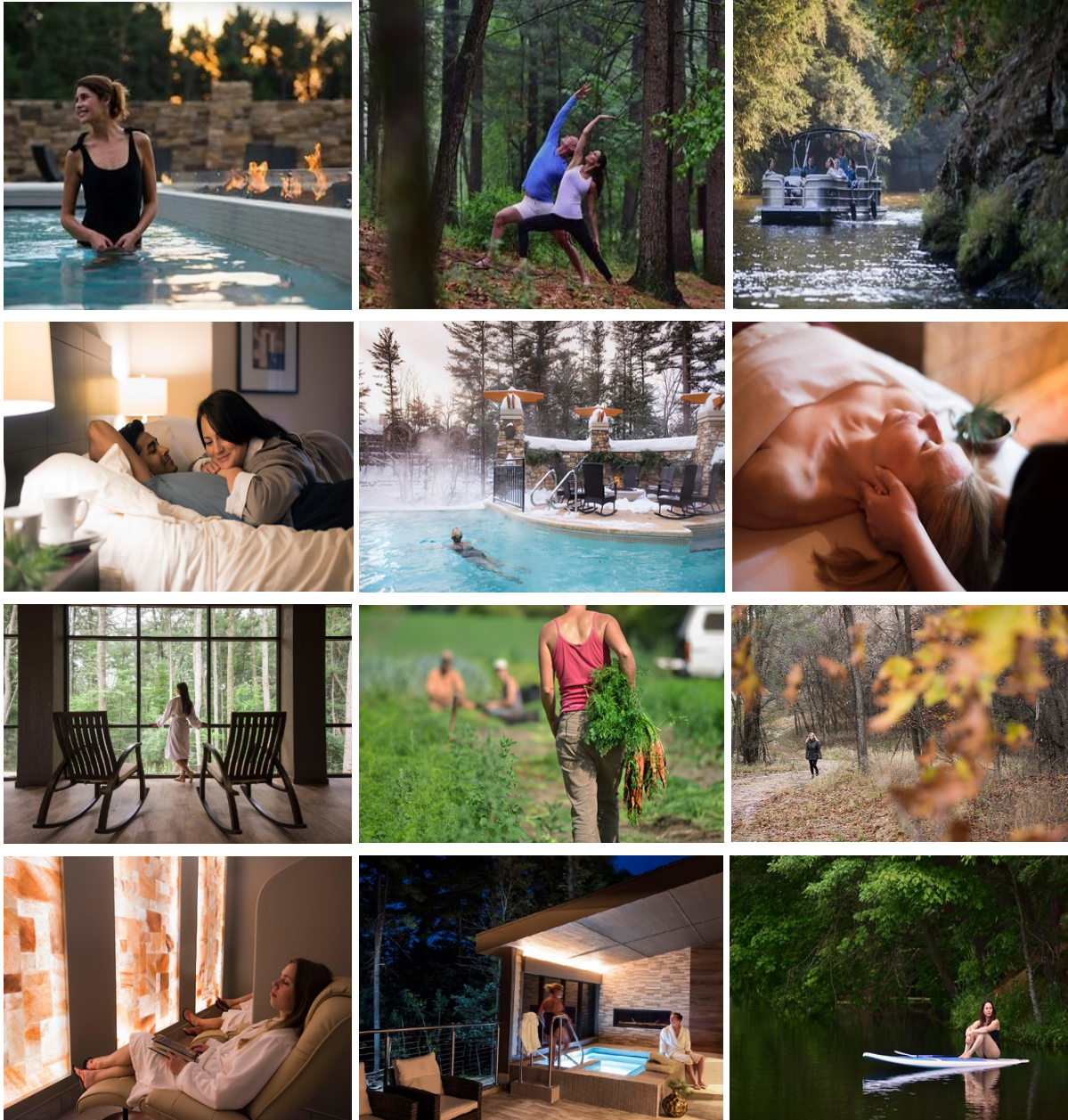




Here's What Well-being in the Heartland Looks Like

Sundara Inn & Spa 2019 Fact Sheet



About Us: A place to energize your soul.

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Sundara Inn & Spa opened in 2003 and quickly drew the attention of national media attention for its role in defining wellness in the heartland.

This eco-chic destination spa is tucked back in an 80-acre fragrant pine forest on the scenic outskirts of Lake Delton in central Wisconsin. Intimate by design, there are 36 serene suites, with the newest woodland suites nestled in the forest away from the main resort. The spa portion of the property includes 26 treatment rooms, three of which are spa together rooms, a salt therapy treatment room, and a nail salon. Sundara is recognized as one of the first spas in the Midwest to offer Ayurvedic-inspired treatments based on the ancient healing principles of India.

The grounds of Sundara are what first draw many to the resort. There are two outdoor pools heated year-round so you can swim even when it's snowing, a woodland meditation trail with seven stops corresponding to the seven chakras and hammocks at the end, an on-site hiking trail, an open-air dining terrace just outside the restaurant, and a championship golf course. Guests also enjoy meditation cruises on Lake Delton.

Signature indoor spaces include the original five-step Purifying Bath Ritual with hot and cool pools, and the new Cambrian Oasis with waterfalls and pools shaped by actual casts of the sandstone bluffs that tower above the Wisconsin River in the community. There are conversation-free relaxation spaces with remarkable views to nature. A spacious fitness studio allows guests to stay on track with their wellness goals.

Sundara's line of spa products draws ingredients indigenous to the area. Most notably, the exfoliating sand in the Sandstone Body Polish was discovered at the spa's excavation site and is the same ancient Cambrian sandstone of the Wisconsin River bluffs.

Sundara is also a destination for small meetings and corporate retreats, with flexible meeting and dining spaces designed to inspire creativity.

Electronics-free in the common areas and adult-only for tranquility, visitors from around the country travel to Sundara to escape the real world and energize their soul.

Pioneers in Unplugging: *Silence is the new luxury.*

The toll that technology takes on all of us is significant – the constant pings and notifications, the pressure to always be multi-tasking, and the distance it puts between ourselves and the most important people in our lives.

Sundara was one of the first destination spas in the country to have a no-electronics policy in the common areas, and that was when it first opened in 2003.

You will not find guests scrolling through e-mail, jabbering to co-workers, tapping on laptops or tablets, paging away on Kindles, clicking cameras, or recording video in any of the common areas. We emphasize silent sports across all seasons, from biking to snowshoeing, quiet conversation and no conversation, journaling, meditation, and napping. To help guests maintain that oasis of calm once they return to the real world, we offer an "unplug" pouch large enough to stow all sorts of electronic devices.

40,000 Square Foot Expansion: *Dedicated to well-being.*

Sundara's first-ever expansion was completed in January 2019, solidifying its place among the country's leading wellness destination spas.

Outdoors:

- a second outdoor heated pool, this one a seasonal saltwater pool
- on-site hiking trail in the 80-acre woods
- Zen welcome garden

Spa:

- new indoor indoor/outdoor Cambrian Oasis – the design of this secluded retreat-within-a-retreat replicates ancient Cambrian-era sandstone cliffs in the area with actual casts taken of the bluffs serving as backdrop for pools, waterfalls and swim-up bar
- additional spa rooms including a new salt therapy treatment room
- expanded locker rooms, nail salon, boutique, and lobby
- new quiet spaces for relaxing before and after treatments
- woodland reflection room for meditation, wildlife watching and yoga

Lodging:

- additional eight suites cradled in the woods, ideal for small-group getaways, with the largest having private balconies with their own oversized heated hot soak bath and fireplace for year-round enjoyment
- interior design drawing from feng shui principles just as the original design did

Dining:

- large dedicated restaurant with adjacent outdoor dining terrace with water features and firepits
- private chef's dinners and cooking demonstrations
- rooftop greenhouse

New Wellness Activities:

- spacious fitness area with cardio and strength training equipment and views to the treetops
- circuit training, boot camp, mat pilates
- guided meditation
- qi gong
- yoga and aqua yoga
- introduction to Ayurvedic wellness
- basics of healthy skincare
- kayak and stand-up paddle board tours on Mirror Lake
- sunrise and sunset cruises on Lake Delton

Meeting Spaces:

- Flexible meeting space on the second level of the addition that can be set in classroom-style, rounds or small seating groups
- Private dining room with European-style communal table with seating for 12

Recent Awards: *Travelers have voted.*

Top 20 Resorts in Texas and the Midwest

- Readers' Choice Awards, Condé Nast Traveler Magazine, 2018

Top 5 Resort Hotels in the Midwest

- World's Best Awards, Travel + Leisure Magazine, 2018

Find Us: *Fly/drive times.*

-Three-hour drive from Chicago's O'Hare International Airport.

-Two-hour drive from Milwaukee's Mitchell International Airport.

-45 minutes from the Dane County Regional Airport in Madison, Wis.; shuttle pick-up is available.

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