

NATIONAL WELLNESS MONTH

AUGUST 1-31, 2019

Omni La Costa Resort & Spa is proud to partner with Live Love Spa to spread awareness of the importance of tending to your wellbeing. Throughout the month, we're offering complimentary activities open to the public on #WellnessWednesdays:

- * 7-7:50AM GUIDED MORNING WALK AROUND THE RESORT
- * 10-10:50AM YOGA CLASS FOLLOWED BY SMOOTHIE COUPONS

You may also enjoy the following Wellness activities throughout the month:

- * AUGUST SPA PROMOTIONS
*Seasonal treatments available Mondays-Thursdays.
See website for more details.*
- * AUGUST RETAIL PROMOTIONS
*Enjoy 20% off Beyond Yoga from The Spa Boutique
See website for more details.*
- * WELLNESS MONTH-APPROVED ITEMS ON THE SPA CAFÉ MENU AND PERFECT HEALTH MENU AT VUE
- * WALK IN THE MONTH OF AUGUST AND WE WILL REDUCE YOUR GOLF RATE BY \$20 PER WALKER FOR TEE TIMES BEFORE 2PM AND \$10 PER WALKER FOR TEE TIMES AFTER 2PM. PUSH CARTS ARE AVAILABLE FOR USE AT NO CHARGE.

OMNI  RESORTS
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