

Historic Westglow

Summer Home Of Elliott Daingerfield

Westglow was built as a summer retreat for famed artist Elliott Daingerfield and his family. He named the Blowing Rock, North Carolina estate "Westglow" because of the beautiful sunset views. These vistas, which he described as "never glaring, always glowing throughout the shadows, clouds or mist" provided inspiration for Daingerfield's paintings and writing.

Listed in the National Register of Historic Homes, Westglow offers stunning views of nearby Grandfather Mountain. Architect and contractor J Lee Hayes began building the estate's colonial mansion in 1916 and completed it in 1917 at the cost of \$20,000. No details were spared in construction. The majestic Grecian columns gracing the mansion's facade were shipped from Italy and hauled by oxen up the mountains to the site. The mansion's foyer and stairwell - noted for the dramatic view provided by the stairway-landing window - were designed by a prominent French architect. Visitors to Westglow today enjoy many of the Mansion's original furnishings reflecting Daingerfield's passion for antiques and can even peruse his library.

Elliott Daingerfield was born in Harpers Ferry, Virginia in 1859, the year of John Brown's raid. Two years later, as the nation became embroiled in civil war; General Robert E Lee summoned Captain John E P Daingerfield to head an arsenal in Fayetteville. Captain Daingerfield moved his family with him, and North Carolina gained a future artist.

Young Elliott knew he wanted to paint by the age of 12. A writer quotes, "everyone except Mrs. William McKay in Fayetteville told me I could never paint, but she called me to her home each day and taught me all she knew".

Later, Daingerfield spent 19 years as a professor at the Philadelphia School of Design and the Art Students League of New York. Subsequently, he headed the Permanent Art of Blowing Rock. A constant contributor to art magazines, Daingerfield authored two books. He achieved his greatest fame, however, as an artist.

Historic Westglow

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Daingerfield's works hang in America's finest museums including the Metropolitan Museum of Art, Brooklyn Museum, National Gallery, Toledo Museum and St Louis Museum. His *Grand Canyon* and *Evening Glow* hang in the North Carolina Museum of Art, and his *Autumn Scene* can be found in Charlotte's Mint Museum. *Monk Smelling A Bottle Of Wine* won him membership in the National Academy of Design. He is particularly noted for his ecclesiastical paintings. Daingerfield's great mural in the Lady Chapel of St Mary, the Virgin in New York City and his *St Mary of the Hills* in the Episcopal Church in Blowing Rock are among his most beloved works.

In 1931, at the age of 73, Daingerfield died in New York City. He was buried in Fayetteville, where the Women's Club has since restored his boyhood home as their meeting place.

Westglow Spa's founder, Glynda Valentine, purchased Westglow in 1978 initially as the family home, but with intention of eventually converting the estate into a destination spa - a "healthy year-round camp for adults". With over 25 years of experience running fitness centers in the south, Ms. Valentine was an early proponent of programs to boost fitness, longevity and health, rather than focusing exclusively on the concept of losing weight. Ms. Valentine herself has adhered to the principles of a fit and healthy lifestyle for over 25 years and can attest personally to its benefits.

Westglow Spa was purchased in late 2005 by Bonnie and Jamie Schaefer, who were longtime members of Westglow prior to becoming owners. The Schaefer's immediately began an extensive renovation of the Westglow property, adding modern touches while preserving historic integrity. Glynda Valentine is still a vital part of Westglow and is here every day doing what she loves best, leading the hikes.

After many months of love, hard work and thoughtful design, on the part of the Schaefer's and their restoration team, Westglow greeted the summer of 2007 refreshed with lush landscaping, beautifully updated spa facilities and a gloriously restored and redecorated Manor House. Several of Elliott Daingerfield's paintings have been acquired by the Schaefer's and returned home to Westglow where they are displayed at the Manor House. "Sunset Through the Greenwood" is part of the gracious décor in the Blue Ridge Parlor, and "The Sisters", a portrait of Daingerfield's two daughters, painted on this property, hangs in a place of prominence in the Mansion stairwell.

Menu of Services

<u>Health & Fitness Services:</u>	Member	Member Guest	A La Carte
Body Composition Analysis	\$20	\$20	\$30
Nutritional Assessment & Diet Consultation	\$120	\$120	\$120
Metabolic Rate Assessment	\$120	\$120	\$120
Cooking Class	\$70	\$85	\$110
Grocery Store Tour	\$240	\$240	\$240
Fitness Assessment	\$70	\$100	\$125
Personal Trainer for one Hour	\$55	\$70	\$95
Personal Pilates	\$65	\$80	\$110
Couples Pilates	\$110	\$125	\$155
Private Tennis Lessons	\$65	\$70	\$85

<u>Face & Body Treatments:</u>			
Body Massage	\$75	\$90	\$130
Aromatherapy	\$80	\$95	\$135
Deep Tissue Body Massage	\$85	\$100	\$140
Mother-To-Be-Massage	\$75	\$90	\$
Couples Massage	\$220	\$235	\$300
Couples Massage Aromatherapy	\$240	\$255	\$320
Cranial Sacral	\$75	\$90	\$130
Grandfather Stone Massage (1-Hour)	\$80	\$95	\$135
Grandfather Stone Massage (2-Hour)	\$155	\$185	\$265
Thai Massage (2-Hour)	\$155	\$185	\$265
Soul of the Rose	\$155	\$185	\$265
Raindrop Therapy	\$80	\$95	\$135
Detoxification Body Wrap	\$75	\$90	\$130
Detoxification Wrap w/ Lymphatic Drainage Massage	\$150	\$180	\$260
Blue Ridge Body Wrap	\$75	\$90	\$130
Mountain Body Salt Glow	\$75	\$90	\$130
Westglow Body Brush	\$75	\$90	\$130
Foot Reflexology	\$75	\$90	\$130
Firming Seaweed & Mud Wrap	\$75	\$90	\$130
The Ultimate Vichy Experience (2-Hour)	\$155	\$185	\$265
Metamorphosis	\$155	\$185	\$265

Menu of Services

continued

Face & Body Treatments Continued:

Dr. Hauschka Classical Facial (2-Hr)	\$150	\$180	\$260
Luxury Facial (2-Hr)	\$150	\$180	\$260
Calming Facial	\$75	\$90	\$130
Hydrating Facial	\$75	\$90	\$130
Gentleman's Facial	\$75	\$90	\$130
Resurfacing Facial	\$75	\$90	\$130
Brightening Facial	\$75	\$90	\$130
Anti-Aging Facial	\$75	\$90	\$130
Revitalizing Back Facial	\$75	\$90	\$130
Make-up Lesson	\$75	\$90	\$120
Make-up Application	\$40	\$55	\$85

Salon Services:

	Member	Member Guest	A la Carte
Manicure	\$25	\$30	\$30
Pedicure	\$40	\$50	\$50
Gentleman's Manicure	\$25	\$30	\$30
Gentleman's Pedicure	\$40	\$50	\$50
Deluxe Manicure	\$40	\$50	\$50
Deluxe Pedicure	\$55	\$70	\$70
Paraffin Wax Treatment (Hand or Foot)	\$25	\$25	\$25
Polish Change	\$10	\$15	\$15
Shellac Pedicure	\$55	\$70	\$70
Shellac Manicure	\$40	\$50	\$50
Shellac Soak Off	\$15	\$15	\$15

Menu of Services

continued

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Hair Services:

Shampoo Only	\$10	\$10	\$15
Shampoo & Style Short	\$30	\$35	\$35
Shampoo & Style Medium	\$35	\$40	\$40
Shampoo & Style Long	\$40	\$45	\$45
Cut Only Women's	\$40	\$45	\$45
Cut Only Men's	\$25	\$30	\$30
Cut & Style Women's Short	\$50	\$55	\$55
Cut & Style Women's Medium	\$55	\$60	\$60
Cut & Style Women's Long	\$55	\$60	\$60
Cut & Style Men	\$30	\$35	\$35
Bang Trim	\$10	\$10	\$10
Color Gloss	\$80	\$80	\$80
Conditioning Treatment	\$20	\$25	\$25
Full Foil*	\$100	\$100	\$100
All over Color*	\$80	\$80	\$80
Partial Foil*	\$80	\$80	\$80
Permanent*	\$80	\$80	\$80
Updo/Formal Styling	\$55	\$65	\$65
Malibu Treatment	\$25	\$25	\$25
Full Foil / Color / Cut	\$225	\$225	\$225
Part Foil / Color / Cut	\$205	\$205	\$205
Men's Color	\$30	\$35	\$35
Men's Color & Cut	\$55	\$55	\$55
Keratin Straightening Treatment	\$300	\$300	\$300
Brazillian Blowout (smoothing system)	\$300	\$300	\$300

*Add \$45 for Cut and Style

Letter from the Owners

Hello!

We would like to take this opportunity to welcome you to Westglow Resort and Spa! Westglow has been serving the health, fitness and relaxation needs of the High Country community since 1990 through our local membership program. Our members delight in a 2 to 1 staff to guest ratio, as well as the amenities that our Life Enrichment Center provides. In addition, members and guests may enjoy world-class dining in our restaurant, Rowland's. Rowland's is open for dinner every evening, serving an indulgent menu with a wealth of decadent choices to tempt the palate accompanied by the finest wines and mixed cocktails.

Enclosed you will find information detailing member privileges and payment terms. We hope you will not hesitate to contact our wonderful staff with any questions you may have, and we invite you to visit the property so that you can see all that Westglow has to offer.

In Good Health,

Bonnie & Jamie Schaefer

Membership Rates and Terms

There are two basic types of Memberships at *Westglow*:

<u>Single Membership</u>	\$3,500 one-time initiation fee* (Payable with application) + \$2,100 annual dues*
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<u>Joint Membership</u>	\$6,000 one-time initiation fee* (Payable with application) + \$3,600 annual dues*
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*Subject to change at the discretion of *Westglow*

- *Single Membership* to be held by one person only.
- *Joint Membership* is defined as a Membership held by any two people, whether related or not, one of whom will be designated as the “Responsible Party,” i.e., responsible for payment of all bills related to the Joint Membership account. There will be no separate billing to each Member of a Joint Membership. If one of the joint Members desires to terminate, he or she may be replaced by another person designated as the new Joint Member. The new Joint Member shall be required to pay a one-time initiation fee equal to one-half of the then current initiation fee charged for Joint Memberships.
- Memberships may be purchased only from *Westglow*, and are not transferrable between Members.
- Memberships are annual only, commencing on the day of joining for twelve (12) consecutive calendar months.
- There are no Seasonal Memberships and Memberships may not be paused or placed on hold.

Payment of annual dues may be made as follows:

One annual payment
Four quarterly installments
Twelve monthly installments

Membership Rates and Terms

continued

Westglow offers four (4) basic amenity groups:

- Food & Beverage
- Salon Services
- Health & Fitness Services
- Face & Body Treatments

(See below for an outline of services offered under each of the amenity groups)

Food & Beverages:

- Poolside Café serves a light lunch daily between 12-2. Please call no later than 9A.M the day of to allow for preparation. Member lunches are \$15 and member guest lunches are \$20 plus tax.
- *Westglow* also serves breakfast daily at the Manor House between 8:00-9:00. Please call the day prior for reservations. Member breakfast is \$15 and member guest breakfast is \$20 plus tax.
- Dinner is open to the general public, as well as Members and their guests. Members enjoy a 10% discount on all food items. Reservations are suggested.

Salon Services

- Members receive special pricing and advanced booking opportunities for Salon treatments.

Membership Rates and Terms

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Health & Fitness Services

- Fitness and Cardiovascular center includes a 15-station Cybex circuit, treadmills, elliptical trainers, stair climbers, stationary bikes and free weights.
- Aerobic Studio provides a variety of health and fitness classes offered daily
- A complimentary fitness assessment or personal training session is provided annually.
- Indoor pool, steam room, whirlpools, dry saunas and a clay tennis court are available for enjoyment.
- A 1/3 mile nature trail winding around Westglow's property.
- Daily guided hikes every morning at 8:45 a.m.
- Guests, but not Members, will be charged a facility fee for use of the gym. Other fitness, hair and nail services are available to non-Members on an *a la carte* basis according to the attached rate sheet.

Face & Body Treatments

- Members receive special pricing and preferential booking for spa treatments

Guest Policies:

- Members may allow guests to utilize the amenities at *Westglow*, which are hereinafter referred to as "Guest privileges."

- There is a \$20 facility fee for guests of Members who wish to use the facilities, such as the gym, without booking other spa services. The \$20 facility fee for guests of Members will be waived if the guest books a spa service.
- In order for a Member to allow a guest to use the facilities of *Westglow*, the Member must advise of the identity of the guest, when the guest will arrive, and arrange for payment for facilities use and services.

Membership Rates and Terms

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- Guest charges for facilities fees and services may be paid at the time services are received, or may be billed to a Member's account with the Member's advance permission.
- Children under 16 are not permitted inside the spa facilities with the exception of the salon.

Billing Policies:

- Statements will be sent to the Member on a monthly basis, and payments are due by the last day of the month.
- Unpaid balances will accrue interest at the rate of 1.5% per month (18% per annum)
- There will be a \$25.00 service charge on dishonored checks
- The named Member is responsible for paying monthly statements. *Westglow* will not send statements to 3rd parties for payment.
- Members and guests may pay for services and Food & Beverage at the time of use via cash, check or credit card. Guests may charge goods and services to the Member's account, upon advance notice from the Member to *Westglow*.

Membership Termination

Members may terminate at any time upon thirty (30) days advance written notice to *Westglow*. NOTE: Memberships that are terminated will not be reinstated without payment of a new initiation fee.

Memberships can be terminated by club Management at any time for: violation of posted club rules, or upon a finding by Management that a Member is engaging in disruptive behavior, which is defined as behaviors which disrupts other guests and/or Members from enjoyment of the spa environment, (e.g., loud talking, vulgarity, inappropriate behavior toward other guests or staff personnel, public intoxication, etc.)

Members deemed by Management to have engaged in disruptive behaviors shall receive a written warning. At the sole discretion of Management, repeated violations shall be cause for termination of the Membership and forfeiture of the initiation fee.

Membership Rates and Terms

continued

Payment Agreement

Initiation:

For the value received, I promise to pay Westglow Resort & Spa at its offices in Watauga County, North Carolina, the sum of \$ _____ as an initiation fee.

Annual Dues

Annual dues are the sum of \$ _____, payable in _____ Installments of \$ beginning on the _____ of _____, 20____.

Please note that memberships are non-transferable. Westglow Resort & Spa reserves the right to adjust pricing for dues and services at any time without notice. Member

accounts with balances overdue by thirty days or more are subject to cancellation without refund.

Member signature

Joint member signature

Witness & date

Membership Rates and Terms

continued

Membership Application

Single _____

Joint _____

Single Member Name or
Responsible Party for Joint Membership

Joint Member Name

Date of Birth

Date of Birth

Permanent Residence Address:

Second Residence Address:

Permanent Residence Phone #

Second Residence Phone #

Physician's Name

Phone #

How did you become acquainted with Westglow Spa? _____

Membership Rates and Terms

continued

Waiver of Liability

State of North Carolina, County of Watauga, Westglow Spa

I understand that my participation in any event or activity provided by Westglow Resort & Spa is completely voluntary, and I assume all risks of such participation. I acknowledge that any cardiovascular or resistance (weight) work-out, or any other exercise program, involves certain inherent risks of injury or illness, and that Westglow Spa cannot assume responsibility for any such inherent risks. I further acknowledge that Westglow Resort & Spa is located in the mountains at an altitude of approximately 4000 feet above sea level, and that I should consult with my physician as to whether any exercise regimen or other activity is inappropriate for me at this altitude. In consideration of being allowed to participate in any outing, other activity, or service provided by Westglow Resort & Spa, and on behalf of myself, my personal representatives, heirs and assigns, I do fully and forever release, discharge and hold harmless Westglow Resort & Spa, it's owners, agents and employees from all claims for

property damage, or personal injury that may rise from my participation in any outing, other activity or service provided on or off the premises of Westglow Resort & Spa and not arising from the negligence of Westglow Resort & Spa or its agents.

Notice to Guests: This property is privately owned and Management reserves the right to refuse service to anyone, and will not be responsible for loss of money, jewelry or valuables of any kind.

Participant's Signature _____

Printed Full Name _____

Contact Person in case of injury or emergency _____

Emergency Contact Phone Number _____

Today's Date _____

Membership Rates and Terms

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Member Intake Form

1. Do you have any medical conditions? If so please explain Examples: contagious skin conditions, arthritis, heart conditions, claustrophobia?

2. Are you currently under medical supervision of a Chiropractor or Physician?
Yes / No

If yes, please explain:

3. Are you wearing contact lenses? Yes No

4. Are you currently taking any medication? Yes No

If yes, please list

5. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? Yes No

6. Do you feel pain in your chest when you do physical activity? Yes No

7. Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes No

Membership Rates and Terms

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8. Have you had a professional massage before? Yes No

If yes, how often do you receive massage therapy?

9. Do you have any difficulty lying on your front, back, or side? Yes No

If yes, please explain

10. Do you sit for long hours at a workstation, computer, or driving? Yes No

If yes, please describe

11. Do you perform any repetitive movement in your work, sports, or hobby? Yes No
If yes, please describe

12. Do you have any particular goals in mind for your massage session? Yes No
If yes, please explain

13. Do you have any allergies (examples: nuts, iodine, shellfish, latex, etc.)? Yes No
If yes, please explain

14. Do you have sensitive skin? Yes No

Membership Rates and Terms

continued

15. Have you ever had an adverse reaction after using skincare products?

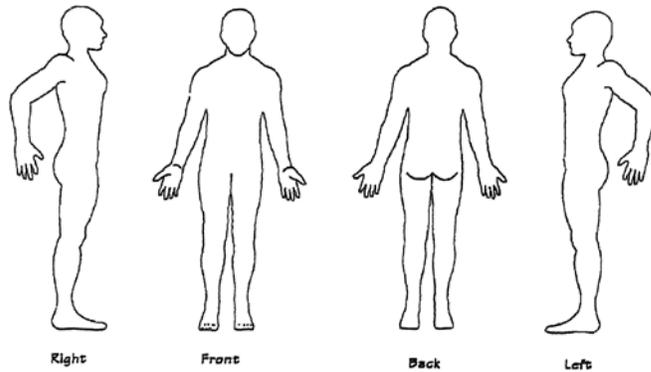
Circle any that apply

Rash Irritation Peeling Skin Sensitivity Breakout Redness

16. Have you used Retin-A, Renova, Glycolic Acid, AHA, Salicylic Acid, Retinol /
Vitamin A products in the past 3 months? Yes No
If yes, please explain

17. Do you use acne medications? Yes No
If yes, please list

Place an **X** in any areas you are experiencing tension, stiffness, pain or other discomfort



Membership Rates and Terms

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I understand that the body work that I receive is provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session should be construed as such. I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists or Westglow Resort and Spa's part should I fail to do so.

Signature _____

Date
