

## indoor activities at primland

### children's activities

Wii, Play Station 3 and Xbox games can be enjoyed in the Games Room on The Spa Level of The Lodge. A variety of games are available for check-out at the Guest Services desk in the Foyer. Checkers and chess are also available in the Games Room, along with table tennis, pool and three digital HD televisions. In addition, we offer special treatments for children and teens at The Spa .

### observatory & library

Primland's best sunset views are visible from the Observatory, located on the fourth floor of the Observatory Tower. To reach the Observatory, use the west staircase or take the elevator to the third floor, then proceed to the west stairs. The Observatory is one flight up. Here you will find our small Library, and a comfortable vantage point from which to view the property to the north, south and west, with distant views into the North Carolina Piedmont. Our Library offers a number of books to enjoy during your stay with us, as well as a comfortable place to read. Please feel free to take a book back to your room.

### the spa at primland

The Spa at Primland offers a soothing and tranquil environment for renewal and rejuvenation. The wisdom of American Indian healing and the finest European spa rituals are gently interwoven, with an emphasis on natural organic products and organic essential oils.

The Spa is a retreat of such calm and gentility that the world fades, the mind softens, the body surrenders. This thoughtful and inspired place has been created

to restore balance to both body and soul and we encourage you to open your heart and spirit to pure well-being and pleasure.

From soothing massages to rejuvenating body treatments, nurturing facials to indulgent day rituals, yoga and meditation to the ultimate in fitness, the Spa at Primland offers a specialized, personal experience for women, men, children, teens and couples. For a complete spa information and treatment menu, please refer to the back pocket of this folder or visit [primland.com](http://primland.com).

### swimming

The chlorine-free pool and hydrosipa are located on The Spa Level of The Lodge. For children twelve years old and younger, access to the hydrosipa and pool is limited to the hours between 3pm and 7pm.

As no lifeguard is on duty, please swim at your own risk. It is strongly recommended that you swim with a friend or partner and follow the posted swimming pool rules in the pool area. Children under 16 years of age must be accompanied by a parent.

Swimming lessons may be arranged with advance notice.

### theatre

Our intimate theatre with seating for 18 offers digital presentations, movies and HD television channels. A selection of Blu-ray DVDs is available in the theatre and may be selected via remote control. We will gladly set up the movies for you.

