



Begin your relaxing self-care day in Alpharetta with a tasty acai bowl from **Vitality Bowls** in Downtown Alpharetta. Vitality Bowls offers a variety of organic fruit smoothie bowls to choose from, as well as fresh juices, paninis, sandwiches, and coffee drinks. Take your breakfast to go and enjoy a peaceful picnic in **Brooke Street Park** nestled right behind Alpharetta City Hall. After breakfast, take a scent blending workshop at **Indiehouse Modern Fragrance Bar**. Learn how scent blending works and create your own custom perfume or candle to take home.

Continue your relaxing morning with a treatment at **Natural Body Spa and Shop**. Natural Body has a diverse menu of services including facials, massages, body therapies, manicures and pedicures, and so much more. The spa is also committed to providing a natural experience for you and uses Éminence Organic Skin Care and other premium products to achieve

optimal results. The team at Natural Body provide treatments to help you feel beautiful inside and out.

Once you've relaxed and refreshed, head to **Avalon** for lunch at **True Food Kitchen**. True Food Kitchen offers a seasonal menu of dishes that use only the freshest ingredients. Try one of their delicious quinoa bowls and fresh salads or opt for a grass-fed burger or turkey burger if you are in the mood for something heartier.

After lunch, explore the upscale beauty shops and boutiques in Avalon. Avalon is home to more than 500,000 square feet of retail space and is home to plenty of shops to update your beauty routine including **Sephora, CHANEL Fragrance and Beauté Boutique, DryBar** and many more. Stop by **Parisian Nails** to refresh your manicure before heading to dinner.

Treat yourself to a delicious dinner of California cuisine with Southern heart at **Citizen Soul**. Citizen Soul's menu features dishes made with simple, fresh ingredients, perfect for ending your day of selfcare. Start with a tasty charcuterie board featuring the chef's selection of cured meats, cheeses, and condiments, then try one of their gourmet entrees like the gluten-free fried chicken, vegan grain bowl, or the Soul Burger. Be sure to check out the drink menu featuring beer, wine, and craft cocktails. After dinner, take a walk to enjoy the sights of downtown and keep an ear out for any spots with live music!

Now that you have found your Zen, you will not want to leave! Alpharetta's 31 modern and upscale hotels are ready to welcome you for a Self-care Staycation that will leave you refreshed and relaxed!