

# Find your flow in Saratoga County

MOVE, RESTORE, AND NOURISH IN A COUNTY BUILT FOR WELLBEING.

Discover  
SARATOGA



## DAY 1: Move, Breathe & Rejuvenate



*morning*

### CENTER YOURSELF AT YOGA MANDALI

Start your wellness journey at Saratoga's oldest yoga studio. With a strong sense of community and classes for all levels, Yoga Mandali helps you connect to breath, movement and intention in a supportive space.



*mid-day*

### REFUEL NATURALLY AT BARE BLENDS

This woman-owned café is a go-to for celebrating local. Everything is vegan, gluten-free, and dairy-free—featuring smoothies, bowls, juices, and more. It's the perfect mid-day stop to nourish your body and energize your afternoon.



*afternoon*

### SWEAT, PLUNGE & REST AT KOS SAUNA

Located on Saratoga Lake, this floating sauna offers restorative heat, cold plunges, and deep rest inspired by the stunning Norwegian fjord saunas. Leave feeling refreshed, rebalanced and reconnected.



*evening*

### INTUITIVE HEALING WITH TURN A NEW LEAF

End your day with a blended session of massage and gemstone energy. This serene Saratoga Springs studio also offers group meditations, mindfulness classes, and wellness workshops.

## DAY 2: Restore, Glow & Let Go



*morning*

### SOAK & SURRENDER AT ADIRONDACK FOOT SANCTUARY

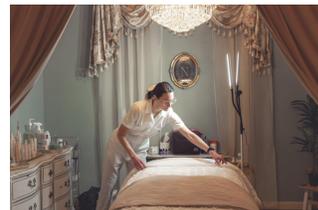
Relax with warm neck wraps and hand-blended herbal foot soaks paired with a calming tea. With treatments inspired by local botanicals, this sanctuary is the perfect place to reset before the day unfolds.



*mid-day*

### REJUVENATE AT HEBE MEDICAL SPA

Step into this boutique medical spa for modern treatments like IV therapy, medical weight loss, microneedling and more. Let your wellness goals take center stage at Hebe's comforting, spa-like environment.



*afternoon*

### RESTORE YOUR BALANCE AT NAMASTESTHETICS

Located in downtown Saratoga Springs, NamastEsthetics offers custom facials, yoga, Reiki and advanced massage in a peaceful, holistic setting. A deeply relaxing stop that unlocks your outer glow and inner calm.



*evening*

### BREATHE DEEP AT ADIRONDACK SALT CAVE

Unwind in a glowing Himalayan salt cave in Glens Falls. Enjoy halotherapy, massage or reflexology in a serene setting intended to reproduce the positive effects of the microclimate of a deep salt cave.

