

GIFT



Only a short drive from Chicago/Milwaukee!

Our Gift to You...

Save **\$100** on any 2, 3, or 5-night all-inclusive getaway to the Heartland Spa and Fitness Resort!

No blackout dates or restrictions. Not valid for special events or in combination with other offers.

Offer Expires: One Year

Take time for YOU.



YOU deserve it...

Our personal care representatives look forward to helping you plan your getaway.

262.248.2100

BELLA VISTA SUITES Heartland Spa & Fitness Resort
HOTEL ON THE SHORE OF LAKE GENEVA

335 Wrigley Drive Lake • Geneva, WI 53147

www.heartlandspa.com

Code: _____

Cannot be combined

Your journey begins...



An easy, short drive from Chicago/Milwaukee!

NOURISH



PAMPER



THRIVE



RELAX



All-inclusive 2, 3, 5 and 7 night health, fitness, and pampering packages

Luxury All Suite Hotel

BELLA VISTA SUITES
HOTEL ON THE SHORE OF LAKE GENEVA

Heartland Spa & Fitness Resort

— A short drive from Chicago/Milwaukee! —

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IMAGINE



Mindfully being in the present

Imagine sitting on the shore of a beautiful lake, surrounded by the sounds of nature. Imagine having the time to savor this view, to breathe deeply, and to be fully present. Imagine waking up feeling relaxed and renewed.

You don't have to imagine: you can visit the Heartland Spa in Lake Geneva, Wisconsin. Located at the Bella Vista Suite Hotel, on the magnificent shore of the lake, the Heartland Spa offers wellness retreats that nurture body, mind, and spirit. Follow the tradition of visitors who have come for over a hundred years to enjoy the healing waters of Geneva Lake, and discover how to live your healthiest life.

It's easy to fall in love with the Heartland Spa. Our intimate 39-unit boutique hotel is steps away from the lake, with a private pier and stunning sunset views. Turn left and you can stroll along the Geneva Lake shore path, a 21-mile public walking path that encourages you to "walk and gawk" at century-old mansions. Turn right and you can explore the unique shops of downtown Lake Geneva. Stay at the Spa and participate in an exercise class or swim in our indoor pool. In the evening, participate in a wellness session to learn from the experts how to live and feel better.

Imagine becoming healthier and happier, then make it happen at the Heartland!

Two, Three, Five or Seven Night Packages at The Heartland Spa

"Biggest Winner" 7-Night Boot Camp

The Menu Can't Be Beat

For those who are interested in optimum nutrition, our menu can't be beat! The meals and snacks are primarily vegetarian supplemented with fish and poultry.

Pampering Professionals

The Heartland Spa's pampering professionals offer a variety of facials, body treatments, specialty massages and much more to relax and revitalize your body from head to toe.

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FOR RESERVATIONS CALL:
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PAMPER



To treat or gratify with extreme kindness or care

Allow Yourself to be Pampered

Enjoy our many stress-reducing and relaxing Heartland Spa treatments during your stay.



Let the Restorative Powers Soothe You

A full body massage can revitalize your body and mind.



Experience the Pure Pleasure

Choose from our many extraordinary services such as our hydrating soy facial.

Himalayan Salt Sauna

Come visit our sauna. We can even provide you with a Himalayan Salt sample to enjoy in your personal jacuzzi, which is included in all of our rooms.

Give Yourself Some Quiet Time

With all there is to do at The Heartland Spa, it should be easy to get that quiet time, since you set the pace. It's all about experiencing a special retreat for yourself.

Reflect on New Perspectives

Reiki and skin care services done with kindness and care

Give Yourself Permission

Steep in stillness. Sit in silence. Discover what would feel best for your body, mind, and spirit. Trust your intuition. Nurture yourself.

Take the Heartland Spa Experience Home with You

Our caring, knowledgeable staff has designed a complete education program that will inspire you with realistic and practical strategies to turn healthy choices into lifelong habits.

NOURISH



To sustain with nutritional food - to strengthen or promote

Wholesome Healthy Cuisine

Our cuisine is low in fat and sodium but high in nutrition. We feature local and seasonal food whenever possible. Our recipes are delicious but simple for you to make at home.

Our cuisine is also high in complex carbohydrates and designed around optimum nutrition. It's about helping you make the healthiest food choices. Not only will you enjoy Chef Charles' cuisine, but you will also learn to make old favorites in new, heart-healthy ways. You'll also discover a variety of recipes that are easy to make at home. Be sure to attend one of our cooking demonstrations and learn to prepare some of your favorite recipes without excess fat or calories.

Mindful Eating

You will be served each meal in a dining room overlooking Geneva Lake. As you enjoy the company of like-minded guests, you have the chance to relax and appreciate both the taste of the food as well as the beautiful presentation. Savor each bite. As you slow down, you may discover that you are eating less but feeling even more satisfied.

A Healthy Eating Plan Can and Should Be Pleasurable

And it can be incorporated into your busy lifestyle!



THRIVE



To prosper physically, mentally & spiritually

4 Seasons of Outdoor Activity

Enjoy our setting on the magnificent shore of Geneva Lake and take in the beauty of the natural world. Stroll along the lake shore path or hike the entire 21-mile walking path that circles the lake. Swim or enjoy one of our many fitness classes. Practice yoga or meditation. Breathe deeply.

Call now and ask about our "Biggest Winner" 7 Night BootCamp



RELAX



To unwind, lose the stress and become balanced

Come Home to the Heartland

Unwind in our Himalayan salt sauna or read a book on our patio overlooking the lake. Sit on our pier. Unplug from your electronic devices. Go barefoot.

Whether you need a weekend getaway to revitalize and rejuvenate or a week long program to assist you in your personal wellness goals, a visit to the Heartland Spa will enrich your life. We look forward to welcoming you home.

To Stay Healthy and Productive, You Need a Break



Enjoy time for yourself! Don't be like a wound-up spring that loses its resilience. When you feel yourself getting to that point, it's time to take a healthy break.

Our guests have been renewed at the Heartland Spa and they have inspired the media to take notice.

Here's What They Say About The Heartland:

"An awesome getaway . . . tranquil and unpretentious."

Chicago Sun-Times

"My favorite week of the year."

Spas of America

"A life changing experience."

CNN.com, MSN.com

"Just what I needed."

Budget Travel Magazine

"An amazing value."

Best Value Spa



Like us on to receive special offers.

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DIRECTIONS



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94/294 to 50 West Lake Geneva

Preferred limo from all airports:
INCHICAGOSEDAN.com
773.430.8531

39 Luxury Suites

All have private jacuzzi, balconies overlooking the lake or park. You're invited to a complimentary early check-in or check-out. Enjoy the Lake Geneva area. Why rush home to the real world?

GROUPS



Bring a Group and Save!

Perfect for small groups and events of 5 to 100 guests. Please contact the Heartland Spa at www.heartlandspa.com or call us at 262.248.2100.