



WELLNESS RETREAT

Spa into Spring

March 15 - 17



Friday, March 15th

- 11a Check-in at 43 Old Lighthouse Rd
Arrive & Settle in
- 10:00a Book a Priority Spa Appointment
Massage | Facials | Scrubs | Nails
Featuring Guest Massage Therapist, Debbie Toomey of
Blackberry Farm | To Book: RiverDunes.com/Spa
Location: Natural Elements Spa & Wellness
- 5:00p
- 12:00 Cruise the Creeks with Off the Chart Custom Charters
-1:30 Enjoy a cruise of the area waters with Capt Andy Crowell
- lunch Boxed Lunch Included
or Enjoy Lunch at Yawl's Café
- 2:30 - Creek Cruise with Off the Chart Charters
4:00p - or -
Community Overview with the Developer
Location: Harbor Club Sun Porch
- 5p Welcome Reception at The Red Rickshaw
- 7p Dinner Upstairs overlooking Grace Harbor
Location: Harbor Club Dining Room

Set your Pace – All-Weekend Wellness

- Code Cardio & Strength Training Floor
**** at Natural Elements Spa & Wellness 7a – 7p
- Code Steam & Sauna Rooms
**** at Natural Elements Spa & Wellness 7a – 7p
- Run, Ride or Walk – Ten Miles of Private Roads
Check out Bikes at the Harbor Club
- Unwind by the Fireplace with a Good Book
Harbor Club Private Library
- Book a Round of Tennis at the Clay Courts
- Browse the Naturopathica Wellness Line & More
Red Rickshaw in the Harbor Village
- Relax at a Fireside Hot Tub & Private Cabana
Reservations - *Club Pool 8a – 6p*

Saturday, March 16th

- 8a – 10a Breakfast at Yawl's Cafe
- 9a Ballet, Barre, Pilates Fusion
All Level Group Fitness
Instructor: Jennifer Pawlikowski
Location: Natural Elements Studio Floor
- 10a– 5p Spa Appointments Available
Featuring Guest Massage Therapist, Debbie Toomey of
Blackberry Farm | To Book: RiverDunes.com/Spa
Location: Natural Elements Spa
- 10:00a – “Turn Over a New Leaf” Seminar
11:30a Herbal Enzyme Peels & Mini Facials
Presented by Naturopathica
Location: Natural Elements Spa Lounge
- 11:30a Creek Cruise with Off the Chart Charters
- or -
Community Overview with the Developer
Location: Harbor Club Sun Porch
- or -
Preview Homes & Homesites by Appt Only
- 1p Lunch upstairs at the Harbor Club
- 2:00p – Creek Cruise with Off the Chart Charters
3:30p - or -
Community Overview with the Developer
Location: Harbor Club Sun Porch
- or -
Preview Homes & Homesites by Appt Only
- 6:15p Private Owner's Sunset Cruise
- 7p Dinner Upstairs, overlooking Grace Harbor
Location: Harbor Club Dining Room
- Musician Bobby Merritt of Kinston, NC. Coastal Plains Guitar.

Sunday, March 17th

- 10a – 2p Brunch at the Harbor Club
- 1p – 5p Spa Appointments Available
Featuring Guest Massage Therapist, Debbie Toomey of
Blackberry Farm | To Book: RiverDunes.com/Spa
Location: Natural Elements Spa
- 11a Check-Out for River Dunes Accommodations

NATURAL ELEMENTS
SPA & WELLNESS


RIVER DUNES

Lodging & Sales :: (252) 249-0253 || Spa :: (252) 671-9006