



HEALTH & WELLNESS ESCAPE

Ashland, Oregon



TOUR HIGHLIGHTS

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- [Lithia Springs Resort](#)
- [Plaza Inn and Suites](#)
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- [Chozu Bath and Tea Gardens](#)
- [The Blue Giraffe Day Spa and Salon](#)
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[at Ashland Springs Hotel](#)
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SPAS

- [Chozu Bath and Tea Gardens](#)
- [The Blue Giraffe Day Spa and Salon](#)
- [Waterstone Spa and Salon at](#)
[Ashland Springs Hotel](#)

LODGING

- [Ashland Bed & Breakfast Network](#)
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Health and wellness have long been associated with Ashland, Oregon. The Native Americans soaked in the healing waters located throughout the Ashland area many, many years ago. In the late 1800's, the Helman Mud Baths and local warm springs were popular tourist retreats. Jackson Hot Springs and the Twin Plunges were two of the many sulphur spring public pools that people enjoyed.

People came from many miles to drink Lithia water and it can still be tasted in Lithia Park. The history continues as Ashland has developed into a destination for the healing arts. Relax and rejuvenate!

Indoor and outdoor recreational opportunities clear the mind and heal the body. Ski Mt. Ashland, Cross Country ski, fly fish, river raft, bicycle, play a game of racquet ball or tennis in Lithia Park or at Ashland Racket Ball Club, hike, take a pilates class...it's all part of the healing process.

If health and wellness are your aspirations, this tour, with many choices, is for you!

HEALTHY CULINARY OPTIONS

- [Alchemy Botanicals \(Herb and Tea House\)](#)
- [Ashland Food Coop](#)
- [Amuse Restaurant](#)
- [Brothers' Restaurant](#)
- [Dragonfly Restaurant and Gardens](#)
- [Grilla Bites](#)
- [House of Thai Cuisine](#)
- [Kobe / Thai Pepper](#)
- [Larks at Ashland Springs Hotel](#)
- [Pangea Grills and Wraps](#)
- [Smithfields Restaurant](#)
- [Winchester Inn, Bar and Restaurant](#)



93-acre Lithia Park

CLASSES AND TRAINING

- [Bikram Yoga of Ashland](#)
- [Ashland Yoga Center](#)
- [Jackson Wellsprings](#)
- [Ashland Fitness Studio](#)
- [You Can Do it Now!](#)
- [Gene Burnett - Tai Chi in Lithia Park](#)

ASHLAND CULINARY EVENTS

- [Ashland Culinary Festival \(November\)](#)
- [Oregon Chocolate Festival \(March\)](#)
- [A Taste of Ashland \(April\)](#)

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