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# Skyterra Wellness Retreat Opens near Asheville, North Carolina Offering Guests Sustainable Approach to Weight Loss and Well Being

Efficient Fitness, Mindful Living, and Beautiful Blue Ridge Setting Create Welcome Escape

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NEWS PROVIDED BY

**Skyterra Wellness** →

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LAKE TOXAWAY, N.C., Dec. 20, 2016 /PRNewswire/ -- After years of research and planning, a close-knit group of dedicated fitness, nutrition and health experts has launched Skyterra Wellness, a new concept vacation and weight loss retreat in the beautiful Blue Ridge Mountains of North Carolina. Advanced fitness and nutrition programs, combined with a mindful approach to daily life, help guests obtain real solutions for sustainable well being.

Cozy, lodge-style accommodations create the perfect blend of privacy and camaraderie with hands-on cooking demonstrations, practical expert lectures, indoor and outdoor fitness instruction, and plenty of time to disconnect. Each guest stay is personalized to achieve sustainable results that are practical both on vacation, and at home.

"With expert programming custom designed for each guest, delicious nutrition featuring locally sourced ingredients, and comfortable accommodations with mountain views, Skyterra is the adventure our busy, stressed-out bodies are begging for," says Sue Crowell, Skyterra Founder. "Practical fitness and sustained weight loss aren't only about calorie counting and restricting," said Crowell. "At Skyterra, we'll help you reclaim control of your life and create balanced well-being."

Meals and beverages are included and guests are encouraged to book a seven-day stay, with shorter and longer packages available, including the limited time offer Skyterra Escape. Skyterra also offers premium massage services and the opportunity to explore the surrounding mountain beauty.

"Our very first guests have humbled us with their positive response to Skyterra," says Amber Shadwick, Director of Operations. "Jayne, who visited Skyterra from St. George, Utah, told us she was blown away by the attention of our staff, hand-picked from the very best in the business."

Skyterra Wellness is currently offering a three-day, \$1,200 "Skyterra Escape" package designed to offer a small slice of everything the amazing retreat has to offer. This limited time program is valid for stays 1/1/2017 – 3/1/2017. Three-day stays must be booked now through December 26, 2016 by calling 1 (888) 317-0579 or visiting [www.skyterrawellness.com](http://www.skyterrawellness.com) and clicking Book Now.

"Skyterra Escape is a wonderful gift for a stressed or overworked loved one," said Shadwick. "Why not give the gift of wellness and relaxation?"

For more information or to book an overnight stay, call 1 (888) 753-9590 or visit [www.skyterrawellness.com](http://www.skyterrawellness.com)

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