



WINTER



SPRING



SUMMER



FALL

T H E F O U R S E A S O N S P A

2-1/2 Miles of Private Lakeshore • Incomparable Outdoor Activities • Cross Country Skiing & Hiking • 15 Miles of Private Trails

BIRDWING'S 25th ANNIVERSARY!

Just yesterday I was only a few signatures away from my dream and I turned around to find a quarter century has passed. All I can say is, "what a wonderful 25 years in the spa business!" Since day one I have had the privilege of meeting some remarkable guests; I don't think a week went by without a memorable story from one of them. With tens of thousands of guests coming from every state, providence of Canada and over 40 foreign countries, my life at Birdwing has fulfilled all that I wished for. Whether our guests were celebrities, politicians, sports stars, or, a group of friends meeting up for some rejuvenation, we've been blessed to have been able to share the breathtaking beauty and pure serenity called Birdwing Spa. We thank all who have traveled here and wish that each of you will celebrate each day and find joy in the spot you are now standing...

*My best to you!
Richard Carlson*

COUNTRY THOUGHTS

By Richard Carlson, Birdwing Spa Owner

The Birdwing Preserve was first developed by the founder of a national sporting goods chain; he witnessed the incomparable birding and wildlife in its natural, abundant setting. Our grounds were later featured in Disney's movie *The Footloose Goose*, a testament to the magnificent scenery.

Birdwing Spa is literally laced with ponds, wood lands, blooming native grass prairies and 2-1/2 miles of meandering private lakeshore — creating its own natural habitat and beauty. I would say very few places can match the variety of wildlife Birdwing offers: nesting eagles, swans, pelicans, hawks and song birds by the thousands. Year round, guests can enjoy our nature hikes and guided tours, or just the solace of walking one of many hiking loops within 15 miles of private trails and preserve.



Within Meeker County there are many historical sites, the most famous being the numerous sites from the 1862 Dakota Conflict. Our rich Native American history will be told on our grounds throughout the summer by staff and Indian tribe members.

You can gain a different perspective from their rich, 11,000 year history. You can join us in the teepee and sense the changes that have occurred with their people, their land and the many waters of our state.

I remember a saying by Black Elk, "If you look to the North, the South, the East and the West; you are now standing at the center of the creation of this world, where it all began."

In this past year, even with the economy suffering, I promise you we have kept our prices very affordable; we believe Birdwing Spa is the best value you will find in the "Destination Spa" industry.

Husband and wife – mother/daughter – the best of friends...I hope you will all take the time to celebrate life and meet us this year on the special land we call Birdwing...we will welcome you!



You can't beat the beauty of Minnesota in the summertime through the fall migration...

In 1985, we became the first spa of any type in the upper-midwest and one of only 40 spas then open in the entire country. Since our beginning, countless visitors have enjoyed delicious food, a broad array of classes and many outdoor activities. Only a Destination Spa offers you this setting to decompress, reflect and re-energize your life in a meaningful way...which we all need more than ever with today's busy lifestyles!

Birdwing Spa truly is a Destination Spa with a national reputation and a personal European touch!

travel

Charleston on the cheap
iPhone apps can make travel easier
The Donald trump Hawaii

STARTUPBURE.COM/TRAVEL • SECTION 6 • FRIDAY, DECEMBER 10, 2010

a healthy dose of WINTER



• Birdwing Spa near Litchfield, Minn., helps visitors both embrace winter and melt away any chill.

See our photo by
ARND BRONKHORST
www.startribune.com

As a landscape covered in snow, I had just begun to enjoy the beauty of the winter and the crisp air when I stepped out onto the snow-covered ground. I stopped to admire the view of the snow-covered ground. I stopped to admire the view of the snow-covered ground. I stopped to admire the view of the snow-covered ground.



Written up in the Minneapolis Star Tribune!

We love seeing our guests come back year after year...



SUSIE & JUDY - Chicago



SHARON & MARY - Wisconsin



EDGARD & BEATRIZ - Venezuela

Embrace the season, but not too much

By Janet Weinberg

LITCHFIELD, Minn. — On a beautiful crisp day, I spent the day at the Birdwing Spa in Litchfield, Minn. The spa is a beautiful place to relax and enjoy the winter season. The spa is a beautiful place to relax and enjoy the winter season. The spa is a beautiful place to relax and enjoy the winter season.



Birdwing Spa in the Chicago Tribune!

I want to thank the entire staff of Birdwing Spa for the wonderful stay I had recently. The "Journey to wellness" program was just what I needed at this time in my life. I got positive comments upon my return to work saying I looked "glowing," which I still feel.

Cynthia Odberg

FROM THE DIRECTOR

Grace Yanke, Spa Director



Summer is just around the corner and Birdwing Spa is the perfect place to get back on track to feeling healthy, energized and revitalized with a combination of delicious healthy meals and fun and challenging fitness activities with our motivating and encouraging fitness staff.

We all have busy lives so it's easy to make excuses for not working out. "I need to work late"... "I'm too busy to go to the gym"... "I don't like group classes"... "I feel intimidated going to a step class..." Sound familiar? Now is the time for you to make a commitment to yourself and start your journey to a healthier you!

It's common knowledge that we feel more alive and energized when we eat healthy and get exercise, so what are you waiting for? Join Grace, Karen, James and Madeline for an invigorating workout or take it easy by relaxing in the hammock and watching the wide variety of wildlife that makes Birdwing so special.

Our fitness classes change daily so you can participate in some of the newer classes, like Drums Alive and Chi and Tea. Or, you can try that "step class" you were too intimidated to try at the gym. Our classes are designed for all fitness levels and ages, and, more importantly, they are fun! Enjoy yourself at Birdwing while soaking up some rays at the pool, or try kayaking, Nordic walking or challenge yourself with one of our circuit fitness classes. We do our best to make your workouts fun and also to give you ideas for working out at home.

We all need to take time for ourselves, so join us soon and be pampered by our professional salon staff and workout with our certified fitness instructors right here at Birdwing Spa!

For a description of our classes, visit us at: birdwingspa.com and click on "FITNESS"



Thai Yoga Therapy

This wonderful one-on-one treatment intends to help release stagnant areas and stimulate the flow of healing energies within the mind, body and spirit. From chronic pain to emotional stress to bodywork in general, Thai Yoga helps balance and restore a state of harmony that leads to health, happiness and wellness of being. Unique from other types of bodywork and massage, Thai Yoga Therapy combines rhythmic massage, assisted Yoga poses, acupressure points, joint manipulation, compression techniques, healing energy work and meditation. Whether you have a yoga practice or not, this healing therapy will leave you feeling refreshed, rested and alive.

THAI YOGA THERAPY IS OFFERED ON A LIMITED BASES.

90 min. session, \$155
120 min. session with Energy Work, \$185

(Cannot be substituted for spa services included in packages.)

JOURNEY TO WELLNESS PROGRAM

AN INTENSIVE APPROACH TO WEIGHT LOSS AND LIFESTYLE CHANGE

Are YOU ready to improve your health and make a lifestyle change?

Good health starts with taking charge of our own destiny, and many people have made a commitment to change starting at Birdwing. We've hosted guests from all walks of life, but most who come to Birdwing are everyday people who also struggle to change. Some guests have made tremendous strides after leaving Birdwing — from losing 100 pounds to taking the time needed to make those lasting health and lifestyle changes. If your journey includes better health and wellness, we'll do our utmost to help you in reaching and maintaining your individual goals.

Our Journey to Wellness Program is an intensive approach to helping guests lose weight, find an exercise program they'll stick with and make other significant health or lifestyle changes.

Stay two weeks to two months and you will be on your way to that healthier lifestyle.

ASK ABOUT OUR 4-WEEK SPECIAL!

The fee for the Journey to Wellness Program is \$250.

If you're ready for a lifestyle change, we'll put you on the path...

In 7 days or more, guests receive:

- Assistance with Goal Setting
- Body Composition Analysis
- One-On-One Consultations with a Fitness Professional
- Personalized Take-Home Fitness Program
- Motivating Wellness Presentations
- Metabolism Assessment
- Nutrition and Cooking Demonstrations



Birdwing Spa was selected one of four top Weight Loss Vacation Spas!



For a description of this program, visit us at: birdwingspa.com and click on "Weight Loss"



IMAGE SALON NEWS

We welcome you to melt away your aches and worries in the quiet of Birdwing's Image Salon. Our highly qualified and experienced Spa Practitioners will care for you; body, mind and soul. We listen to your needs and modify treatments where needed.



Our salon products—from Sothys, Phytother, Kneipp, OPI and Biotone—strengthen the integrity of the skin while both traditional and contemporary massage techniques soothe the muscles and quiet the mind.

Our new, **“25th Anniversary” Luscious Hydrating Wrap** will smooth, soothe and moisturize your skin as well as your soul. We also have our **“Regenerating” C-Renewal Facial** which will give you a youthful glow and feel to your face. Both of these can be added as speciality treatments to your stay at Birdwing. These, as well as our traditional services, will leave you feeling relaxed, rejuvenated and tranquil!



SPA CUISINE

By Linda Jaquith

The overwhelming knowledge of food and nutrition can be confusing for most of us. Eating right doesn't have to be complicated. At Birdwing Spa, we present our guests the menus and recipes and help them make the “small changes” in their daily eating habits. We plan our meals around fresh fruits, vegetables, whole grains, low-fat dairy and lean protein or vegetarian meals. Our guests so not have to worry about harmful fats or added sugars or salt that is prominent in restaurant or takeout foods. The guests also become aware of the appropriate portion sizes that are presented at each meal. Our colorful presentations make the meals a total experience.



We offer a variety of **“Tips from the Kitchen”** classes throughout the week with discussions, as well as “hands-on” cooking classes. It is important to get involved in the cooking process to appreciate your food. As a society, many people have lost the experience of cooking and being involved with the food we eat.



Our third edition Birdwing Spa Cookbook is still a popular purchase. Many of our return guests have all three editions and request many of their favorite entrees during their stay — such as Turkey Burgers, Birdwing Brownies and Oatmeal pancakes. A guest from Texas who collects spa cookbooks told us, “the Birdwing cookbook truly has the tastiest, most simple and healthiest recipes I have ever used.”

During this 25th year of Birdwing Spa, we hope you will join us for a healthy getaway and a “taste” of what we have to offer!

IMAGE SALON PAMPERING MENU

Birdwing Spa is proud to introduce its newly expanded Image Salon. Recent construction boasts more treatment rooms with mood enhancing faux painting. Nearly a dozen new treatments have been added to complete your spa experience this season.

BODY WRAPS AND TREATMENTS

Birch Tree Detoxifying Wrap	120 min.	\$170
Decadent Rose Body Glo	90 min.	\$145
Seafoam Body Mud Wrap	60 min.	\$100
Luscious Hydrating Wrap	60 min.	\$ 85
Aromatherapy Aloe-Gel Wrap	90 min.	\$105
Phytother Sea Body Polish	30 min.	\$ 50
Purifying Herbal Wrap	30 min.	\$ 50

MASSAGE

Thai Yoga Therapy	90 min.	\$155
Thai Yoga Therapy w/ Energy Work	120 min.	\$185
Birdwing Hot Stone Therapy	90 min.	\$110
Ultimate Massage	90 min.	\$100
Mineral-Mud Back Massage	60 min.	\$ 85
Full Body Massage	60 min.	\$ 75
Holistic, Rosemary Head Massage	30 min.	\$ 50
Kneipp Herbal Foot Soak w/ Reflexology	30 min.	\$ 50
Holistic, Healing Hand Massage	30 min.	\$ 50

SKIN CARE

Sothys French Anti-Aging Facial	90 min.	\$160
Sothys Deep Cleansing Facial	90 min.	\$140
Sothys “Regenerating” C-Renewal Facial	60 min.	\$100
Vitamin C Rejuvenation Facial	60 min.	\$ 95
Sothys European Facial	60 min.	\$ 75
Men's European Facial	60 min.	\$ 75
Sothys Back Facial	60 min.	\$ 75
Sothys Cucumber Eye Treatment	30 min.	\$ 50

NAIL CARE

Detox Pedicure w/ Paraffin	60 min.	\$ 85
Kneipp Healing “PediKur”	60 min.	\$ 75
Paraffin Hand Treatment w/ Manicure	60 min.	\$ 70
Anti-Aging Hand Treatment with Manicure	60 min.	\$ 60
Basic Refreshing Pedicure	30 min.	\$ 40
Basic Spa Manicure	30 min.	\$ 30

WAXING

Brow		\$20
Lip or Chin		\$15
Bikini	30 min.	\$50
½ Leg	60 min.	\$60
Full Leg	90 min.	\$85

The time indicated above is room time. Treatment times are slightly shorter to allow for set-up/clean-up. In order to keep the salon operating efficiently, we ask that you be on time for your scheduled services. The salon personnel will not be able to provide the full service if you are late. Thank You!

Birdwing Spa observes a “no tipping” policy. MN sales tax (6.875%) will be charged on taxable items.

For a description of our services, visit us at: birdwingspa.com and click on “Pampering”



European-Style Destination Spa...
**A complimentary balance of rejuvenating fitness,
delectable cuisine, and indulgent pampering.**

BIRDWING PACKAGES

ULTIMATE 5-DAY, 7-DAY AND EXTENDED PACKAGES...

To rejuvenate your spirits...includes:

Accommodations, 3 spa meals daily, professional presentations, unlimited fitness activities, full body massage, European facial, spa manicure, refreshing pedicure and purifying herbal wrap (sea body polish added for 7-day package), complimentary use of spa amenities: whirlpool, sauna, bicycles, skis, canoes, outdoor pool, etc...the ultimate in a pampered getaway!

5-Day Stay — Standard	\$1315 double \$1500 single
5-Day Stay — Suite	\$1600 double \$1725 single
7-Day Stay — Standard	\$1600 double \$1800 single
7-Day Stay — Suite	\$1950 double \$2225 single

Extended Stays —

Second week rates less 10%

Third week through duration less 15%

PAMPERED WEEKEND PACKAGE...

Also available midweek...includes:

Two nights accommodations, five spa meals, unlimited fitness activities, full body massage, your choice of a European facial or herbal wrap, complimentary use of all spa amenities: whirlpool, sauna, bicycles, skis, canoes, outdoor pool, etc...alone or with a friend, a perfect getaway!

Weekend Stay (Standard)	\$515 double	\$575 single
Weekend Stay (Suite)	\$575 double	\$675 single

SPA DAY AND OVERNIGHT PACKAGES...

Spa Day \$250

9:30 a.m. (after breakfast) to 4:00 p.m.

Includes: Your choice of 2.5 hours of spa treatments (special menu), spa lunch, unlimited fitness and relaxation activities.

Spa Overnight Stay (Standard)	\$315 double	\$350 single
Spa Overnight Stay (Suite)	\$350 double	\$400 single

5:00 p.m. to 4:00 p.m.

Includes: Overnight accommodations, 3 spa meals, your choice of 1.5 hours of spa treatments (special menu), unlimited fitness and relaxation activities, complimentary use of all spa amenities: whirlpool, sauna, skis, bicycles, canoes, kayaking, outdoor pool, snowshoes, etc.

SPECIAL ALL-INCLUSIVE COUPLES PACKAGES...

Spa Overnight Stay	\$575 per couple
2-Day Through 7-Day	\$500 per day, per couple

• GIFT CERTIFICATES AVAILABLE FOR ANY PACKAGE!

- Birdwing Spa observes a "no tipping" policy. MN sales tax (6.875%) will be charged on taxable items.
- Length of packages may be adjusted to suit your needs.
- Deposit/Cancellation Policy: A deposit of \$100 - 300 is required to confirm reservations. If circumstances necessitate a cancellation, a refund is available only if done 60 days prior to reservation date. Within the 60 days, the deposit is transferable, but non-refundable. Upon rescheduling, a fee of \$50 will be assessed. If circumstances necessitate a second cancellation the deposit is forfeited. Early departures require full payment for the scheduled reservation.



BIRDWING SPA... "YOUR BEST VALUE" IN THE DESTINATION SPA INDUSTRY!

CELEBRATING 25 YEARS OF AWARD-WINNING SERVICE.

Our European traditions have been established through years of spa service to our international guests. Experience Birdwing...an affordable Destination Spa vacation... on a magnificent 300 acre lakeside setting.

- Vintage Barn Jacuzzi Suites • Indoor Whirlpool and Outdoor Pool
- New Treatments Added to Our Spa Salon Menu
- New Image Salon Treatment Rooms
- New Conference Room

Free hat or T-shirt to all our overnight guests during our anniversary year!



MAKE YOUR SUMMER & FALL RESERVATIONS TODAY!

320-693-6064
birdwingspa.com



COME & ENJOY
BIRDWING, THE
FOUR SEASON
"DESTINATION"
SPA!

ADDRESS SERVICE REQUESTED

www.birdwingspa.com

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