



## **DENVER'S OXFORD HOTEL HOSTING REJUVENATION RETREAT ON JUNE 14-16, 2019**

**Denver, Colo. (Feb. 27, 2019)** – Denver's [Oxford Hotel](#) and The Oxford Club, Spa & Salon are excited to be offering a three-day **Rejuvenation Retreat** on **June 14-16th**.

Led by Denver **Executive & Peak Performance Coach Sylvaine N. Hughson**, this revitalizing urban escape is ideal for individuals, couples or friends looking to decompress, re-center and plan for future personal wellness. Attendees can learn skills and tools for creating a more balanced lifestyle both mentally and physically.

Priced at \$1,799 per person, The Oxford's Rejuvenation Retreat includes:

- Deluxe guestroom for up to two adults for the nights of June 14th & 15th
- Three 90-minute Intensives led by Executive & Peak Performance Coach Sylvaine N. Hughson - These transformational workshops will provide tools on how attendees can create a strategic roadmap to boost overall wellness and life satisfaction
- Two 50-minute spa services
- Two group yoga classes
- History Tour of The Oxford Hotel & Denver Union Station
- Continental breakfast & lunch at Urban Farmer
- Healthy snacks and raw organic juices & nut milks
- Free time each evening to explore LoDo
- Valet parking
- Complimentary late check-out on Sunday, June 16th

Additional guests can be added for \$1,200 per person. The pricing includes taxes, fees and gratuities.

**The schedule for The Oxford's Rejuvenation Retreat is as follows:**

### **Friday, June 14th**

- Arrival and check-in at The Oxford Hotel
- 6 pm – 6:30 pm: Orientation with Oxford Club & Spa Director Doreen Young
- 7 pm – 8 pm: Social Hour with raw organic juices & nut milks
- 8 pm: Private dinner at Urban Farmer with Sylvaine Hughson & Doreen Young

### **Saturday, June 15th**

- 6 am: Enjoy raw organic cold-pressed juices & raw organic nut milks
- 7 am – 8 am: Group Yoga Class in The Oxford Club Studio  
Start your day with this energizing yoga class that focuses on creating a mind-body connection by flowing from one pose to the next while using your breath. All levels welcome.
- 8:30 am – 9:30 am: Continental Breakfast at Urban Farmer
- 10 am – 11:30 am: Intensive with Sylvaine Hughson: *Life Without Limits - Break Through to the Next Level, Part I*  
A unique opportunity to powerfully and strategically create a roadmap for your future designed to fit your specific goals and lifestyle. Get clear direction on what you most want to accomplish and how - no more struggling, guessing or confusion. Whether you are a high-level professional or busy individual, you will leave this transformational intensive feeling clear, inspired and equipped with the tools necessary to catapult yourself to new heights and boost your life satisfaction.
- Noon – 1 pm: Private lunch at Urban Farmer
- 1:30 pm – 3 pm: Intensive with Sylvaine Hughson: *Life Without Limits - Part II*
- 3:30 pm – 4:30 pm: The Oxford Hotel and Denver Union Station History Tour
- 5 pm – 8 pm: Oxford Club Spa appointments
- Evening – Explore Denver's LoDo on your own, healthy dining recommendations will be provided.

### **Sunday, June 16th**

- 6 am – 7 am: Enjoy raw organic cold-pressed juices & raw organic nut milks
- 7 am – 8 am: Group Yoga Class in the Oxford Club Studio
- 8:30 am – 9:30 am: Continental Breakfast at Urban Farmer
- 10 am – 11:30 am: Intensive with Sylvaine Hughson *Thrive: Lifestyle Secrets for Success*  
Maximize your peak performance by discovering which lifestyle habits fuel sustained energy, increased focus, improved productivity, and optimized sleep. Whether your goals are personal or professional, these 10 secrets to high performance and success will help you show up more powerfully and thrive in your endeavors.
- Noon – 1 pm: Private lunch at Urban Farmer
- 1:30 pm – 3:30 pm: 2nd round of Oxford Club Spa Appointments
- 5pm: Depart - Late check-out from The Oxford included

### **Spa treatments available at The Oxford Club include:**

- **Swedish Massage** - This traditional form of massage uses long-flowing strokes to help relieve tension, soothe sore muscles and promote relaxation with light to medium pressure.
- **Deep Tissue Massage** - This massage addresses the underlying structural dimensions of muscle tension and soreness, using effective neuro-muscular techniques, with moderate to deep pressure.
- **Sports Massage** - This massage focuses on overall detoxification of the body by utilizing jostling strokes, friction and stretching and a faster tempo to help stimulate circulation

and relieve tension in tired muscles. Excellent for those in training or recovering from a recent athletic event.

- **Nourishing Facial** – A customized facial designed to meet your specific needs using all natural products.
- **Classic Salt Scrub** - Improve circulation and strengthen your skin with this exfoliating body treatment. After a shower, warm almond oil is applied to further hydrate and nourish your skin.

For more information or to book your wellness escape, please call 800-228-5838 or visit [www.theoxfordhotel.com](http://www.theoxfordhotel.com).

Originally opened in 1891, The Oxford Hotel completed a major refresh in 2018, including updates to its 80 luxurious guest rooms and 10,000 square feet of elegant meeting & event space. Listed on the National Register of Historic Places, The Oxford features a prominent collection of classic Western art and is home to Denver's iconic Cruise Room martini bar and Urban Farmer, a modern steakhouse led by Executive Chef Chris Starkus.

The Oxford Club offers recently renovated locker rooms with a eucalyptus steam room, a professional staff of personal trainers and the latest in cardio and strength training equipment. Enjoy a full schedule of daily group exercise classes, including Sunrise Yoga, Vinyasa/Flow Yoga, Ski & Snowboard Prep, Spin Yoga and Peloton Bike. The Oxford Club also offers a full-service salon and complete menu of relaxing spa services, including Swedish and Stone massages, Sugar Scrubs, waxing and facials.

For more information, please visit [www.theoxfordhotel.com](http://www.theoxfordhotel.com) or call 303-628-5400.

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