Spring Into Wellness at Sunrise Springs Resort

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In Sante Fe, New Mexico, Sunrise Springs Resort is inviting travelers to embark on a 7-night transformative wellness experience at the spa resort located on 70 acres of gardens, walking paths and scenic high desert landscape surrounding spring-fed waters. The Immerse + Thrive package, starting at $599 pp dbl, includes a pre-arrival wellness assessment, a physical, mental, emotional and spiritual health evaluation, and a customized integrative wellness plan created for guests by a medical doctor and a licensed counselor. During guests’ stay, they can participate in experiential activities, and have one-on-one consultations that are customized to meet their needs. At the end of their journey, guests leave with a take-home plan that recommends sustainable, healthy living practices. In addition, guests have the opportunity to access ongoing support from Sunrise Springs Resort’s team after their visit. Farm-fresh gourmet meals, roundtrip transportation and accommodations in a Casita or resort-style guestroom are included in the package. Daily activities include yoga, meditation, fitness, puppy play, horticulture, and culinary and art classes, plus guests receive a $50 spa credit pp per day to use towards any spa or integrative wellness service. It's also worth noting that agents receive 15 percent commission at Sunrise Springs. If you yourself travel to Sunrise Springs, you receive 20 percent off of one spa service and will be upgraded to a Casita room if there is availability. For more information, call (877) 977-8212 or visit sunrisersprings.com.