

Quail Lodge Wellness Center
A New Concept for Resort Health

The new Wellness Center at Quail Lodge is the only health-enhancement destination on the Monterey Peninsula that brings wellness into daily living by providing the tools and knowledge to create a balanced, healthy lifestyle that nourish the mind, body and spirit.

The Wellness Center, located on the first floor of Quail Lodge's Golf Clubhouse, offers amenities in addition to its menu of personalized services. It has three assessment rooms, a studio for classes, its own outdoor heated pool, outdoor yoga garden, steam and sauna in the locker rooms and a weight room with state-of-the-art Cybex fitness equipment.

The Wellness Center is staffed with expert health practitioners, Doctors of Chiropractic and Board Certified Sports Physicians with extensive experience in preventative medicine, to help optimize health by using the most cutting edge therapeutic approach possible. The Wellness Center provides services that utilize current research and technology for fitness programs and nutrition guidelines for a healthy lifestyle. Health enhancement is the focus of the center, with clinical sessions and education programs designed to support easy implementation of wellness principles and practices into daily living.

Through highly successful health enhancement protocols, the Wellness Center has key services, programs and activities that include: nutritional assessment and counseling, fitness evaluation, meditation, stress assessment, therapeutic massage and a full line of chiropractic services. With an emphasis on private sessions the Wellness Center offers customized personal training sessions, weight training, one on one yoga, mat Pilates, stress management and guided meditation sessions.

The Wellness Center is open daily from 8:00 am – 6:00 pm. For more information on the Wellness Center at Quail Lodge please call 831-620-8821.

Nestled on 850 acres on the sunny side of Carmel, the 97-room Quail Lodge enjoyed a comprehensive makeover in 2003, bringing new luster to all guest rooms, public areas and the spa. New facilities and amenities were added, including a new golf clubhouse overlooking the 18-hole championship golf course, restaurants, Land Rover Experience Driving School, and trails through the remarkably beautiful environment of lakes, lush gardens and rolling hills. Quail Lodge is located at 8205 Valley Greens Drive, Carmel, California 93923-9515. Phone: (888) 828-8787. For additional information, its website is www.quailodge.com.

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