

# Sunrise Springs Resort Spa

## SUNRISE SPRINGS MEDIA FACT SHEET

**Description:** Sunrise Springs Spa and Resort is a compound of 70 acres of spring fed ponds, walking trails and healing gardens. Guests enjoy the wildlife and flora, and the peaceful tranquility of our location. Pools, fountains and exquisite rock work in combination with elegant and historic architecture, create an exceptional setting for a leisure visit, relaxing getaway, or group retreat or meeting.

Sunrise Springs is locally and individually owned.

**Location:** Sunrise Springs is nestled in a valley just minutes from the Santa Fe Plaza. Providing the perfect base from which to explore northern New Mexico, our oasis is an easy day trip to most points of interest. Our guests enjoy all the culture and shopping of Santa Fe, while returning to a deeply tranquil home away from home. Albuquerque International airport is a simple 50-minute drive and Santa Fe airport is easily accessed as well.

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**Philosophy:** Owner Megan Hill started Sunrise Springs with the vision to promote peace in a world that thrives on conflict. A place of beauty and retreat, Sunrise Springs is a place where individuals and groups can explore the nature of peace and embark upon a personal inquiry into their deeper service, their creativity and their personal and global visions

Sunrise Springs is an eco-resort, and features organic and green products—in our spa and restaurant, as well in the buildings and gardens. We acknowledge our sacred relationship to the land, and make choices that are reflective to our com-

## **Guest Rooms:**

mitment to sustainable practices, and ecology-based tourism.

Gracefully placed in harmony with the land, our rooms are a combination of exquisite taste and functional ease. Patios and balconies either overlook the spring-fed ponds, or the healing gardens. Casitas have spacious high ceilings, contemporary furnishings, original art and are elegantly private with enclosed rock gardens. Casitas also feature kitchenettes, master bathrooms, computer alcoves, and gracious gas fireplaces. Half of our Casitas have a separate meditation studio adjoining, and guided meditation CD's are available.

Overlooking the healing gardens, each of the Garden View rooms is uniquely appointed. Original art and handcrafted details ensure comfort and a pleasing aesthetic experience. Garden rooms have a spacious bathroom with double sinks. Located near the Spa, each of our Pond View rooms feature a balcony or patio overlooking our tranquil spring fed ponds.

In keeping with our commitment to green practices, all of our rooms are stocked with locally made amenities. Using Ayurvedic traditions, they are prepared with wild-crafted and organic plants, and are fully biodegradable. Other amenities include complimentary Wifi, voice mail, cable, television, hair dryer, iron and ironing board, and yoga mats. Casitas also feature robes, DVD players, microwave, coffee makers and kitchenware. Organic fair-trade coffee, and tea are served in each of the Garden Building Lounges every morning.

## **Services:**

Sunrise Springs seeks to provide our guests with everything that they need to have an unforgettable stay. Our friendly and knowledgeable staff is happy to care for any special requests. Cultivated travelers will be delighted by our facilities which include Spa Samadhi, the Sages Arts Center offering Yoga, Tai Chi, Raku Pottery, and art instruction. The Peace Lodge, designed and built by a member of the Cheyenne tribe, is used for ceremony and purification. Outdoor hot tubs, cedar sauna, a fitness room, and a junior Olympic sized swimming pool, that is chlorine-free complete our wellness offerings.

Guests find the Japanese Tea Ceremony to be an unforgettable, peaceful respite. Offered in our authentic Japanese Tea House, *JoShin An*.—the ritual of tea creates a shared feeling of being away from the concerns of the everyday world, and offers guests an opportunity to experience the present moment.

## **Grounds:**

Sunrise Springs is graced with breathtaking landscape and views of the Sangre de Cristo Mountains. Our 70 acres include walking paths, two spring-fed ponds, a Japanese tea garden and memorial pool, organic heirloom vegetable and herb gardens, fruit trees, and fountains. Outdoor and intimate gathering spots are found throughout the property — benches beside trees, tables and chairs near fountains, on patios, and on overlooks.

From its inception, the gardens at Sunrise Springs have been an integral

part of its beauty and its vision. Owner, Megan Hill engaged leading horticulturists such as Gabriel Howearth, founder of Seeds of Change to plan and define the landscape, which would continue to flourish many years later.

The organic and biodynamic gardens provide herbs for use at Spa Samadhi and our restaurant—The Blue Heron. The extensive gardens are also home to the many birds, and butterflies that share the landscape with our guests. Our chef and master gardener work collaboratively to choose plants that provide the restaurant with heirloom ingredients for its natural and organic cuisine.

## **Dining:**

Located in one of the original adobe buildings, the Blue Heron restaurant overlooks the spring-fed ponds and organic gardens. Under the guidance of General Manager, Tracy Pikhart Ritter, former Executive Chef of the Golden Door, the menu draws inspiration from the gardens as well as the ever-changing seasons. Menu offerings include Pea Shoot, Arugula, and Nasturtium Salad, Rainbow Tomatoes with Red Sea Salt, Sake Marinated Halibut with Purple Chive Aioli, Grilled Japanese Eggplant, Baby Squash, and Poblano Peppers with Parsley Risotto, and Grilled Duck Breast with White Peaches and Basil. Sunrise Springs is a proud member of Slow Food USA as well as a partner of the Farm to Restaurant Project.

Complimenting our menu, our award-winning wine list features organic wines and finely crafted sakes. In the spring and summer, guests enjoy patio dining overlooking our beautiful spring fed pond shaded by age-old cottonwoods.

In warm weather, the outdoor Lotus Bar and patio are open for dining and feature live music on Friday and Saturday nights. With pond-side views and a full menu, the Lotus Bar is a great way to end the day or start the evening. House-made herb infused liquors, unique libations, and a full bar complete the offerings.

## **Spa Samadhi:**

Housed in one of the original southwestern natural adobe buildings, Spa Samadhi is inspired by the water element. The nuances of water and its soothing effects grace ones experience at Spa Samadhi, beginning with an elegant water wall upon entering, and continuing with the light and airy treatment rooms that overlook the spring-fed ponds. Art from owner Megan Hill's personal collection enhance the thick-walled and subtly hued spa rooms. Filled with fragrant plantings of Lavender, Bergamot, Lemon Balm and Clary Sage — all used in our spa treatments — the spa patio is just steps away from the outdoor hot tubs. Nestled into a hill and overlooking the ponds as well, the hot tubs are also near the source of the springs.

Samadhi means bliss and “transformation toward wholeness”, and our spa offerings aim to fulfill both meanings! The Transformative Menu features the Medicine Helper, Natural Medicine, Intuitive Readings and more, in addition to our core menu. Our Green Tea Package combines healing spa treatments using green tea, with a Japanese Tea Ceremony, and the *Living Earth* Package combine the hands-on experience of clay in the Raku Studio with *Living Earth* red clay body treatment. We feature Naturopathica products, as well as locally-made products that use wild harvested-herbs and indigenous plants. At Spa Samadhi, the healing effects and sounds of nature—water and birds, blend with the extraordinary talent of our practioners to make for a truly restorative spa experience.

**Art Collection** Owner, Megan Hill owned and operated the Hill Gallery in Santa Fe, New Mexico. Hailed as the best gallery of contemporary art between Denver and Colorado by Art in America, the Hill Gallery was in operation for a decade between 1971 and 1981. Evidence of this highly developed artistic aesthetic can be found throughout the property. Works from the gallery's stable of artists such as Larry Bell, Jean Promutico, Megan Hill and Carl Johansen grace the walls of our public areas as well as individual guest rooms. The Archaic-type Gallery in the Sages Arts Center shows the work of talented local artists.

**Meetings:** With more than 7,500 square feet of meeting room space, and 70 acres of outdoor space, Sunrise Springs is the perfect place for a staff retreat or board meeting. Not only does the setting encourage "out of the box thinking", but each of our light-filled spaces are uniquely placed on the property with big picture windows and beautiful views. Our meeting spaces are completely self-sufficient with dining facilities, rest rooms, and attached outdoor decks or patios, allowing groups to stay completely focused. A menu of unique team-building programs are offered, and custom programs are also available.

**Programs & Activities:** The philosophy of Sunrise Springs is to offer guests the luxury of time in a peaceful environment. Guests may choose to meander through our landscape and do nothing at all, or to have experience an array of personal enrichments. In addition to the core programming at the Sages Arts Center, individualized custom programming is also available. Select from programs including cooking, meditation instruction, journaling, art, movement, and gardening.

Our 70 acres offer great opportunities for hiking and bird watching. Guests can also enjoy horseback riding, golf, hot-air ballooning, white water rafting on the Rio Grande, kayaking, and skiing. Santa Fe—with all of its museums, art galleries, shops and fine restaurants is just minute away.

**Climate:** Santa Feans enjoy a mild and dry climate with low humidity. Santa Fe is often a surprise to first time visitors who expect a hot arid desert. At an altitude of 7,000 feet, Santa Fe enjoys a temperate seasonal climate with about 300 days of sunshine a year. Snowfall during the winter months provides a wonderful opportunity for skiing and winter sports. Summer temperatures seldom exceed 86F. Winter temperatures rarely drop below freezing.

**Credit Cards:** Visa, MasterCard, and American Express.

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