis. abuzz with delight. The first is Quiet Day, February 25. Then there's National Day of Unplugging, sundown to sundown March 7-8. Soon after that it's National Napping Day on March 10, which coincides with the return of daylight savings time when we lose an hour of sleep. So why the glee at Sundara? It's because this destination spa has been on a mission to reintroduce peace and quiet to guests' lives as part of its overall wellness philosophy. On each of the national observance days, Sundara is offering to "babysit" guests' cell phones, tablets and laptops while they enjoy \$20 off the Sundara series Signature Massage and the Ayurvedic series Shirodhara massage. Reservations are being accepted at 888.735.8181. The web site is www.SundaraSpa.com.

Sundara is set deep in a fragrant pine forest, 26 acres of towering pines to be exact, providing a circumference of sound insulation so guests can begin to tune out the real world the minute they turn down the winding road that leads them to the spa. It's adult-only for tranquility, and the common areas of the property are cell phone-free. In the last few years, Sundara has built significantly on its philosophy of wellness through tranquility, adding both a conversation-free Tranquility Garden patio adjacent to the heated outdoor infinity pool and a meditation trail in the woods complete with hammocks at the end of the trail for lounging. The indoor Relaxation Lounge with expansive views to the swaying pines and hot springs-style pool is a "peace and quiet" zone too and an especially popular spot for napping. The spa has also increased its emphasis of silent sports like yoga, snowshoeing and biking. On the spa menu, guests will find authentic Ayurvedic spa treatments that are restorative for mind and body and even a service with nap time built in called the Marma Meditation Facial.

This sanctuary from stress opened in 2003 and has 26 suites and a handful of private villas, each with high-end furnishings, king featherbeds, fireplaces, Euro-style designer baths and beautiful artwork.

Overnight spa-goers are encouraged to wake from slumber naturally instead of setting an alarm to buzz or beep them awake.

“You might say we’re creating our own style of ‘wireless communication’ by encouraging guests to relax, de-stress and enjoy thoughtful, quiet, in-person conversations with the most important people in their lives,” said Sundara’s general manager Rick Duarte. “When you untether from technology like that, even if it’s just for an hour or two, you open yourself up to the possibility of seeing the world in a whole new light and leaving with a new outlook on life.”

Duarte went on to say that guests love that Sundara gives them “permission” to disconnect and they often write about their “digital detox” experiences in the journals left in each suite. “They sing the praises of tranquility and tell us a getaway to our spa helps them face the real world again when they leave.”

Overnight reservations may be made online at www.sundaraspa.com or by calling 888.735.8181. Follow [Sundara on Facebook](#) for tranquility tips and special offers.

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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.

