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TRAVELERS WILL “LIVE FREE AND UNWIND” IN NEW HAMPSHIRE DURING NATIONAL STRESS AWARENESS MONTH IN APRIL

Special spa offerings and getaway packages are offered throughout April in the Granite State

CONCORD, NEW HAMPSHIRE (April 1, 2015) – Some of [New Hampshire's](http://www.visitnh.gov) (www.VisitNH.gov) top hotels and resorts are offering special packages to help travelers “Live Free and Unwind” this April in conjunction with National Stress Awareness Month. Hotels throughout the state will be offering special spa-inclusive getaways for visitors seeking a relaxing and stress-free atmosphere, whether it is breathtaking mountain views, fresh sea air or the peace and quiet of a New England countryside. Below is a sampling of offerings throughout the state:

Relax and Renew Weekend

Purity Spring Resort – Madison, N.H.

The Relax and Renew Weekend package, being offered from May 15 - 17, 2015, allows guests to visit the White Mountains of New Hampshire and restore the mind, body & soul. This retreat starting at \$395.75 per person is based on double occupancy and including:

- Two nights lodging
- Friday dinner
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- Guided hike- New Hampshire Audubon trails
- Guided kayak adventure on Purity Lake,
- Tie dye t-shirt activity
- Paint & Sip activity
- Introduction to Archery class

Additional optional activities include Sunday morning Yoga, manicures, pedicures, full body massages and chair massages.

For more information, please visit www.purityspring.com.

Wellness Package

The Manor On Golden Pond - Holderness, N.H.

The Wellness Package available through December 31, 2015 gives guests a chance to relax and renew in the Seasons Spa. The package starting at \$1,340 per room per night and including:

- Two nights of accommodations
- A full country breakfast each morning
- Afternoon tea each day
- Dinner one evening of your stay with gratuity included
- Spa lunch one day of your stay
- Men's and women's facial, stone massage, black bear body polish, sole delight.
- Wine and cheese tray will be served with house wine upon arrival

For more information, please visit www.manorongoldenpond.com.

Take the Knots Out Package

Wentworth By the Sea Hotel - New Castle N.H.

The Take the Knots Out package, being offered through December 31, 2015 provides a full list of amenities starting at \$309 per night and including:

- Two night stay with deluxe accommodations
- Market place breakfast buffet for two
- Two 50 minute massage treatments
- 15% off all spa retail items
- Complimentary late checkout at 2pm

For more information, please visit www.wentworth.com.

White Mountain Spa Getaway

The White Mountain Hotel & Resort - North Conway, N.H.

The White Mountain Spa Getaway obtainable through February 21, 2016 gives guests complimentary dining, spa treatments and more starting at \$318 per person and including:

- Two night Accommodations
- One order off the menu Dinner in Ledges
- One Full Complimentary Breakfast
- One 50-minute massage per person, including gratuity
- Grand Sunday Brunch

For more information, please visit www.whitemountainhotel.com.

Simply Spa-Tacular Package

Omni Mount Washington Hotel - Bretton Woods, N.H.

The Simply Spa-Tacular Package available through December 31, 2015 offers guests a Zen filled weekend away at the spa starting at \$439 per room per night and including:

- Luxurious accommodations
- A welcome gift waiting for each person staying in the room upon arrival
- A \$100 spa credit, per adult
- A glass of wine or champagne post spa treatment
- A daily breakfast for each guest

For more information, please visit www.omnihotels.com/hotels/bretton-woods-mount-washington.

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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