



ANDA SPA
HOTEL IVY

ANDA SPA. NOURISH YOUR SPIRIT.

OPENING AUGUST 1, 2019 AT THE HOTEL IVY

ANDASPA.COM

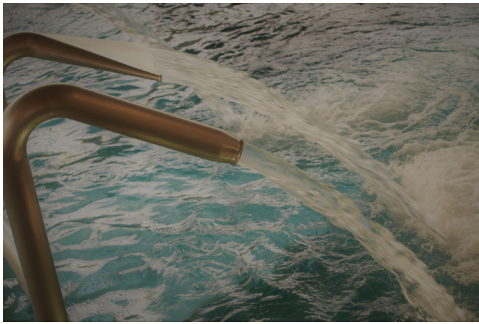


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Like the best things in life, the philosophy at Anda (a Swedish word meaning 'spirit') is rooted in balance. This modern wellness retreat will focus on a deeper sense of well-being, allowing guests to reconnect the body, mind and spirit. Personalized spa treatments and rituals are inspired by a sense of vitality and healing which will offer guests a calmer, more balanced, perspective on life.

For those seeking a haven from stress and the rigors of the modern world, Anda Spa at Hotel Ivy will foster your inner journey to living a beautifully balanced life. Guided by the healing power of crystals, the spa design will create a sensory sanctuary using a subdued color palette of rose quartz, jade, black obsidian, warm creams and brass metals.



The newly completed Fitness Center is now available to Hotel Ivy guests. This new state-of-the-art facility provides modern equipment for a fully-rounded health and wellness experience, complete with both cardio and strength training areas. Unique to downtown Minneapolis, Technogym cardio equipment brings the outdoor experience to fitness enthusiasts by way of virtual reality with real life hiking, biking and running trails. Other features include Peloton bikes, and Concept 2 rowers and ski ergs. Additional private studio and wellness classes will be available with the opening of Anda Spa in August.

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