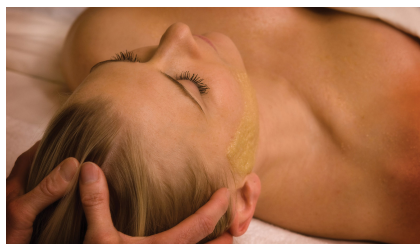


## Celebrate Global Wellness Day with Four Seasons Resort Scottsdale at Troon North

Scottsdale resort joins forces with Four Seasons properties to offer day of healthy food, fitness options

*May 5, 2017, Scottsdale, U.S.A.*



Celebrate [Global Wellness Day](#) at [Four Seasons Resort Scottsdale at Troon North](#), as the property joins forces with fellow Four Seasons properties to extend wellness-oriented spa, fitness and food offerings on Saturday, June 10, 2017. Greet the morning with a meditative Tai Chi class, head out on a scenic bike ride or take part in a yoga class, all while enjoying healthful, locally inspired cuisine and offerings throughout the property for this special day and beyond.

“Living well is all about balance, and supporting both physical and mental well being and health,” says Spa Director Lia Rowland. “Global Wellness Day provides a great reminder to recharge, reconnect and take time to instill and support those overall wellness efforts.”

### Morning Bike Ride



Begin the day in a healthy way with a morning bike ride, departing directly from the property at 7:00 am. This casual, approximately two-hour ride will explore the beautiful landscape of North Scottsdale at a leisurely pace. A professional cycling guide from Arizona Outback Adventures will lead the group, navigating, sharing information about the surrounding desert, and offering tips to make the ride comfortable and fun. Cycling is the perfect way to ease into wellness, as it is easy on the joints, good for balance and bone health, and boosts brainpower and the immune system. Pre-registration is required, and includes the ride, use of a hybrid bike, helmet and complimentary water. The ride is open to both guests of the property and local residents. For registration, book [online](#).

### **Sunrise Tai Chi Class**

Local visitors and guests are invited to join in a sunrise Tai Chi class at 6:00 am on Troon Lawn, followed by a morning yoga class at 7:00 am on Fountain Terrace. Enjoy one class or both, inclusive of a healthy smoothie. Water and towels will be provided; local guests are requested to bring their own mat. Local visitors can extend the wellness celebration with a Global Wellness Day Pass that includes the Tai Chi or morning yoga class, a 25-minute treatment and a healthy lunch in Proof. Participants may secure their spot in either class or take advantage of the day pass by calling the Spa at 480 513 5145.

### **Wellness Marketplace**

That afternoon, local vendors including Queen Creek Olive Mill, Hayden Flour Mills, Crow's Dairy and Valley Honey will come together to present a complimentary marketplace tasting in the Resort's lobby. Guests can mingle with the vendors, taste complimentary samples and learn the stories behind the locally-sourced cuisine offered throughout the property. The marketplace will run from 4:00 to 6:00 pm on Saturday, June 10.

### **Special Menus at Talavera and Proof**

[Talavera](#) will join forces with the featured local purveyors to highlight a special menu of healthy superfood favourites, available June 1–14, 2017. The three-course menu will emphasise a mindful, balanced approach to health and well being. The cost is USD 75 per person, with optional organic wine pairings available at an additional cost. A portion of the proceeds from the special menu will support the Joy Bus charity, a local nonprofit organisation dedicated to delivering healthy, chef-driven hot meals to homebound cancer patients. For reservations call 480 513 5085.

Special healthy menu items will be available throughout the weekend in [Proof, an American Canteen](#). Diners can expect healthy superfood salads, vitamin and nutrient packed juices, and heart-healthy offerings. Begin the morning with a juice trio and acai bowl at breakfast, power grain bowl at lunch and the masa-fried cauliflower at dinner, combining a vegan crepe with roasted poblano peppers, charred corn, black beans and more. Guests of the Resort can greet the day on Saturday, June 10 with a selection of complimentary carrot-bran muffins, gluten-free baked goods and fresh-pressed juice at the morning coffee set-up in the lobby. Guests will be greeted in room by a complimentary seasonal market welcome amenity. [Poolside](#) amenities will include health-conscious items such as sliced fresh watermelon, kale peanut butter smoothies and housemade granola energy bars.

### **About Global Wellness Day**

Global Wellness Day is a special day that reminds the entire world of the importance of living well, encompassing everything from exercise and beauty treatments, spiritual teachings and ways of thinking to the harmony between body and spirit. This is a social movement without any commercial purpose,

celebrated around the world on the second Saturday of June every year. Four Seasons Hotels and Resorts is partnering with Global Wellness Day to highlight the company's vast wellness initiatives and outstanding spas within the portfolio.

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