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**VISITORS TO NEW HAMPSHIRE ARE INVITED TO “LIVE FREE AND RELAX”
DURING NATIONAL STRESS AWARENESS MONTH**

The Granite State provides distinct hotel packages, romance and spa offerings to promote relaxation and wellness this April

CONCORD, NEW HAMPSHIRE (March 25, 2014) – Guests are invited to “Live Free And Relax” in [New Hampshire](http://www.visitnh.gov) (www.visitnh.gov) this April for National Stress Awareness Month and take advantage of statewide offerings aimed at promoting relaxation and rejuvenation. With its beautiful scenery, romantic lure and classic New England charm, the Granite State provides the ideal getaway to refresh visitors’ minds, bodies and spirits. A sample of some of New Hampshire’s stress-relieving offerings is below:

Mill Falls at the Lake – Meredith, NH

Spa Sundays Package:

It’s often forgotten that Sunday was meant to be a day of rest. The Inn at Mill Falls at Mill Falls at the Lake offers visitors some much-needed relaxation and renewal of body and soul with the Spa Sundays package. Rates start at \$219 per night, based on double occupancy and include:

- One night’s accommodation with dinner (choice of menu) and full breakfast
- 15 percent off of any treatment(s) at the Cascade Spa on both Sunday and Monday

Please note, the cost of spa services are based on personal selection and are not included in the above price. This package is not available online and cannot be combined with other promotional offers.

Couples Day Inn Package:

Nothing is more relaxing than a full day of pampering and enjoying each other’s company. This package for two has rates starting at \$479 per night, based on double occupancy, and includes:

- One night's accommodation
- Dinner (choice of menu) and a full breakfast for two
- A Tandem 50-minute Tranquility Massage at The Cascade Spa

Please note, this package is based on availability and is not available for booking online.

Contact: For reservations, call 800-622-6455 and for more information, visit <http://www.millfalls.com/>

Omni Mount Washington & Omni Bretton Arms Inn – Bretton Woods, NH

Rest and Recreation Package:

New Hampshire's Omni properties offer the perfect setting for Rest and Recreation this month, at the base of the breathtaking Mount Washington in the White Mountains. Rates for this package start at \$165 (\$160 at Omni Bretton Arms Inn) per person, per night and include:

- Overnight accommodations
- Complimentary breakfast (Omni Bretton Arms only)
- Each adult can choose one of the following:
 - \$100 spa credit (children under 16 not permitted in the spa)
 - Canopy tour
 - Minimum age is 12 (12-17 year olds must be accompanied by an adult)
 - Minimum weight is 90 pounds
 - Maximum weight limit is 250 pounds
 - Ski ticket for Bretton woods, New Hampshire's largest ski area (November – April)
 - Lunch includes entrée, side and non-alcoholic beverage at ski area dining venues

Please note, no credit or refund will be issued for any unused portions of this package; package does not include gratuity.

Treasures of Time Spa Packages – *Omni Mount Washington Resort*

The spa at the Omni Mount Washington Resort provides visitors with a variety of wonderfully relaxing packages to create their own personal stress-relieving escapes:

Presidential Range

A trip to the mountains has truly never been more relaxing. This package includes a 50-minute Facial, a Classic Pedicure and choice of a 50-minute Mount Washington Swedish, Reflexology, Mother-To-Be or Adventurer's Massage, plus complimentary spa retail dollars.

Prices: Friday-Sunday & Holidays: \$325; Monday-Thursday: \$295

The Adventurer

Guests are invited to relax away the stress and strain from a long day of exploring with an Adventurer's Massage, choice of any 50-minute Body Treatment and the Adventurer's Pedicure, plus complimentary spa retail dollars.

Prices: Friday-Sunday & Holidays: \$345; Monday-Thursday: \$315

The Summit

This package takes stress-relief to another level with a 50-minute Facial, any 50-minute Body Treatment, a Classic Manicure, a Classic Pedicure, choice of a 50-minute Mount Washington Swedish or Adventurer's Massage and a Shampoo and Blow Dry/Style, plus complimentary spa retail dollars.

Prices: Friday-Sunday & Holidays: \$540; Monday-Thursday: \$495

Please note, to schedule spa treatments, call 603-278-4286

Contact: For the Omni Mount Washington Resort, call 603-278-1000; For the Omni Bretton Arms Inn, call 603-278-3000; visit www.omnihotels.com/

Mountain View Grand Resort – Whitefield, NH

Ultimate Spa Day Package

This five-hour package provides visitors with a miraculously relaxing spa experience guaranteed to melt stress away. The package is priced at \$525 and includes:

- A rejuvenating mineral-rich soak in the Chroma Tub
- One Classic Manicure and one Spa Pedicure
- One Signature Lavender Dreams Experience – A full-body scrub that transitions to a lavender-essence hot stone massage followed by a scalp and foot massage while enjoying the relaxing warmth of a body wrap.
- One Signature Caviar Facial – Uses exclusive caviar products that infuse the skin with age-defying nutrients designed to produce immediate results to help the skin look smoother and firmer.

Please note, above price includes gratuities.

Contact: For reservations, call 855-837-2100 or visit <http://www.mountainviewgrand.com/>

Reflexology for the Sole – Amherst, NH

Introduced by the Egyptians back in 2330 B.C., the science of Reflexology has been used for centuries to encourage relaxation, improve circulation and promote overall physical well-being. In this treatment, pressure is applied by hand to reflex points on the feet. The process begins with a foot soak followed by an hour long foot treatment on a fully-heated massage table. The benefits of Reflexology can be felt by people of all walks of life and has been a notable form of palliative care for cancer patients and those with serious illnesses.

Contact: For more information, visit www.reflexologyforthesole.com or call 802-282-3538

ABOUT THE DIVISION OF TRAVEL AND TOURISM DEVELOPMENT

The Division of Travel and Tourism Development, as part of the New Hampshire Department of Resources and Economic Development, works with the state's seven travel regions to increase visitation, travel and visitor expenditures in order to expand business activity and employment throughout the state. The division is responsible for domestic and international advertising and public relations, literature publication and distribution, www.visitnh.gov administration, grant administration and research to monitor and measure the impact of travel and tourism to the state. For more information about New Hampshire tourism, call 603-271-2665 or visit www.visitnh.gov.

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