



HONOR'S HAVEN

Spa Membership

at the Honor's Haven





Make the Most of Your Membership

The Spa at Honor's Haven Resort offers an escape where you can leave the world and your worries behind. Providing treatments as well as a host of spa and sports facilities, The Spa at Honor's Haven Resort will help you to restore your body's natural balance; leaving your body, mind and spirit uplifted and energized.



INDOOR SPA FACILITIES

All Spa Facilities are open
Mon-Sat 9:00AM-9:00PM,
& Sun 9:00AM-6:00PM

Pool Specifications:
1600 Square Feet
5' Deep
76 Maximum Bathers

All hours of operation are subject to change. Please contact the Guest Service Desk at ext. 3087 for an up-to-date schedule of facility hours.

Indoor Swimming Pool

Feel the freedom of unrestrained movement while swimming in our indoor pool. The indoor pool is 60' in length and offers views of the lake and mountains, the indoor pool will provide you with the peace and benefits of pool activities without the variable conditions of the changing seasons.



Fitness Center

The Spa at Honor’s Haven Resort fitness facility is complete with Cybex equipment, free weights, cardio, strength, agility and performance machines to keep your body in good physical condition. Our fitness center all provides a non-intimidating environment to work out in.

Indoor Tennis, Basketball & Volleyball

Your game will never be called on account of rain. Offering three climate controlled indoor tennis courts and one basketball/volleyball court, hotel guests have the option to serve it up or shoot hoops year round – rain or shine.



Hot Tub / Cold Plunge

(only available in the women's sauna area)

Alternating between different temperatures will strengthen your immune system, improve blood circulation and activate the excretion process for those with digestive issues. Start with taking a warm shower and then immerse yourself in our cold bath alternating back and forth between the hot and cold tubs for one minute each.





Dry Sauna

Dry saunas offer very low humidity levels, allowing for higher temperatures. These higher temperatures result in an elevated degree of perspiration as well as a significant increase in heart rate; while still being safe. This reaction causes the body's metabolic levels to work harder, promoting a series of health benefits ranging from weight loss to the excretion of toxins that have built up in the body.

BENEFITS

- / Improved blood circulation and quality; blood quality improves due to the removal of toxins and an increase in oxygen levels.
- / Improves the skin while removing the impurities from deep inside.
- / Ease muscle tension and joint pain; the extreme temperatures associated with a dry sauna increase the body's secretion of endorphins, temporarily reducing and/or eliminating muscle tension and joint pain.
- / Promotes relaxation.
- / Strengthens the immune system.
- / Aids in detoxification and metabolism. Suggestion: don't include the chemicals in the excretion of toxins from the body.



Wet Sauna

Steam can be an important part of any sauna experience.

Offering higher degrees of humidity, usually around 100% the wet sauna provides the body with several benefits.

BENEFITS

- / Improved skin elasticity; the elevated humidity levels keep the skin supple and hydrated.
- / Management of respiratory problems; wet saunas can assist in the management of asthmatic conditions and allergies as well as sinus congestion, bronchitis and sinusitis by loosening the chest muscles and the mucus associated with some of these respiratory issues.
- / Promotes relaxation; the warmth and moisture created by a wet sauna melts away stress and allows for a soothing and relaxing experience.
- / Promotes a cleansing feeling; wet saunas provide intense levels of steam and moisture resulting in heightened levels of perspiration, making many people feel cleaner.





Outdoor Spa Facilities

All hours of operation are subject to change. Please contact the Guest Service Desk at ext. 0 for an up-to-date schedule of facility hours.

Outdoor Pool

The outdoor pool is perfect for sunbathing and sipping on a cold drink. Enhanced by its fantastic views of the Shawangunk Mountains and indigenous flora, the outdoor pool is open seasonally; weather permitting.

Pool Specifications: 4500 Square Feet
8' Deep
100 Maximum Bathers

Hours of operation are weather and season permitting.

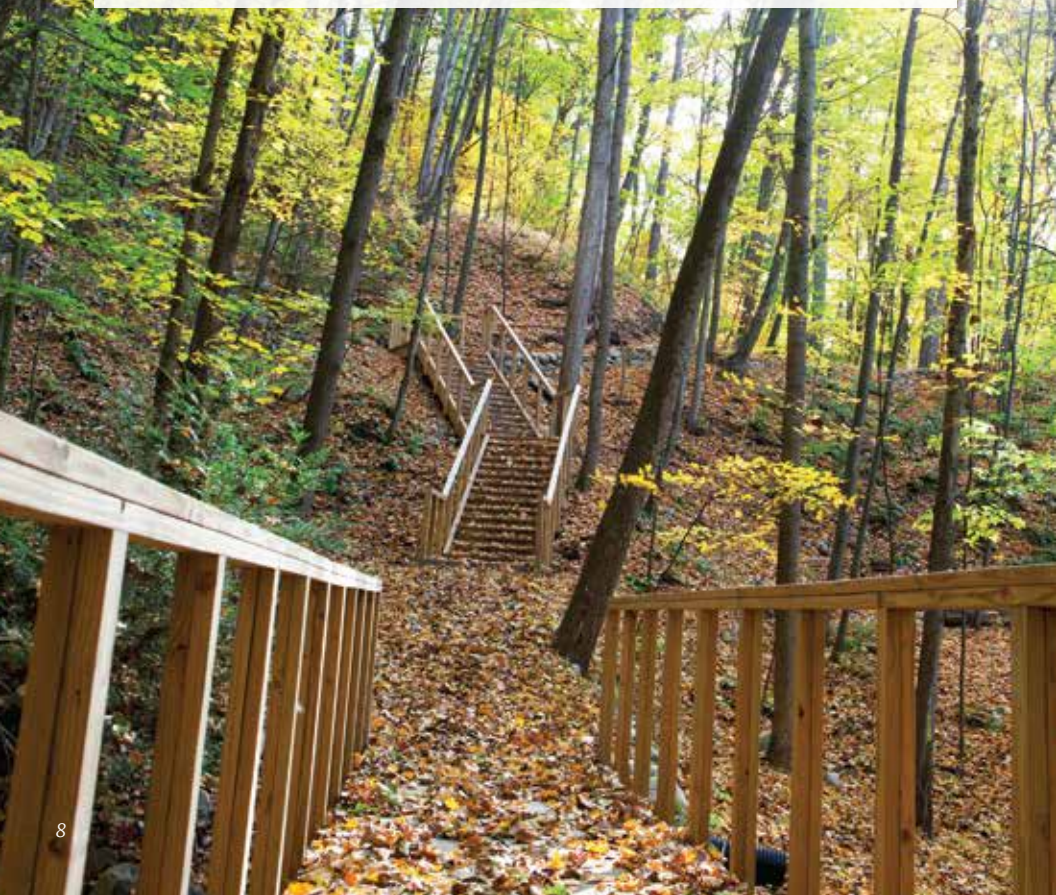


Hiking Trails

Whether you're looking for a leisurely walk or a challenging fitness hike, Honor's Haven Resort & Spa has you covered. Winding through the foothills of the Shawangunk Mountain Range, the Resort's trail system (Orange, Yellow and Red) offers hikers three unique journeys to the "Mago" tree; the largest and most majestic tree in the Resort's woodlands.

Depending on the time of year, you may encounter some pesky critters. Use of insect repellent as well as proper attire such as pants, long sleeved shirts, socks and hiking shoes/sneakers are highly recommended. Staying hydrated during your hike is also very important, so make sure to stop by the Coffee Shop for a bottle of water before hitting the trails.

Open Daily Sunrise to Sunset





Outdoor Tennis & Basketball Courts

Passionate about the great outdoors? The Spa at Honor's Haven Resort offers five outdoor green Har-Tru courts and one basketball court – all with spectacular views of the surrounding countryside.

Open Daily Sunrise to Sunset (weather permitting)



Spa Fitness Memberships

Membership Period	1mon.	3mon.	6mon.	12mon.
Membership (Individual)	\$110	\$297	\$561	\$1,056
Membership (Couples)	\$198 (\$99/Person)	\$534 (\$267/Person)	\$1,010 (\$505/Person)	\$1,900 (\$950/Person)
Discounted Rate*	\$99	\$267	\$505	\$950

* Discounted rate will be applied for seniors, state employees, teachers, hospital employees and veterans.

* Cannot combine discounts/promotional rates.



Spa Facility	Sports Facility	Amenities
Dry / Wet Sauna	Indoor / Outdoor Pool	Shampoo
Locker Room	Tennis Courts	Conditioner
Shower Room	Basketball Courts	Body Wash
Jacuzzi (indoor pool area)	Fitness Center	Towels
Fishing & Boating	Nature Trails	Lotion





Day Passes

Day Pass Type	Regular	With a Member*
Adult Day Pass (18+ years)	\$25	\$17.50
Children Day Pass (5-17 years)	\$15	\$10.50
Pool Pass (Pool Access ONLY)	\$10	\$7.00

* If a member brings a day guest, that guest will receive the 30% off discounted rate. Rate only applies to ONE day guest.

Day pass includes: Fitness center, locker rooms (dry/wet sauna, hot tubs / cold plunge, shower facilities), yoga classes, access to indoor/outdoor pool, tennis courts, basketball courts, nature trails, fishing, and boating.

* **Children (under 18 years)**
are not allowed in the locker rooms under any circumstances.

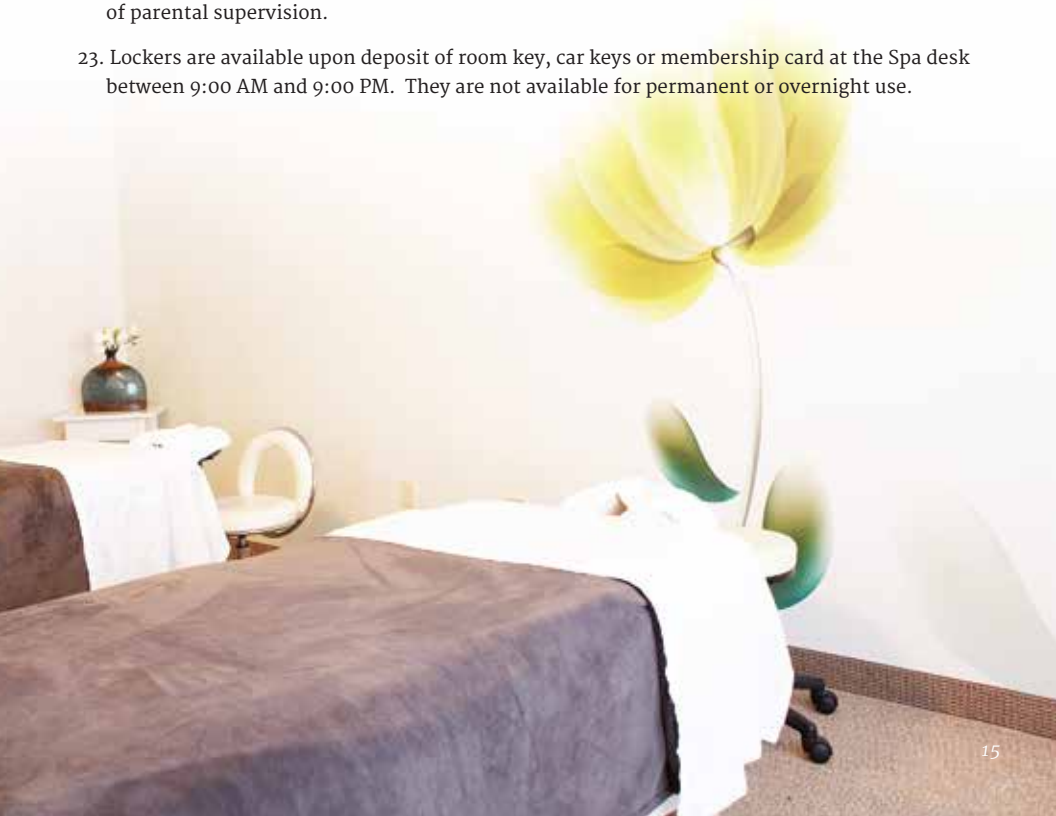




Spa Policies

01. Please arrive 15 minutes prior to services.
02. A valid credit card number is needed to reserve any appointment.
03. Scheduling is designed to allow the correct amount of time for your Spa treatment. If you arrive late, we cannot guarantee the full length of service, but you will be charged for the full value of your scheduled service.
04. If an appointment is canceled within the 4 hours leading up to the scheduled start time of the treatment or in the event of a no show, clients will be charged the full amount of the service booked.
05. Prices and policies are subject to change without notice.
06. Treatments will not be performed without a signed medical intake form provided by the Spa.
07. All minors (under the age of 18) need a legal guardian present in the treatment room for the duration of the service. (No exceptions).
08. Massages and facials will not be performed on any client in their first trimester.
09. The use of the sauna and/or pool areas is strictly prohibited to any hotel guest under the influence of drugs or alcohol.
10. The following activities are strictly prohibited in the sauna/pool areas and locker rooms: teeth brushing, spitting, blowing of your nose or any other bodily cleansing activity that could spread germs to other members or hotel guests. Please use the sink area for any and all of your daily cleansing activities.
11. The use of cell phones anywhere in the Spa, other than the lounge area is strictly prohibited. This includes texting, surfing the web and actual phone calls.
12. There is to be minimal talking or noise in the locker rooms and Spa areas. Please be considerate of all guests who come to the Spa at Honor's Haven to enjoy some peace and quiet away from the noise of their daily lives. Should you and your friends wish to engage in conversation, please use the lounge area.

13. Please be mindful of the earth when using towels. The Spa at Honor's Haven is doing its best to minimize waste and needless use of precious resources. One or two towels per hotel guest during the use of the Spa or shower is recommended.
14. Please do not take towels with you when leaving the facility. Recently we have been experiencing a large amount of "missing" towels. Should this trend continue, we will be forced to hand out towels to each hotel guest at the Spa desk. Please dispose of your used towels in the our hamper.
15. Please do not use the dry sauna for drying wet garments.
16. Please do not add water to the hot tub, cold plunge, Jacuzzi or pool. Adding water disturbs the chemical balance which is carefully monitored by our staff.
17. Please take a shower before using any of our public tubs/Jacuzzi.
18. No food or beverage (other than water) is permitted in the locker rooms, pools and sauna areas.
19. The use of oils, creams and gels is strictly prohibited in all sauna areas. These substances can cause accidents and staining of our towels and furniture.
20. The use of hair dye is strictly prohibited.
21. Please be certain that you are wearing "your" shoes when you leave the facility. Many shoes look alike.
22. Children are not permitted in the locker rooms or hot tub under any circumstances, regardless of parental supervision.
23. Lockers are available upon deposit of room key, car keys or membership card at the Spa desk between 9:00 AM and 9:00 PM. They are not available for permanent or overnight use.





HONOR'S HAVEN

RESORT & SPA

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www.honorshaven.com