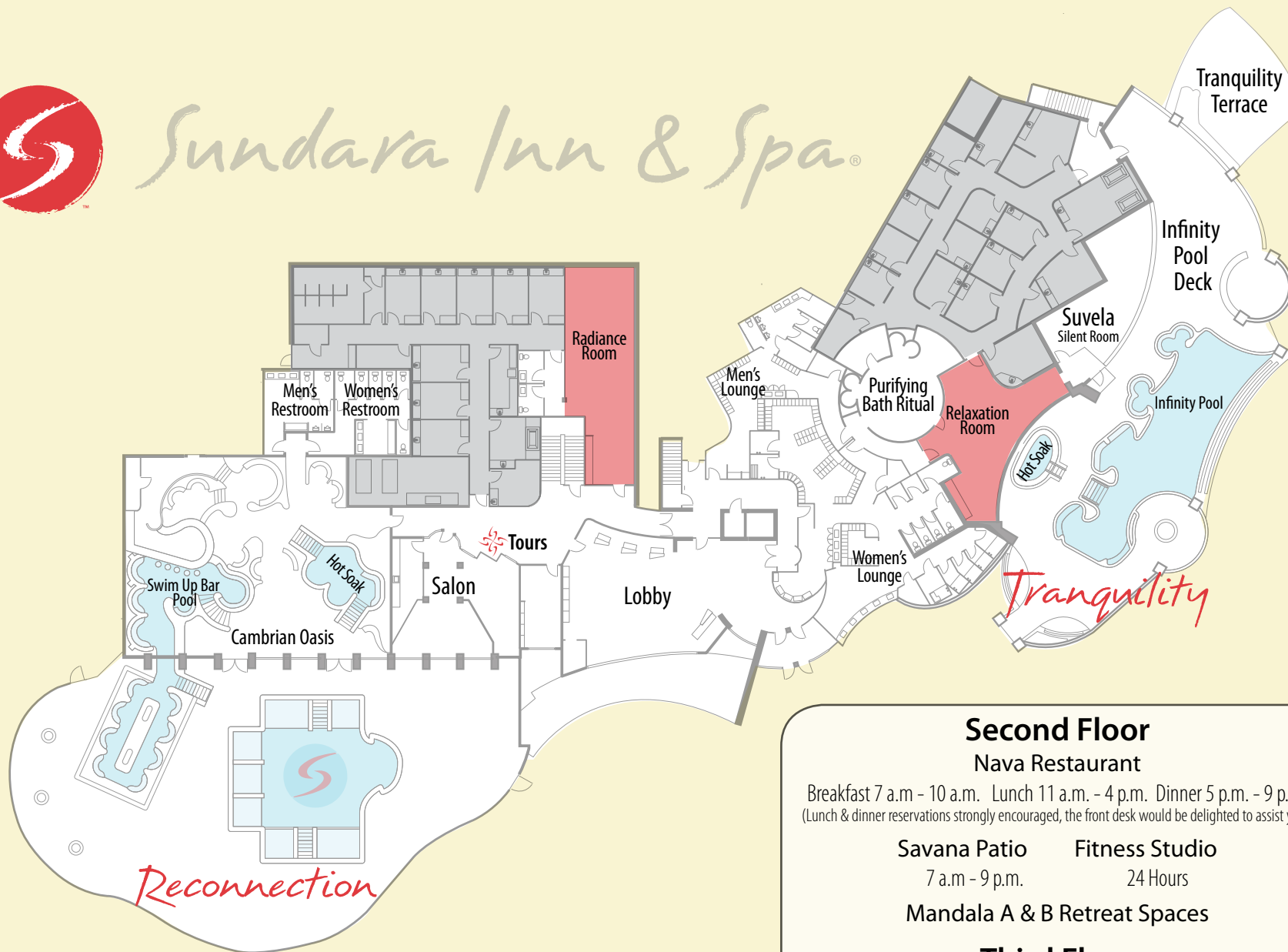




Sundara Inn & Spa.



Second Floor

Nava Restaurant

Breakfast 7 a.m. - 10 a.m. Lunch 11 a.m. - 4 p.m. Dinner 5 p.m. - 9 p.m.
(Lunch & dinner reservations strongly encouraged, the front desk would be delighted to assist you.)

Savana Patio

7 a.m. - 9 p.m.

Fitness Studio


24 Hours

Mandala A & B Retreat Spaces

Third Floor

Woodland Reflection Room

(This woodland viewing quiet room, perfect for for reading and relaxing, is tucked into the woods in the new wing of Sundara at the end of the hallway over the skywalk.)

 Tours begin here and are held every 15 minutes starting at 8:00 a.m.

Please inquire at the front desk for our daily list of wellness activities available to you.



Please be in the proper waiting room 10 minutes prior to your service, so you may enjoy your full service time.



Salt Room Sessions meet in the Radiance Room 5 minutes before scheduled time.

Relaxation Room

(Massage Services)

Sundara Signature Massage
 Signature Body Polish and Massage
 Warm Oil Scalp Massage Healing Stone Massage
 Coffee Bean Body Polish and Massage
 Champissage
 Hands and Feet Hydrating Massage
 Marma Massage
 Meditative Reflexology
 Shirodhara
 All Massage and Energy Therapy Enhancements
 Shea Body Butter Indulgence Massage
 Sundara Herbal Infusion
 Rest Assured Soak and Massage
 Toast to Life Bath and Massage
 Mother-To-Be Massage
 Mother-To-Be Bath and Massage

Radiance Room

(Aesthetician and nail technician services)

All Pedicure and Manicure Services
 Full Balancing Reflexology Treatment
 Purely Organic Facial
 Fountain of Youth facial
 Riverstone Facial
 Decompress From Stress Treatment
 HydraFacial
 All Facial Enhancements
 Purifying Gemstone Energy Massage
 Elements Hydrotherapy Massage
 Signature Salt Scrub Treatment
 Detoxifying Thermal Mud Wrap
 Coffee Bean Firming Body Wrap
 Season's Freshest Body Wrap
 Moroccan Experience Bath Treatment
 Seasonal Bath Treatment
 Signature Salt Bath Treatment

For spa day packages, please be in the Radiance Room prior to your facial and the Relaxation Room prior to your bath and massage/Signature Body Polish and Massage/ Marma & Shirodhara massages.



Spaces Where Peace and Quiet Are Observed

Outdoor Infinity Pool and Deck: This quiet-conversation area is heated year-round and includes the infinity pool, large hot soak and firepit area.

Relaxation Room: This quiet-conversation area overlooking the Infinity Pool is where guests wait prior to their massage appointments and to simply relax.

Radiance Room: This quiet-conversation room near the lobby is where guests wait prior to their facial and skincare appointments and to simply relax.

Purifying Bath Ritual: This indoor bathhouse with signature five-step bath ritual is best enjoyed with minimal conversation.

Woodland Reflection Room: This quiet-conversation space is at the very end of the corridor leading to the Woodland Suites, accessed via the third floor. Enjoy wildlife watching here and the stunning views to the woods. We also frequently use this space for guided meditation and yoga classes.

Suvela Room: This silence-only space overlooking the Infinity Pool is ideal for napping and reading.

Seasonally: The tiered Tranquility Terrace adjacent to the Infinity Pool and the Chakra Meditation Trail with Hammock Retreat in the woods directly across from the front lobby door are both silence-only spaces.



Spaces to Reconnect with Light Conversation

Cambrian Oasis: This spectacular indoor sanctuary includes pools, waterfalls, alcoves and swim-up bar.

Seasonally: Signature Pool Deck: Just outside the Cambrian Oasis, this saltwater pool area has ample seating, including in-pool loungers, plus fire features.
Savana Dining Patio: Located just outside the second floor restaurant, this outdoor patio has tables and fireside seating. Enjoy morning to night.