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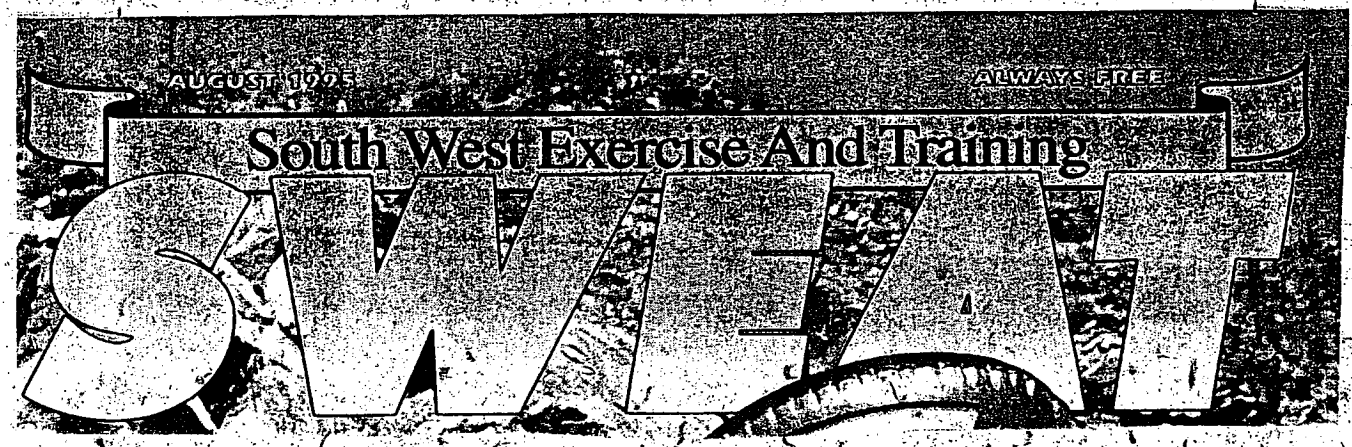

ZONIE SPA BARGAIN

Yet another season to be grateful to be a Zonie. World famous Canyon Ranch in Tucson is offering Arizona residents a 25 percent discount on four-nights or longer spa vacation packages taken through Oct. 25. This is in addition to the 30 percent summer savings the desert resort offers through Sept. 21. That's more than half off regular rates. In addition to the typical ranch offerings of renown healthy cuisine, an ultra-modern spa, pampering body treatments, fitness classes, weight management consultations, hiking, biking, tennis, racquetball, jogging and swimming, Canyon Ranch features special programs throughout the year. Spiritual Pathways, designed to guide participants on a journey to inner peace, is set for Sept. 17 to 24. Call 800-726-9900 for details or reservations.

The Arizona Daily Star
Tucson, Sunday, August 29, 1993

Brian 11/13

MORE THAN A FAT FARM

Canyon Ranch, nestled in the Catalina Foothills, now has 175 "casitas" and can serve 260 guests at one time

Canyon Ranch offers lesson in healthful living

By L.A. Mitchell
The Arizona Daily Star

For more than 20 years, Mel Zuckerman was a well-known real estate developer and builder in Tucson.

He and his wife, Enid, settled here after moving from New Jersey in 1958. By 1978, they had two healthy children and a thriving business.

But the years of building his company into a success had taken its toll on Zuckerman, a lifelong asthmatic who rarely exercised. He was more than 40 pounds overweight and had difficulty managing high blood pressure and ulcers.

It's a far cry from the Zuckerman of today, the lithe, tan 65-year-old CEO of what many consider to be the top resort spa in the country — Tucson-based Canyon Ranch.

The internationally renowned resort is consistently rated by magazines as one of the nation's top spas

CR001530

money. This business had been good to us, more so than we ever thought.

Mel Zuckerman
Canyon Ranch founder and CEO

— with a guest list rumored to include actors Michael Keaton, Julia Roberts and Kathleen Turner.

But in the late '70s, exercise and nutrition were one of the last things on Zuckerman's mind — until his father, a heavy smoker, died of lung cancer.

"I took the death of my father very hard," he says. "His death forced me to take a look at my life."

"I was unhealthy"

After a long look, Zuckerman, nearing 50, didn't like what he saw.

"The bottom line is that I was unhealthy, overweight and out of shape," he says, noting that he wasn't sure he wanted to stay in real estate the rest of his life and needed time to think about it.

Then he surprised his wife, an exercise and nutrition enthusiast.

"Enid," he said, "I'm going to a fat farm."

That "fat farm" was a spa in Southern California, The Oaks at Ojai. As a precaution, Zuckerman drove to the spa instead of flying so he could quickly escape if he needed to.

But the unlikely spa candidate didn't need to leave. He didn't starve and, in 10 days, had lost 13 pounds and had picked up a new sport: jogging — a mile and a half a day.

"I was feeling better than I've ever felt before in my life," he said. He called Enid with progress reports until three weeks into the program when he called her and asked her to fly out and meet him.

"I want you to experience this," he said one day when he called her. Then he added: "I think I found out what I want to do with the rest of my life."

All told, Zuckerman lost 29 pounds in four weeks. On the drive back to Tucson, he and Enid talked about starting their own spa in Tucson.

It actually was Enid Zuckerman's idea three years before. At that time, he laughed at the idea. This time, he was serious.

Ranch opened in fall of 1979

But no one wanted to finance a spa in 1979, even though Zuckerman had a solid borrowing background and a successful real estate business record.

He remembers talking to a bank officer about his plan for a healthy retreat in the desert, framed by the Santa Catalina Mountains. He remembers the man laughing at the thought of serving low-fat foods...no alcohol and putting guests on a exercise plan.

"The minute I said I wasn't going to serve booze, he said, 'Mel, you lost more than weight at that fat farm. You lost your mind, too.' "

Nineteen months later in the fall of 1979, the Zuckermans opened Canyon Ranch with 68 guest rooms. They had liquidated nearly all their assets and were more than a million dollars in debt.

The first week they had eight guests. The first year, the spa, which cost nearly $8 million to build, lost $1 million.

Zuckerman says few had faith that Canyon Ranch would survive.

During Canyon Ranch's grand opening, while walking around, he says he "overheard someone say, 'Hey, this is neat, but (Zuckerman) will never pull it off in Tucson.' "

That he heard a lot.

"And these were Tucsonans talking," he says.

Photos by A.E. Araiza, The Arizona Daily Star

Mel Zuckerman, founder and CEO of Canyon Ranch, where more than 700 employees feed, groom, exercise and pamper 12,000 guests a year

Guests participate in a step aerobics class, one of many services available at the ranch

"America's first"

But by the third year, the two saw a reprieve: Canyon Ranch broke even. And in the fourth year, they made a profit. By 1982, Canyon Ranch had risen in popularity. Time magazine was hailing it as "America's first total vacation fitness resort."

"The business has grown every year since then," he says. Annually, 12,000 people visit Canyon Ranch in Tucson and about the same number stay in Lenox, Mass., a smaller version of the Arizona spa that was opened in 1989.

Zuckerman won't divulge sales or profits for the privately held company. But those 12,000 guests spend on average anywhere from $1,900 to more than $4,000 for half-week or weeklong stays, which means annual sales could be reaching more than $40 million.

Canyon Ranch in Tucson employs 430 full-time and 300 part-time people; payroll here is more than $12 million. With the Massachusetts location, the privately held Canyon Ranch employs more than 1,200 full- and part-time workers.

Canyon Ranch staff, which include doctors, nurses, therapists, dietitians, fitness instructors and chefs, outnumber guests nearly three to one. This, in addition to a formula of delicious food, health plans, a variety of exercise options — and yes, pampering — proved to be a winning combination.

The resort appears regularly in many national magazines. Condé Nast Traveler has rated Canyon Ranch the top spa in the country in the last three years.

Says Condé Nast writer Carol Isaak Barden: "In my years on the spa circuit, I've gone for tune-ups at a score of American fitness camps. My favorite by far: Canyon Ranch in Tucson. Part summer camp, part health club, part spiritual retreat. It's where I go when I start to unravel."

Many guests, like Barden, are repeat customers, Zuckerman says. A 90 percent rate of return to either locale has boosted Canyon Ranch's occupancy rate to a lofty 80 percent to 90 percent. The Tucson Canyon Ranch, which now has 175 "casitas," can handle 260 guests.

"It's amazing growth, built on people wanting to come back," he says.

"This business has been good to us"

For Mel and Enid Zuckerman, who have a house on Canyon Ranch grounds, the spa's success continues to be a surprise.

"I didn't go into this to make a lot of money," he says. "But we have made a lot of money. This business

See RANCH, Page 2C

Array of activities await guests

What can you try during a weeklong stay at Canyon Ranch?

All guests start out with a physical exam. Then there's an endless array of possibilities.

First, there's the exercise: The spa offers biking, biking, racquetball, squash, tennis and swimming. There's also a full-size gym with all the major workout machines.

Not sure which one try? An appointment with a Canyon Ranch exercise physiologist can help.

Then there's the food.

Guests can stay on a variety of calorie plans and learn how to cook Canyon Ranch cuisine at home. There's an emphasis on traditional low-fat food selections, like chicken and vegetables, but there's also cake and fudge sauce — the non-fat variety.

There's a wide range of professional "luxury" services similar to those offered at most spas — massages, facials, masques and makeup applications.

Canyon Ranch also offers everything from handwriting analysis to astrology and acupuncture.

But co-founder Mel Zuckerman says the spa's extensive health programs are the foundation of Canyon Ranch.

The spa offers specialized health programs for men and women. Many emphasize preventive treatment, such as identifying what the guests' risk factors are — from high blood pressure to stress — and offering ways to help work on those problems.

Behavioral programs help relieve problems ranging from sleep disorders to smoking.

Some services are included in a stay at Canyon Ranch. Others are added to the bill.

CR001531

Smith's ranks 2nd in food-store poll

Smith's Food and Drug stores finished second in a customer satisfaction poll of readers of Consumer Reports, the national magazine reported recently.

In the results of its 1992 Annual Questionnaire, readers ranked Smith's behind Publix, a Florida-based food store chain, with just under 80 percent positive response from readers.

Smith's, based in Salt Lake City, was credited by respondents with having quality produce, good variety, special departments, clear aisles and advertised specials in stock.

Though most of the 24 chains listed in the poll were not operating in Arizona, Smith's finished ahead of Safeway, which does compete in Arizona; Lucky's, a California chain that withdrew from the Arizona market several years ago; and Albertson's, the Idaho chain that has said it will enter the market here soon.

The survey was based on 10,000 reader responses, and each store was evaluated by at least 200 readers, the magazine reported.

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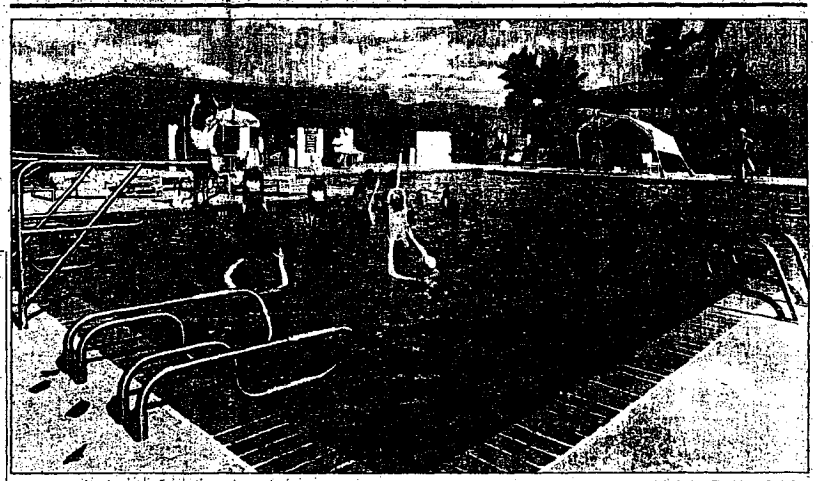

A.E. Araiza, The Arizona Daily Star

Guests exercise with paddle boards in one of Canyon Ranch's three pools; other activities include hiking, biking, racquetball and tennis

Ranch

Continued from Page 1G

had been good to us, more so than we ever thought."

Like its parent in Tucson, Canyon Ranch in Massachusetts also lost money in the first few years but now is a money-maker, although a smaller one, for the Zuckermans.

There are no solid plans for additional U.S. resorts, but there are other plans in the works.

The Zuckermans licensed a New Jersey-based company to produce Canyon Ranch Cuisine, a weekly set of refrigerated meals that can be sent nationwide. Canyon Ranch doesn't produce the meals but has rights to oversee and check the quality of the food that is sent out, and receives royalties from the sales.

Zuckerman has declined numerous proposals from companies who want to use the Canyon Ranch name on everything from gyms to workout wear. He says the prepackaged foods may be the only venture where another company is able to use the Canyon Ranch name.

"Guests were saying, 'We love the food,' " he says. "We want people to take it home."

Canyon Ranch also is looking at building a third spa somewhere in Europe. The company is still scouting locations and has looked at sites in France and Spain.

Zuckerman isn't planning on expanding on the 40 homes built around the spa on lots he sold in the mid-'70s, although he has several lots left. The homeowners pay monthly dues and are able to use Canyon Ranch facilities, but pay for meals and other extras.

The unsold lots are part of 100 acres around the spa Zuckerman owns.

"Scholarships" available

The Zuckermans, who spend most of their time in Tucson, have made efforts over the years to reach out to Tucson residents even though so little of their spa's business is generated here.

In 1984, Zuckerman founded the Wellness Council of Tucson (WELCOT), which encourages local businesses to keep their employees healthy.

He also finds ways to get those who can't afford a pricey stay at Canyon Ranch. This summer, he created a scholarship program for Pima County residents. People between the age of 21 and 59 with health risks received all-expense paid stays at Canyon Ranch.

The ten-day "scholarships" as Zuckerman calls them, included the stay at the resort, meals, medical examinations and educational programs.

He also gives away some of these "scholarships" through WELCOT and through a senior citizens group.

"As we got more expensive, it bothered me that those who couldn't afford our price couldn't stay," he says.

In Tucson, home of few Canyon Ranch guests, he says his resort is viewed as elite. But the scholarships, he says, are one way to open it up to more people and battle that perception.

But he says an "elite" reputation was inevitable. The average Tucsonan can't afford a stay at Canyon Ranch. No part of the facility and its 70 acres is open to the public.

The spa may have a national reputation problem as well.

Zuckerman finds himself battling the perception of Canyon Ranch as

Many resorts nationwide are cashing in on the popularity of the "spa" experience and offering services like manicures, makeup applications and massage. Canyon Ranch offers all of those, but also employs a staff of health professionals — doctors, nurses, dietitians and physical therapists — who help people with health problems.

Zuckerman enlisted the help of his marketing and public relations staff to send the message that Canyon Ranch isn't only for pampering. Its primary mission is to teach guests how to be healthier, live longer and take what they've learned home. Pampering is a part of that, but not the whole picture.

"We have that image that (Canyon Ranch) is where the rich people go to lose weight," he says. "We are one step beyond that. After coming here, people go home knowing how to make themselves feel better."

Zuckerman says his staff inspires guests to turn their lives around — as he did his — during their stay at his spa.

"They learn, in essence, to change," he says. "They learn how

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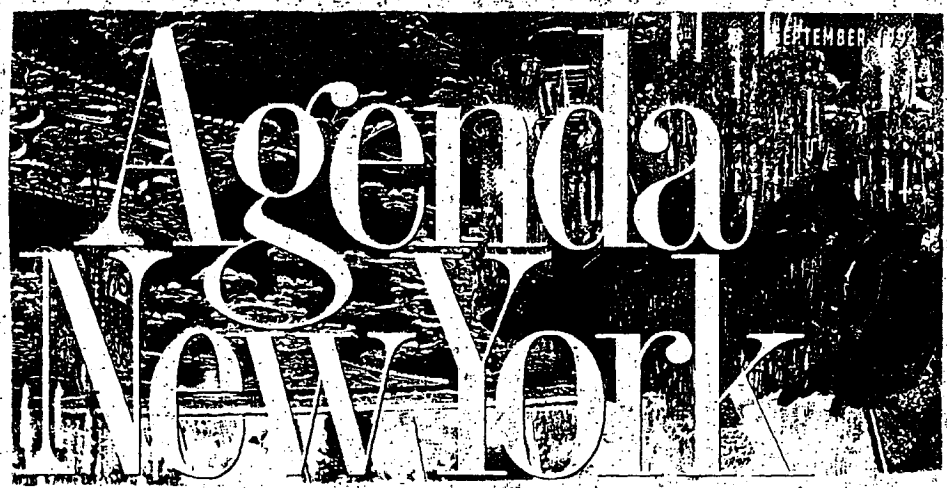

Time Out

THERE'S NOTHING LIKE A SPA BREAK TO HELP YOU UNWIND THIS WINTER

CANYON RANCH IN THE BERKSHIRES

BY PAMELA VON NOSTITZ

THE NOTION OF A MORE HOLISTIC VIEW OF LIFE HAS STARTED to seep into even the most tightly structured corporate environments. The pressures of a sagging economy, corporate down-sizing, and no-longer-secure jobs have led to increased workplace hardship and of course, stress. Difficult as it is, however, there's also a flip side. Priorities have shifted, creativity has spawned new approaches, and people have realized the high costs of a life-style that taxes their limits to the breaking point. They are seeking relief: time—even in smaller-than-vacation-size increments—to unwind and recharge the batteries. Many are choosing to spend that time at a spa.

Corporations, too, have started to incorporate spa visits into their meeting curricula after realizing the benefits of increased productivity from well-rested, rejuvenated employees, who function better when they feel better.

While by no means a new invention, spas are becoming more popular destinations than ever before in the history of America; more flexible, too. While it's glorious to have a week or so to enjoy the facilities and soak up the benefits, shorter stays are possible. A weekend pick-me-up package might be just what the doctor ordered.

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Following are four highly acclaimed spa destinations, each very different in terms of ambience, all within driving distance of the New York area.

Canyon Ranch

No spa article would be complete without mention of Canyon Ranch in the Berkshires, sister spa to the famous Arizona facility. Geared both toward individual spa goers and the corporate incentive market, Canyon Ranch is a casual, modern facility with classical American spa roots. It hosts groups of up to 45 and will customize programs to link work and wellness. Options range from meetings, team-building outings and brainstorming sessions to specific programs to reduce stress, lose weight, or quit smoking, plus fitness classes, hiking and biking excursions, cross-country skiing, squash, tennis, racquetball, and, weather permitting, canoeing and kayaking. There are steam and inhalation rooms for men and women, whirlpool baths, herbal and hydrotherapy treatments. Other self-treats include facials, herbal wraps and massage. Smoking is not permitted indoors or in public areas, and no alcohol is allowed on the premises.

Canyon Ranch is situated on 120 wooded acres. The spa complex consists of 100,000 square feet of space, a modern 120-room inn, and the Bellefontaine Mansion, built in 1897, which houses the dining room (serving low salt, low fat, and highly tasty meals) and health and healing departments. In addition there are three separate meeting rooms for groups of 10 to 45, with secretarial and technical support staff close by to help out.

Group rates are available for weekend, five-, six- and seven-night packages. Rates include accommodations, three nutritionally balanced meals a day, use of all spa and resort facilities, and round-trip transfers to and from Bradley International Airport, Albany Airport or train station.

For more information on Canyon Ranch call the group sales office in Lenox, MA, at 413 637-4100.

Norwich Inn and Spa

Whether you choose to stay in the cozy, Georgian-style country inn or the more modern villas scattered throughout the 40-acre property, Connecticut's Norwich Inn has a very New England country ambience, cozier and a bit more formal than Canyon Ranch. Norwich Inn has several options available, from two-to five-night packages or overnight accommodations for individuals or small groups. Programs cater to leisure travelers on the weekends, corporate groups mid-week. It's an excellent executive retreat. Here, too, staff will help you combine work and wellness programs, from leading morning walks before meetings to organizing country-western dances at night. In between, of course, there's a wide variety of activities to choose from: exercise classes and rooms full of exercise equipment, whirlpool baths, saunas, steam rooms, hydrotherapy (mineral, mud, and herb baths) facials, massages, make-up consultations, swimming, yoga, nutritional counseling, waxing, glacial clay and other assorted body wraps. There's also a golf course on the premises, tennis courts, and swimming pools.

The Inn can accommodate 200 guests without sleeping rooms; 125 with sleeping rooms; seven meeting rooms are available for group use. They'll also open the spa exclusively for your group at certain times if you like, with prior arrangement.

For more information contact the group reservations department at 203 886-2401 or 1-800-ASK-4-SPA.

New Age Health Spa

A holistic health retreat in Neversink, New York, New Age Health Spa is very casual and has few frills. It offers a wide range of sports activities, from swimming to snowshoe walking and mountain hiking, plus such therapeutic options as Dead Sea mud treatments, ayurvedic facials, aromatherapy, massage, as well as private consultations on Alexander technique, herbs, nutrition, plus yoga therapy, tarot-card reading, stress-management, overcoming stumbling blocks, and astrological charting. Services are designed to "help integrate body, mind, and spirit, and create a sense of wellness and wholeness within your being."

A special part of their program is corporate training by "adventure learning." Activities in the training program include challenge courses, low and high-altitude climbing, often involving ropes, and walking across logs suspended 30-feet in the air. (Safety is always a prime consideration.) Owner Werner Mendel explains the idea is that the "way people behave when confronted with real obstacles in life is mirrored in their reactions to many challenges on the course." The purpose of such challenges is to boost self-confidence of individuals and strengthen team cohesiveness, since individuals must rely on others to successfully complete exercises. It's ideal for groups of up to 40, Mendel recommends.

New Age Health Spa is situated on 155 wooded acres in the middle of the Catskills. Accommodations are simple and there is a two-night minimum stay. Packages range from two nights to 28 nights and include a wide variety of plans. Leave your cigarettes, artificial sweeteners, alcohol, and worries behind. For more information call 914 985-7600.

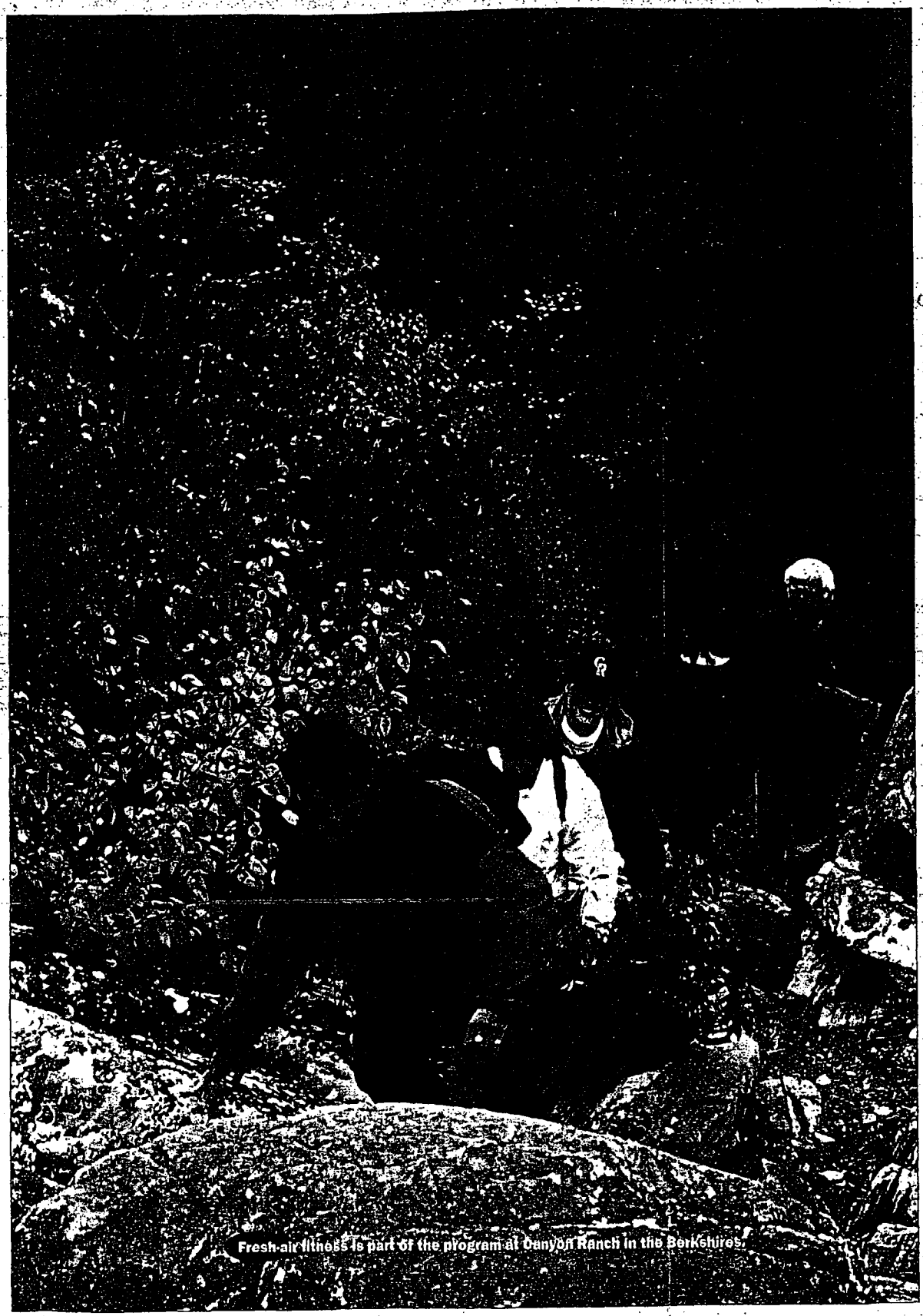
Gurneys Inn Resort and Spa

Gurneys, on the eastern tip of Long Island, is an oceanfront resort complex with conference center, health and beauty spa. It's much glitzier than any of the above and does a big business, not only as a spa facility, but as a resort as well. You can go there to enjoy the ocean and water sport activities, get married, or hold a business meeting.

Gurney's, the spa, claims to be the only marinotherapeutic spa in North America. Two complete spas, one for men, one for women, offer a wide range of options: Finnish rock saunas, Russian steam rooms, Swiss showers, Dead Sea salt glows, Italian Fango packs, German Thalasso therapy, hydro-relaxation therapy, biofeedback sessions, relaxation and meditation techniques, hair analysis, scalp treatments, and pedicures, to name a few. Of course there are plenty of exercise machines and fitness classes, too, plus golf and fishing nearby.

Accommodations range from cozy ocean-level cottages for two (Crow's Nest), to double rooms and suites in other cottages and six other buildings. Conference facilities include eight meeting rooms, accommodating from 24 to 300, all equipped with sound and A/V systems. There are four restaurants and two bars, with additional beach and patio areas open in summer.

For more information on conference sales or bringing a group to Gurney's, contact Joan Harrison, director of conference sales, 516 668-3365. ■



Fresh-air fitness is part of the program at Canyon Ranch in the Berkshires.

CANYON RANCH IN THE BERKSHIRES

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SAN FRANCISCO
Examiner
Magazine
OCTOBER 16, 1994

Desert Blooms

Tucson's legendary Canyon Ranch restores you body & soul through sun & sweat.

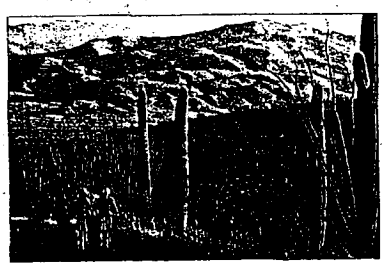
BY MANDY BEHBEHANI

No booze? No fries? All-day exercise?

What kind of a vacation is this, anyway?

It's the Canyon Ranch experience, a health and fitness holiday that aims to get your body in shape, your mind in gear — and allows your soul, long under house arrest, to come out to play.

I arrive at the legendary Canyon Ranch in Tucson, like everybody else embattled, bruised and burned out from modern-day working life. It is around 85 degrees on an April day and I have come for a four-day stay at this celebrated health resort named by *Traveler* magazine in 1992 as the top spa in the world.

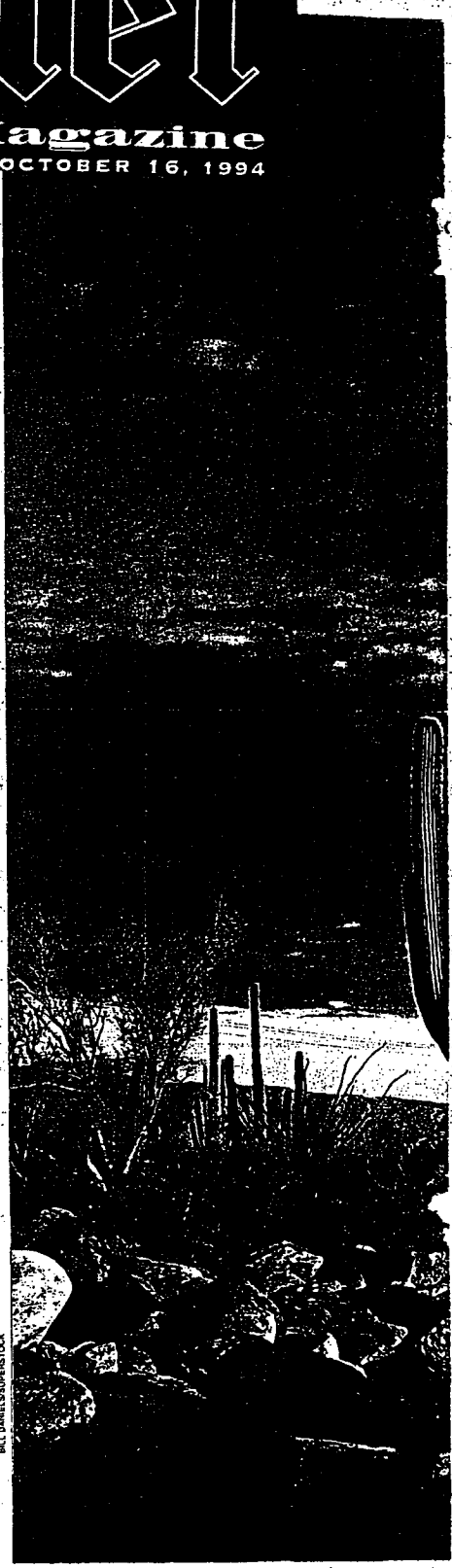


Here, on 70 serene and peaceful desert acres dotted with towering Saguaro cacti, streams, jack rabbits and chic single-story adobe style cottages and surrounded by the majestic Santa Catalina, Santa Rita, Tucson and Rincon mountains, movie stars, business tycoons and anyone else who can afford it run, jog, hike, bike, aerobicize, consume low-fat food and take mind-healing courses, all of which will, ideally, transform the way they live when they return home.

And to drive the point home, there are more than 40 fitness classes daily in a 62,000-square-foot, four pools stocked with sunscreen, and tennis courts and walking trails galore.

Over this health campus dash a myriad of psychologists, physicians, physiologists and dietitians on their way to help guests correct ailments like obesity, smoking, sleep disorders and impotence. Sore muscles get help too. The Ranch employs 60 massage therapists. Behavior modification and education are a big part of the Canyon Ranch experience: the philosophy is that spiritual and emotional health is as important as physical fitness. Thus there are workshops in everything from the psychology of healing to stress management, aging well and healing that infamous inner child.

(Continued on page 42)



BILL DANIELS/SUPERSTOCK

The glorious Southwestern landscape inspires health seekers at the Ranch. T'ai chi, top, and cycling, above, are just two of the many activities available.

CR001536

Arizona: Desert Blooms

(Continued from page 36)

For penetrating self exploration, there's hypnosis. And if you're up for it, there's always the opportunity to make a $150 visit to the resident astrologer, Susie Cox. She declines to name her clients, but they reportedly range from members of the British royal family to politicians, CEOs of large corporations and the cream of Hollywood celebrity.

The calm, ordered atmosphere is due in large part to the efforts of general manager Jona Liebrecht, who regularly patrols the grounds and spends 40 percent of his time with guests to make sure they're happy. The rest is up to hands, who outnumber guests almost 3 to 1. At any given time, there are 650 employees and around 225 guests.

The chance to regain one's sanity and empower the spirit and body have convinced more and more people to choose a healthful instead of a hedonistic vacation. People come here from as far away as New York and Montreal, and while the Ranch does not release the identities of its celebrity guests, some of them bear famous names — among them Holly Hunter, Lee Radziwill, Robin Williams, Richard Dreyfuss and John Travolta, Julia Roberts and Mary Tyler Moore.

The experience begins before you arrive. A medical questionnaire, information booklets, exercise class schedules, luggage tags and suggestions on what clothes to bring arrive in the mail. The look here is casual, unlike the more glitzy spas like California's La Costa. Shorts or sweats at dinner are fine. And definitely no earrings.

The questionnaire must be filled out and returned before arrival. Then comes a phone call from a program coordinator. Mine was from Jann Wilson, who helped me pre-book some appointments. (Rules traditionally ban pre-booking by first-timer visitors, a sore spot with some people who arrive to find all the best hikes and masseuses already reserved.)

Some of my appointments are part of the package at Canyon Ranch, where stays are luxurious, but costly. In high season, Dec. 22 through June 15 and Sept. 16 through Dec. 21, a four-night stay in a standard room will cost $1,390 per person per couple.

For an executive room, that cost rises to $1,530. Add 18 percent service charge and around 6.2 percent sales tax, and you have your base cost. This covers tipping, three meals a day, use of spa facilities, round trip airport transfers and local phone calls. Also included in the package are a couple of what the Ranch calls "health and healing" services, and spa and sports services like massage.

For a seven-night stay, the cost goes to $2,380 per person in a standard room based on double occupancy, and $2,620 per person in an executive room. If you want larger accommodations, they are available at a price. From June 15 to the middle of September, the hottest season in Arizona, prices drop by 40 percent.

Over the phone, I tell Wilson I'd like to try hypnotherapy with the director of spiritual fitness, Jean Pierre Marques, who has also done several thousand past-life regressions on visitors.

I also book a seaweed wrap, massage and a session each in exercising for weight loss and Pilates — which I hope will help me with a bad neck, shoulders and back.

Pilates (pronounced pih-LAH-teez) is an exercise system developed by German-born osteopath Joseph Pilates and dovetails with two general fitness trends: concentrated, ultra-slow movements and directing attention toward the torso.

Walking into the stucco clubhouse with its attractive Southwestern furnishings, I check in and receive a water bottle for hydration while exercising, and a little pale blue book with segment titles like "Food Log," "Daily Activities" and "Personal Goals." No chocolate on your pillow in *this* place.

My room is near the clubhouse on a peaceful quad around a lawn on which jack rabbits frolic night and day. An elderly gentleman in the room next door sits outside his room smoking. I ask him why he's not exercising with everyone else. "This is the best exercise there is," he says. "Just sitting here."

And that's the point. Getting in shape is very serious business here, but if you don't want to, no one will come running after you with a skipping rope or force you into 80 push-ups or a 21-mile hike. The "fat farm" days of weighing and measuring guests disappeared long ago. This isn't boot camp — rather, a haven for people who realize they must work to keep healthy and they can vacation while they heal.

My room is large, comfortably furnished and equipped with a hairdryer (shoot, I dragged my own all the way from home), an amenities kit, a TV, VCR and umbrella. Yes, it *does* rain in Arizona.

The spa has seven gyms, aerobic and strength training rooms, squash and racquetball courts, skin care rooms — and for those who can't stand a chipped nail for more than a minute — a beauty salon. In the Health and Healing center, medical staff focus on the spa's philosophy of taking responsibility for one's own health and well being.

Then there's the demo kitchen, where every day at noon there are hands-on cooking classes and recipes to take home — and a creative arts center for evening classes in watercolor painting and pottery. Friday nights are reserved for bingo with guests vying for Canyon Ranch cups and vizors.

After I see a nurse, who notes my blood pressure and tells me at what heart rate I should work out, I go to firm up my schedule. I cancel a couple of pre-booked appointments in favor of others, add in a 15-minute nutrition Q&A and — very reluctantly — a body fat composition test.

By 6 p.m. I'm starving, so I wander down to the Clubhouse's cheery dining room. First, however, there are delicious nonalcoholic "mocktails" in the lobby. For dinner, singles can sit at the captain's table. Otherwise, guests can sit alone, which happily is not the uncomfortable experience it is in most restaurants. No one stares. No one tries to pick you up. The service is excellent.

I wonder how much lettuce I'm going to be forced to ingest during my four-day stay. I happily find the answer is none, if I don't fancy it. Even though there are no Chiantis or salt shakers for miles around, diet is a dirty word at Canyon Ranch. The menu is loaded with several low-fat, low-calorie, perfectly-balanced choices, all delicious and all with their calories and fat contents clearly listed. And the chocolate sauce and nonfat yogurts here are legendary.

I begin to take in the tools that will help me eat correctly when I get home. Cook with chicken stock or non-vegetable oil cooking spray instead of oil. Eat small portions of everything. Do not exceed your daily allotment of fat calories.

For my first meal, I choose a small salad with a refreshing yogurt dill dressing. Salad is 25 calories per cup, and two tablespoons of dressing are 15 calories with trace fat. (The blue cheese dressing compares favorably to those served at high-class restaurants, and has only 30 calories and 1 gram of fat per ounce.)

I then have a half-order of pasta marinara with cheese, 245 calories/2 g fat, bass with julienned vegetables, 260/5, and a mouth-watering, barely-there slice of pumpkin loaf with yogurt and maple syrup, 160/2. Scrumptious! Great food. No guilt.

The next morning I get up at 6:15 to go on the 7 a.m. walk. All the walkers meet at the spa and have coffee and a piece of the Ranch's banana or raisin bread. While waiting, I consult the board of fitness classes for the day and wonder how I will be able to fit in even a quarter of the classes I'd like to take. Will I do line dancing or funk aerobics, boxercise, or abs, buns and thighs, yoga or cardio-circuit or power step?

We start by stretching on a tennis court; then split up into groups for a 1-, 2-, 3- or 4-mile walk.

The pace is fast, the day is magical and the workout a good one. "This place is near in distance but remote in the mind," muses a woman from Southern California. "That's why I come here."

Another woman looks at me sympathetically when I tells her this is only my first visit. "It gets better," she says. "You have to come back. You just get hooked."

After the walk, it's on to breakfast. One poached egg, 75/5, orange juice, 55/trace, one slice of nine-grain bread, 100/3 and coffee.

Then it's time for my nutrition Q&A with Jim Glaser, a session from which I learn little. In his office, lined with boxes of low-fat chips, cookies and other edibles, I ask him about food — and diabetes, because both my parents suffer from the disease. Glaser says he cannot tell me anything and recommends I see a dietitian at home.

After an aerobics class, I go on to lunch and then squeeze in step aerobics. From there, I go straight to see Marques for hypnotherapy. A friendly man, he asks me what I want to change and I tell him. He then works to hypnotize me while making a tape of his voice, telling me everything he thinks I need drilled into my mind to "change the tape in the brain."

Am I hypnotized? I don't think so. Marques tells me to listen to the tape for three weeks "because that is the time it takes to get a new message into the brain," and quietly slips out.

The next day is Sunday, and I wonder how I'm going to get to church. No worry, a Ranch car will ferry me to services. First, I go to breakfast, where I am seated next to Katherine Hogan, an entertainment lawyer with Viacom in Manhattan, who is visiting the resort for the second time. She has booked two massages for every day she's there. "I just love the desert," she says, "and I love the hikes and walks. For me, the body and soul are connected, and if I'm in shape I feel good."

After church, I hurry to a power aerobics class and then a yoga stretch class with Deanna Pierce, which consists of a few stretches that don't do much for me. In the afternoon I undergo my body composition test, again with Pierce, who clips my body with calipers at four areas and makes her pronouncement. The Ranch recommends a range of body fat for optimal health at between 20 and 30 percent for women. Phew! I'm in the range, but a little higher than I'd like to be. I look for some sympathy or reassurance from Pierce,

(Continued on page 44)

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Arizona: Desert Blooms

(Continued from page 43)

but she seems in no mood to give it.

Directly from there, I go to Mike Siemens for my exercise for weight-loss session. He tells me my exercise level at home is probably too low and too infrequent, and my calorie intake too high. "And in a few years you'll be 40 and it'll be even harder then," he says. Siemens must have seen my dismay because he then adds, "But you're in much better shape than a lot of people who come here."

After putting me on the treadmill for 20 minutes to test at what heart rate my body's working hard, Siemens comes up with a plan. To lose 8 pounds, I need to eat 1,400 calories a day, 25 to 30 grams of which should come from fat, for eight weeks. Siemens also prescribes an exercise plan of four 40-minute aerobic training sessions a week at a heart rate no lower than 135, one of which must include interval training. Sounds simple, right?

I'm feeling a little depressed at this point. How can I take everything home I learn here and apply it amid the craziness of real life?

I try to forget my worries as I go for a soothing seaweed wrap. It begins with a body exfoliation, followed by lots of lavender oil. Then I'm smeared with seaweed and left to cook a bit. After I shower off, it's time for body milk all over. Super.

The next morning, I go on another, tougher walk at 7 a.m., and then take a 1½-half-hour-killer power-step class.

After lunch I visit Karma Kientzler for Pilates. In a matter of minutes, Kientzler figures out why my body is out of alignment and some of the physiological reasons for the chronic pain in my neck and shoulders. Having tried just about every therapy there is, I look at the Reformer machine used in Pilates and think — another contraption that won't help.

Kientzler puts me on it and I start the exercises to open up my back and strengthen my torso and abdominals. Surprisingly, I leave feeling better, standing straighter and with less pain. And the feeling continues for a couple of days.

Later that afternoon I go to see Pamela Bell, who gives the best massage I have ever had, and then go for my last dinner: zucchini bisque, lobster and chocolate souffle cake. Yummy!

I leave the next morning, Canyon Ranch cookbook in hand, a flat (well, flatter) stomach, and feeling the best I have in years.

Many others leave the same way, which is why 50 percent of visitors return. Founder and co-owner Mel Zuckerman, a spry 66, says when he first opened the Ranch 15 years ago, he saw 80 to 90 people a day. Today, that number is up to 240. A Canyon Ranch opened in the Berkshires in Lenox, Mass., in 1989, and another one is planned for Europe.

The genesis for Canyon Ranch was Zuckerman's own experience. What happened to him revolutionized his life — and, he likes to think, that of the entire physcial fitness industry.

A real estate developer in Tucson, Zuckerman at asthma, the New Jersey-born businessman had opted out of all exercise at school and suffered high blood pressure and ulcers later on. He was overweight, and at 40, his doctor had told him, he had the body of a 65-year-old man. At 49, his beloved father, a chronic smoker, died of lung cancer.

"I went to a fat farm called The Oaks in Ojai," says the small, lean Zuckerman, who hikes four times a week, sometimes with his executives with whom he conducts business meetings while out on the hiking trails.

"I intended to stay one week to see if I could lose 10 pounds without going on the fad diet of the month. I was very caught up emotionally with being healthy. Before my father died, he would come into my office every day and croak, 'If only I had listened and given up smoking earlier. Can I beat this, kid?' And I thought, 'I don't want to look back someday and wish I had done things differently. I'm a sick, sedentary fat person, and I have to change.'"

Zuckerman enjoyed the spa so much he extended his stay, lost 20 pounds, and within 10 days was jogging a mile and a half in less than 12 minutes. At age 54 he ran his first marathon.

"Canyon Ranch happened because I discovered I was empowered to totally change my health profile and how I felt and thought about life," he says.

Returning home, Zuckerman and his wife began their search for a property on which to build a health spa. Soon they chanced on an old dude ranch 30 minutes from the airport.

But none of the banks in Tucson that had loaned Zuckerman millions to build houses would lend him a dime to build a spa. So he sold everything he owned and financed the project himself. Eighteen months after leaving The Oaks, he opened Canyon Ranch. By the third year, the Ranch broke even.

"My timing was right," says Zuckerman. "There has been a conscious explosion in the health industry as more and more people are finding out that health is more choice than chance. We know now that perhaps 80 percent of good health has to do with choice. I grew up not knowing that. And if 80 percent of illness and disease can be reversed and is caused by lifestyle choices, what we need here is to teach people how to make choices."

Zuckerman says the Ranch gives guests "everything you need for this thing called lifestyle, but some of you will do it and some of you won't and that's because some of you don't have it here in the gut, only in the head. I really do believe none of this would work without exercise, but the basic premise is that people can assume a level of control over the important elements of their lives. A lot of people abdicate control when it comes to health. What we try to impart through this vacation experience is a sense of feeling good, of showing people what they can become if they take a little of what they learn here home with them." ○

Canyon Ranch is located at 8600 E. Rockcliff Road, Tucson, AZ 85715. (602) 749-9000.

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THE MIDWEST MOTORIST
NOVEMBER/DECEMBER 1997

The sun and shadows help paint breathtaking vistas at Red Rock Crossing in Sedona. © Bob Garas/Unicorn Stock Photos

Desert flower

Arizona blossoms all year long, offering everything under the sun

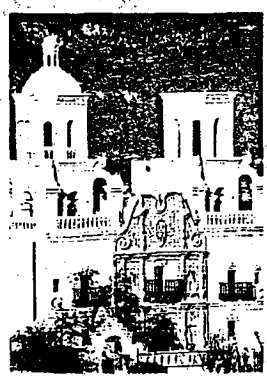
By Cynthia Kagan Frohlichstein

"A Z" is the perfect abbreviation for Arizona. From Canyon Country to the Golden Corridor, Arizona offers visitors everything from A to Z.

Grand Canyon

More than 4 million tourists visit Grand Canyon National Park every year. My only previous encounters with the 277-mile long, 18 mile-wide and one-mile deep canyon had been flying over it. But during a visit last fall, I couldn't get enough of the canyon from each glorious sunrise to every startling sunset. Light played off the rocks creating ever-changing "colorscapes." It was worth every one of the 2 billion years in the making.

You can hike the canyon or view it from the Grand Canyon Railway. Adventurous souls can ride a mule to the canyon's bottom, raft through it on the Colorado River or camp below the canyon's rim. Feel like you're able to reach out and touch it on the Papillon Helicopter Tours.



The Mission San Xavier del Bac in Tucson is one of the last Spanish missions still serving the original Native American parishioners. © Don Tibbits/Dast Photo

Sedona

It's said: "God created the Grand Canyon, but he lives in Sedona." A mere 110 miles from Grand Canyon Village within the national park, Sedona is impressive. Take the AAA scenic byway Winding Oak Creek Canyon Drive (State Route 89A) for dramatic contrasts of lush vegetation with surrounding canyon walls.

It took more than 350 million years for erosion to sculpt the panoramic red rock country that surrounds Sedona. We gasped at the awesome majesty of the brilliantly hued cliffs soaring above national forests. No wonder ancient Indians believed Sedona was a sacred land.

A fine place to enjoy this natural beauty is the AAA Four-Diamond Enchantment Resort, nestled into Boynton Canyon among spires of red rocks that change color and mood at the touch of the sun. We viewed the panorama from our spacious one-bedroom adobe "casita" (a Southwest cottage).

The resort's Havasupai concierge, Uqualla, dresses in traditional Indian costume and performs ceremonial orations. He'll also arrange for you the most exciting tours of your life.

One was the Northern Light Balloon Expeditions sunrise flight. Passengers met at the launch site to soar in tandem above Sedona. We went wherever the wind took us, wafting over animal life on the ground, brushing treetops and sailing quietly in the arms of the wind. After a soft touchdown, we celebrated with a champagne brunch.

The other memorable experience was the two-hour "Broken Arrow" Pink Jeep Tour. Our driver navigated the four-wheel-drive vehicle through a roller coaster ride up and down steep rock embankments up to the edge of precipices. Hearts were wedged in our screaming mouths.

For more quiet pursuits, Sedona's splendor entices national and international artists. Galleries abound in this art colony. Enjoy some of the best at Tlaquepaque, a plaza modeled after a Mexican village.

Tucson

Travel 230 miles to Tucson in Arizona's Golden Corridor–golden as in sun. Tucson has more sunshine than any other city in the United States–about 350 wonderful days a year with winter average temperature highs of 65 degrees and summer 98 degrees. And Tucsonians quickly point out the low humidity.

The city also offers visitors warm hospi-

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tality and varied accommodations.

When you hear locals say "The Ranch," they mean Canyon Ranch spa, often heralded as the best spa in the world. Treat your body, mind and spirit to a stay at this award-winning destination spa.

Eat healthy, tasty meals that nutritional counselors encourage you to prepare at home. Excellent personal services relax and rejuvenate you. Mind fitness, emotional and spiritual health, and preventative medicine are as emphasized as physical prowess.

For a world-class AAA Four-Diamond resort, head for Loews Ventana Canyon. You'll find 93 sprawling acres of lush Senoran Desert at the foothills of the Catalina Mountains. Go for the views. Every one of the 398 rooms has a private terrace.

Go for award-winning recreation facilities that include two 18-hole Tom Fazio-designed PGA golf courses, 10 lighted tennis courts, two pools, hiking trails, spa and health club. Go for the food. The Ventana Dining Room serves elegant American cuisine, and the Canyon Cafe has casual dining.

Arizona Inn, Tucson's oldest resort hotel, is a jewel that conjures up days past. Follow flower-lined paths to pink stucco cottages scattered beyond the main building. No two rooms are alike at this National Register hotel with a tasteful atmosphere.

Discover the old Wild West at the AAA Three-Diamond Tanque Verde Inn. A great family destination, the facility abuts the Coronado National Forest and is lodged in the foothills of three mountain ranges. This historic, award-winning dude ranch is what the West is all about: wide open spaces and miles of unfenced horse trails. Hike, swim or enjoy the spa area.

What to see

It would be worth traveling to Tucson, just to breathe the desert air, stroll among mighty saguaro cacti and bask in the sun. But Tucson is packed with attractions.

The most celebrated is The Arizona-Sonora Desert Museum where more than 200 live animals and 1,200 plants indigenous to the desert are stunningly displayed. You'll saunter along paths into exhibits like Desert Grasslands or Mountain Habitats. Wander through species of majestic cacti in the landscaped Cactus Garden.

Take your camera when you visit The Mission San Xavier del Bac, one of the country's most photographed churches. Built between 1783–1797 by the Franciscans, it is one of the last Spanish missions still serving its original Native-American parishioners.

Housed in a majestic building modeled after an ancient French Foreign Legion fort in Africa, the International Wildlife Museum promotes wildlife appreciation and conservation. A 30-foot mountain depicting the world's various regions and creatures is surrounded by 22 scenic dioramas. More than 300 species of preserved wildlife appear life-like enough to stray out of the settings.

Shades of cowboys and Indians are found at Old Tucson Studios, where more than 300 films, television episodes and commercials have been made. Ghosts of movie legends, such as John Wayne, haunt the historical Western movie sets. Lots of kitsch.

More than 180 vintage and current aircraft clue you into aviation history at Pima Air and Space Museum, the largest privately funded air museum in the world. You can board President Kennedy's Air Force One.

Arizona is an alphabet of pleasures that spells out a volume of vacation opportunities. Every chapter promises a happy ending. For additional information on Arizona, call 1-800-842-8257 or (602) 542-8687. ■

Cynthia Kagan Frohlichstein is a contributor from St. Louis, Mo.

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CANYONS APART

Fat farms have a more sophisticated philosophy these days: get healthy, live longer. PATRICIA ANGLY tastes the good life in two completely different settings.

"IT'S raining," whined the lady from New York as we schlepped past the gatehouse on the early morning three mile walk.

"Just suck it up and keep driving," suggested the young guard with a friendly smile.

No harm meant — just a typical New Englander telling a somewhat typical New Yorker how to cope with the vicissitudes of life.

This is Canyon Ranch in the Berkshires of Massachusetts, where the guests, primarily a well-fed and watered crowd from the bigger cities in the north-east, meet the down to earth New England staff. The contrast is almost as much fun as the exercise classes.

The east coast version of the Tucson based Canyon Ranch fitness and health operation opened five years ago and has proved as necessary to the well being of those concerned with their well being as the original property in Arizona.

At both spas, mornings start for many with a 6:30 am walk — in the desert at Tucson or along verdant paths in Massachusetts.

Like everything at these spas, these walks are tailor made, from one to five miles, at speeds to match nearly all staminas. And there are also hikes for those with the right boots and fitness.

You are then allowed to have breakfast, like all Canyon Ranch meals a very healthy affair with a lot of choice and a calculation of the calories and fat content of each item. After a few days this is meant to become part of your way of thinking. It works.

Canyon Ranch's verdant setting – a welcoming sight for jaded city folks

The emphasis on diet rather than dieting is at the heart of Canyon Ranch's premise about living in a healthy way, and longer.

Mel Zuckerman, the founder of Canyon Ranch, was galvanised into nutrition and fitness after his father died of lung cancer in the 1970s.

He then took his overweight and asthmatic self to a fat farm in California, dropped 13 kilos and learned to exercise without triggering an asthma attack. He and his wife Enid then changed their way of life and began passing the message on to others when they opened the Canyon Ranch spa just outside Tucson.

Canyon Ranch is probably America's top spa, and it has an extraordinary staff to help with both physical and mental fitness. There is a genuine commitment to offer the best, and the best of the new, in treatments and methods. Plus a finely honed commercial sense as guests' quirks and needs are met to size.

You can, for instance, have your tarot cards read in the Berkshires as well as get a bone density test.

> The land of the positive narcissist lends itself easily to getting physical beyond abs, glutes and lats

The basic message is a serious one — getting one's mind and body in shape for daily living. The American market is open to all on offer in this vein, and the idea seems perfectly reasonable after a couple of days.

While in Tucson, you can have a past life regression with the help of Jean Pierre Marques, who is the director of spiritual fitness. Marques was Los Angles' yoga and meditation master to the stars.

And you can sign up for help with any smoking, drinking, or general nutritional problems at both Canyon Ranches.

The land of the positive narcissist lends itself easily to getting physical beyond abs, glutes and lats. At Tucson, Dr Lana Holstein's "Prime Time Sex" session, after lunch once a week, is much better than a nap. Dr Holstein is the women's physician at the ranch. With enormous charm and humour she explained the panorama of sexual parts, male and female, and the attendant emotions they inspire. This technical tour de force was matched by an equally astute rundown of what is meant to be the loving side of sex.

You can stay busy all day long at Canyon Ranch. On the first day, after a basic check with a nurse, a program co-ordinator helps you make choices on activities suitable for your state of body and mind.

Setting up a program ensures a degree of discipline and a balance of types of exercise — from aerobic to resistance and strength. There is also room for old time stuff like bike rides and tennis.

In the Berkshires, cross country skiing and snow shoeing in winter, and canoeing and kayaking in summer add fresh air and relief to a basically indoor exercise program.

The health and beauty treatments are among the best and most advanced in the spa business. All the usual was available — Swedish, shiatsu and sports. I was particularly taken with a polarities massage at Tucson and the reflexology in the Berkshires.

The classes in aerobics, stretch and resistance training are well run, with different teachers — all young and fit, of course — who have slightly different techniques and routines to maintain your interest.

A very useful complement to all this exercise are the movement therapy sessions which teach more about the body's structure and incorporate Pilates training.

One of the most fun, and best workouts, is the pool aerobics. The guests appeared to vary in type at the two spas with the Tucson property attracting a slightly less intense group. While diamonds at breakfast and gold in the gym and a kaffeklatsch atmosphere at all meals were par for the course the week I was in the Berkshires, Tucson dished up a broader spread of people.

All this and more before breakfast

At breakfast there was the immensely plump young man from Denver who had checked in for four weeks, planning to drop a few kilos and give up cigarettes, sitting next to the compulsive woman from St Louis whose body fat was, at the most, in the 20 per cent range. Yet she was determined to lose two kilos.

The man from Los Angeles may have had 15 per cent body weight on a bad day, but goes to Canyon Ranch at least once a year for new workouts and a bit of healthy fun. And the millionaire from Texas had come to give up his two year-old secret smoking habit.

He had managed to hide this vice from his wife of 34 years by keeping a pied a terre in his home town — for smoking only.

"Ah'd go mad if Ah couldn't have my little bit of duplicity," he drawled.

The repeat business is high at Canyon Ranch, which was voted the US's "Best Spa" by readers of Conde Nast's *Traveler* magazine. And there is something addictive about learning how to be perfect, physically and mentally. Brushing up on those techniques once a year is quite understandable.

By the way, my body fat composition is 25 per cent of the whole, an "optimum level" for a female person of my height and advanced age. I arrived in Tucson weighing 57 kilos and left the Berkshires at 55 kilos. Vive la difference . . .

FACT FILE

What it costs. A seven night stay at the Tucson Canyon Ranch starts at $US2,840 for a single in a standard room and goes up to $US3,450 in a luxury casita. At Canyon Ranch in the Berkshires, the five night stay is $US2,000 and the seven day stay for one is US $2,990.

While the minimum stay on the east coast can be three days, a five to seven day stay is the only way to get real benefit from either program.

Both tariffs include accommodation and meals, all work in the gyms and use of the spa facilities (saunas, steam baths etc), as well as a health and fitness assessment.

The number of treatments and other services available in the package depends on the length of your stay and the level of accommodation you choose. The central reservations for both Canyon Ranches is at 8600 East Rockcliff Road, Tucson, AZ 85715, USA; tel (602) 749 9000, fax 749 7755.

HOW TO GET THERE

America West flies into Tucson and into Boston or New York. Its package tri-state program includes Arizona, Nevada and Arizona, and its system program gets you to the East Coast.

Canyon Ranch can pick you up from the Tucson airport, or the Albany, New York airport or train station (the train trip from New York City is about three hours).

Qantas flies to LA 32 times a week from Sydney and Melbourne. Fares range from $1,621 round trip in economy to $7,489 in first class. ■

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the Desert aesthetic

There are no faxes, no E-mail, no phones. There's only yourself, and you may lose that, too

by Martha Sherrill

When I was a girl I went to the desert with my mother, just the two of us. We drove out into the dunes and sage from Los Angeles like two miserable Joan Didion characters, lost and nervous, and restored ourselves. Death Valley, Palm Springs, Anza-Borrego Desert. We spread out towels and laid down on pool lounges. We stared off into the horizon. We looked up into the sky—so impossibly blue and vast, and full of possibilities. We soaked up the hard sun and took deep breaths and got up every once in a while and swam a lap or smelled the grapefruit hanging from the trees around us. Sometimes we didn't talk much all day. But we liked each other there. We felt good again, free. And when we returned home to the suburbs and our old lives, we weren't crabby, small people anymore. We were Annie Oakleys. We were Georgia O'Keeffes. We had shed something, an ugly shell of snake skin, and left it behind in the dunes. We had lost ourselves and found better ones.

You come to the desert to become the person you wanted to become but couldn't somewhere else. Maybe because there wasn't room. When you drive on Route 66, going west out of Albuquerque, you are suddenly in the desert and it's all there before you—level and gloriously empty like an unpredictable future. There are no farms, no pasturelands. There is no sense of human tilling or toiling—no feeling of man's endless need to be productive. Only the wind seems to be doing its work, blowing the sage and pink dust into your Chap Stick. And you can find comfort in this, in your insignificance, in the futility of trying. The desert landscape is both an idyll and a forced surrender. It's a giant sandbox, and also a vast expanse of space and time and dust left undisturbed. As Terry Tempest Williams says in her new book, *Desert Quartet*, "No compass can orient me here, only a pledge to walk the distances before me."

On the highway you come upon bleached-out billboards, broken neon signs, or cars up on jacks, or broken down pickup trucks all rusted out with bullet holes . . . the passing scenery. The sunlight streams down the streets of dumpy towns the way it streams down the avenues of Paris, all yellow and white and utterly clear. But in the desert, civilization has a feeling of seediness, and also of something sacred. The truck stops in Needles, California. The souk in Tangier. The casinos in Vegas.

Gamblers come to the desert, to find a place that accepts their hopefulness, or to recover it. To lose everything, even themselves. Romantics come, loners—Sam Shepard characters and Peckinpah's lost cowboys—on their way to something else. In *The Sheltering Sky* Port and Kit come to the desert, maybe to die, maybe for redemption, as does Hunter S. Thompson in *Fear and Loathing in Las Vegas*. Gay men arrive, looking for some company—Paul Bowles, Malcolm Forbes, and Sebastian Flyte in *Brideshead Revisited*, all wind up in Morocco. The desert offers bargains and opportunities. For high, for low. For sex, and God.

"The desert lies beneath and soars beyond any possible human qualification," Edward Abbey says in *Desert Solitaire*—the famous journal he wrote while spending one year living in Arches National Park. "Therefore, sublime."

Later on with my mother, as our lives became more complicated and we became more extravagant, the motels and old hotels gave way to desert spas, to sulphur baths and herbal wraps and facials, to energy-balancing massages. If we arrived polluted and exhausted, in the desert we became vegetarians. We ate beans and brown rice, drank bitter wheat-grass juice and teas made with anise and camomile and goldenseal. We slept for hours—ten, eleven, twelve—in quiet rooms darkened by thick curtains. And if we arrived fighting, as we sometimes did, in the desert we were friends again.

We all groan towards the desert, and arrive with the stale smell of airplane air in our clothes mixed with fear and cramped spirits. We are pulling too much, carrying too much, everything heavy about us—bogged down in paper and bills and voice-mail messages—and slowly, as the days pass, we lose things, drop things, accidently, and accidentally on purpose. The sands open and close and we move on. The desert takes from us. And we feel lighter. We have a bounce. Our spines feel longer, our shoulders have dropped. Our necks are loose.

The wind blows things off you, like the bad vibes you arrived with. And we must know instinctively that the desert is for purification, for healing. Aloe vera grows there, and yucca and cacti. The Indians light smudge sticks of sage to cleanse their houses of >

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the Desert aesthetic

bad spirits. And spas flourish there—Canyon Ranch, Green Valley, and Two Bunch Palms—watery oases, as well as places for drying out and recovering, like the Betty Ford Center in Rancho Mirage.

The desert is for miracles, too. In the Sanctuary at Chimayo, just outside of Santa Fe, the walls are crowded with canes and crutches, photographs and driver's licenses. People stand in line with small jars, to collect some sacred soil from a hole in the chapel floor. The bowls of holy water are dry though, dry everywhere in the desert, evaporated into the air, and with every breath sometimes it feels like you are inhaling it.

Women come to the desert and spread out, unload, open up, like *Thelma & Louise*. Or like the fat German tourist in *Baghdad Cafe*, they leave all kinds of things behind them, families and lovers and husbands. They expand while also getting lighter. In 1913, a fifty-four-year-old woman named Daisy Bates went to the Australian desert, leaving her son and husband behind. She lived in tents with the Aborigines, and stayed thirty-five years. In Julia Blackburn's book, *Daisy Bates in the Desert*, Bates brags that the Aborigines believe she was once a tribal elder and had become "neither man nor woman. I was a supernatural being who had moved beyond the boundary of the sexes."

Mabel Dodge Luhan arrived in Taos in 1916, built a casa with her millions, and married a Pueblo Indian elder. Georgia O'Keeffe went to Taos, first for vacations and rest, running from the New York City art scene, from Alfred Steiglitz and his moodiness and little crushes on much younger women, and she fell in love herself. She loved the "wonderful emptiness," she said. "This is my world."

There's a cool, dry feminine energy. The desert is supportive without being smothering, nurturing without being too close. "This place, and no other, is my desired land," Ellen Meloy writes in her memoir, *Raven's Exile*, and she's talking about a spot in Utah, Desolation Canyon, "where color and light, and nutrients as essential as food, live in sublime balance, a tranquil ecstasy."

My mother and I never unpack to settle into the desert. We strip down. We exhale. Towels are wrapped around us, or hot sheets soaked in rosemary water and spearmint. At the end of a few days, we daydream about burning the clothes we came with, or just opening up our suitcases on the side of the dry highway and letting the wind take everything, blow everything away like tumbleweeds.

The dunes in Death Valley rise up more than sixty feet. At the Great Sand Dunes National Monument in Colorado, they are 750 feet and become orange in the sunset. The Sahara is so wide, so high, so endless, it's the kind of spot where you could bury anything. Leave anything behind. "The desert's a big place but nothing ever really gets lost there," Miss Ferry says at the end of *The Sheltering Sky*. But she was wrong. □

Martha Sherrill is a staff writer for The Washington Post.

THE DESERT WIND BLOWS THINGS OFF YOU, LIKE THE BAD VIBES YOU ARRIVED WITH.

where to stay

■ **ARIZONA BILTMORE, PHOENIX:** This is a big resort, not an official "spa," but there's an important feature that makes it a memorable desert location. Frank Lloyd Wright designed the building, which is low, exotic, and Indian, with long horizon views of the landscape. The gigantic swimming pool, with its arrangement of lounges, cabanas, and bars, is one of the best ever—the sort of place you dream about on snowy midwinter mornings back home. A little pricey, but in the off-season (June–August), the rates plummet nicely from $320 to $119 per room; 602-955-6600.

■ **CANYON RANCH, Arizona:** One of the most famous spas in the world—where the focus is on fitness, diet, "stress management," and "life enhancement"—is located in the desert on the outskirts of Tucson. There are hikes and walks, along with tennis, aerobics, swimming, and weight training. Food is low-cal. Prices are pretty high (week-long packages, which include meals and unlimited use of the spa; start at $2,480 per person); 800-742-9000.

■ **DESERTFARREN, Arizona:** Outrageous scenery, and each day brings yoga, stretching, and a new trail to hike. This is a fitness retreat, with miles and miles of trails, through valleys and mesas and archaeological sites. Lunch is waiting for you along the way, mid-hike, and there's a daily massage when you return. Food is vegetarian. Rate is $370 per night; 206-292-2220.

■ **GREEN VALLEY RESORT AND SPA, Utah:** Rigorous morning hikes through the red canyons of Zion National Park. Aerobics, swimming, tennis, yoga, and an endless list of mud treatments, wraps, and massages. A full-fledged spa, it requires some dedication to fitness regimes. Natural food and rather luxe accommodations. Week-long all-inclusive program, $2,150; 801-628-8060.

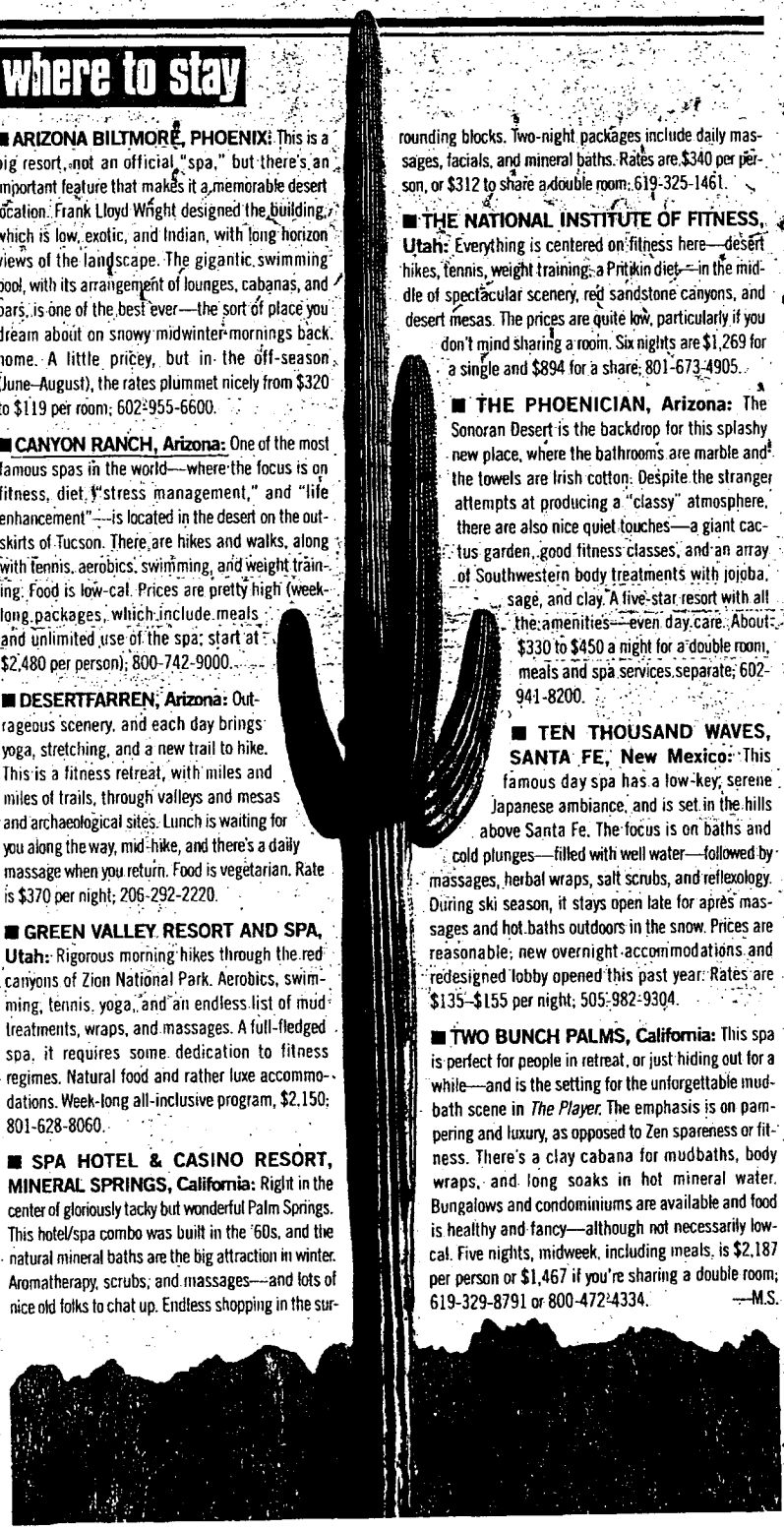
■ **SPA HOTEL & CASINO RESORT, MINERAL SPRINGS, California:** Right in the center of gloriously tacky but wonderful Palm Springs. This hotel/spa combo was built in the '60s, and the natural mineral baths are the big attraction in winter. Aromatherapy, scrubs, and massages—and lots of nice old folks to chat up. Endless shopping in the surrounding blocks. Two-night packages include daily massages, facials, and mineral baths. Rates are $340 per person, or $312 to share a double room; 619-325-1461.

■ **THE NATIONAL INSTITUTE OF FITNESS, Utah:** Everything is centered on fitness here—desert hikes, tennis, weight training, a Pritikin diet—in the middle of spectacular scenery, red sandstone canyons, and desert mesas. The prices are quite low, particularly if you don't mind sharing a room. Six nights are $1,269 for a single and $894 for a share; 801-673-4905.

■ **THE PHOENICIAN, Arizona:** The Sonoran Desert is the backdrop for this splashy new place, where the bathrooms are marble and the towels are Irish cotton. Despite the stranger attempts at producing a "classy" atmosphere, there are also nice quiet touches—a giant cactus garden, good fitness classes, and an array of Southwestern body treatments with jojoba, sage, and clay. A five-star resort with all the amenities—even day care. About $330 to $450 a night for a double room, meals and spa services separate; 602-941-8200.

■ **TEN THOUSAND WAVES, SANTA FE, New Mexico:** This famous day spa has a low-key, serene Japanese ambiance, and is set in the hills above Santa Fe. The focus is on baths and cold plunges—filled with well water—followed by massages, herbal wraps, salt scrubs, and reflexology. During ski season, it stays open late for après massages and hot baths outdoors in the snow. Prices are reasonable; new overnight accommodations and redesigned lobby opened this past year. Rates are $135–$155 per night; 505-982-9304.

■ **TWO BUNCH PALMS, California:** This spa is perfect for people in retreat, or just hiding out for a while—and is the setting for the unforgettable mud-bath scene in *The Player*. The emphasis is on pampering and luxury, as opposed to Zen spareness or fitness. There's a clay cabana for mudbaths, body wraps, and long soaks in hot mineral water. Bungalows and condominiums are available and food is healthy and fancy—although not necessarily low-cal. Five nights, midweek, including meals, is $2,187 per person or $1,467 if you're sharing a double room; 619-329-8791 or 800-472-4334. —M.S.



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HOLIDAY 1995 $3.00
NORTH SHORE
THE MAGAZINE FOR LIVING ON LONG ISLAND'S GOLD COAST

Canyon Ranch, Simply The Best

by Dawn Hale

The sight of the dramatic colonnades that dominate the Bellefontaine mansion drew gasps from my companions, this being their first visit to Canyon Ranch, the world-class Berkshire spa, located in Lenox, Massachusetts. Bellefontaine Mansion was built in 1897 by Girard Foster. It is a copy of Louis XIV's Petit Trianon and was built by the same architects who were commissioned by the Astors to built the New York City Library. Both the exterior and interior of the mansion have been completely restored to the original grandeur. The extraordinary library with its 10-foot-high bookshelves, splendid wood paneling and marble-trimmed fireplace evokes an ambiance of elegance. The spa shares an international reputation with its desert cousin in Tucson, Arizona, the prototype for the northeast property.

Front view of the Pavilion and Inn

The elegance of the mansion situated on 120-acre enclave is complimented by the state-of-the-art spa facilities, which thanks to the ingenuity of the architectural planning allows guests to move throughout the complex without going out doors. Glass enclosed walkways provide this shelter as well as allowing guests to experience the fabulous views of the outdoors. Very worthy of contemplation are the soft rolling hills, vast stretches of manicured lawns, cool shadowy forests, a reflecting pool and flowering gardens during the spring, summer and fall. Even the winter setting bathes the senses with exhilarating moments of beauty. Guests stay in the two-story Inn featuring 120-rooms and luxury suites, while the mansion houses the magnificent library, where after dinner lectures take place, and the French country decorated dining room.

Guests searching for relief of modern day stress, or a desire to feel rejuvenated, will be fulfilled by the tranquillity of the indoor luxury and outdoor beauty. The majority of guests, we discovered, visit Canyon Ranch with a personal agenda. The success of the guests' agenda is the responsibility of the highly professional staff. The number of repeat visitors attest to the skill and personal attention to details given by the staff, all of whom foster the spa's outstanding reputation. Over two dozen fitness classes are offered daily along with numerous outdoor activities such as group hiking, biking, canoeing, kayaking and in winter, downhill and cross-country skiing.

One's agenda can include a quick start to a wellness regime that can include weight loss through nutrition, exercise and medical evaluations. The array of services and classes can have a guest involved from dawn to dusk and then after dinner hear a lecture by experts on a variety of subjects. But, it can also include the ability to more leisurely schedule a few classes, some water aerobics, even a set of tennis or racket ball. Making you feel good is the goal here at Canyon Ranch. A 50-minute body mask does wonders for your skin, as well as your brain. While soaking in a hot tub, unencumbered by clothing, my eye caught through floor to ceiling windows, a few white clouds meandering across the clear blue winter sky. I recall on a previous visit, in the same setting, I watched as it snowed, a memory I recall with great fondness.

As much as I enjoyec the aerobics, the yoga, the weights, the water, the wonderful energizing feeling one derives from participating in the extensive programs, one of the most enjoyable sessions is the nutritional classes and the cooking demonstrations. The menus offered at Canyon Ranch are based on low-fat, high carbohydrate foods. That said, on my most recent visit, I was once again impressed with the creative recipes the spa's kitchen produced. Three meals a day are served elegantly in the mansion dining room. The meals served are the subject matter for the nutritional and

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Spa lobby

The Dining Room

cooking demonstrations. Guests find these courses so valuable for continuing the spa diet when they return to their homes. As I was preparing to leave after my glorious four-day stay, I took the opportunity to discuss with the nutritionist. Some of the ideas and techniques I had been taught. This is another example of the superb attention to detail offered by the staff at the spa.

Guest speaker in the library

For some guests, the opportunity to try both traditional and non-traditional wellness methods and techniques is intriguing. My daughter's continuing neck problem from a car accident was was relieved by the resident acupuncturist. I, on the other hand, enjoyed a special program designed to help individuals to deal with physical limitations. In other words, the instructors helped us analyze our bodies and developed a practical program that fits one's very personal physical limitations. I found this program extremely beneficial and discovered the techniques could travel with me back to the north shore.

I reluctantly leave Canyon Ranch because of the wonderful overall feeling of well-being I get. I promise myself I will continue what I have been taught. I occasionally slip. And the good news is, I can return to Canyon Ranch for a remedial course! A clever package is being offered for Mother and Daughter weekends. Know anyone in your family you can treat this holiday season? For reservations call: 1-800-726-9900. ■

Lunch and learn in the Demonstration Kitchen

CR001545

The Washington Times

★ SUNDAY, MARCH 12, 1995 / PAGE E3

Ranch spa fills the bill without the calories

By Fyllis Hockman
SPECIAL TO THE WASHINGTON TIMES

Kathy Goriup came from Columbia to lose the weight she recently put on. Susan and Bill Silverman came to de-stress from the hassles of their New York City baking business. Chicago native Ari Bethman was attracted by the Stop Smoking program.

I went to Canyon Ranch Spa in Lenox, Mass., to fulfill a longtime dream of being able to return home from a vacation without spending the whole next month bemoaning weight gained and workouts missed.

Today, the concept of what constitutes a spa is changing. Not very long ago, spas either were considered "fat farms," thought of as synonymous with herbal wraps and beauty treatments, or feared as a kind of fitness boot camp where they wake you up at 5 in the morning and then reward you with a sprig of watercress for breakfast. None of this is true. All of this is true. Many spas — or, more appropriately, health resorts — incorporate features of all these approaches.

Few come as close to being all things to all people as Canyon Ranch in the Berkshires, the premiere health spa on the East Coast fashioned after its famous sister resort in Tucson, Ariz. Its scope extends beyond the limited focus of the past to a total lifestyle approach encompassing mind, body and spirit.

True, the extensive exercise programs at Canyon Ranch draw a reasonably fit and active clientele, but many people come just to relax and veg out — and the relaxed atmosphere at the Ranch allows you to do so without guilt. The food borders on gourmet, but with all the healthful attributes necessary to make it almost impossible to gain weight. Unless, of course, you order several entrees per meal.

It's difficult to resist the more than 40 aerobic, strengthening and flexibility options available each day. This "menu of opportunity," as described by Canyon Ranch creator Mel Zuckerman, permits guests to discover a Special Personal Adventure, the Ranch's own definition of SPA.

To keep guests from becoming overwhelmed by all the choices — from step to water to funk aerobics, hiking and biking, tennis and racquetball, volleyball and basketball, circuit training, weights, treadmill, Stairmasters, yoga — a personal coordinator helps plan your program, based on personal goals and objectives. Depending on the length of stay, several professional health and healing or spa and sports services are included.

The beautiful 120-acre resort is nestled in rolling fields and woods that wrap around the Bellefontaine Mansion built in 1897, inspired by France's Versailles chateau. So extensive is the complex that you could simply spend the day traversing the glass-enclosed connecting walkways and work off enough calories to justify a lavish dinner, Canyon Ranch-style.

And served in style it is! The surprisingly enticing menu list calories rather than prices. I smiled every time the server announced the daily specials: "Tonight's special is broiled swordfish with tarragon sauce costing 310 calories and 3 grams of fat."

As I pushed away my luncheon dessert plate, I already was looking forward to dinner — not because I was hungry, but because of the excitement of being able to eat such variety and quantity of food with impunity. I'd never before ravaged a hot fudge sundae (frozen yogurt with what certainly tasted like chocolate sauce on top, for a total of 130 calories and hardly a trace of fat) without remorse.

To get a first-hand look at how the food is made, check out a Lunch and Learn class in the demonstration kitchen. Unless, of course, you'd really rather not know just how much tofu is in the Maryland crab cakes. Keep in mind a casual tone pervades all of the Ranch. You can wear jeans and sneakers and still feel slightly overdressed for dinner.

The emphasis on fitness and a healthy lifestyle is only part of the Canyon Ranch philosophy. The underlying concept is that you must take care of both the inside and outside of a person and the inside must change first. The tranquil Berkshires provide a perfect setting for lectures such as "Making Stress Work for You," "Metabolism Makeover" and "Healing Life's Hurts."

Individual consultations with professional and knowledgeable staff members also can be arranged.

One of the most important hours you can spend at the Ranch is with Carl Pratt, who'll tell you how to "Take Canyon Ranch Home with You." The lecture is full of solid nutritional and fitness information that will help you stick to your own regimen once you get home.

You may know all this health stuff is good for you but not really why. You'll leave this lecture with a much better understanding of the principles and rationales behind the hype plus useful tips on how to keep all your newly acquired energy and good intentions going at home.

A glance around the lecture, dining or exercise rooms reveals that the Ranch caters to a mixed crowd: young and old, men and women, heavy and thin, singles and couples, fitness fanatics and exercise novices. Whether you come to lose weight, de-stress, work out or just to relax, you're going to feel pampered, invigorated and unwilling to leave.

And if you should tire of all the exercise programs, the nutritious food, the comraderie, the educational lectures — there's always a massage or facial to fall back on. As they dragged me kicking and screaming to the car, I told myself I owed it to my body and my psyche to return at least once a year to get revitalized.

Rates at Canyon Ranch range from $760 to $920 per person, double occupancy, for a four-day package and $1,820 to $2,180 for an eight-day stay. Other packages, including group rates, senior discounts and corporate meeting programs are available. For information, call 800/726-9900.

CR001546

Ridgefield Press, Wilton Bulletin, Redding Pilot, Bethel Home News, Weston Forum, (CT), March 8-9, 1995

TravelSavvy:

Sampling the spa experience

by Katharine Dyson

Until a few weeks ago, the closest I had come to "working out" was jumping up and down on a small trampoline while I waited for my recalcitrant old printer to churn out the pages of a lengthy manuscript. I also had a rowing machine which I dusted off twice a year: right after Christmas and just before bathing suit season. But a spa? Never.

The day I drove up to Lenox, Mass.— only a two-hour trip from Ridgefield straight up Route 7 — the weather was very mild. No snow in sight. Scratch the idea of cross country skiing and snowshoeing, popular winter activities at Canyon Ranch I'd been told. The site for this five-year-old spa — younger sibling of the well known Canyon Ranch in Tucson, Ariz. — is ideal, sitting right on the crest of a ridge in the scenic Berkshires. The sprawling red brick and glass building laid out in a giant U-shape and anchored by the the elegant 19th century Bellefontaine mansion, enjoys superb views of tall pines and rolling hills from just about every room.

I arrived around noon and headed right to the dining room. It was a quarter-mile hike from my room in the west wing to the dining room at the other end — no doubt a subtle part of the "get-in-shape" routine. (If you want to be closer to the action, ask for a room in the east wing).

The staff, which outnumbers guests three to one, seemed to have come right out of Central Casting and been trained by Disney. Friendly, attractive and enthusiastic, the movement therapists, doctors, nurses, counselors, fitness instructors, racquet pros, massage therapists and exercise physiologists were always helpful without being overbearing. And they seemed to really like what they were doing and be genuinely interested in the guests they served.

First on my agenda was to meet with a program coordinator who would explain all the various classes and consultations the Ranch offers and make appointments for the things I needed to make appointments for. As we went through the lengthly list of options, I jotted down the ones I wanted to do do in a little blue book she gave me. This little "bible" with its daily schedule log as well as a place to enter the food consumed and the number of calories and fat grams, would help keep me on track during the next few days. I also got a tour of the place.

The facilities in the two-story spa building include exercise and weight-training rooms; racquetball, squash, basketball, paddle and tennis courts; a running track; a 75-foot swimming pool; treatment and therapy rooms; separate men's and women's spa facilities including sauna, steam and inhalation rooms, whirlpool baths, lockers and showers as well as an outdoor pool and tennis courts. Attractive lounges are located throughout the complex and there is a water, juice and fruit bar on each of the two levels. You're given your own plastic water bottle when you check in, to carry with you and refill frequently. "Drink eight glasses of water a day," is sign-posted on the locker room wall.

Right outside the gyms there are activities boards which list the exercise, aerobic and spiritual 'classes' hour-by-hour. There are at least six classes each hour, and all are included in the base package rate. Additional activities such as roundtable discussions, special interest seminars and cooking demonstrations, are announced in a weekly and daily bulletin.

Great food

If I was prepared to go into withdrawal because I couldn't have my butter, meats and desserts, I got over this notion in a hurry. Not only is the food really tasty, it looks great. You can order whatever you want and as much as you want from a menu that includes items like chicken fajitas, beef tenderloin with port wine sauce, chocolate mint cake, sweet potato waffles, pasta alla checca, linzer torte and rack of lamb with mustard sauce. I was mad about the grilled prawns with polynesian fruit sauce and ordered the frozen yogurt and chocolate sauce practically every meal.

One day I attended the "Lunch and Learn" demonstration where chef Ruby showed us how to cook more wisely, using spices like curries instead of salt and Pam instead of butter. We learned how to make a reasonable-tasting guacamole out of asparagus (it won't replace avocado, but it's not bad) and how to create fat-free salad dressings. We also got the recipes for a lot of these waist-trimming foods.

The first day, I pencilled in a full day of activities into my blue book starting with the wake-up walk at 7 a.m. After a larger and more satisfying breakfast than I usually eat — fresh fruit, an egg-white omelet with cheese, juice, cranberry muffin and real coffee — I hit the Dynamic Strength workout at 9 a.m. Here you do some pretty tough resistance exercises with wide giant rubber band-type ribbons.

That morning I also tried to keep up with an upbeat instructor who led the low impact aerobics class. Then I plunged into the pool for Aqua Shape, which uses special plastic hydrotone equipment. Later came Aerobic Circuit Weights; Power Step, which turned out to be for the more experienced stepper, not for me; and Wallyball, a sort of volleyball off the wall. Stretch and Relax also came in there somewhere but I drew the line at Mega Class, a 75-minute advanced workout combining step, slide and strength training.

After lunch as I was looking at the activities board, I noticed there was a Relax Yoga class. Great. I loved it.

The next day, I did the Yoga thing again as well as Tai Chi and Meditation Relaxation classes. Goodbye stress! To top it all off, late in the afternoon I had a Swedish Massage.

Canyon Ranch offers a mind-boggling lineup of things to do, but guests can do as little or as much as they wish.

Men come here too, although during the midweek while I was there, I saw decidedly more women. However as the weekend approached, a number of couples started arriving.

I'd recommend a first visit of at least three nights, which gives you four full days, as you can check in early and leave late. Go in midweek and share the room with a spouse or friend and you'll get the best deal at $760 per person.

Weekends go up to $880 and the four-night midweek package is priced from $970. There are also weekly and extended stay programs. If you want more services above and beyond your package deal — more massages etc. than are already included in your base rate — you'll pay $67 each for most massages; $75-$95 for facials; $45 for ski lessons; $90 for dream analysis, biofeedback, and sleep disorders consultations. You can also have medical services like acupuncture, $115; bone density study, $280; and a three-session custom fitness program, $350.

The spa experience at Canyon Ranch is much more than just pampering and exercise; it's learning how to live a healthier, better way all around. Next time I go, I want my husband to come along. Maybe we'll make it a family affair!

For information and rates call (800) 742-9000.

CR001547

Telegraph Magazine
7 JANUARY 1995
LONDON, ENGLAND

Soaking in luxury

If your body could benefit from being pampered, pummelled and cleansed, splash out on a spa break. We take the waters in France, Switzerland, America, on board a ship – and in Surrey

1 Domaine du Royal Club Evian, Evian-les-Bains, France

I WALKED into my room at the Hotel Ermitage, spied the mini-bar and ashtray and panicked, and panic is not what you do at health spas. Exploration unearthed a room-service menu with *pain au chocolat* and Rice Krispies for breakfast. Booklets glowed with photographs of sumptuous meals, cocktail bars and elegant people at a casino. Here were all the temptations I was supposed to leave at home. Oh dear! And the tracksuit bottoms I had invested in suddenly didn't seem so *à la mode*. A selection of little black dresses would have been more in order, so I took advantage of the free minibus to the boutiques of nearby Evian. Yes, where the water comes from – a fondant-coloured spa town for leisured Europeans since the 18th century.

I should not have worried. The Domaine du Royal Club Evian is a health spa in the stylish French fashion. Here, the pursuit of health, beauty and fitness is no effort requiring sweat and tears, but a luxurious self-indulgence. Perfect, especially for one who has never lifted a weight in her life. Set in 37 acres of parkland on the shores of Lake Leman, and a 45-minute taxi ride from Geneva Airport, the Domaine has two hotels – the traditional, chalet-style, four-star Ermitage and the *belle-époque*, five-star Hotel Royal, built for Edward VII.

For health and beauty, the Royal has the large, well equipped Institut de Mieux Vivre (The Better Living Institute), and the Ermitage recently opened the smaller Espace Forme (Relaxation Centre). There are also exercise studios, gyms, Jacuzzis, Turkish baths and saunas, all of which guests can use free of charge. In addition to the best facial I have ever experienced, I loved the hydrotherapy treatments – bubbling baths, powerjet showers and an aqua-gym session that even I, devotee of chairobics, enjoyed. Expert masseurs soothed away desk-bound stress and mountain walks perked up my grey city complexion. And being wrapped up in sea mud and tin foil to eliminate toxins had the beautician and me in fits of giggles. The friendly staff all speak some English, and what they lack in vocabulary, they make up with smiles and encouraging noises.

Facilities at both hotels are accessible by private lift from the bedrooms, so there is none of that bathrobe-clad lounging in reception. Formal medical consultation is not

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obligatory before you start, but a doctor (fees payable; cost varies), nutritionist and beauty therapists are available for advice. If you are worried about the effect of water jets and saunas on, say, your blood pressure, have a chat with your own doctor beforehand. All health and beauty programmes can be taken in conjunction with the low-calorie *menu dietique*. Sticking to it when all around diners are scoffing six or seven courses of gourmet food and sipping vintage wine must do wonders for powers of self-control. No one told me I needed to lose any weight, so I thought it best not to disappoint the chef and consumed everything put in front of me.

Most guests appeared to be couples and families. Golfers have free access to a championship course (as well as special golf programmes), and children up to 16 are catered for in their own club, with a huge range of activities, sporting and otherwise. Even so, kids were trying their best to drag parents away from reading by the swimming-pool to play tennis or pitch and putt. It all helps to prevent the place becoming an over-refined experience for British folk wary of sophistication. By day two, I wanted to live like this for ever. Forget about taking seven changes of exercise gear: just pack everything you own that could pass for French understated chic, and prepare to be pampered.

JAYNE DOWLE

Domaine du Royal Club Evian, South Bank of Lake Geneva, 74500 Evian-les-Bains (010 33 50 26 85 00). A wide range of programmes, including weekend breaks, mother and baby weeks, cellular regeneration and body remodelling, are available. Prices start at £283.90 per person for the Form Weekend (four treatments each day — including massage, aquagym, seaweed wrap, pressure therapy and bubbling bath) at the Hotel Ermitage, and £318.50 at the Royal, based on two nights half-board accommodation in a double room with park view. Hotel season starts February 12 1995.

2 Canyon Ranch, Tucson, Arizona

FIRST, THE bad news. Canyon Ranch, Tucson, Arizona, is practically on the other side of the world and a week there costs anything upwards of £1,000. The good news is that it's a world-class, state-of-the-art spa that takes its rigorous beliefs about fitness and health into such ground-breaking areas as your head and your spirit.

It has grown dramatically since it opened 15 years ago, and now it consistently wins awards. It also boasts 80 per cent of return business among spa junkies who can't get enough of it.

Canyon Ranch houses 250 guests whose every whim and need is catered for by a staff of more than 700 people. It has nine gyms, four swimming-pools, 60 masseurs and a host of other experts who will examine, pummel and prink every angle of your person from your soul to your footwear. Everyone, from the hiking guides to the fitness instructors (two to a class), from the masseurs to the personal therapists, manage to make you believe that they care intensely about their guests. In fact, to an English perception, it is all a bit much — you sometimes feel like reassuring them that the state of your fat deposits is not as earth-shatteringly important as they would have you believe.

On arrival at this nirvana, sited in a particularly beautiful part of the Arizona desert, you are taken on an orientation tour which, given the size of the place (70 acres), is essential. You are shown to your room — neutral, comfortable, equipped with walk-in closet, TV, video, two telephones and a hairdryer — and then you meet your Program Co-ordinator. A sickeningly youthful and charming woman called Dee Davis, who seemed to embody the Canyon Ranch 'wellness', efficiently guided me through the maze that is the Canyon Ranch timetable and sorted out three days of intensive exercise, massage, stress management, yoga and hiking that left me feeling fit, refreshed and virtuous.

In each area, be it fitness, beauty therapy, personal growth, nutrition or meditation, there is enough going on so that you can structure at least four days concentrating on one area without repeating yourself. But the fun comes in the mix. In one day, for instance, I hiked for three hours, took in two exercise classes, two hours of stretch and yoga, a lecture on exceptional sex (don't ask) and finished it all off with some reflexology.

Because Canyon Ranch is so cutting edge, there is an awful lot of Californian touchy-feely guff in the air. The philosophy of the now very rich owner, Mel Zuckerman, is on total wellness, so your mind and your spirit are regarded as being in equal need as your flabby stomach muscles. You can, for instance, sign up for a week called Spiritual Pathways during which you will be invited to 'treasure map your future' and 'heal your Inner Child' as well as indulging in eight different kinds of meditation and six different sorts of yoga. I don't think this is meant for an English audience.

So seriously do they take this inner side of life that there is a separate building, the Life Enhancement Centre, complete with its own gyms, studios and facilities where such goofy programmes take place. One night I bumped into a group of 15 women, all dressed in white and carrying candles, who were off to get some midnight movement therapy as part of a Woman to Woman week. My eyebrow muscles enjoyed a workout at the very thought of it.

But if you wish to remain within the boundaries of real life and want a relaxing, invigorating state-of-the-art spa, Canyon Ranch is it. The most jaded of palates will find little to criticise in the food, which is plentiful and delicious, and the most advanced of exercise junkies can pour quantities of sweat under inspired instruction. And if all you want to do is walk, the hikes are through some of the most exciting landscape on earth.

EMMA SOAMES

Canyon Ranch, 8600 North Rockcliff Rd, Tucson, Arizona 85715. A four-night package costs from $1,375 per person in low season, or from $1,820 per person in high season (based on double occupancy in standard accommodation). The price includes accommodation, all meals; use of all facilities, transfers to and from Tucson Airport, all daily fitness and health activities, three body treatments or health workshops, all gratuities, service charges and sales tax. Other health or beauty treatments cost extra. For details, phone 010 1 602 749 9000.

3 Grayshott Hall, Grayshott, Surrey

A FIFTY-MINUTE drive down the A3, near Hindhead in Surrey, there is a large Victorian house of the sort that now gets turned into a nursing home, a hotel or the headquarters of a multinational software company. But at Grayshott Hall, something very curious has happened. It calls itself a Health and Fitness Retreat. In fact, on driving through the gates, you enter a parallel universe. I arrived looking grey and drawn and cross. I emerged four days later looking pink and glowing and cheerful. Spooky.

'Some people walk through the doors and burst into tears,' said the nurse during the second of three medical consultations I had during my visit. With joy, presumably. They have reached Grayshott, and for the duration of their stay (four days is the minimum length recommended), they do not have to think about anything at all. Apart from making sure I got to my daily steam or sauna and massage on time, the most onerous task I performed was deciding what I was going to have for breakfast and what time I wanted it delivered to my room — the ultimate luxury. Should I have it early and go for the morning walk on nearby Ludshott Common, or sleep in? When that is the only decision you have to make, it is amazing how difficult it becomes.

It is this abandoning of every care and worry into the efficient and friendly hands of Grayshott's staff that is the key to its success. The rooms are comfortable, but no more so than any reasonable hotel; the food is fine

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(I ate in the main dining-room because I wasn't dieting, but if you wish to do so there is also a Light Diet Room); the swimming-pool, Jacuzzi, and exercise rooms, the gym and treatment rooms are all equipped to a high standard; the usual exercise classes, which include aerobics, step classes and so on, are professional and well run (try the Rebounder Class – a work-out on trampolines – if you want to see how good or bad your co-ordination is). The result, however, is greater than the sum of the parts. It is your mind as well as your body that benefits from all this pampering. To use one of its favourite words, Grayshott is truly 'holistic'.

Guests can make as much or as little use of the facilities as they choose. Many keep to themselves, eating alone, even hibernating in their rooms for their entire stay. Others try every treatment, sample every exercise class, and make up jolly communal tables in the dining-room. There is no typical Grayshott guest. When I was there, there was a large percentage of women, but men, who have their own spa facilities, feel equally at home. Many come on their own; in fact, it is a perfect break for a single person.

What you do is entirely up to you, but just so you don't get it all your own way, there are even-one, or two – rules-to-baulk against. Alcohol is not allowed, though curiously, smoking is, but only in the smoking room.

To my mind, especially on a first visit, it seems a pity not to sample some of the treatments. These range from the arcane, such as the Algae Body Wrap (spread seaweed gloop over body, wrap in blanket, leave to steam for 20 minutes. Result: satin-soft skin) to the sublime. There is much emphasis on relaxation ('de-stressing' is a big word here), and two of the most satisfying ways to do this are the flotation tank and the holistic massage. Just why floating in the dark in a tank (actually, a pool) of warm water into which 400lb of Epsom salts has been dissolved should induce an almost trance-like state of well-being is beyond me. All I can say is that it works. As for the Holistic Massage, a mixture of oriental and western massage techniques, it sent me off into such a sound sleep that I snored. When it was over, I fully expected to float back to my room.

Four days at Grayshott is about right. Any longer and I would have become institutionalised. Wearing your dressing gown all day, and drifting from one class or treatment to another, could become addictive, and the return to reality even harder to bear. As it was, I found the drive back to London more than usually hair-raising. So if you were on the A3 one Monday afternoon in October and got stuck behind a woman in a Renault 5 who insisted on driving the whole way at 40mph, I apologise. I was still on Planet Grayshott.

RACHEL SIMHON

Grayshott Hall Health and Fitness Retreat, Headley Road, Grayshott, Nr Hindhead, Surrey GU26 6JJ (0428-604331). Prices range from £150 – £190 (inc VAT) per person per night (single room); £116 – £150 (inc VAT) per person per night (double room). Included are full board and accommodation, consultation on arrival and departure, daily heat treatment and 40-minute massage and unlimited use of facilities. The minimum stay is two nights; but a stay of four nights is recommended.

4 Maison Blanche, Leukerbad, Switzerland

IT WAS ABOUT 7.30am in Leukerbad, a small town perched some 5,000 feet up in the Swiss Alps, about an hour and a half from Geneva. Snowflakes fluttered down, my breath came out in white plumes and I was clad only in a swimsuit. No, I am not a masochist. From the neck down, I was surrounded by water so naturally warm and energising that I could have stayed there all day. On the other side of the pool, five slightly self-conscious chaps and one woman were eating breakfast from wooden trays bobbing in front of them.

Billed as the height of glamour, the reality was somewhat different: coffee and orange juice were not a problem, but keeping croissants dry was a challenge. Attendant waiters, each crouching behind his designated guest, proved the only answer.

There is not just one spa at Leukerbad, but several. Its fortunes are founded on its thermal springs – three million gallons of water; a steaming 51°C, gushing daily from the rocks. This can be a little confusing. Basically, people choose a hotel as a base and visit the spa that provides the treatment they want. Some of the hotels have their own baths. I stayed at Maison Blanche, and discovered that the trick to being set up for the day was to don a towelling robe the minute I woke up and take the waters in the pool complex before a huge and delicious breakfast. Guests invariably wear tracksuits but from morning to night, the waiters wear dinner jackets.

One word of warning on the subject of baths. All the inhabitants sing the praises of the Romische/Irische baths. Its two-hour thermal extravaganza – a sequence of vapour and water baths, a brush/soap massage and a relaxation phase – is reputed to create a stupendous feeling of well-being. I set off to feel stupendous. Scanning the group of bodies in the pool, however, two things became clear. First, there were both sexes, second they were stark naked. At which point, I'm afraid, I fled. I discovered later that there are ladies' days, men's days and also, as I had found, mixed days. Motto: *carpe diem*, but choose which day you seize.

The beauty treatments, however, were a delight. Beauty therapy in Leukerbad is the province of Mme Richard, who presides over the Institut Isabella and the Beauty Centre at the Hotel Sources des Alpes. A reviving bath, in a special steam cabinet, followed by a facial with Dr Hauschka's homeopathic products, dissolved layers of urban grime and stress.

Having discovered it, visitors keep coming back. Although the majority are middle-aged or elderly, there are plenty of families. Eventful, romantic and spiritual Leukerbad is not, but it has its own attraction. As one stressed-out television executive remarked, "There is a sense of well-being in the air."

SARAH STACEY

Swiss Air flies to Geneva from Heathrow daily, from £139 return (restrictions apply, phone 071-434 7300 for details). There is a regular train service from Geneva to Leukerbad. Train passes – a Swiss Card or a Swiss Transfer Ticket – £71 and £51 respectively (second class), are available from the Swiss National Tourist Office and travel agents. Phone 071-734 1921 for details. The Maison Blanche, 39655 Leukerbad (010 41 27 62 11 61). Prices start at £122–240 per person for room with breakfast. The Leukerbad Tourist Office has details of spas and treatments. Phone 010 41 27 62 11 11.

A mixture of oriental and western massage techniques sent me off into such a sound sleep that I snored. When it was over I fully expected to float back to my room

5 Hélianthal, St-Jean-de-Luz, France

MOST late-night foreign arrivals are beset with hassles. Your luggage arrives last, there's no one to meet you and not a taxi in sight. Biarritz Airport poses no such problems. A driver waving a placard was there to greet me and the Hélianthal space-mobile purred outside (all guests staying at the hotel and thalassotherapy spa are collected). My conveyor-belt to relaxation had begun.

In the art deco-style hotel, the laid-back atmosphere is embodied in the abundance of chaises-longues. I didn't sit, I languished, gliding from breakfast in bed to a mid-morning massage to a tea-time facial. Everything was streamlined. On the first day, I had a compulsory check-up with a doctor who gave me my 'programme'. As we talked, it became clear that, to get the most out of Hélianthal, you do need to speak passable French. There are 14 treatments to choose from but the doctor whittled it down to a sensible three a day, lasting no longer than two hours in total. And in between there is plenty – or nothing, if you prefer – to do.

Whichever *soins* (cures) you choose, they will involve sea-water. A natural tonic, the sea is host to nutritious minerals. Lying in a bath of grey sea-water may not sound pleasurable, but at Hélianthal, it is. The sea pumped from the bay is purified and heated to 33°C – only then will the skin's pores dilate enough to absorb its nutrients. I was massaged by hydro-fusion (jets under the surface), pummelled by power hoses, soaked in algae baths and plunged into the ionisation pool.

The highlight was the 'bio-marine parcours'. It looks like a swimming-pool, but feels more like a gentle sea-water assault course, equipped with underwater toning jets to blast flab away, aerated water-beds to ease back pain and a Turkish bath and sauna. Through tinted windows (so passers-by can't peer in), the marine course commands a spectacular view of the sea. Staff are on hand for advice and aquagym sessions, but I managed quite happily on my own, splashing around like an overgrown water baby.

Back on land, there are well instructed exercise classes, a gym, and for golfing enthusiasts more than six courses in the surrounding area. For those keen on sight-seeing, St-Jean-de-Luz makes for a pleasant window-shopping saunter. In the

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centre is Maison Adam, home of the regional speciality, macaroons, which are an essential indulgence.

Not that you starve here. After all, it is France – Hélianthal is far too refined for a bread and water diet. After a lengthy chat with the dietician, I decided to go for the 1,200 calorie menu. The three-course meals were *nouvelle cuisine* at its best: sufficient, but rarely satisfying. But like everything here, the setting and the attentive service mitigated any sense of want and, for those rebellious moments, there is always the alternative *gastronomique* menu. Whichever option you choose, don't expect a rip-roaring atmosphere in the dining-room as silence is the unspoken language of communication. If you do manage to engage a fellow *curiste* in conversation it will undoubtedly be in French, so bring a dictionary as well as a bathing-suit.

That said, Hélianthal is the place to go for those in need of personal space. I left it feeling mentally refreshed and physically revived. It literally washes away anxieties and stress. And even if thalassotherapy never quite made it across the Channel, in France it is *the* natural medicine, especially for rheumatic or circulatory problems. The Ancient Greeks swore by it and so do I. It was very difficult to step back on the humdrum escalator of reality.

CLAIRE SCOBIE

Hélianthal Institut de Thalassothérapie, Place M. Ravel - BP. 469, 64504, St-Jean-de-Luz. Prices range from FF410 – 985 per person per day (depending on season and room type). All food, facilities and treatments are extra. There are also various packages. These include a Thalassotherapy Discovery Weekend (FF1,850 – 2,190 per person – prices based on two people sharing a double room and depending on season). This includes room, half-board accommodation, four treatments a day and free use of all facilities. A compulsory medical consultation is extra. The six-day programme for mothers and babies (FF3,450 – 3,780, depending on season) includes childcare facilities; a special nutrition programme, free use of facilities and a consultation with the beauty therapist. For details and reservations, phone 010 33 59 51 51 51.

6 Grand Hotel des Bains, Yverdon-les-Bains, Switzerland

FROM time to time, I have misguidedly put myself through the rigours of a health farm regime where a slice of lemon in hot water and a yoghurt per day are meant to keep body and soul together. Solace came in the shape of the Grand Hotel des Bains in Yverdon, the medieval town which nudges the southern shores of Lake Neuchâtel.

Once a fortified castle, the Grand Hotel now has no truck with privations of any kind. Although there is a serious medical rehabilitation programme at the neighbouring Centre Thermale, the emphasis of the Grand Hotel cure is on luxury and people being very, very nice to you.

After the 45-minute train journey from Geneva airport, I was hardly exhausted, but I was greeted as if I had trekked over the Alps. 'Tea first, then a rest. Later, dinner in the Pavilion,' proposed their manager, Pierre-Alain Leresche. Dinner in the painted Pavilion was a reassuring experience, with oysters, foie gras, fish soufflé, turbot and satisfying puddings.

Despite its grandeur, the hotel is far from stuffy. Alongside the cure-takers and a convention of international lawyers were Marlboro Rock-in, an American band. The next morning, however, everyone from dowagers to bass players was wearing tracksuits and trainers, off to take the plunge.

The Grand Hotel and the Centre Thermale, although financially separate, are linked by a private corridor, and guests needing specialist medical care can book in to see the medical director, Dr Rappoport.

Rich in sulphates, calcium, magnesium, sodium and nitrates, the waters are recommended by doctors in the treatment of rheumatism, osteoarthritis and chronic respiratory ailments. One pool is dedicated to physiotherapy and there is an excellent hospital nearby.

The routine is as heavy or light as you choose. The Grand has a range of health and beauty programmes, lasting between two and seven nights. I opted for a Turkish bath followed by a swim in the thermal baths: the hotel has its own outdoor pool and there are two larger pools in the Centre Thermale. There is also a well equipped fitness centre, plus a sauna and solarium.

In the afternoon I headed for the beauty salon. Fernand Marguier, the masseur, ironed out the crinkles in my back then; after a gentle jog through the woods around the hotel, I gave myself over to the delights of a facial with Mme Delfino, the proprietor. Other treatments include facial peeling, lymphatic drainage massage and collagen treatment for the face.

Unlike most health centres, Yverdon provides holidays for families. The town and surrounding area bristles with places to go. In town, there are museums, including the Museum d'Ailleurs, Europe's first science fiction museum – and a nature reserve. In the summer there is boating on the lake; in winter, skiing on the mountains.

SARAH STACEY

Le Grand Hotel des Bains, Avenue des Bains 22, CH-1400 Yverdon-les-Bains. Room rates start at F180 for a single room with shower rising to F340 for a deluxe twin room with bath. Prices include continental breakfast, admission to hotel's private thermal pool, free access to the spa, use of the hotel's bicycles, service charges and taxes. Phone 010 41 24 21 70 21 (fax 010 41 24 21 21 90) for details.

7 Cunard Sea Goddess II, spa cruise

WHEN I first suggested a few days at a health farm to my husband, his response was immediate, emphatic and negative. He'd heard stories about early-morning runs, bullying fitness instructors, and a diet fit only for anorexic rabbits. I was torn between relief and guilt. I'm hardly an advertisement for health myself. I've never owned a pair of trainers and I have a special relationship with food. But as 1995 approached, so did my 40th birthday. If I could find a healthy holiday, would he come with me as long as he didn't have to participate?

A compromise was reached. We would take a cruise on Cunard's Sea Goddess II around the Greek islands and Turkey, ending in Alexandria. It would take advantage of their Golden Door Spa at Sea; he would take advantage of an all-in holiday, with unlimited food and wine.

We left Piraeus after a night of terrible flooding and filed on to the ship like animals entering the Ark – itself the first recorded cruise ship. Luckily, every comparison with the vessel that Noah built ended there. The Sea Goddess II is small as cruise ships go, accommodating a maximum of 116 passengers, and is luxurious enough to satisfy the most demanding sybarite.

Met by Captain Dahl, we were offered a glass of champagne. In the cabin, another bottle nestled in an ice bucket and a cursory inspection revealed more Moët in the fridge.

This hedonistic note set the tone for the voyage. The Sea Goddess is no sea-going skyscraper jammed with passengers jostling for space; it is more like a private yacht. Its size means you can anchor off small ports or even invade deserted beaches where white-gloved waiters serve champagne and caviar.

Though my conscience smote me, I studiously avoided the Golden Door menu (three courses, 540 calories), opting instead for the six-course gourmet dinner. Though the portions were small, the food was exquisite and, to my delight, ten days later I found that I had lost 4lb. But the spa and gym beckoned. The gym instructor, Julie Selzer, is a bubbly American with a degree in child psychology – undoubtedly useful for motivating recalcitrant sloths. After discussing my state of health, we talked about what I hoped to accomplish. Some passengers want to lose weight while others simply need to relax. I'm already quite good at that, so we agreed on an exercise routine to tone and firm some long-forgotten muscles.

Though the gym is well equipped, I found the exercise classes more to my taste. They include step aerobics, water exercise, low-impact aerobics and various stretch classes and are tailored to the passengers' level of fitness.

The spa, run by Shaaron Dahl, is on the top deck and the whole of one side is glass with a view of the ocean. It specialises in aromatherapy massage and Cathiodermie facials. Before she started the massage, Shaaron questioned me about my health and lifestyle then mixed the essential oils she felt were right for me. In a matter of moments I was dissolved by her magical hands. Could she really only have two? An hour of bliss for $75 (£47 – the US dollar is the currency on board).

The Cathiodermie facial at $60 (£37.50) was almost as pleasurable. Mild galvanic currents are used with natural extracts of plants and herbs to stimulate the circulation and improve the skin's texture. The results were so impressive that after a little bullying, my husband agreed to a massage and facial, having sworn me to secrecy first. Two hours later he returned positively glowing. 'Many wives ask me to speak to their husbands about their lifestyle,' Shaaron says. 'Some people also offload a lot of emotional problems. It's part of the treatment and they feel cleansed by that also.'

Shaaron recommended I stay out of the sun for the remainder of the day, so I restricted myself to swimming off the back of the ship. A platform is lowered into the sea for passengers who want to swim or jet-ski. This was more my type of exercise, but I popped along to Julie's stretch and relax class in the afternoon anyway. I was beginning to enjoy this. I even tried the Golden Door menu: Honeydew melon with papaya, poached jumbo prawns with zucchini and mixed rice, cinnamon flan. A sumptuous 547 calories.

At the end of the cruise, our compromise had worked well. I was fitter and lighter in mind and body. My husband had had the holiday he craved. Who needs health farms?

FIONA GIANNOULIS

The ten-night cruise on the Sea Goddess II round the Greek islands and Turkey, disembarking in Alexandria cost £5,695 per person. The Sea Goddess II also cruises around the French and Italian Rivieras (prices from around £2,395 for five nights) and Thailand and Malaysia (from around £5,145 for 11 nights). Prices include scheduled flights and everything on board including wine, spirits and champagne. For full details phone Cunard on 01703-716608.

FROMMER'S
COMPREHENSIVE TRAVEL GUIDE
ARIZONA '95

North Tucson

VERY EXPENSIVE

Canyon Ranch, 8600 E. Rockliff Rd., Tucson, AZ 85715. ☎ **602/749-9000,** or toll free **800/726-9900** (information), **800/742-9000** (U.S. reservations) or **800/327-9090** (reservations from Canada). 180 rms. A/C TV TEL

Rates (including all meals): Dec–June, $410–$510 single; $660–$1,140 double. June–Sept, $250–$315 single; $450–$670 double. Sept–Dec $385–$475 single; $620–$1,060 double. AE, DISC, MC, V.

Once a dude ranch, Canyon Ranch is today one of America's premier health spas, and offers the sort of complete spa experience that is only available at a few places around the country. On staff are doctors, nurses, psychotherapists and counselors, fitness instructors, tennis and racquetball pros, and massage therapists. There are a variety of spacious and very comfortable accommodations. So that guests are assured of a tranquil visit, children under 14 are not allowed, with the exception of infants in the care of nannies (baby-sitting services are not available).

Dining/Entertainment: Three gourmet low-calorie meals are served daily with options for total daily caloric intake. Because this is a health spa, no alcoholic beverages are served.

Services: Health and fitness assessments; health, nutrition, exercise, and stress-management consultations, seminars, presentations, and evaluations; fitness classes and activities (including aerobics, yoga, hikes, bike rides, tennis lessons); massage therapy; herbal and aroma wraps; facials, manicures, pedicures, haircuts; and styling; private sports lessons; makeup consultations; cooking demonstrations; art classes; concierge; video and book libraries.

Facilities: 62,000-square-foot spa complex that includes seven gyms, aerobics and strength-training rooms, squash and racquetball courts, yoga/meditation room, saunas, steam rooms, inhalation rooms, whirlpool spas, cold plunges, private sunbathing areas, and skin care and beauty salons. Additional facilities include four swimming pools (one indoors), eight tennis courts, a basketball court, and a gift shop.

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PREMIER ISSUE
SPRING 1996

SPA
TRAVEL, WELL-BEING AND RENEWAL

Grazing Arizona

By Cynthia Nims

Lamb chops and beef tenderloin stand out on the dinner menu, while chips and guacamole present themselves as appetizers. Desserts include cherry pie (with *real butter* in the crust) and a chocolate sundae. "About the only food we don't have in our kitchens is sausages," says nutritionist Marilyn Majchrzack.

Welcome to Canyon Ranch, the spa that has attracted worldwide acclaim for its rigorous fitness program and careful focus on healthy diet. Beef tenderloin and chocolate sundaes? It's not a dream. The Canyon Ranch credo is "moderation, not deprivation." That tenderloin is a lean 3-ounce portion—with a generous supporting cast of vegetables and complex carbohydrates. The sundae is built with frozen vanilla yogurt and a fruit-based chocolate sauce without gums or oils, only 50 calories per tablespoon.

Chef John Luzader

Whether at the original location in Tucson, Ariz., or in the Berkshires of Massachusetts, the Canyon Ranch agenda is a dietary ladder to what they call *healthy weight*. It isn't a matter of shedding pounds at the fat farm, but of building better eating habits for a lifetime's health.

For guests, this means a spa encounter with real food, recipes we would happily take home and reprise in our own kitchens.

Spa cuisine used to mean counting calories. It was at least a prelude to a new consciousness about healthy eating, but it seemed too much like, well, doing penance. Until recently, Canyon Ranch menus included a "Balanced Selections" section of dishes that fit into a 1,200- or 1,800-calorie-per-day limit. But the staff found that clients were already too calorie-conscious when they arrived and became distracted by the numbers. Also, a one-size-fits-all calorie count didn't suit all, since individuals differ in body type, lifestyle and metabolism.

Spa cuisine today, exemplified by the menu at Canyon Ranch, considers the *sources* of those calories. It focuses on the beneficial foods and nutrients that have a proven impact on our health, such as fiber and beta-carotene, the latter an example of the many phytochemicals (natural plant-based compounds) that help fend off cancer.

Guests at Canyon Ranch get plenty of dietary fiber and information about it. Menus will soon give the fiber content of each dish. "We suggest a goal of 25 to 30 grams of fiber per day," explains Majchrzack. "Fiber is essential for helping to keep the digestive system healthy."

As part of the "healthy weight" philo-

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Herb-Roasted Tenderloin of Beef with Cherry Pie

"Start with fresh, wholesome products."

"Don't scrimp on the quality of the ingredients you use."

sophy, guests are invited to make their own choices from the menu. The staff provides guidelines and teaches guests how to calculate their own nutritional needs, then explains how to translate them into menu choices. They call this "mindful eating," and it is impressed upon guests as soon as they walk in the door.

What does eating for "healthy weight" mean at Canyon Ranch? Majchrzack walked us through a typical-day's dining:

"We begin with a breakfast that focuses on complex carbohydrates to give a surge of energy for the first part of the day. One example is an alpine muesli that we prepare with oats, yogurt, fruits and a touch of crushed hazelnuts for added flavor. The oats supply carbohydrates, offering a ready source of energy, while the yogurt provides protein."

Another signature breakfast at Canyon Ranch is the sweet potato waffle, which provides a healthy amount of fiber along with beneficial anti-cancer properties from the beta-carotene of the sweet potato. Very healthy, very tasty. The waffle is served with fresh fruit, *real* maple syrup (moderation, not saturation!) and fruited yogurt for a well-rounded breakfast, fit to fuel guests for a morning of hiking, biking, swimming or aerobics.

Lunch and dinner menus look a lot like a restaurant's, beginning with a variety of soups, salads and a salad bar. Generally, there are seven or eight entrees to choose from, the selections including pasta, fish, chicken or vegetarian. Recent menus have featured pasta with grilled artichokes and leeks, a corn tamale with sun-dried tomato coulis and swordfish with garlic thyme butter. There also are some new takes on old standards, including vegetarian chili and a CLT—a chicken, lettuce and tomato sandwich.

For the decision-challenged, one option at lunch or dinner is half-portions of two different entrées. And guests are welcome to supplement with side orders of rice, pasta or vegetables if they choose. Seconds are permissible, should the urge arise—given the modest portions, another half-order of pasta won't do much harm. The idea is to leave the table feeling satisfied, not denied. Resentment will undermine the best of dietary intentions.

Finally, there's dessert. Not surprisingly, the sundae is very popular, but there's also mixed berry cobbler, apple pie, cherry streusel pie and even a fudge brownie. The portions aren't truck-stop titans, but neither are they tokens. The bottom line, again, is

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"moderation, not deprivation."

"We emphasize natural, high-quality ingredients in our kitchen, not fat-free substitutes," says Majchrzack. "Our pies have real butter crusts. We want people to experience familiar foods in a controlled environment and learn that it's possible to have satisfying meals while still maintaining balance."

That balance, while at Canyon Ranch, usually adds up to 1,600 to 1,800 calories. About 60 percent are drawn from complex carbohydrates, 15 to 20 percent from protein and 10 to 20 percent from fat.

The Canyon Ranch culinary experience doesn't have to end at checkout time. The spa offers nutrition and cooking classes and its own cookbook so that guests can take the healthy eating habit home.

John Luzader, executive chef at the Tucson Canyon Ranch, sounds very much like the chef of any three-star restaurant when he explains how to prepare meals that are both healthful and delicious. "Start with fresh, wholesome products," he says. "Don't scrimp on the quality of the ingredients you use."

A simple example is Canyon Ranch's salad dressing. First, reduce the quantity of fat by using only one-third as much oil as vinegar. Then add *homemade* vegetable stock to increase the volume and donate flavor. The key to the taste is in the ingredients. "Quality ingredients are critical," exhorts Luzader. "Use great vinegar and great oil; fresh herbs are a must!"

The chef also has some dining-table advice. Eat slowly, not only so you can savor the foods longer, but also to allow your body to digest more slowly. Eating too fast often leads to eating too much, simply because the body doesn't have time to signal the control room when the "satisfied but not yet stuffed" level has been reached. "People need to learn to listen to their bodies! Your body knows what you need, when and why," Luzader says.

Other lessons to take home appear in the "Lunch and Learn" session in the demonstration kitchen. A chef prepares a selection of recipes, sharing hints for making tasty food with a healthful focus—for example, an omelette made without yolks and vegetables sautéed with barely a hint of oil. After tasting the results firsthand, guests leave with fresh ideas for remodeling their favorite recipes into lighter, trimmer versions.

A bit of butter here and there, a judicious sprinkle of cheese now and then—Canyon Ranch's culinary philosophy doesn't mean blacklisting the foods we've always craved and enjoyed. Eat smart, eat well and eat healthily—it's not impossible to have it all.

Cynthia Nims is Food Editor of *Simply Seafood*, and holds the Grand Diplôme from La Varenne cooking school in France.

A Day's Dining at Canyon Ranch

Here is a sampler of Canyon Ranch's heart-smart and delectable recipes. The spa's cookbook, *Great Tastes: Healthy Cooking from Canyon Ranch*, can be ordered directly by phone: (800) 726-8040.

SWEET POTATO WAFFLE

At Canyon Ranch, these waffles are often served with real maple syrup, to be used in moderation (2 tablespoons contains about 100 calories). Suggested alternatives to syrup are all-fruit preserves (45 to 90 calories for 2 tablespoons), unsweetened applesauce (15 calories for 2 tablespoons) and nonfat fruit yogurt (35 calories for ¼ cup).

¾ cup baked, peeled and mashed sweet potatoes (about ½ pound)
¾ cup 2% milk
1 medium egg white, lightly beaten
1½ tsp. melted margarine
½ cup whole-wheat flour
1 tsp. baking powder
¼ tsp. salt

Preheat a waffle iron.

In a large bowl, combine the sweet potatoes, milk, egg white and margarine and beat until blended. Add the flour, baking powder and salt, and stir until smooth.

Spray the waffle iron with nonstick vegetable coating. Pour ¾ cup of the batter into the center of the waffle iron and bake until browned and crisp.

Makes 4 servings (½ waffle each).

Nutrition per Serving (approximately): 180 calories/33 g. carbohydrate/3 g. fat/4 mg. cholesterol/6 g. protein/255 mg. sodium

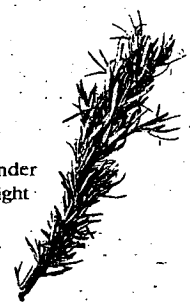
CANYON RANCH DRESSING

½ cup vegetable stock (recipe next page)
¼ cup red wine vinegar
¼ cup diced shallots
2 Tbsp. balsamic vinegar
2 Tbsp. olive oil
1 Tbsp. minced parsley
Pinch ground black pepper

Combine all the ingredients in a blender and blend well. Store the dressing in an airtight container in the refrigerator.

Makes 10 servings (2 tablespoons each).

Nutrition per Serving (approximately): 30 calories/2 g. carbohydrate/3 g. fat/trace cholesterol/trace protein/5 mg. sodium



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VEGETABLE STOCK

This recipe makes far more than the ½ cup needed for the salad dressing, but it's a wonderful thing to have on hand for other uses. Freeze extra to use for soups, sauces or for cooking rice or vegetables.

1½ gallons (6 quarts) cold water
6 carrots, chopped
4 onions, chopped
2 medium leeks, washed and chopped
Small bunch celery, chopped
Small bunch parsley stems, chopped (see note)
3 bay leaves
2 tsp. dried marjoram leaves
½ tsp. dried thyme

Combine all the ingredients in a large pot and bring to a boil. Reduce the heat and simmer, uncovered, for 1½ hour.

Line a strainer or colander with a double thickness of cheesecloth and set it over a very large bowl or pot. Strain the stock through the cheesecloth and let cool.

Makes about 16 cups.

To add parsley flavor to your stock, but not the bitterness derived from boiling the leaves, use a large knife to cut off the leafy end of your bunch of parsley. Use the stems in the stock and save the leaves for another use.

Nutrition per cup (approximately): 10 calories/3 g. carbohydrate/trace fat/0 g. cholesterol/trace protein/21 mg. sodium

CORN CHOWDER WITH SMOKED CHIPOTLE PEPPERS

Chipotle peppers are jalapeños that have been dried and smoked for a provocative combination of fire and flavor. This is a great example of using spices, rather than fat, to boost taste in a recipe.

For a vegetarian variation, use vegetable stock in place of the chicken stock. To make the recipe vegan, also omit the evaporated skim milk and use soy milk in its place.

1 dried chipotle pepper
½ Tbsp. olive oil
3 Tbsp. chopped onion
½ Tbsp. minced garlic
½ cup frozen corn kernels
1½ cups chicken stock
½ cup evaporated skim milk
1 Tbsp. chopped cilantro
1 red bell pepper, diced
1 green bell pepper, diced

Bring a small pot of water to a boil. Add the chipotle, remove from the heat and allow to soak until soft, 5 to 10 minutes. Drain the water, cut the pepper in half, discard the seeds and chop the pepper.

In a large saucepan, heat the olive oil, add the onion, garlic and chipotle and sauté until the onions are soft. Add the corn kernels and sauté for 5 minutes longer, mixing well.

Add the chicken stock and milk and simmer until the corn is tender, about 30 minutes. Transfer the mixture to a blender or food processor, add the cilantro and puree until smooth.

Ladle ¾ cup of the chowder into each bowl and garnish with the diced bell peppers.

Makes 6 servings (¾ cup each)

Nutrition per serving (approximately): 35 calories/5 g. carbohydrate/1 g. fat/trace cholesterol/2 g. protein/31 mg. sodium

HERB-ROASTED TENDERLOIN OF BEEF

This is one of the red meat options that shows up from time to time on the Canyon Ranch menus, proof that healthy eating *can* mean "moderation without deprivation."

2 Tbsp. minced shallot
2 Tbsp. minced rosemary
2 Tbsp. minced thyme
2 Tbsp. minced basil
2 Tbsp. minced parsley
1 Tbsp. minced garlic
1 Tbsp. olive oil
2 tsp. cracked black peppercorns
1 pound lean beef tenderloin

Preheat the oven to 375° F.

Combine all the ingredients except the beef in a shallow baking dish and mix well. Trim the outer fat from the roast. Roll the meat in the herb mixture until well coated.

Heat a large sauté pan over high heat and sear the roast quickly, turning to brown it evenly. Return the roast to the baking dish and cook in the oven for 15 minutes. Reduce the temperature to 350° F and cook 10 minutes longer. Insert an instant-reading meat thermometer into the thickest part of the roast. When it reads 130° F, the meat is rare; at 140° F, the meat is medium. If necessary, continue cooking to the desired doneness. Let the meat rest at least 10 minutes before carving.

Makes 4 servings.

Nutrition per Serving (approximately): 200 calories/1 g. carbohydrate/11 g. fat/24 g. protein/70 mg. cholesterol/62 mg. sodium

CHERRY PIE

Fructose is used in place of refined sugar here. Although ounce for ounce it has the same calories as sugar, it tastes sweeter than sugar when mixed with slightly acidic ingredients, so less is needed.

¼ cup cornstarch
¼ cup water
2 pounds frozen sour cherries
½ cup fructose
½ teaspoon almond extract
Pinch cinnamon

Streusel:
3 Tbsp. brown sugar
6 Tbsp. all-purpose flour
2 Tbsp. butter

Pastry Crust
1 cup flour
2 Tbsp. cold butter, diced
½ tsp. fructose
½ tsp. salt
4-6 Tbsp. ice water

For the pastry crust, place the flour, butter, fructose and salt in a food processor and pulse briefly to combine. With the machine running, slowly add enough water so the dough just forms a ball; pulse 2 to 3 seconds longer. Do not overprocess or the dough will be tough. Form the dough into a ball, wrap it in plastic and refrigerate for at least 1 hour.

Preheat the oven to 350° F.

Mix the cornstarch and water in a small bowl and set aside.

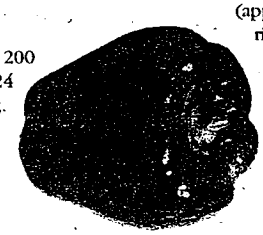
In a medium saucepan, combine the cherries, fructose, almond extract and cinnamon and bring to a boil over medium heat. When the mixture just begins to boil, stir in the cornstarch. Continue simmering until thickened, about 6 minutes. Set aside.

Combine the streusel ingredients in a small bowl and mix with your fingers until the mixture resembles coarse crumbs.

Roll the chilled pastry dough into an 11-inch circle and use it to line a 9-inch pie pan. Prebake the crust in the oven until lightly browned, about 12 minutes. Fill with the cherry mixture and sprinkle the streusel topping evenly over. Bake until the top is lightly browned, about 40 minutes.

Makes 16 servings.

Nutrition per serving (approximately): 125 calories/24 g. carbohydrate/3 g. fat/8 mg. cholesterol/1 g. protein/86 mg. sodium



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SaddleBrooke Progress

The Official News At SaddleBrooke Resort Community

VOL. 7, NO. 12 — *64518 East SaddleBrooke Blvd., Tucson, Arizona, 85739* — *December 1996*

Refresh your soul when you travel to Canyon Ranch

Nancy Haugh

One visit to Canyon Ranch, nestled in a valley surrounded by hills and mountains and located in Northeast Tucson, convinces you that this is not merely a beautiful resort in a lush setting. It is a total, invigorating lifestyle. Had Issac Walton, 17th century essayist, seen the place, he would have dubbed it "The Compleat Spa."

My "Day Spa" experience at Canyon Ranch made it easy for me to see why it, along with its sister spa in the Berkshires, is the number one spa in the nation. As my car wound down steep Rockcliff Road, I felt as if I were descending into another world.

First used as a dude ranch, Canyon Ranch has retained many of the original southwestern designed adobe buildings. Large, park-like, outdoor lounge areas are surrounded by dozens of guest units. The main clubhouse is both elegantly and comfortably furnished. Beyond the main reception area is a peaceful lounge featuring a great stone fireplace and a grand piano. A nicely appointed waiting area opens to the outdoors and the dining room.

It takes the better part of an hour just to walk around the grounds to view the various facilities. There is a "Life Enhancement Center," as well as a "Health and Healing Center." The dominating structure, however, is the 64,000-square foot spa complex. It spreads over the length of three football fields and offers a myriad of state-of-the-art equipment, treatment and exercise rooms.

Spending just one day at Canyon Ranch is like looking at the tip of an iceberg. There is more to do, see and observe than you can possibly manage in an eight-hour period. Guests come for all types of reasons. Most come to feel better and to change their mind sets and build self-confidence. No matter what their personal goals, guests achieve a sense of well-being at Canyon Ranch that stays with them for the rest of their lives.

My day began in the reception area where I was greeted by several friendly staffers. I was checked in and given a complimentary canvas sports bag and a water bottle. The latter is a subtle reminder to each guest that it is important to drink at least eight glasses of water a day.

"Have you decided which programs you will follow today?" I was asked. I quickly scanned the schedule and replied, I'm not sure what classes I should take." My guide then proceeded to review the classes with me and to recommend the ones that would give me the best overall view of the programs.

Next, I was given a tour of the lounge and dining areas. Then it was outside across the lushly planted grounds to the spa. Huge canopies of ancient trees protected us from the sun. The only sounds to be heard were the splashing and gurgling of water in the many streams and fountains or the occasional laughter of guests. I felt I was in Shangri La, far from the hustle and bustle of civilization.

My first stop was the nurse's office where my medical history was noted and my vital signs were taken. The nurse commented that my blood pressure was a little high, but, she concluded, that was surely due to the excitement of the visit. Because I take medication for slight hypertension, she suggested that I avoid the sauna and steam rooms since they would counteract the effect of the drug. Each guest is thoroughly assessed before beginning any program.

As I was ushered into the spa reception area, I saw small groups of guests adamantly talking to each other while waiting for a class to begin. In one corner of the room, people reclining in comfortable chairs were listening intently to a lecture.

The receptionist at the desk checked me in

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and noted that I was scheduled for a massage at 3 p.m. "Oh, you have the best masseuse," she assured me, "You'll love her." She gave me a locker key on which hung a tab for a terry-cloth robe which I would use later. Then I was conducted to the women's locker area. There were grooming areas, a manicure station, several whirlpools and multiple dressing areas. Once at my locker, I changed into my gym clothes and checked the map I had been given to see where I should go for my first class.

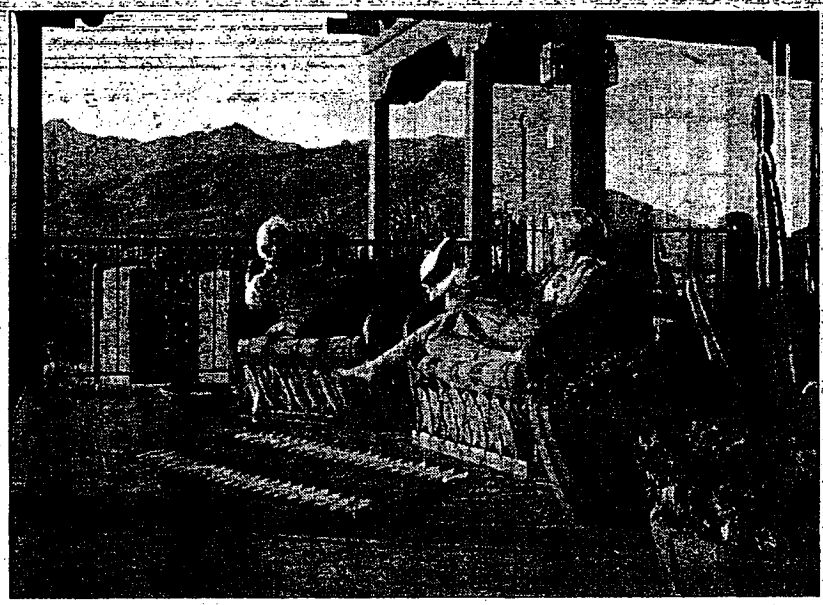
In Gym 6, I waited with several gentlemen for the fitness instructor who would guide us through high and low impact aerobics and mat work. We worked hard, increased our heart rates to the desired levels and, above all, by the time the class was over, felt we had accomplished something good for our bodies.

Next came a Women's Stretch Program, a very popular class. We worked on our flexibility while simultaneously relaxing our minds and muscles by deep breathing and concentrated thought.

After those two classes, I barely had time to get in the pool before changing back into street clothes to go to lunch. Mary Jo Keating and Katie Garber, Canyon Ranch staffers, had graciously arranged to join me and my daughter, who also works there, for lunch. They were kind enough to take the time to fill me in on some of the special activities at the spa.

The variety of food offered at lunch was impressive. The selections were of gourmet—

Continued on Page 19



Guests can relax and unwind on the front porch of their casita at Canyon Ranch Resort.

Trip to Canyon Ranch *continued from Page 14*

caliber and it was hard to tell by the presentation and taste that all the dishes were heart healthy - low fat and low calorie. The salad bar was replete with fruits as well as mixed salads and greens. There were even low-calorie desserts that looked extremely tempting.

After lunch, Katie took me on a personalized tour of the facilities. It was at this time I really noticed the many sculptures of nudes placed in the gardens. "Many guests have their photos taken with these sculptures, but I'm not sure why," Katie said smiling.

We checked out the demonstration kitchen where daily a chef offers an alternative to the dining room cuisine. Here guests may watch him prepare special dishes and then join him for lunch in a comfortable, intimate atmosphere.

We peeked into a couple of the guest rooms. These are appointed nicely with double beds, dual closets and dual sinks with vanities and dressing areas. Most of the guests spend very little time in their rooms, using them mainly for sleeping and changing clothes. Everyone participates in the activities offered and usually spends the entire day in classes or some other constructive activity. For those who prefer more spacious accommodations, there are some suites and guest houses available.

I discovered there are several opportunities during the day to take a hike or a bike hike, as it's called. I had been told that in the winter, guests hike along the lower lying Sabino Creek, but in the summer they hike up into the mountains where the breezes are refreshingly cool.

Katie Garber explained that the guests at Canyon Ranch have many opportunities for soul searching. They may take advantage of various consultations, lectures and seminars, as well as all the fitness activities. When guests make reservations at the spa, they know that they will have many choices to make because of the dozens of wonderful services offered.

Canyon Ranch's Health and Healing Center is unique. It is staffed by doctors, RNs and specialized health experts. There is a special Women's Medicine Program in addition to oriental medicine, acupuncture and an aggregate of other medical services. A special treatment plan called "The Healing Touch," is available. This technique is used in neonatal and pediatric intensive care units and has now been adapted for adults. In fact, here at the center, over 75 staff members are on hand.

The Life Enhancement Center is complete unto itself, with miniature everything. It features its own dining room, lounge, spa area and gym, as well as lecture rooms. It is at this facility that the special weeks, or "camps" are held. I was there at the beginning of "Asthma Week." A group of people with similar problems and goals were meeting to share a healing experience which is both mental and physical. They discussed limitations, treatments, alternative life styles and rapidly developed a bond with each other. Many of these people will remain friends for life.

In addition to Adult Asthma Week, the spa offers a Healthy Heart Camp, which is under the auspices of the University of Arizona Heart Center. There is also a Diabetes Week, an Elder Camp and special men's and women's retreats. Some of these activities are offered several times a year.

The Elder Camp should be of significant interest to those living in retirement communities. The program focuses on wellness, fitness, nutrition and making alterations to improve one's health and vitality.

The exercise and educational activities are all geared to your individual pace. To quote the brochure, "Our goal is to inspire you with ideas and practices that you can use all your life." Some insurance plans may re-imburse you for many of the medical services included. Financial assistance is also available.

As Katie and I strolled the grounds, I could see how easy it is for guests to become comfortable in the nurturing surroundings. Besides the many activities Canyon Ranch is famous for, there are special outings, such as a shopping trip to Nogales or to Tucson Mall. Golf is available at Raven, one of the newest and best courses in the Western United States.

For the guests' convenience, there is a self-contained market, guest laundry facilities, a trendy boutique featuring designer clothes and, yes, even a Gadabout salon. There are several beautiful pools, one of which was built during the dude ranch days and is an inviting place to lounge and sunbathe.

Canyon Ranch offers approximately 100 scholarships a year to area people with health problems who otherwise could not afford the programs at the spa. This community service has been ongoing for several years and is greatly appreciated.

After the tour, I changed back into my gym clothes and took a very brisk, two-mile guided hike with an obviously enthusiastic group of people. Several of them were acquainted with each other from previous visits. Many guests come to Canyon Ranch on a regular basis. In fact, some have liked the program so well, they have built or purchased homes nearby so they may take advantage of the activities.

The trainer had advised me that before my massage I should either take a warm shower or a dip in the whirlpool to loosen up my muscles. They think of everything here! So, after ten minutes in the pool, I went to the massage waiting area. The receptionist was right. The masseuse I had was an expert. I have never felt so relaxed!

The activities in which I participated comprised just a tiny sampling of what is offered at Canyon Ranch. Guests can become involved in weight training; for example, as well as boxercise, total yoga, T'ai Chi, Chi Gong and other meditations. There is special emphasis on aqua aerobics, range of motion, breathing and relaxation, body sculpting and abs. Tennis, horseback riding and line dancing are available for those who have a particular interest. You really have to go to the spa to learn about the hundreds of opportunities it has to offer. You will find that you can enhance your physical, as well as your spiritual and mental, fitness.

After a most enjoyable and informative day, I was most reluctant to leave. I had a chance to view a video on Canyon Ranch in which guests were the spokespersons. I concluded that no matter what advertising the owners do, the guests offer the best testimonials. Individually and collectively they explained how much better they felt after their life enhancing experience at the spa. "It's incredibly physically nurturing," proclaimed one. "I've never experienced such self-confidence," said another.

Guests come to Canyon Ranch for all sorts of reasons and all leave with a common denominator, peace of mind. One very satisfied guest who had been interviewed on the video summed up the Canyon Ranch experience beautifully. After returning home from a visit to the spa, her friends were obviously impressed by how well she looked. "How much did you lose?" they asked. "It's not what I lost," she grinned, "it's what I gained."

Nearly every service at Canyon Ranch is included in the base price. These are comprised of accommodations, meals, the spa, spa services, sports activities, wellness consultations, gratuities and round-trip air transfers. No other luxury resort can come close to the amenities offered here.

Rates vary by the season and are offered in packages of from four to ten nights. From December 23, 1996, through June 14, 1997, and from September 14 through December 23, 1997, the standard single room starts at $1,920 for four nights and goes to $4,360 for ten nights. Double occupancy is less expensive per person.

Summer rates which are in effect from June 15, 1997, through September 13, 1997, start at $1,350 for four nights and increase to $3,070 for ten nights. There are also executive rooms, haciendas and casitas available.

To begin your adventure at Canyon Ranch, and for more information, call 1-800-727-9000 in North America and 1-520-749-9000 world wide. The fax number is 1-520-749-7755.

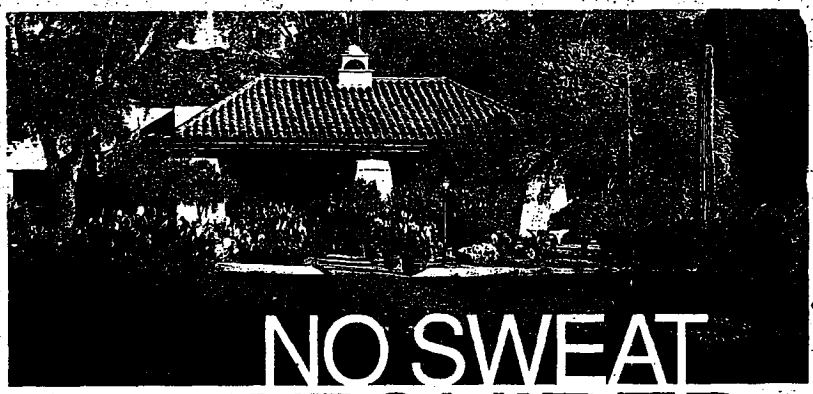
The staff is always looking forward to serving you while you stay in a part of Arizona that is beautiful all year round.

Experience a European facial - a perfect way to unwind.

Learn how to prepare healthy foods in the Canyon Ranch kitchen.

NOVEMBER 1996 VOL. 179, NO. 9

TRAVEL HOLIDAY



NO SWEAT REQUIRED

Canyon Ranch spa—healthy, pampered heaven or fitness hell? Here's a hint: They have brownies. By Laurel Delp

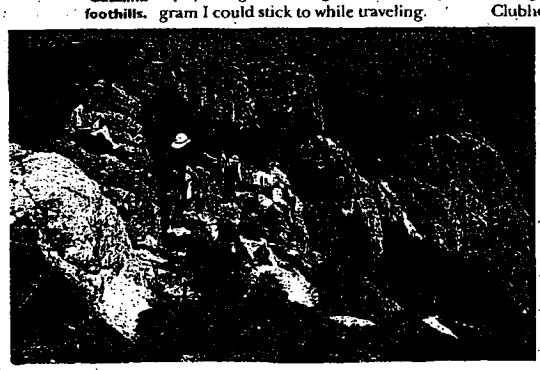
Five of us, all women and all from Southern California, were at the Tucson airport waiting for the Canyon Ranch minivan. A chic thirtysomething in black was outside in the near-100-degree heat saying a long goodbye to her last cigarette—she was one of two in our party here to quit smoking. Two others were in the "why not?" category, and the oldest, in her sixties, was making her annual monthlong pilgrimage.

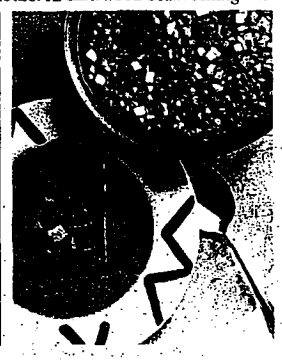
The spa's four-night package ($1,520) includes an "executive" single room; all meals; use of the athletic facilities; unlimited hikes and fitness classes (about 40 a day to choose from); four Spa & Sports Services (ranging from facials to private squash lessons); and a $90 Health & Healing Service allowance (enough for an hour-long nutritional or medical consultation). After poring over the 63-page catalog at home and discussing my options with a program coordinator on an 800 line, I signed up for three kinds of massage, a facial, and an appointment with a physiologist to design an exercise program I could stick to while traveling.

Founded in 1979 and, with its sister facility in Massachusetts, perhaps the most famous spa in the U.S., Canyon Ranch is larger than most of its best-known competitors. It houses 225 guests to The Golden Door's and The Greenhouse's 30-odd, which makes it easier to get into. (And a week at Canyon Ranch runs between $2,240 and $2,800, as compared to about $3,800 a week at the other two.) Unlike The Golden Door or The Greenhouse—whose guests all begin the week together—it has no set program; everyone tailors his or her own schedule. Which could mean sleeping late and lolling by the pool, or springing out of bed for a 6 a.m. hike.

DESERT HIGH

Our driver handed out chilled bottles of water and off we rolled. After a half-hour drive through suburbia, we passed a guardhouse, turned down a driveway lined with eucalyptus trees, and pulled up in front of a long, low adobe-style main building—the Clubhouse. Its dark wood-beam ceiling and





Clockwise from top: Canyon Ranch's Clubhouse; the 9,000-foot Santa Catalinas behind the ranch; lentil and watermelon-mint soups; an advanced hike in the Santa Catalina foothills.

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CANYON RANCH

tiled floors make it look like the dude ranch the property actually once was. We checked in and toured the immediate grounds, which are large and confusing. In the 70-acre complex there are four pools (one indoor), eight tennis courts, and a huge spa building, along with gardens, plus cottages that house the 180 guest rooms. Then I was interviewed by a nurse in the health center, who gave me the once-over and took my blood pressure.

Green-trunked paloverde trees, small saguaros, and prickly pears line the paths leading to the rooms; Mexican birds of paradise bob in the slight breeze. After the gorgeous landscaping, my room seemed characterless: beige haute-motel decor with a surfeit of Formica. It had a television, telephone, and firm king-sized bed with soft padding on top, but to my dismay I discovered no bedside lamps. Instead, there were airplane-style ceiling-mounted lights that made reading in bed difficult. (Although evenings offer poetry readings, lectures, and slide shows—even Friday night bingo—many people go back to their rooms after dinner ends at 8:30 to watch a video or read.)

That afternoon I entertained myself with 45 minutes on an underwater treadmill and a leisurely float on a raft. My sunblock was back home, but Canyon Ranch provides large pump bottles of different SPFs at each of the outdoor pools. Clean towels are stacked everywhere, and what's lacking in the way of room amenities is made up for in the spa building, which has disposable razors in the large showers and well-lighted beauty areas with magnifying mirrors, hair dryers, curling irons, and still more sunblock. Later I discovered complimentary boxes of soap and bleach in the (also complimentary) laundry room.

PUMPING PIE

Then there's the food. It is prepared so skillfully—orange roughy pan-seared with cajun spices was particularly good, as was moist, tender sliced roast duck—that the low-sodium, low-fat aspect is almost unnoticeable. The desserts, however, are laughably small, although our table solved that problem one night by ordering two elfin slices of blueberry pie for each of us. Despite the maitre d' and waiter service, Canyon Ranch's dining room is casual and Southwestern in style; with 22 tables for two and 30 larger tables. No one really dresses for dinner; they just show up in clean warm-up clothes or jeans.

Back at the Ranch (from top): Not all the hikes are strenuous; an "executive" room.

At our table—the cast of characters was usually the same at each meal—I got a take on my fellow Canyon Ranchers. They are all kinds, all sizes, all ages (over 14), and though certainly no one's poor, neither is everyone rich. Most come from the East or West Coast, and there were more men than I'd expected (the ratio's about three women to two men). Three celebrities were rumored to be present, but I never saw them or even found out who they were. No one did, in fact—the staff's very careful not to name names.

Ascetic this place is not. Although the waiters do tell you the calorie count for each dish they bring you, the emphasis at Canyon Ranch is learning to live a healthy life, not shedding pounds at any cost. There are brownies and coffee—you can even have salt, half-and-half, and butter (but no alcohol's served). I never did see anyone ask for butter, but someone at our table ordered half-and-half, and no eyebrows went up, either on the waiters or our fellow diners. The staff's always making jokes, though, about people sneaking out for pizza or Kentucky Fried Chicken.

Each night you sign up for the next morning's hikes, choosing from between four and 10 offerings a day. The trip leaders tend to make the hikes sound like

TRIP SHEET...TRIP SHEET...TRIP SHEET

CANYON RANCH FOUR-NIGHT PACKAGE

Package price: $1,520 per person, single occupancy.

■ What's included: airport transfers, single room and all meals, four Spa Services and one Health Service (of up to $90 value), exercise classes, use of all gym equipment and weights, morning walks and hikes, bike rides, laundry, videos, nature walks, and lectures.

■ The fine print: The four-night package is the shortest stay that Canyon Ranch allows (there is no daily rate). Add on an 18 percent service fee ($274) and 6.5 percent sales tax ($117) for a total of $1,911 for a single standard-room four-night package between June 15 and September 23; doubles start at $1,200 per person for the four-day package, plus service and tax. Winter rates for the four-night package begin at $1,840 for singles and $1,510 (per person) for doubles, plus service and tax. Longer and more specialized packages are available.

■ Insider's tip: Follow the detailed packing tips provided by the spa—it'll save having to buy expensive replacements at the gift shop for whatever shoes, clothing, or other supplies you forgot to bring with you.

■ Highs: A high-desert setting with all the benefits of healthful eating and exercise and no set program, so guests can pace themselves; reading glasses by the sign-up boards; no individual tipping—a big relief when you're getting lots of massages and facials.

■ Lows: A somewhat lackadaisical attitude about phone messages; a few arrogant young trainers; characterless rooms with low water pressure; no bedside table lamps!

FOR MORE INFORMATION: Call 800-742-9000.

Himalayan treks, so although I'm pretty fit, I went for the easiest trails, which were consistently beneath my ability. But even these four-mile, two-hour walks are on rocky paths lined with mesquite and morning glory, leading through starkly beautiful canyons and above the Sonoran Desert. (The toughest expeditions offered at Canyon Ranch involve a half-hour drive and then an all-day, 12-mile hike in the mountains.) Two of my hike leaders (part-time employees, like almost one-third of the 770 staff members) were in their sixties—not intimidating hard-body types. Coffee and breads are put out at 6 a.m. for the dozen or so hikers in each group, and everyone is given a backpack containing water and more breakfast.

Back in the spa building, no one ever seems to be waiting for an exercise machine—actually, the whole ranch always looks empty except at meals, because everything's spread out and so many activities are going on at once. There are stair machines, recumbent bikes, regular exercise bikes, treadmills, NordicTracks, and a StairMaster-type thing that simulates rock climbing. I took classes in weight-strengthening, deep-water exercise, and cardio-cross-training. At times I had two trainers supervising me, and when I mentioned a weak back, one of them dashed off for literature and illustrations for me to take home. The 45-minute beginning step class for 15 people, on the other hand, is the usual complicated routine—I saw a couple of women slinking out before the class was done.

PERSONAL BEST

The highlight was my consultation with the physiologist. I told her I was thinking of buying an ab-roller. "Save your money," she laughed, and showed me how to do sit-ups holding a towel behind my head. I also had my athletic shoes examined (for free) and was given a list of a dozen or so shoes more suited for my feet. Canyon Ranch sells athletic shoes in its gift shop, but I felt no pressure to buy from them. The only time I felt hustled was during my European facial, when the facialist talked me into paying $20 extra for liposomes and then produced two sheets listing expensive products, most by Sisley, with the ones I "needed" highlighted—if I'd bought all the stuff on the list, it would have been almost $1,000.

I'd been careful not to overdo it on the exercise, but by the third day of my visit I had begun to ache. The massage therapists—there are some 50 on staff, both male and female—were very perceptive about my sore muscles. (You can sign up for additional massages, à la carte, at $75 for 50 minutes; it's an extra $12 to have one in your room.)

One of my airport friends and I kept running into each other in the spa locker room; every day she looked more relaxed and carefree. We'd shuffle around in our terrycloth robes, grinning almost idiotically. By the last morning she was actually glowing, and I felt like I was, too—the four days at Canyon Ranch really had been relaxing and informative. Last I'd heard, though, the smoker in black still hadn't managed to quit. TH

THE NEW YORK OBSERVER

YORK NOVEMBER 11, 1996

A SPECIAL ADVERTISING SUPPLEMENT TO THE NEW YORK OBSERVER • NOVEMBER 11, 1996

GREAT ESCAPES

Quick Winter Getaways for Busy New Yorkers

The short sleeves and sundresses have been tucked away for the season, the last blush of tan has faded, and the first crackling of heat is hissing through the radiator. No doubt about it, winter will soon be headed this way. Maybe it's the shorter days or the constant ringing of the cell phone that's driving you crazy. Or maybe you're just feeling a bit down and need a quick pick-me-up. So what's a harried New Yorker to do? The answer is simple: escape the cool-weather blues by taking a quick trip for some fun, sun and R & R. No time, you say? Too busy to take a two-week sojourn to the south of France? Who cares, when you can indulge your escape fantasies in the space of a long weekend. A quick jaunt to Southern Florida can take less time than a Jitney ride to the Hamptons. The diverse communities of Palm Beach, South Beach, Key West and Fisher Island offer a range of sophisticated dining, socializing and shopping options. Traveling a bit farther will land you on the beautiful beaches of Martinique, an intimate island that mixes the laid-back charm of the Caribbean with French-Creole style. For some serious rejuvenation, head for a spa, where you'll be pampered, pummeled and purified until you feel like a new person. Most spas offer four-day packages, so those on the go have no excuse for not finding the time—but trust us, you'll want to stay for a whole week. So leave the passport behind, grab your sunglasses and go. Just remember, there's no room for a laptop when you're traveling light.

—Jennifer Nuremburg

G R E A T E S C A P E S

LAP OF LUXURY

Eight Great Spa Retreats

There's no better way to relax and revive than an indulgent stay at a luxurious spa. Surrounded by breathtaking scenery, guests sweat out past stresses and have their troubles massaged away. In keeping with today's niche-oriented market, spas make it their business not only to stand out, but to cater to the diverse needs, budgets and time tables of their clients. So, whether you're looking for a quick weekend refresher or a thorough week-long overhaul, the perfect spa getaway is readily available and just a phone call away.

The Western part of the country hosts numerous spas and resort hotels, since the open spaces and glorious scenery are perfectly suited to relaxation and restoration. Set in the desert near St. George, a sun-drenched resort community in Utah's Red-Rock Canyon region, Green Valley Spa is a beautiful, serene spot that provides meticulous attention to every imaginable detail. The decor is lovely and calming; the staff is soft-spoken and dedicated. Visitors can enjoy the outdoor beauty and test their endurance with a different hike each morning. Later on in the day, guests can brush up on their backhand with a tennis instructor or pick from an array of fitness classes—from body sculpting to stretch and yoga to aquacise to cardio. A visit to the aptly named Relaxation Center—filled with flowers, aromatics, music and scented water—is another option. By end of day, blissed-out guests have been massaged, wrapped, aromatically bathed, steamed and rubbed. The Center also offers beauty services, a meditation training program and assorted spiritual programs geared towards personal enlightenment. A week-long stay includes three full body massages, three private aromatic jacuzzi baths, one face, neck and shoulder acupressure massage and facial and one foot and leg reflexology and pedicure. The $2,350 price per person also includes three healthy gourmet meals plus snacks each day, hiking, fitness classes, use of pools, courts and all other resort facilities. Additional spa treatments are extra (1871 West Canyon View Drive, St. George, Utah, 84770; 1-800 237-1068).

Hitting the trails at Lake Austin Spa in Austin, Texas.

Canyon Ranch is an internationally renowned resort dedicated to healthy living. The two Canyon Ranch locations offer inspiring scenery. The Tucson, Arizona spa is located on 70 lush desert acres in the foothills of the Santa Catalina Mountains; grounds are landscaped with flowers, cactus gardens, tropical trees, steams, pools and fountains. The spa in the Berkshires is located on 120 woodland acres, and features a sweeping view of rolling lawns and surrounding woods. Both spas offer more than 40 fitness classes daily, including tennis, biking and hiking programs, as well as spiritual awareness classes such as yoga, t'ai chi and meditation. In addition, the spas feature full preventive healthcare assessments and guidance, plus lifestyle change programs from stress management to smoking cessation to weight loss. Canyon Ranch, known for its gourmet spa cuisine, offers food planning and healthy cooking classes, as well as nutritional consultations. A seven-night stay at Canyon Ranch, Tuscon, ranges from $2,560-$4,190, double occupancy, depending upon accommodations. For information, call 1-800-726-9900 (8600 E. Rockcliff Road, Tucson, AZ; 165 Kemble Street, Lenox, MA).

The Spa at Peaks, part of The Peaks at Telluride, located at 9,500 feet and surrounded by the San Juan Mountain Range, is hands down one of the country's most unique spas. The innovative programs draw on native American rituals, incorporating products indigenous to Colorado—including such evocatively named services as the Colorado Clay Pack, Deep Forest Exfoliation, High Alpine Wildflower Hydrotherapy and the Nature Lover's Facial. The resort has both tennis and golf facilities and, of course, offers some of the country's best skiing just moments away. Luxury, oversized accommodations and a laundry list of special amenities await guests, while the healthy, traditional American- and Southwestern-influenced gourmet menu caters to both dieters and heartier eaters. Through December 20th, the Peak's seven-night Renewal Week package is priced at $3,325 per room, double occupancy (136 Country Club Drive, Telluride CO, 1-800-789-2220).

Deep in the heart of Texas, you'll find two of the best spas to get away from it all. Looking for a natural route to refreshment and serenity? Lake Austin Spa Resort perfectly fits the bill. The spa promotes the benefits of a healthy lifestyle and inner relaxation, encouraging guests to go at their own pace. In other words, there's no pressure to get buff or keep up with your neighbor. The accomodations are charming. Lush, aromatic gardens surround cozy bed-and-breakfast style cottages overlooking Lake Austin. The spa offers extensive facilities—everything from lakeside and tidal pools to walking trails to a fully equipped gym. More

Lap of Luxury cont.

than a dozen daily fitness classes are offered including circuit training, yoga and even country and western line dancing. Refreshing outdoor programs, such as the Hill Country Canoe and Hike, test endurance while highlighting the beautiful wildflower-filled Texas scenery. In keeping with the spa's ecological focus, Lake Austin's spa treatments incorporate earthy ingredients like flowers, oils, leaves, herbs and seeds. Try the Texas Two Step, which combines a natural face lift massage and reflexology, the spa's most popular treatments. Even the kitchen takes advantage of the surrounding bounty—the delicious and low-fat gourmet cuisine is flavored with organic herbs picked fresh from the gardens. Lake Austin features workshops on nutrition and stress management, as well as a special holistic skin, nail and hair salon. The seven-night Refresher package includes all spa amenities plus two 50-minute and two 80-minute skin and body treatments. The cost is $1,829 for double accommodations; $1,972 for private (1705 Quinlan Park Road, Austin, TX, 1-800-847-5637).

Another Texas choice is The Greenhouse, a legendary health and fitness spa located in Arlington, devoted to pampering women. Guests come for discreet cossetting and personal attention, and for the serenity and solitude of the lovely estate. Noted for the elite fitness and beauty programs, the latest in facilities plus treatments by highly trained and discreet professionals, The Greenhouse also offers delicious, healthy spa cuisine. A week's stay will average $4,000, and will help guests discover their inner peace. For information and reservations call 817-640-4000.

Bed-and-breakfast style cottage at Lake Austin Spa.

New Yorkers who can't find the time to wander westward can still find some of the best spas in the country on the East Coast—in the Sunshine State. The staff at The Spa at Turnberry at Turnberry Isle Resort and Club provide a customized program for each guest—from absolute relaxation to physical fine-tuning. And rather than a quick fix, each program is designed as starting off point for lifetime change. The spa offers 75 fitness classes, from yoga to rollerblading, as well as specific sports classes. Plus they feature top-of-the-line cardiovascular equipment and weights, body treatments, like massages and aromatherapy, and a full-service beauty salon. Turnberry also features two championship golf courses, 24 tennis courts, four outdoor pools and a private beach club. The seven-night Fitness Plan costs $1,949-$2,079 for doubles—prices through December 21 (19735 Turnberry Way, Aventura, FL, 1-800-327-7028).

Set among 650 tropically landscaped acres in Miami, the internationally renowned spa at the Doral Golf Resort and Spa offers visitors a luxurious treat. Doral offers more than 28 classes, from t'ai chi to boxaerobics to Middle Eastern dance, as well as all the treatments one would expect from a first-class spa. While many spas cater only to women, Doral offers a wide range of spa services for men, including the Gentleman's Facial, the Mental Edge Training Session, and the Hydrotherapy and Sports Fango, an intense treatment to soothe aching muscles. The Doral, a golfer's dream, offers some of the finest golf courses in the country, and also cross-sells spa services with golf packages (4400 Northwest 87th Ave., Miami, FL 33178, 1-800-71-DORAL).

Guests travel from all corners of the globe to experience the Spa Internazionale at The Fisher Island Club, an idyllic island retreat just south of Miami Beach, located in the former winter estate of the Vanderbilts. The spa combines the best European and American customized health treatments, all in a serene tropical setting. Thalassotherapy treatments, which incorporate harvested marine algae and aromatherapy, based on essential flower and plant oils, are an intrinsic aspect of Spa Internazionale's treatment programs. The spa offers assorted skin care treatments using the exclusive Yonka Paris and Guinot botanical-based skin care lines. Guests may take advantage of the mile-long private beach, a par-35 championship nine-hole golf course, a complete retail center, and several dining options. Spa packages, as well as special honeymoon, golf and tennis packages, are priced from $940 a night (One Fisher Island Drive, Fisher Island, FL 33109, 1-800-624-3251).

If you want help finding the perfect spa retreat, call *Spa Finders*, the largest spa travel company in the world. The company represents more than 200 spa destinations worldwide, books more than 75,000 room nights annually, works with more than 30,000 travel agencies and serves as a clearinghouse of information for travel professionals, consumers, spa professionals and the media. Their team of spa consultants are specially trained to help you find the right fit, whether your focus is on beauty, wellness, pampering, weight management, stress relief, New Age or simply adventure. And, if you book your trip through Spa Finders, you'll be eligible for a variety of special packages and discounts. Spa Finders Travel Arrangements Ltd. also publishes the annual *Spa Finder* magazine each April, a colorful guide to spas worldwide, and the quarterly *Spa Finder News*, offering up-to-the-minute information on spas and vacations and bonuses such as room upgrades, complimentary treatments, dollars-off, one-on-one training sessions and beauty items. E-Mail Spa Finders at Allspas@spafinders.com and check out their web site at www.spafinders.com. For information outside New York State, call 1-800 All-Spas; otherwise, call 212-924-6800.

—Jennifer Nuremburg

The photo on the cover of this section is courtesy of Green Valley Spa in St. George, Utah.

Tucson Citizen
Foothills TODAY
1996-97

RESORTS

Canyon Ranch offers total body experience

Mel and Enid Zuckerman are committed to revitalizing the body, mind and spirit at the world-renowned spa they created and now manage.

By DAVID MADRID
Citizen Business Writer

Mel and Enid Zuckerman created Canyon Ranch spa 17 years ago in the foothills of the Santa Catalina Mountains.

In August, when they sold the health resort to Crescent Real Estate Equities Inc. for $57 million, the Zuckermans said they were guaranteeing the spa's future.

"What this acquisition means to me is that this vision, this mission we engaged in 17 years ago can be perpetuated beyond Enid's and my lifetime," said Zuckerman.

He and his wife, Enid, will retain control and will manage and operate the resort under its new owners.

The sale also means the Zuckermans don't have to worry about obtaining financing for the resorts again. About $40 million of the purchase price was debt Crescent assumed.

Nestled on 70 acres in the foothills of the Santa Catalina Mountains, Canyon Ranch is considered one of the premier health resorts in the world.

It was voted Best Spa by readers of Condé Nast Traveler magazine in 1990 and 1992.

Canyon Ranch can accommodate 200 guests who work out, run, walk, bike, swim, hike, lift weights, play ball, participate in aerobics or do any number of physical activities.

But the physical aspects of the spa are only one part of the total experience available to the guests.

Nutrition, stress reduction, skin care, spirituality, health and healing are all included in the many options guests have.

And with 750 employees to contribute to the working out or pampering of 200 guests – a ratio of nearly 4-to-1 – no one is left out or forgotten.

The spa is a far cry from its humble beginnings in 1979 when it was a "mama-and-pa" operation with 100 employees and 66 rooms.

GARY GAYNOR/Tucson Citizen

Karma Kientzler works with Beth Hodges of Phoenix and Gary Christman (in rear) of Maui, Hawaii, during an exercise session.

Canyon Ranch was born of enlightenment and faith: Mel Zuckerman's enlightenment and his wife Enid's faith. Add the purchase of the Double U Dude Ranch, and the spa was born.

Zuckerman was an overweight, stressed-out real estate developer suffering from a variety of ailments, including asthma and gastronomic problems. He had no plans to change his lifestyle.

And though a doctor told him that his gastronomic problems were the result of being under too much stress and that he shouldn't take life so seriously, that didn't mean anything to Zuckerman.

The doctor could not tell him how not to take life so seriously.

Life changed for Zuckerman when his father died of lung cancer in 1977. Before he died, his father – also overweight and a smoker as well – realized that his way of life had contributed to the lung cancer that was killing him.

The father died and a grieving Zuckerman headed off to the Oaks Spa in Ojai, Calif., where he hoped to reassess his life.

"Biologically, I was 75 at the age of 50 when I went there," Zuckerman said. "After four weeks, I could jog three miles in 22 minutes, with no asthma attack. I lost 45 pounds.

"I felt better than when I was a teenager."

The rest of the story is more of a fantasy than a straight entrepreneurial business success story, Zuckerman said.

"This is a story of how to do everything wrong and still come up smelling like roses," he said.

When Zuckerman approached local bankers for a loan to start the health resort, he offered to put up 50 percent of the money himself. And he touted his successful business experience as a developer and certified public accountant in an effort to convince the banks of his sincerity.

The bankers were not impressed and refused to lend him the money.

The Zuckermans raised the $6 million they needed to buy the dude ranch, by liquidating their assets and hitting their friends up for loans.

While raising the money, Zuckerman began to lose faith.

"I almost chickened out," he said. "Enid was in San Diego and I called her and said, 'The deal is going south. Maybe we better not do this.' But she kept me on track. She has been a very active partner with me."

In fact, Zuckerman calls his wife the visionary. She came up with the idea of a health resort three or four years before Zuckerman experienced his life change.

But his visit to the California "fat farm," as he called it, changed his life.

He hired the Oaks Spa fitness instructor, Karma Kientzler, and she remains with Canyon Ranch to this day.

The ranch has grown in bits and

Continued on next page

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Canyon Ranch

Continued from **previous page**

pieces as programs and services have been added.

"We've grown every year in Tucson, so we added Canyon Ranch in the Berkshires," said Brian R. Shultz, vice president of marketing and business development.

That spa was opened in 1989 and it sits on 120 woodland acres in Lenox, Mass. It was named Best Spa by the readers of Condé Nast Traveler magazine in 1991, 1994 and 1995.

The Berkshire spa was also sold to Crescent Real Estate Equities Inc. in August – for $27 million – $8 million in assumed debt and $19 million in cash.

There are plans to move the spa's winning formula to the island of Bali in Indonesia, where Canyon Ranch Bali should open in 1998. Crescent has a three-year option to buy into it, and other management companies formed for new Canyon ranch resorts.

Part of Canyon Ranch's success comes from anticipating change, and the employees of Canyon Ranch do it well, Zuckerman said.

More than 60 percent of the resort's guests have been there before, and about 90 percent of the guests will return to the ranch.

For that reason, the ranch must constantly change to offer guests unusual experiences. The resort changes as those who run it strive to anticipate trends.

Zuckerman's friendship in the early 1980s with best-selling author and integrative medicine advocate Dr. Andrew Weil put Canyon Ranch in the forefront of the alternative medicine craze.

Enid and Mel Zuckerman

Integrative medicine combines the best of Western and alternative medicine.

Yoga, Tai Chi, meditation and Chi Gong are but a few of the Eastern influences that can be found at the spa.

Add to that medical doctors, behavioral specialists and spiritual advisers. And throw into the mix nutrition and the physical fitness aspects of the spa and you have the formula for the resort's mantra: body, mind and spirit.

It is not only a balancing of the body, mind and spirit while at the spa that is the intent of the Canyon Ranch workers, Zuckerman said. The intent is also to help people carry that balance beyond the resort and to maintain it in their everyday life.

NATIONAL JEWISH CENTER
FOR IMMUNOLOGY
AND RESPIRATORY MEDICINE

New Directions
AND LUNG LINE® LETTER

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Canyon Ranch Hosts First Adult Asthma Week Camp

▲ *SUNNY SIDE OF LIFE— Tucson's Canyon Ranch Health & Fitness Resort will become an oasis of health during Adult Asthma Week, Nov. 17-24.*

For a century or more, people with lung diseases have sought the restorative powers of southern Arizona's clear, dry air.

So, what better setting than a beautiful resort in the Sonoran desert for a week-long gathering of asthma sufferers to discuss the latest in managing the disease?

Canyon Ranch, the renowned resort and health spa nestled in the foothills of Tucson's Santa Catalina Mountains, will host the first-ever Adult Asthma Week from Nov. 17 to 24. The week, developed with National Jewish, offers an in-depth look at asthma and the most effective treatments for it.

Adult Asthma Week Features

Included in the week-long session are:

- Pulmonary lung-function tests
- Asthma education, including a session identifying triggers
- Peak-flow meter training
- Disease management session
- Nutrition and exercise workshops
- Individual & family counseling
- Information on environmental controls at home and at work
- Group sessions to explore topics such as related and non-related illnesses, body mechanics, eating dynamics and personality types

In keeping with Canyon Ranch's emphasis on the whole person — spirit, mind, and body — the program couples up-to-date medical information with advice on good nutrition, exercise and the behavioral and social aspects of living with asthma.

"No single set of advice is going to help every asthmatic," says Mel Zuckerman, founder of Canyon Ranch and an asthmatic. "But I hope participants take away confidence — that they can take control of their disease, as I have done."

Adult Asthma Week was the brainchild of William S. Silvers, M.D., of the Allergy, Asthma & Immunology Clinic of Colorado. Last May, Dr. Silvers — a consulting physician to National Jewish — had gone to Canyon Ranch for the first time for his own "health holiday." It was peak pollen season in Tucson and Dr. Silvers noticed many guests had allergies and asthma. He thought: Why not have a special asthma week targeting adults? Children have camps and other special courses that help them cope with their illnesses.

Dr. Silvers approached Zuckerman at dinner one day and suggested the Ranch offer an Adult Asthma Week, in addition to its successful programs on heart disease, arthritis and aging issues. Zuckerman quickly agreed and sent Dr. Silvers to Canyon Ranch Medical Director Phil Eichling, M.D., to brainstorm. Zuckerman also talked with Lynn M. Taussig, M.D., President and CEO of National Jewish, whom Zuckerman had met when Dr. Taussig was at the University of Arizona College of Medicine in Tucson.

Dr. Silvers' idea will become reality this November. Sessions will be held in the Ranch's Life Enhancement Center, which has its own dining room, gyms and meeting rooms.

In addition to Canyon Ranch health professionals, Adult Asthma Week faculty includes National Jewish's Michael Morin, M.D., Director of Psychosocial Medicine; Robert Mason, M.D., Chairman of the Department of Medicine, and Eve Whelan; Dr. Silvers; pulmonary specialist Paul Enright, M.D., and allergist Jay Grossman, M.D., both of Tucson.

The setting for this week-long learning experience couldn't be better. The 70-acre lifestyle resort is beautifully landscaped in native plants. Guests stay in "casitas," clusters of adobe-colored rooms, each decorated with Southwestern furnishings. Visitors can stretch their minds as they meander along the several streams that dot the property, or stretch muscles with the weight equipment in the 64,000-square-foot facility.

To learn more about Adult Asthma Week or to make reservations, contact Canyon Ranch at 1-800-726-9900. The seven-night package is priced at $2,560 per person for standard double accommodations and $3,050 for standard single accommodations. Physicians should add $300 for CME credit. Financial assistance is available for a limited number of participants; call 1-800-726-3335.

Included in the fee are all lectures, three meals daily, a basic prevention evaluation and 30-minute physician consultation, and full use of of Canyon Ranch facilities.

▲ *HAPPY TRAILS— Tucson's Canyon Ranch founder Mel Zuckerman.*

Ranch a Tribute to Well-Being

For four decades, Mel Zuckerman lived a life ruled by his asthma. One of his most vivid memories is the 1938 doctor's visit that set his future. The doctor warned Zuckerman's mother never to let 10-year-old Melvin exercise or play sports because exertion would bring on more of the asthma attacks he'd been suffering.

"I believed the doctor for 40 years," says Zuckerman, now 68 and the owner of the celebrated Canyon Ranch, a fitness and health spa in Tucson, Ariz., and a generous supporter of National Jewish.

By the 1970s, Zuckerman was a very successful, but overweight and out-of-shape Tucson real estate developer. Besides asthma, he had high blood pressure and digestive troubles. His father's death from cancer in 1977 was a wake-up call.

Deciding to re-examine his life, Zuckerman went to the Oaks Spa in Ojai, CA. There to his amazement, he was jogging a mile and a half by week's end without wheezing. He stayed four weeks at the spa, lost 28 pounds and was a changed man.

"Absolutely, it was the place where my life turned around," Zuckerman says.

Zuckerman and his wife, Enid, decided to open a health resort in Arizona that would help others shape healthy lifestyles. Canyon Ranch debuted in 1979 and today is one of the country's premier fitness-vacation centers.

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Adventure Getaways

By RIC BOURIE

Leaves and luxury

Canyon Ranch, the health and fitness spa in Lenox, plans a week of hiking in the Berkshires during the prime of fall foliage. During the week of Sept. 30, guided hikes of between 8 and 12 miles will be offered each day, giving participants a close look at the brilliant autumn colors.

The invigorated walkers return to the finest accommodations you're likely to find if you're looking for a place to improve your physical and mental condition. Canyon Ranch offers opportunities for endless variations on a single theme: Be healthy.

Classes range from aerobics to meditation. Guests can move from rowing machine to weights to dance class to pool to massage table to steam room. Meals are downright sublime, not only because they're so low in fat, but also because they can be delicious.

Another good deal at the ranch, offered through Nov. 1, is a free round of golf at the nearby Cranwell Golf Course. It's available for any guests who stay three nights or longer.

A breast health weekend will be offered for women Oct. 25-26.

Call (800) 742-9000.

Shape presents
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July/August 1996
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WIN A SPA VACATION!

Nominate yourself or a friend to become one of Living Fit's 10 Fittest Women of the Year. Winners will receive special prizes and a gift subscription to *Living Fit*, and will be featured in a future issue.

Selected winners will also receive a healthy getaway at Canyon Ranch Spa, the world-famous health and fitness resort in Tucson, Arizona. Here winners will eat nutritionally balanced meals, learn to meditate, engage in specially prescribed fitness and relaxation activities and be photographed for a future issue of *Living Fit*.

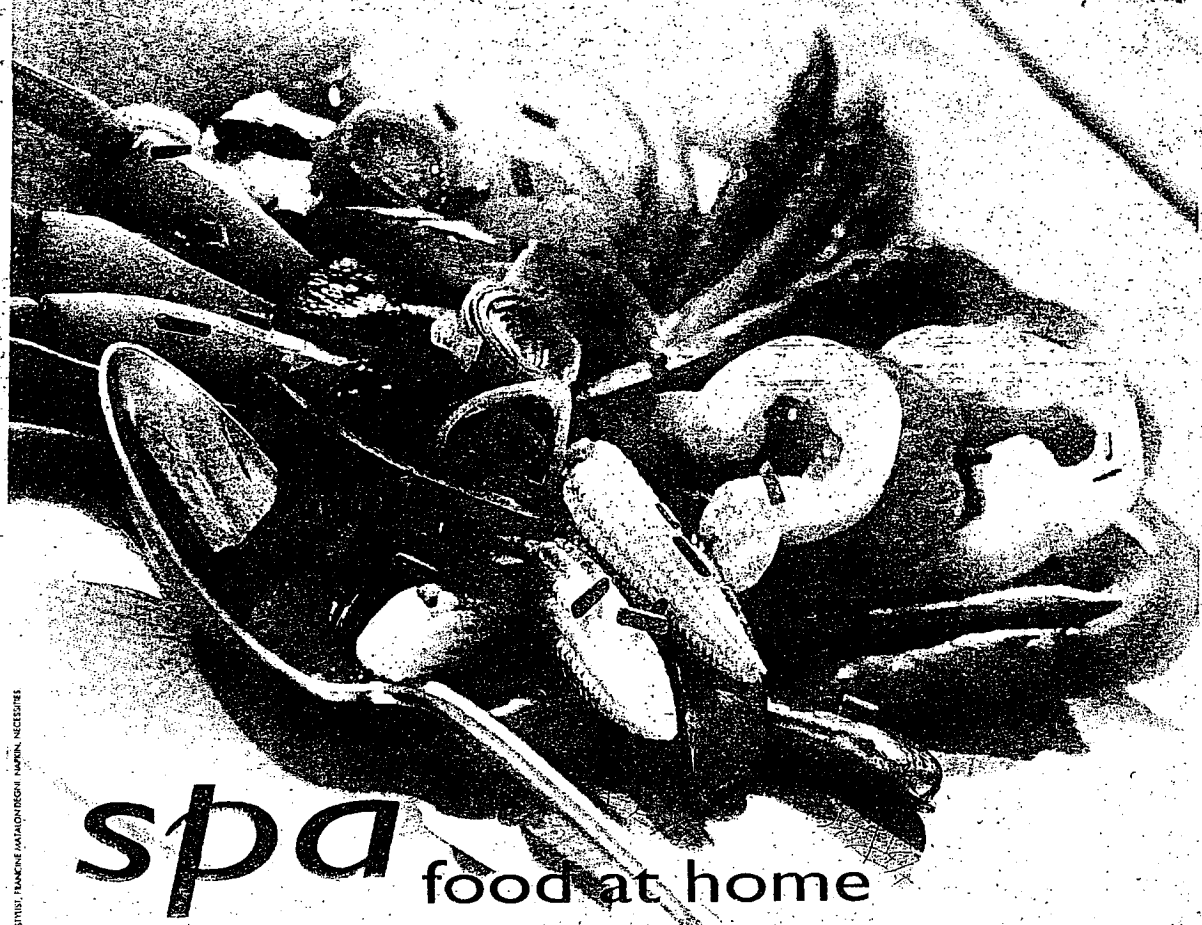
Your nominee must be 35 or older and someone you admire for the difference exercise and healthful living make in her life. She need not be famous or have achieved extraordinary success.

In 100 words or less, tell us why your nominee is one of the 10 Fittest Women of the Year. Include your full name and daytime telephone number, as well as those of your nominee, and a clear photograph of her (no Polaroids, please).

SUBMISSION DEADLINE: Nominations must be received by August 30, 1996.

Mail your nomination today to "10 Fittest Women," *Living Fit*, 21100 Erwin St., Woodland Hills, CA 91367, or fax it to (818) 347-4665. *Weider employees and their relatives are not eligible.*

ESSENCE
contemporary living
APRIL 1996



spa food at home

Spring cleaning starts within: After cold weather, sketchy exercise and winter-weight foods have all taken their toll, a spa visit can be a powerful step toward awakening your inactive body and dormant spirit. But if you can't get away this spring, the following pages bring rejuvenating recipes and spa-food techniques from the famed Canyon Ranch with locations in the lush desert of Tucson, Arizona, and the serene mountains of Lenox, Massachussetts, right to your kitchen. Prepare to look and feel better. ▷

BY JONELL NASH

Forget spartan self-denial! Flavors abound in spa dishes such as Vegetable Pot-au-Feu.

PHOTOGRAPHY: GIA KANAS. FOOD STYLIST: ROSCOE BESSIL. PROP STYLIST: FRANCINE KATALOH DESIGN. NAPKIN, NECESSITIES

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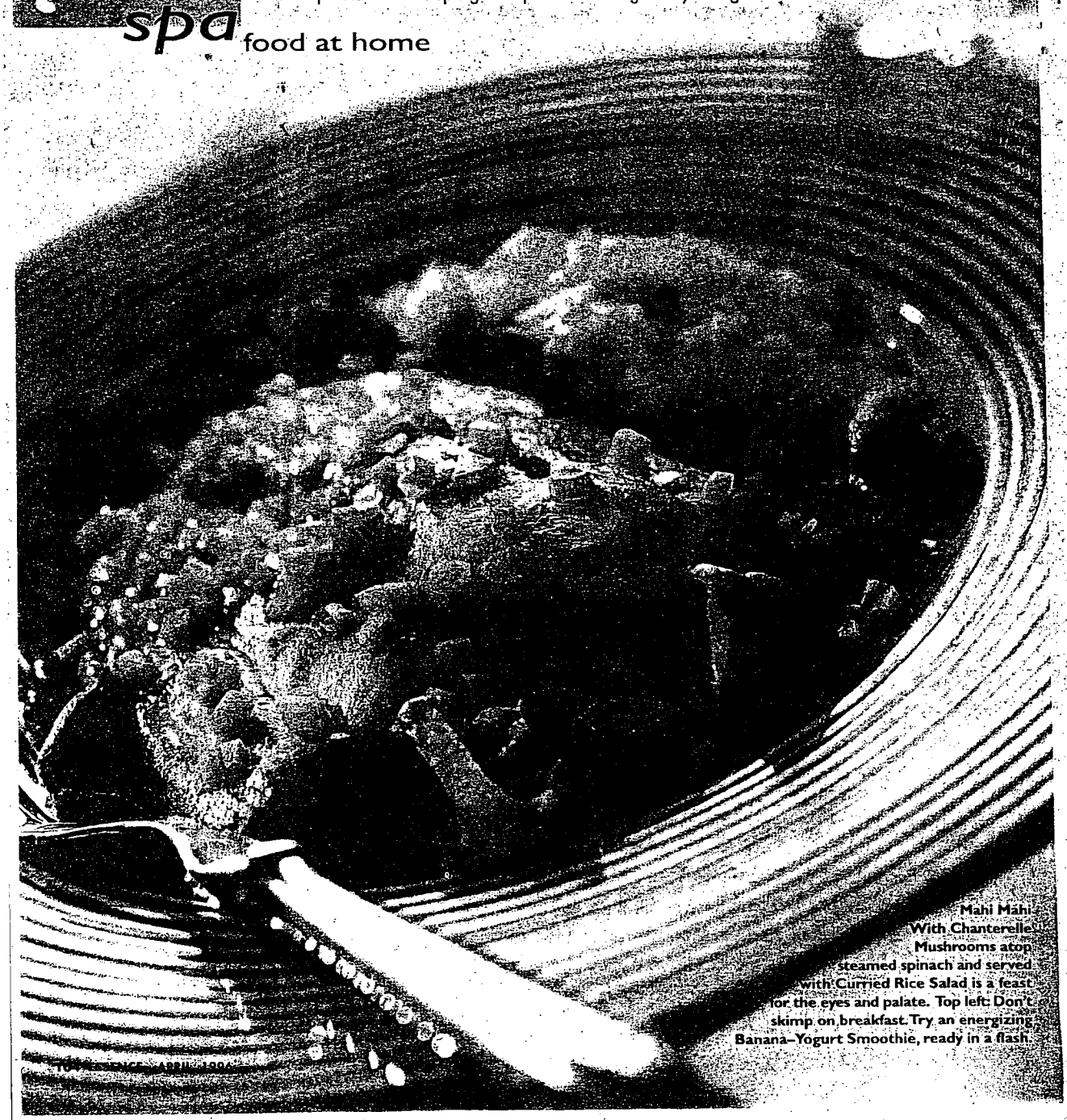
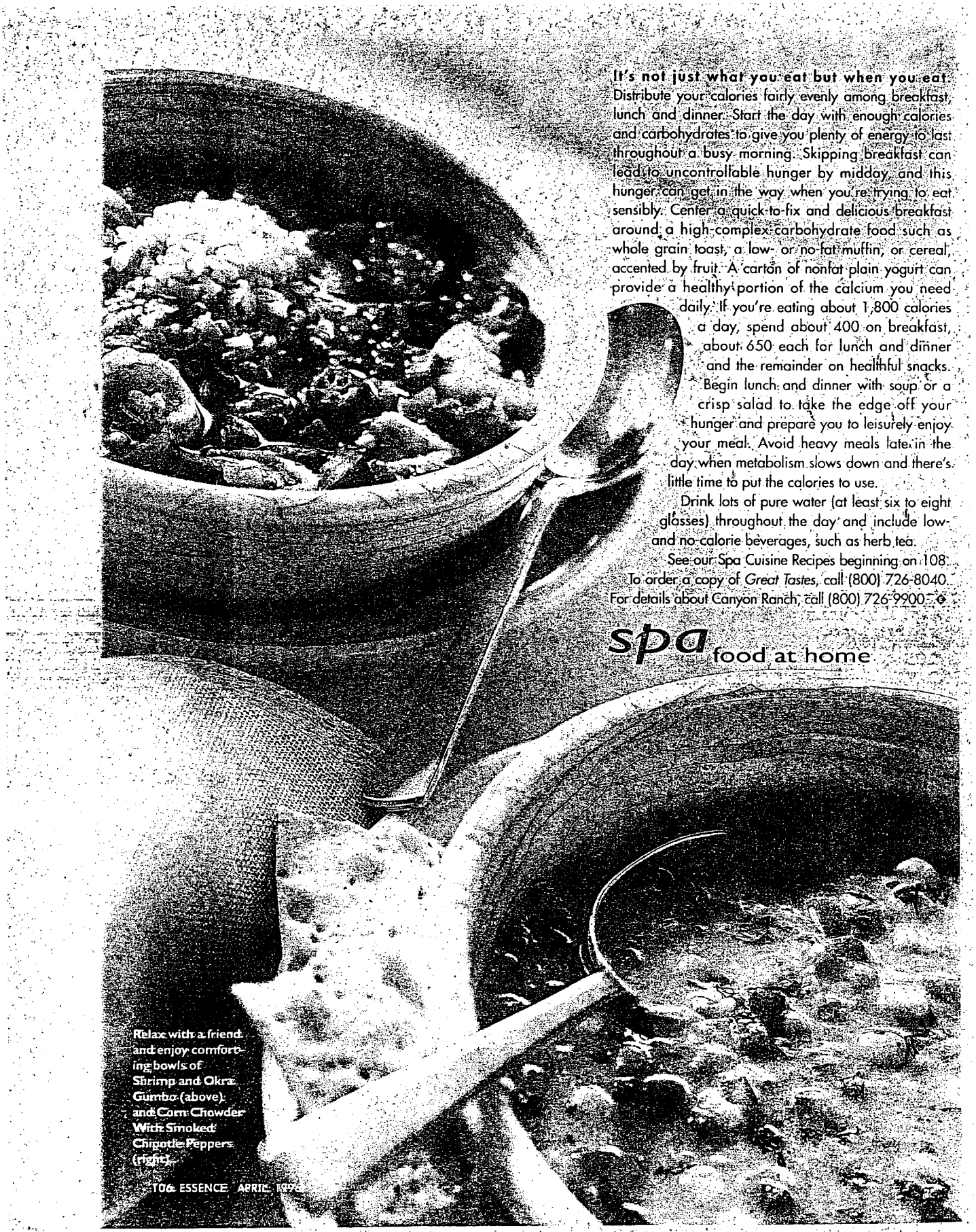
Visiting a spa or reading *Great Tastes: Healthy Cooking From Canyon Ranch* (Canyon Ranch Publishing) can encourage healthful eating, regular exercise and stress reduction. Make changes gradually, with the advice of your health-care professional. Use these guidelines to shape an eating plan with meals that are: **•Low in fat.** Cut fats and oils to the bone, especially saturated fats—lard, butter, shortening and fat in meat. Limit them to 20 percent of calorie intake (10 percent below the USDA fat ceiling for adults). For example, an 1,800-calorie maintenance diet shouldn't exceed 40 grams of fat a day. Check labels for hidden fat. **•Moderate in protein.** Four to six ounces of cooked poultry, fish or meat satisfy the daily nutritional needs of most adults. A whole egg, two egg whites, a cup of milk or yogurt or an ounce of cheese offer the protein equivalent of an ounce of meat. **•High in complex carbohydrates.** Grains and starchy vegetables like rice, pasta, potatoes and dried beans form most spa-diet calories. Splurge on up to nine servings a day of vegetables and fruits. ▷

spa food at home



Mahi Mahi With Chanterelle Mushrooms atop steamed spinach and served with Curried Rice Salad is a feast for the eyes and palate. Top left: Don't skimp on breakfast. Try an energizing Banana–Yogurt Smoothie, ready in a flash.



It's not just what you eat but when you eat. Distribute your calories fairly evenly among breakfast, lunch and dinner. Start the day with enough calories and carbohydrates to give you plenty of energy to last throughout a busy morning. Skipping breakfast can lead to uncontrollable hunger by midday, and this hunger can get in the way when you're trying to eat sensibly. Center a quick-to-fix and delicious breakfast around a high-complex-carbohydrate food such as whole grain toast, a low- or no-fat muffin, or cereal, accented by fruit. A carton of nonfat plain yogurt can provide a healthy portion of the calcium you need daily. If you're eating about 1,800 calories a day, spend about 400 on breakfast, about 650 each for lunch and dinner and the remainder on healthful snacks.

Begin lunch and dinner with soup or a crisp salad to take the edge off your hunger and prepare you to leisurely enjoy your meal. Avoid heavy meals late in the day when metabolism slows down and there's little time to put the calories to use.

Drink lots of pure water (at least six to eight glasses) throughout the day and include low- and no-calorie beverages, such as herb tea.

See our Spa Cuisine Recipes beginning on 108.

To order a copy of *Great Tastes*, call (800) 726-8040. For details about Canyon Ranch, call (800) 726-9900. ◆

spa food at home

Relax with a friend and enjoy comforting bowls of Shrimp and Okra Gumbo (above) and Corn Chowder With Smoked Chipotle Peppers (right).

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camp splat

Cute instructors, cool clothes, a new snowboard... Jennifer Scruby masters the slopes in just three days

This is the thing about snowboarding: By the third day, you're pretty darn good. For a person who's had years of tennis, skiing, and piano lessons and remains sadly wobbly at each, a vertical learning curve is no minor selling point.

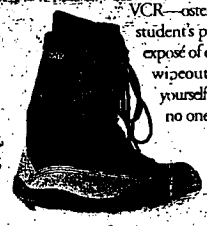
On the first day of snowboarding, you spend a lot of time falling and laughing. By the second day, you find your balance and start to get the hang of doing 360-degree turns while strapped to a giant tongue depressor. Soon after, you begin to resent the amount of time you've spent worrying about crossed ski tips and anterior knee damage. You consider the feeling of surfing on snow, like a smooth blade serpentining through powdered sugar. You notice you can easily keep up with your husband. Right then, you decide to trade in your skis and buy a snowboard, that afternoon if possible.

However, this only happens with the right teacher. One woman had to eat standing up and sleep on her stomach after an alleged friend strapped her to a board with only 501s for protection (even pros need serious padding) and watched her ricochet to the local X-ray facility.

At the one- to four-day Delaney Adult Snowboarding Camps in Colorado's Vail and Beaver Creek, instructors are handpicked by the freckle-faced Delaney brothers, Brian and Kevin, hot-dog, title-holding snowboarding champions. The teachers are young, attractive in a *Baywatch*-meets-grunge sort of way, and impossibly patient. (Danny Martin, who insists you can learn without ever falling down, is understandably in demand.) Students range from sixty-year-old neophytes to teenagers on kamikaze missions.

This is how it works: You're fitted for Hobbit-like boots and a board. You wriggle into padded hockey pants and enough wrist, knee, and elbow pads to leave you looking like an NHL goalie. (An actress in our group had a sudden flashback to her plumper past and waddled away in tears.) Initially, you work on standing up while moving in a straight line; you progress to shaky turns; somewhere along the line you learn to stop—probably at the point when a ski class of toddlers cuts two feet in front of you.

It is not a good idea to exaggerate your talents to your classmates. You're videotaped throughout the day; once the lifts close, the entire camp regroups in front of the VCR—ostensibly for a critique of each student's progress, also involving an exposé of everyone's best snow-eating wipeouts. You laugh hardest at yourself. With that much padding, no one's thin-skinned. □



In this boot by Sorel, an internal control system transfers body motion directly to the board.

Delaney's two-day snowboarding clinics, including breakfast, lunch, lift tickets, and equipment, start at $545 per person. Call 800-743-3790.

when the snowboarding gets tough, the savvy get a massage

The first few days of snowboarding involve some very sore muscles—making steam rooms, hot tubs, and massages a virtual necessity. Staying at a spa instead of a run-of-the-mill resort makes the experience infinitely more enjoyable. Here, some of the country's most luxurious spas in shredder-friendly spots:

■ ***The Peaks at Telluride:*** The four-star Shangri-la of ski lodges, with board-in, board-out access and a sprawling, quadruple-level spa and fitness center. Exercise-class options range from yoga to funk aerobics to rappelling down the indoor rock-climbing wall. And while the most popular treatment is the $91 dromatherapy massage, a soak in the women's mineral-infused Jacuzzi with a chilled, rosemary-steeped face towel across your forehead is blissfully free. 970-728-6800 or 800-789-2220.

■ ***Vail Athletic Club Hotel & Spa:*** Where the seriously fitness-minded locals go. This small, service-oriented hotel has a range of high-tech equipment, challenging classes (from Pilates to step), and all-natural skin and body treatments. Upstairs, hit the sleek Terra Bistro for health-minded haute cuisine. 970-476-7960 or 800-822-4754.

■ ***Canyon Ranch in the Berkshires:*** One of the country's most famous fitness getaways, with a flight of exercise options and treatments, addictive low-fat fare, and free transportation to local snow parks, from Butternut Basin (fifteen minutes away) to Bousquet and Jiminy Peak. 413-637-4100 or 800-326-7080.

FROM TOP: JACK AFFLECK; SCOTT DRICKEY

CR001575

MODERN SALON

HOME ON THE Ranch

HOW THE DESERT HEALS

The desert is a magical place. Visitors are amazed by its strange, prickly vegetation, and the 100-degree-plus, "dry" heat that somehow is more bearable. But the magic really lies in the serenity this barren landscape evokes, and how rejuvenated one feels after spending time beneath its impossibly blue sky.

Mel and Enid Zuckerman, founders of The Canyon Ranch Health and Fitness Resort in Tucson, Arizona (or "the Ranch," as it's affectionately called), recognized the healing powers of this environment long ago.

As a young child, Mel and his family moved to Arizona because of the boy's asthma. His father also had serious health problems. He was a successful, stressed-out real estate developer who was 40 pounds overweight, smoked heavily and had high blood pressure. At 77 years old, he was diagnosed with lung cancer and died within the year. On his death bed he told Mel, "If only I could do it all over again, I would have taken better care of myself." From that day, Mel vowed to avoid his father's destiny.

When he turned 50, Mel and Enid visited a spa (known then as a "fat farm") for the first time. There they discovered a simple formula for healthy balance—exercise, nutrition and stress management. They took up jogging, redesigned their diets and began to lead less stressful routines. Their lives had changed forever. After the reincarnation, they were eager to share their new outlook on life and set out to build the Ranch.

Because they had spent years obtaining financial backing for various real estate ventures, the Zuckermans were confident they could do the same for the Ranch. But the notion of a spa was too foreign to lenders and their requests for money were denied. So the Zuckermans turned to obliging friends instead.

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In 1979, they bought the Ranch for approximately $1.2 million. They started small, with a few rooms and simple facilities. They struggled for several years, says Brian Shultz, vice president of marketing and business development because, "they were ahead of their time, truly pioneers. Things like cholesterol and fat grams were essentially unknown to the general consumer. So going to a resort which focused primarily on fitness and nutrition was really foreign to most people."

In 1982, an article in *Time* magazine changed the fate of the resort. The story about the Ranch and its fitness and general wellness philosophy dovetailed perfectly with the emerging fitness awareness of the '80s. The Zuckermans were in the right place at the right time.

Today, Canyon Ranch is one of the most popular and well-known spas in the world. It covers 70 acres in the foothills of the Santa Catalina Mountains. The Ranch can accommodate 200 guests in adobe-style cottages, decorated, appropriately, in Southwestern style.

Most guests, however, spend very little time in their rooms because there are 250 activities to choose from each day, says Shultz. Because the resort's main focus is on fitness, there are classes for every level and interest including aerobics, biking, boxercise, cardiocircuit, Spinning, wallyball and line dancing. Newly added to the fitness menu are movement therapies such as physical mind, based on the philosophy of Joseph Pilates; tai chi; chi gong and Jin Shin Jyutsu.

Guides lead hikes daily through the resort property, on canyon trails and into the mountains. ➤

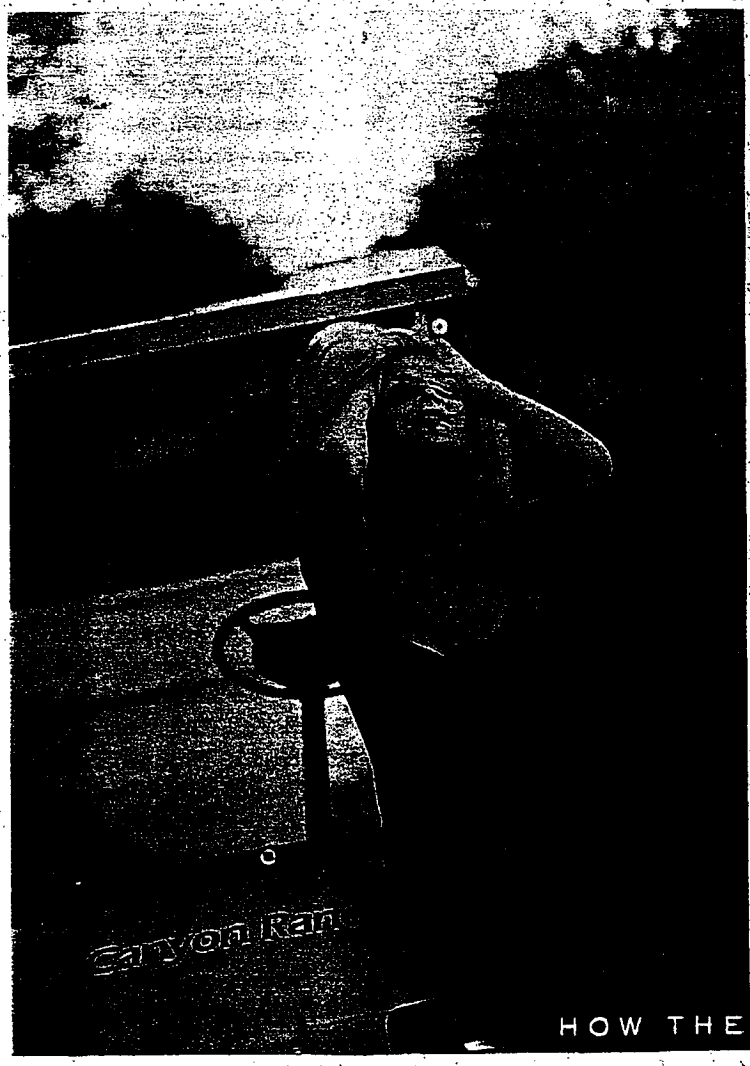
CR001577

well-being

CONCEPT

"All of our hiking classes are usually booked," says Shultz, "and we have weeks during the year that are completely devoted to hiking."

There are several pools at the Ranch, including an indoor facility where sessions of Watsu or water massage, are offered. Underwater treadmills and water aerobic classes offer hydro activities for fitness. The heat makes these pursuits popular—approximately 25 percent of the guests usually participate in a water aerobics class during their stay, says Shultz. The facility also houses one squash and three racquetball courts, a yoga/meditation dome, seven gymnasiums, aerobic and strength rooms and sauna, steam and inhalation rooms.



For relaxation, guests visit the 62,000-square-foot spa complex. A wide variety of pampering and therapeutic services are offered, including various forms of massage, body wraps and facials. Hair services are available in the Gadabout Salon which leases space from the Ranch.

Since proper nutrition is an integral part of the Ranch philosophy, the resort provides three delicious, healthy and artfully prepared meals a day, which are served in the Clubhouse. Guests choose from a menu which lists the calorie, fat and sodium content of each offering. Servings are generous and double portions can be ordered, so no one ever feels hungry. However, certain vices are prohibited—no alcohol is served or sold on the premises, and smoking is forbidden. Guests can request copies of their favorite Ranch recipes, and seminars on nutrition, plus cooking classes are held daily.

A relatively new department at Canyon Ranch is the Life Enhancement Program. It's designed for guests with special needs such as those with physical limitations, people recovering from surgery, individuals who are grieving a loss, or those who wish to quit smoking. Public Relations Director Katie Penner describes the Life Enhancement Program as a "mini Canyon Ranch," which offers participants individualized attention in an intimate setting. The facility has its own meeting ➤

HOW THE DESERT HEALS

Circle 23 ➤

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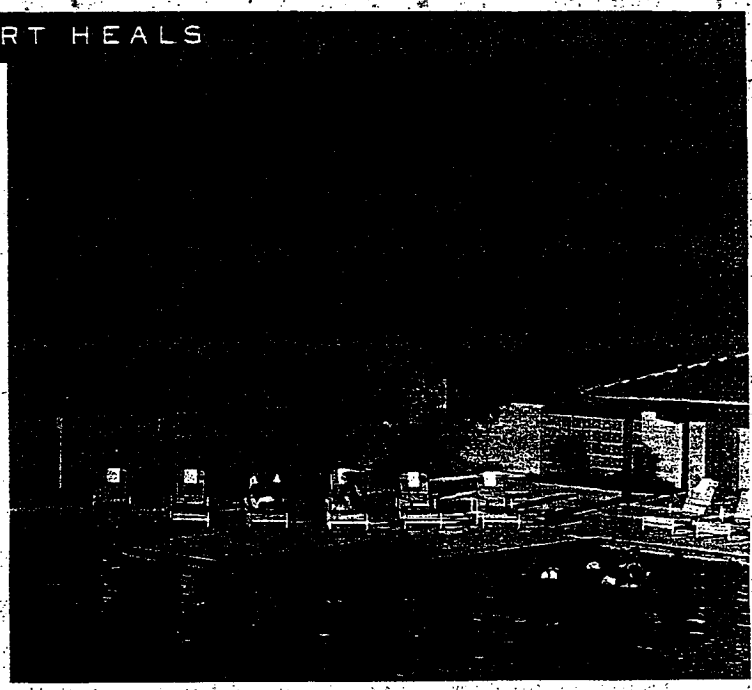
HOW THE DESERT HEALS



Photograph courtesy of Canyon Ranch

rooms, gyms, dining room, locker room and treatment rooms for the exclusive use of the participants.

The Ranch also houses a Health and Healing Center, fully staffed by medical professionals. The Center has treatment rooms for the medical staff, exercise physiologists, behavioral health professionals, movement therapists and nutritionists.

Although lifestyle changes are encouraged at the spa, retail sales are not. "We want to present an environment that is cocoon-like and we want to address issues," says Shulz. "We have no tent cards set up in the dining area, no signs, no billboards, like some spas. We'd rather teach people about lifestyle. However, if someone gets a facial and wants to buy the products that we use, they're always available. Maybe we're too conservative, but we'd rather do that than be too pushy."

In order to maintain the high quality and progressive nature of the Ranch, there is a staff-to-guest ratio of three-to-one. Management relies on the interchange of ideas among the staff and guests. "The changes we've made and a lot of developmental ideas come from our guests and our wonderful staff," says Shultz. "If a guest is participating in a service like acupuncture at home and she really enjoys it, she'll tell us about it. These types of services are not for everybody, but the Ranch is a safe place to experiment."

The staff at the Ranch not only benefits from a beautiful work environment but also receives great employee benefits. The 700 employees are entitled to use all of the fitness facilities and can earn points for services like spa treatments and tennis lessons through various incentive programs. Depending on the positions, employees are paid on hourly, salary or commission bases. Because there is a no-tipping policy, employees typically earning gratuities, like dining room servers, receive them as part of their compensation package.

Guests and employees alike benefit from the Zuckermans' philosophies and the healing nature of the Canyon Ranch environment. It's a combination that has established the facility as a respected, successful member of the destination spa community. Plus, the future looks secure as the Ranch continues to pioneer innovative new wellness benefits for an increasingly health-conscious population.

Photography: *Bonnie Lewis*

Hair and make-up: *Barbara Leister, Celestine, Los Angeles*

Fashions: *Mac Maggi*

CR001579

LivingFit
Volume 4, Issue 3 January/February 1997

Living Fit's 10 FITTEST WOMEN

The results of our first annual contest By Karen Good

Last spring and summer, we asked you to tell us in 100 words or less about the absolutely fittest woman over 35 you know. And you responded—by the *hundreds!* Narrowing the field to the 10 Fittest Women for 1997 was one of our most difficult tasks of 1996. We congratulate each of you who was nominated for making a lifelong commitment to your own fitness and for the example you set for all of us. Special thanks also to those of you who wrote the letters nominating others for this recognition.

After much deliberating, we selected 10 standouts, representing women across the United States and Canada. Our three top winners for this year are Patricia Allen, 43, of Prince Edward Island (Canada), Dottie Fox, 76, of Colorado and Linda Perkins, 46, of California. These women received a four-day, all expenses paid getaway to the famous Canyon Ranch Health & Fitness Resort in Tucson, Arizona (where they were interviewed and photographed for these pages). In this incredibly lush desert setting, they sampled scrumptious low-fat cuisine; enjoyed lavish spa treatments, including facials, massages, manicures and pedicures; were given personal health assessments; and joined in some of the myriad exercise classes, hikes, lectures and other activities available to Canyon Ranch guests. Their nominating letters and stories follow. The seven other winners are also spotlighted with excerpts from the letters nominating them.

In addition, all our winners received a *Living Fit* gift basket packed with goodies, including a copy of the current issue plus a one-year subscription to *Living Fit*, an *LF* T-shirt, tote bag and cap, a pair of Rykä athletic shoes, a workout outfit, a travel cosmetics bag and a set of hand weights.

We congratulate the 10 Fittest Women for 1997 and all the nominees for exemplifying the fit, healthy lifestyle that enhances well-being at every age.

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Dottie Fox, 76, Colorado

My nominee has hiked through most of the wilderness areas in Colorado and Utah, climbed several 14,000-foot peaks, and cross-country skis and carries loads of firewood and 50-pound bags of wild bird seed 60 steps up a steep hillside to her solar energy home. She spends part of each morning practicing yoga and meditation. Her watercolor paintings reflect her lifelong love of the outdoors. Her work to protect the wilderness has earned her the respect of many. This woman is 76 years old—my mom, Dottie Fox.

—Nominated by daughter Jackie Chandler

"My passion is working to protect the wilderness and our natural resources," says Dottie Fox. "That's the greatest interest in my life, and I've been actively involved with it for 30 years." That commitment has not gone unnoticed: Both the Sierra Club and the Wilderness Society, of which she's a member, have bestowed awards on Dottie for her efforts over the years. What's more, she's a charter member of Great Old Broads for the Wilderness.

A true "mountain momma," she lives high in the Colorado Rockies, not far from famous Aspen, has raised two sons and two daughters—Randy, 49, Jackie (her nominator), 47, Mark, 44, and Cici (Cynthia), 42—and has four grandchildren. As you'd expect, she gets out a lot. "I usually walk at least three miles a day," she says. In winter, "I get around on cross-country skis."

Dottie also practices yoga and meditation, which undoubtedly help account for her graceful, upright posture and her equanimity. At Canyon Ranch, she attended an evening lecture on osteoporosis and learned that strength training would be a wise addition to her regular activities. The next morning she went straight to a weight-lifting class to get started.

It's the wilderness, though, that keeps engaging her: "Eighty percent of the American public wants to protect the environment, but I don't think they know what that means," she explains. "The most important thing is to preserve some of this country and not allow every acre of it to be developed. Today only 4 percent is left in its natural state."

Her own lifestyle exemplifies her way of "walking the walk, not just talking the talk." Her house is built from local pines, fitting into the hillside landscape, and is solar-heated with only a wood-burning stove for backup. "I don't own a TV, a garbage disposal or a washer and dryer," Dottie says proudly. Her bedroom/studio has a glass roof so she can see the stars at night. "It gets pretty cold at times," she admits, "but you learn to get in and out of bed fast." When asked who chops the firewood, she shoots back, "I do!" her eyes twinkling. Far from your ordinary 76-year-old, you say?

"I've backpacked and camped all over the West, but my favorite place is the Grand Canyon," Dottie says enthusiastically. Although she has sometimes packed as much as 50 pounds, she allows that last year when she went camping with son Randy she let him carry the tent. At the insistence of friends and family, Dottie even wrote a book about her favorite camping adventures at the Grand Canyon.

After attending Colorado College, Dottie trained in commercial art in Manhattan, and began a career there as a fashion illustrator. She returned to the Colorado mountains, however, to marry and raise her family. Dottie eventually began painting in watercolors, primarily landscapes, and her work is shown at galleries from time to time. For the past 10 years, she's been teaching watercolor landscape painting part-time at Colorado Mountain College. She takes a select group of students each year to paint and rough it for a week in such remarkable locales as Utah's Bryce Canyon and Monument Valley.

What's Dottie's recipe for contentment? "Get outdoors every day. Walk down a trail, even if it's just half a mile," she advises. "Get away from people and listen to the sounds."

Patricia Allen, 43, Prince Edward Island, Canada

Have I got a woman for you! My friend Patricia, 43, has been into fitness for 15 years. She married young and found herself a single parent at 21. Patricia has told me that exercise literally saved her from dying of loneliness. She became a certified fitness trainer 10 years ago and has been volunteering at the YMCA for 6 years. (Everyone says her "guts and butts" class is tough!)

She loves her full-time work in a training and employment center, where she teaches life skills, communication and work-related skills to adults with mental handicaps. Three years ago, Patricia decided that her clients needed to change their lifestyles and meet new people, so she coordinated a fitness program to meet their needs.

—Nominated by friend Sylvia Davis

Patricia Allen shares her favorite affirmation, "I will experience love and joy wherever I go." She also manages to spread lots of joy to others along the way. By day, the exuberant Patricia, who's also the mom of Peter, 22, teaches mentally challenged adults at Tremploy, a government agency of Prince Edward Island, Canada. One afternoon a week, she's their aerobics instructor, gearing her classes to their capabilities and encouraging them to make fitness part of their lives, too.

"I tried to start up a noontime exercise class for coworkers, but they wouldn't even go walking, so I organized one for our clients instead, and they loved it," explains Patricia. "I *had* to start the program for my clients. Otherwise some of these people would never get out of the house." (On P.E.I., a mild winter's day might be a brisk 10 below zero.)

Patricia, who herself rarely takes time to sit still, also teaches mainstream aerobics at a local gym, Fit Co., two nights a week. In summer, she leaves her car at home and gets around on in-line skates. In winter, she cross-country skis outside of town. "It's a small island," she quips.

Where does all her compassion and patience come from? She was the middle child of nine in a traditional French-

PHOTOGRAPHY: DAVID ROTH/HAIR, MAKEUP AND STYLING: DAVID MILLER. SEE BUYER'S GUIDE FOR RETAIL INFORMATION.

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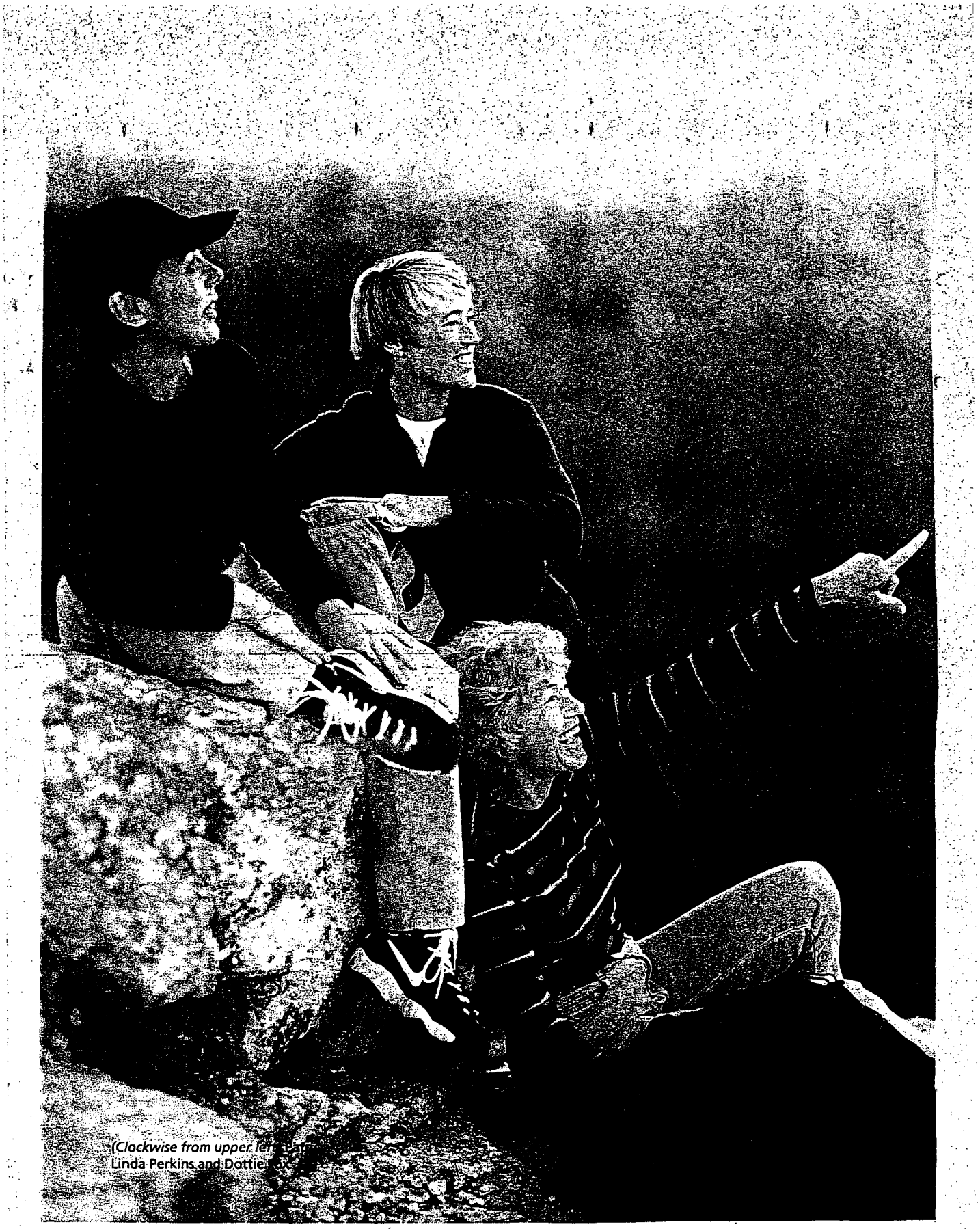

(Clockwise from upper left: Linda Perkins and Dottie

Canadian family. "The older children helped raise the younger ones," she says, "and all of us on P.E.I. pitch in to help each other in bad times."

"I see all the good things that come to me, like winning this contest, as a gift. I never expected to be here," Patricia says, gesturing broadly across the gorgeous grounds of Canyon Ranch. "This is my first real vacation in years. I've never even been to the United States before, and I definitely want to see more," she remarks. Now that son Peter is on his own, she hopes to travel. "I've also just had my first facial and massage, but I guarantee that they won't be my last," she grins mischievously.

"I've learned some new inner thigh and glute moves here," says Patricia. "I'm going to use them in my own classes when I return home. I even took a funk aerobics class for the first time. It was tough getting my shoulders going like this with my legs," she laughs, demonstrating, "but I'm getting the hang of it." Behind her laughter there's an intensity that says she's going to get the job done, whatever it may be—and we believe it.

Linda Perkins, 46, California

I admire Linda Perkins for her strength, ability and upbeat attitude. She's my coach, my friend and my advisor. She is in tip-top condition. Linda is often referred to as "Perko," "Perky-Perk" and "Ms. P," because she's as zany and fun to be with as any of my friends. She's not only focused on fitness and wellness for herself but also makes it a priority to educate those around her. In fact, she had such an impact on the cheerleaders, our high school made cheerleading a sport last year. Ms. P outlifts, outruns and outdoes each and every one of us girls (the cheer squad). People often mistake her for one of the cheerleaders...and that says a lot!

—Nominated by student Brooke Hoffman

"God opens our eyes when the time is right for things to happen," says Linda Perkins, and her life illustrates her conviction. She has come full circle from her own cheerleading and track days to become cheerleading coach at Gilroy High School. ("That's just in the fall and winter," she says with obvious delight. "In the spring, I coach track and field—both girls' and boys'.")

An example of timing: Linda was 12 when she first met Bill, a frat brother of her big brother's. Then, when she was 21, they ran into each other at a football game, dated, fell in love and married within a year. That was 25 years ago, and the marriage is still going strong.

One masters degree in physical education and two babies (Zachary, now 22, and Sarah, now 20) later, they settled in a small community and Linda began teaching P.E. part-time at two nearby colleges. She did so for 15 years, while her kids were growing up.

Once her children had finished high school, Linda felt she was free to begin teaching full-time. Just then a job opened up at Gilroy. Timing again. "This is only my second year teaching high school. I feel very much more needed at this level...to be in my students' lives," says Linda.

High school P.E. classes today aren't what we remember. With teachers like Linda, they've been transformed into true physical education. Her personal approach, as well as that of her school, is to build healthy exercise habits to last a lifetime. "Part of the freshman program is called Fitness for Life. At the beginning of the term," explains Linda, "we give students an assessment we call a Fitgram. We evaluate body composition, muscular strength, and so on. Then we work with each student to set fitness goals and reach them. At the end of the term, we test them again and give feedback on their progress."

Students also learn the *whys* behind what they do. "For instance, when we teach weight lifting, we talk about the muscle groups and which exercise works each of them," she explains. "We also lecture on nutrition, anorexia and bulimia, and other things they're likely to be concerned about."

What could a woman with her fitness background learn at Canyon Ranch? "I had a vitamin and mineral consultation," Linda says. "The dietitian was very knowledgeable. She talked about things specific to *me*—at my age and approaching menopause—such as the importance of exercise to release endorphins [an opiatelike chemical released by the brain], which help counteract some effects of the drop in estrogen."

Fitness and her personal philosophy keep her forever young. "I strongly believe it's important to build joy into your life—from humor or altruism, or whatever. It's as important as eating the right foods," explains Linda. "Not long ago, my students were on the field playing soccer. For a time, they forgot they were in P.E. class and just got into running and playing. They all laughed together when somebody made a goofy kick. They experienced the sheer joy of movement. Their inhibitions and ego stuff fell away. That's so important."

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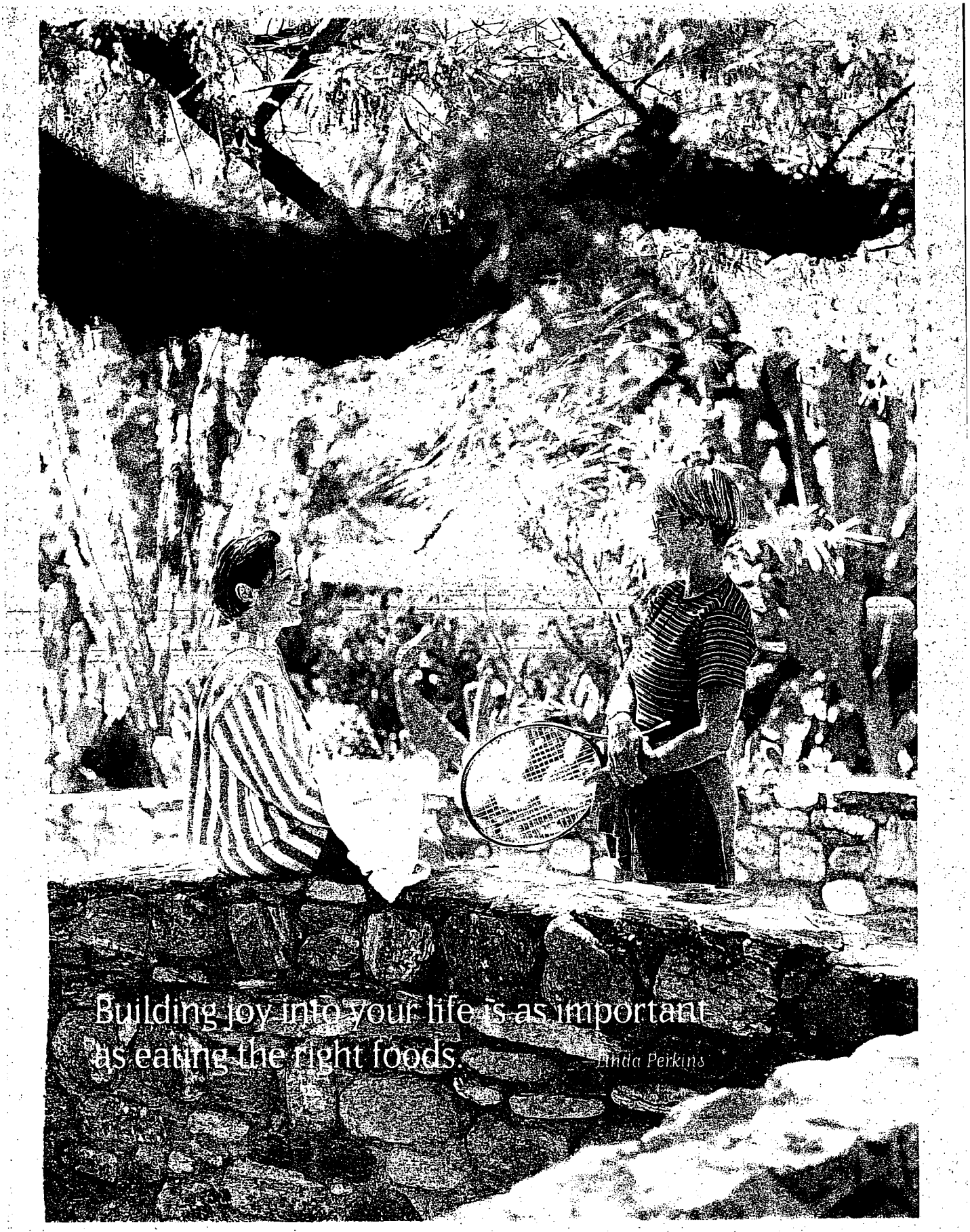
Building joy into your life is as important
as eating the right foods.
Linda Perkins

THE ARIZONA DAILY STAR
Wed., January 8, 1997

Diet guidance from the ritzy health retreats

Special to The Arizona Daily Star

The old saw holds that a diet book really only requires one page and four words: Eat less, exercise more.

That may be the essence of all weight-loss plans, but we're complicated critters, and we live in a complicated world. We need more than that.

So here's a selection of tips from our world-renowned health meccas. Even if you can't fork over $500 a day at Canyon Ranch or Miraval, you can still get the best advice going.

Take what works for you and ignore the rest.

Cooking

The No. 1 cooking tip from Miraval is a simple trick the chefs employ throughout the kitchens. Put extra-virgin olive oil in a small squirt bottle from the hardware store, and keep it by the stove. Use a squirt or two for frying, instead of lumps of butter or glugs of oil.

"We definitely frown on the glug-glug method here," explains sous chef D.J. Seitsinger. "This way, you get the flavor of olive oil, but only about a quarter-teaspoon of fat per spray."

Eating out

Julie Kembel at Canyon Ranch offers plenty of strategies for eating out:

• Always order soup or salad, and eat it before you start tucking into the bread basket.

• Never drink alcohol before eating; it both increases appetite and lowers control.

• Order fat-laden toppings and dressings on the side, and then put a portion of them on your food. That way, you're adding, not subtracting — always much nicer.

• Order Mexican food without its three fat-laden toppings: sour cream, guacamole and cheese. But do get your favorite of the three on the side. Once again, you get to add tasty stuff.

• When you order, ask that half of your entree be put in a take-home container at the outset. Most restaurant portions are about twice as big as they should be. An average restaurant serving of spaghetti marinara clocks in at a whopping 1,200 calories, just right for a competitive long-distance bicyclist or a ditch-digger, but twice too much for almost anyone else.

• By asking for half to be socked away to take home, you'll be able to clean your plate without guilt, and have a meal all ready for tomorrow. (This is really no more trouble for the server, Kembel explains, than packaging leftovers at the end of the meal.)

Cravings

Just say yes, advises Kembel.

Don't eat low-fat cookies when you're dying for a brownie, because you'll probably end up eating the whole box, engulfing many times the calories in that one brownie.

Instead, go out and buy the wicked brownie you really want, she advises. Buy only one. Take it home and eat it. Slowly. And that's that.

Same thing goes for other favorite foods, Kembel says. Find a reasonable-size portion, get it and leave. (Corollary rule: Do not

See **DIET,** Page 2E

CR001586

Diet

Continued from Page 1E

bake. Get your kids treats away from home.)

Are ranch chips or jelly beans or Cracker Jacks your Waterloo? Don't try to tell yourself you don't want them. (You do!) Instead of denying the attraction, Kembel suggests that you pick up an individual-size bag or box, or maybe two, at the convenience store. You get your treat, but you don't blow your diet or your self-respect by blimping out on a "family-size" package the family will never see.

Fat! Fat! Fat!

All fats (oils, butter, mayonnaise, hollandaise, regular salad dressings, cream cheese, etc.) clock in at about 100 calories per tablespoon. While some fats may be more healthful than others, when it comes to your weight, fat is fat.

"It's just calories in, calories out," says Laurie MacDonald, a nutritionist at Miraval. "Reduce fat and hold portions at the same size, and you'll lose weight."

Portions! Portions! Portions!

OK, so we've become hyper-aware of dietary fat, yet we're all getting inexorably fatter, at an alarming rate. (According to a study released this past fall, more than 50 percent of all Americans are now officially overweight.) How can this be?

"Portion size," according to Kemble. "This is a real mine field.

"Take bagels. People see that a plain bagel's only 180 calories an ounce, or 165 calories per bagel, and that becomes their snack of choice. Fine. But that number applies to the little frozen bagels, not to those huge, bakery ones that weigh 5 or 6 ounces. There, you're talking 400, 500 calories."

You want to lose weight? Get real about portions.

"Here it is: Two cups of cooked pasta's okay. But four cups is not," says Kemble. The cure for portion mystification? "One word: Measure."

Kemble suggests using a half-cup measure as an all-purpose kitchen scoop.

"Instead of dumping cereal in a huge bowl, sloshing in milk, maybe dumping in more cereal to go with the milk that's left, measure," she says. "You'll be amazed at how much you've been eating without really noticing."

But what if your taste runs to Double-Cocoa Sugar Bombs? "Have them," Kembel advises. "Buy those little, individual cereal boxes. A reasonable serving of the worst cereal on earth will not blow your eating for the day. Three huge bowls of it certainly will."

More help

Both Miraval and Canyon Ranch have beautiful cookbooks on the market. You don't even need to buy them: as MacDonald points out, dozens of low-fat cookbooks are on the shelves of local libraries. She suggests checking out a few to get ideas on more healthful cooking and eating.

Kembel is the author of two books on healthy living. Her latest, "Winning the Weight and Wellness Game," is a complete plan for a more healthful way of life." It is available for $17.95 at The Book Mark.

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PHYSICIANS FINANCIAL NEWS
NEW YORK, NY
16-TIMES/YEAR 125,500
FEB 15 1997

Variety of Spa-Vacation Options: From Fitness and Beauty to Stress Relief

Inside the sun-splattered room, the only sounds are gentle music and Mia's rhythmic breathing. Her strong hands keep busy digging, kneading and stretching. After an hour of tugging, pounding and the like, Mia suggests a trip to the sun room, followed by a quick soak in the pool. The war-weary soldier parades off in terry whites to comply.

Anyone who has ever enjoyed the pleasures of deep-tissue massage for a kinked neck or tight back knows the feeling—this pummeling is quite welcome. The same holds true for a soak in a hot whirlpool, or even an aerobic workshop under the tutelage of an experienced instructor.

Looking to lose a few post-holiday pounds? Is cabin fever settling in? Or do you just feel the need a little pampering? A spa vacation can be just the ticket. No longer the exclusive enclave of the wealthy, spas now embrace many different realms of interest, including fitness, beauty, wellness, pampering, weight management, stress relief and adventure.

"We're seeing a tremendous growth in the spa industry," says Frank Van Putten, president of Spa-Finders, a spa travel company. "In the last 18 months, the market has broadened to encompass the middle class as well as families.

"People used to go to spas because they were restrictive," he continues, "but that's no longer the case. Now they go to be supported in the things they already do. Spas no longer feature excessive exercise or a restrictive diet. The watchwords now are: 'Moderation with pleasure.'"

And, according to Mr. Van Putten, more men are trying spas. "In 1987, less than 10 percent of spa guests were men," he notes. "By 1996, that number had climbed to just over 25 percent."

Those who associate spas with "fat farms" or "taking the waters" are in for a surprise. Options abound when it comes to spa choices. As of 1995, there were some 150 full-service spas in the United States that were either part of a resort hotel or a free-standing destination facility. And the number of "day" spas was estimated at over 1,000.

With so many spa options, one of the best ways to find the right one for you is a service like Spa-Finders (1-800-ALL-SPAS). Trained consultants are available to discuss current spa options and to answer specific questions about different types, locations and rates. Another good source is Fodor's "Healthy Escapes" (1995, Fodor Travel Publications), which describes and rates almost 250 spas and fitness resorts around the country.

Mr. Van Putten and other experts suggest that you ask yourself the following questions when contemplating going on a spa vacation:

● *What's your purpose for going to a spa?* To lose weight? Reduce stress? Be pampered? Grow spiritually? Develop a fit lifestyle? Deal with a life transition?

"Be realistic in your expectations," Mr. Van Putten says. "A weekend won't solve your weight problems, but it can renew your energy level."

● *How much are you prepared to spend?* Rates can run from $50 per day to $4,500 per week, with any special services adding to the bottom line. If you abhor being nickel and dimed to death, consider a spa resort with an all-inclusive price.

For instance, LaSource (1-800-544-2883) is an all-new $12 million beachfront resort at the southwest tip of the island of Grenada. Upon arrival, each guest is examined by the resort's nurse, then given a program based on individual needs. The package includes room and meals, therapies (salt loofah rubs, massage, seaweed wraps, facials, hair care and aromatherapy), plus all water and land sports (snorkeling, scuba-diving, waterskiing, sailing, windsurfing, tennis, fencing, archery, volleyball and hiking) as well as stress management. The only extra charges are for some beauty services.

Spas no longer feature excessive exercise or a restrictive diet. The watchwords now are: "Moderation with pleasure."

● *Would you prefer a self-contained spa with a planned program and dedicated spa-cuisine menus?* Canyon Ranch in the Berkshires (1-800-742-9000) has called Lenox, Mass., home since 1989, and is a sister spa to the more famous Canyon Ranch Health and Fitness Resort in Tucson. Glass-enclosed walkways connect a 120-room New England-style inn to Bellefontaine Mansion (former summer cottage of a wealthy financier) and the 100,000-square foot spa.

The ranch wastes few moments. After meeting with a registered nurse and one of the spa's program coordinators, a customized program is designed. Then, using a team approach—the ranch has doctors, nurses, psychotherapists, exercise physiologists, registered dieticians, sports professionals and massage therapists—the staff helps guests achieve their goals.

Activities are balanced among aerobics, strength, relaxation and education. Early risers can start with a 7 A.M. aerobic walk, followed by classes in muscle conditioning, boxercise, pool and step aerobics, yoga, funk aerobics, breathing, country line dancing and volleyball. Treatments include massage therapy, herbal and aroma wraps, mud and salt treatments and facials.

Beauty treatments are still the focus of many spas.

Hungry? Low-fat cooking is the watchword; salt is hard to come by and sugar substitute is practically taboo. But the food is fresh, plentiful and tasty. Menus list nutritional content as opposed to prices, and everyone is free to pick and choose. Need some help planning home meals? Healthy cooking classes and nutrition consultation are popular options.

● *Would you prefer a resort with spa?* Not only does California's Sonoma Mission Inn & Spa (707-938-9000) offer more than 50 different spa treatments, but guests can avail themselves of guided wine-country hikes, bike tours, tarot-card readings, picnic hikes, tennis lessons and golf at the nearby Sonoma Golf Club.

Spas, pools and whirlpools are filled with natural artesian mineral water from a source 1,100 feet beneath the inn, making it the only deluxe resort in the western U.S. to use natural hot mineral water. Every service can be purchased a la carte or through a one- to five-day spa package.

Likewise, Marriott's Camelback Inn (1-800-228-9290)—the largest and most comprehensive resort spa in the Southwest—is ideal for those wishing to combine a resort vacation in Scottsdale, Ariz., with spa amenities.

Among the 20 exercise-class options are aerobic boxing, body sculpture, Pilates ballet stretch, interval step, tai chi and water aerobics. A United Nations of body treatments ranges from a European Body Kur using Hungarian crystals to Moor Mud Body Treatments featuring thick, black mud from Austria.

There are also three heated swimming pools, 10 tennis courts (five lit for night play), 36 holes of championship golf, a children's playground and five restaurants and lounges. Plus, the sights and shopping of Phoenix/Scottsdale are only minutes away.

● *Do you want certain treatments?* Not all spas offer the same services. Treatments range from a simple soak to exotic treatments using clay or salt. There are mud baths, Swedish massage, hydrotherapy, Japanese acupressure called Shiatsu and body wraps with everything from sea algae to seaweed.

● *How much time do you have?* Some programs require a minimum stay of one week. Others offer day or weekend stays.

For those who live in the San Francisco area, it's a mere 20-minute drive to the Claremont Resort (510-843-3000), an urban spa. Amidst trees, gardens, tennis courts and swimming pools, guests can cool out with stress-melting massages, herbal body treatments, seaweed baths, yoga-meditation classes or simply a soak in the deck-top whirlpool.

The resort offers half- and full-day packages. A popular choice is the Weekend Adventure, where a team of fitness and spa staffers and a nutritionist custom-design a program for each participant. Activities include tai chi, dance lessons, power-walking, aerobics classes, aromatherapy, nutrition counseling, organic wine and tea tastings, low-fat cooking demonstrations and massage classes. Guests leave with a personal program to follow and even get follow-up calls throughout the year.

● *Do you want to combine your spa experience with a cruise?* Believe it or not, many cruise lines (among them Cunard, Holland America and Princess) now offer amazing spas at sea. In fact, Carnival Cruise Line's new Carnival Destiny recently opened the largest fitness facility afloat—a spa that rivals many land-based operations. The 15,000-square foot, two-level health club features a state-of-the-art gymnasium, two whirlpool baths, steam, sauna, massage and loofah rooms, aerobics rooms and a juice bar. The gym is outfitted with modern high-tech weight and workout equipment, including exercise bikes, treadmills and 36 Nautilus machines. There's even a jogging track.

Among the usual array of European spa services is a most unusual treatment: the Nouveau Yu Health Environment Capsule. Guests lie in a temperature-controlled oval-shaped chamber surrounded by soothing aromas and sounds with synchronized lighting to induce total relaxation. And should you opt to pig out at those midnight buffets, the ship's menu features Nautica Spa Fare.

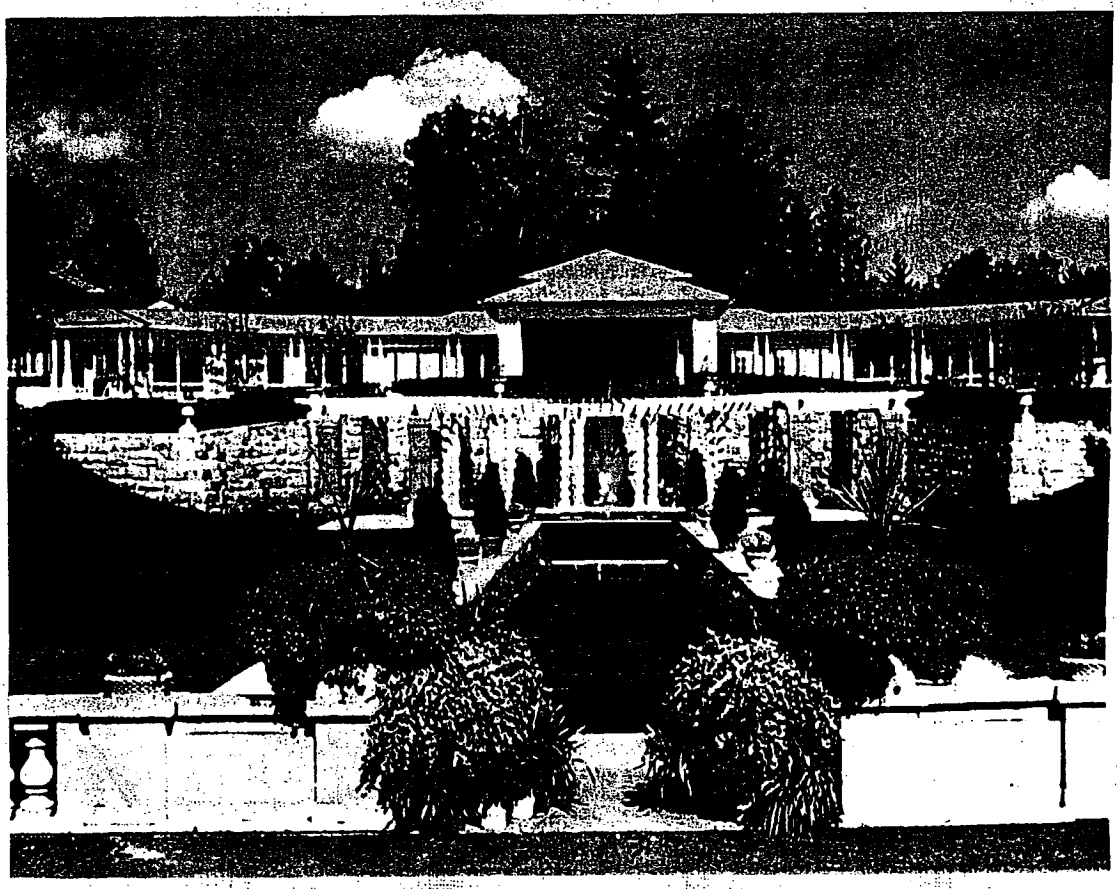
—*Laura Daily*

CR001588

DIVERSION
FOR PHYSICIANS AT LEISURE JUNE 1998

THREE SPAS, THREE DISTINCT VISIONS

Serenity for Every (Yes, Every) Taste



CR001589

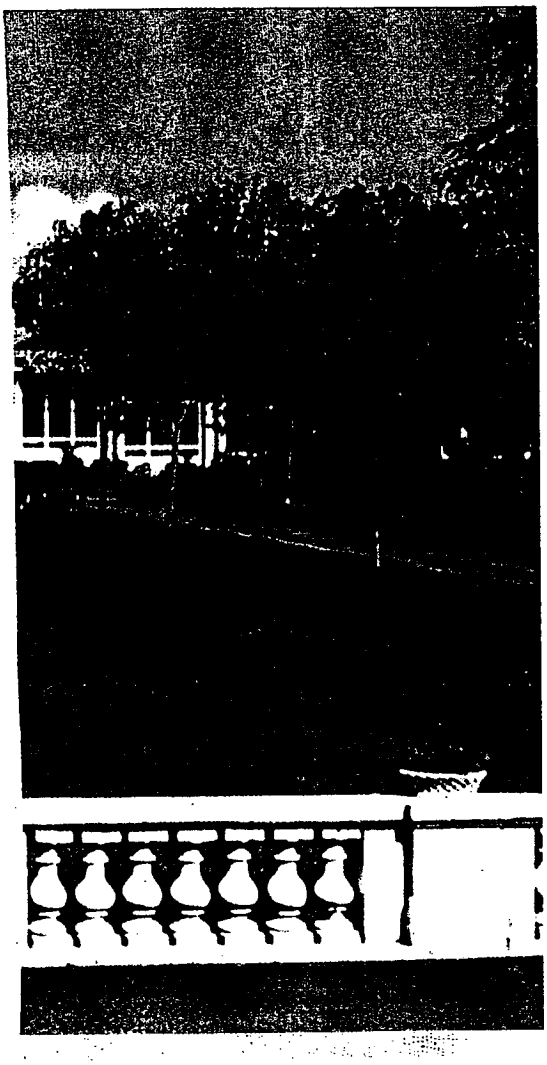
Luxuriating in Class at
Canyon Ranch in the Berkshires

by Karen Glenn

As a child, I never went to summer camp. I just couldn't be bothered. But as I grew older—and I'm talking 20, 30, and 40 here—I started to suspect I'd missed something, probably the fun of running around with other kids in a setting designed specifically for us. Still, I didn't know any way to make up for it. There simply *was* no summer camp for adults.

Or so I thought before I found Canyon Ranch in the Berkshires.

This spa opened in 1989, the sister of the renowned Canyon Ranch in Tucson. And it more than fulfilled my camp fantasies, even though I went in the fall.



No fat farm this, it's an adult camp (well, full-service resort) completely devoted to health and pampering. Unlike spas that concentrate only on weight loss, Canyon Ranch plays up the *health* part of "health spa," offering preventive health care and lifestyle advice.

More than that, Canyon Ranch is an experience tailor-made to fit each individual. A health, sports, and beauty buffet. It's all about balance.

The 68-page activities menu suggests a number of personal foci: stress management, weight reduction, spiritual awareness, fitness, life transitions, pampering. It goes on to list 171 optional activities (from reflexology and building better relationships to videotaping your personal workout), and that's not even counting the daily lectures, the 40-plus classes in the six gyms each day, and the outdoor sports.

I was impressed from the get-go. When I got off the train in Albany, New York, a Canyon Ranch driver motored me over to Lenox, Massachusetts. The resort's country-style Inn, 100,000-square-foot Spa, and brick and marble Bellefontaine Mansion—an 1897 family retreat that's (no kidding!) a replica of Louis XV's Petit Trianon in Versailles—are connected by glass-enclosed walkways and surrounded by 120 acres of woods and formal gardens. Settling into a room that might have been designed by Laura Ashley, I knew that this was the camp for me.

Initially, I'd been anxious about coming alone. No problem, my program coordinator assured me: "Take

Canyon Ranch's Inn could never be mistaken for a bunkhouse.

CR001590

your meals at the captain's table." Great idea. There, I gathered intelligence from the well-to-do fellow guests, women who had shed their Armani duds to work out, wind down, and breathe deep in sweat clothes 24 hours a day. Single readers, take note: Although battalions of men arrived on weekends, during the week the place was more than 90% women. And these women taught me the ropes. Ordering, for instance.

The menu provided information on the fiber, calorie, and fat content of every item. But it didn't clue me in to the accepted Steve Martin style of ordering. No, that instruction came instead from a mother-daughter team, who'd made it into an art. Say, "I'll have a half order of potato pancakes, no veggies, with a half order of the veggie wrap with extra slaw, and a cup of Red Zinger tea with one percent milk, and a quarter order of chocolate cheesecake with a quarter order of nonfat nondairy frozen yogurt. With chocolate sauce on the side."

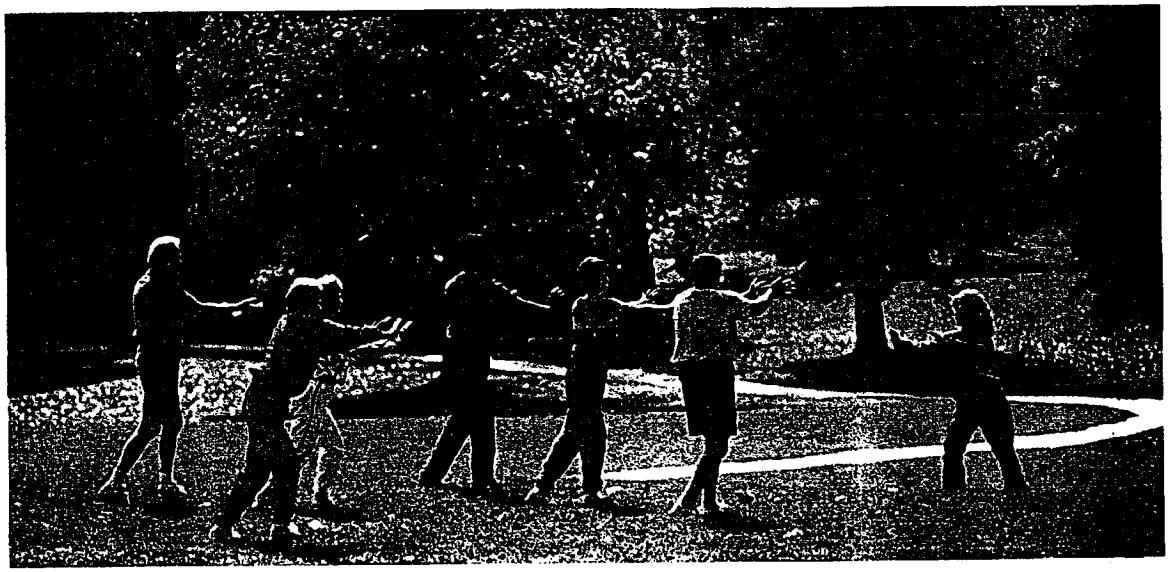
The wait staff never blinked. While I'm sure staffers are drilled in customer relations until they're blue, or at least gray, I also suspect that they must pass an inherent niceness test before they're even allowed in the door.

As for the activities, it would be possible to spend day after happy day going on organized hikes or bike rides, canoeing, golfing, playing tennis, skiing, or snowshoeing. But I chose classes because they were just that: They taught me something. In the Introduction to Spinning class, the instructor demonstrated how to adjust the bike's pedals, the resistance, and the rest. Six of us practiced all aspects of spinning before we actually...uh...spun.

In other classes, such as Walking (I didn't think I needed to learn how to walk, or breathe, for that matter, but I was wrong on both counts), instructors even provided handouts to take home. As a result of this careful attention, I finally learned how to do step aerobics, something that had proved impossible in my health club, where overly aerobicized teachers assumed it was a skill mastered in infancy. *(continued on page 147)*

RANCH HAND

As with everything else, Canyon Ranch has a variety of packages to choose from. In summer, an all-inclusive three-night weekday stay, with one healing and two spa services, costs $1,670 per person, based on double occupancy; a seven-night stay, with two healing and five spa services, runs $3,987 per person. For more information call 800/726-9900.



Come fall, the grounds of Canyon Ranch make a lovely backdrop for an introduction to tai chi.

(from page 144) Then there were the lectures, which covered everything from conquering menopause to understanding fats and flying healthfully. And, sigh, the *treatments*.

My package came with two spa or sports services—I chose the relaxing aromatherapy massage and the strangely blissful craniosacral therapy—and two healing services. For the latter, I thought I'd book two sessions with a nutritionist, until my program coordinator figured out I could cover everything in one. That left room for acupuncture! I also lucked out one evening when I attended a beauty demonstration and found myself chosen as the makeup model, earning a whole new look.

Canyon Ranch makes it clear that you can choose your own adventure, as the car ads say. Some fellow guests knew what they wanted from the beginning. A 75-year-old recovering from a mastectomy was sent by her son to get a new exercise program; he'd picked up one himself when he went to Canyon Ranch after a ski injury. Another guest, a 25-year-old recovering from the loss of her first job, planned to aerobicize herself back into the work world. And each of the 18 women who'd bused down together from Canada had her own plan as well.

I had no personal focus of my own when I arrived, but soon found myself on a decidedly Eastern path. I discovered tai chi, and yoga, and meditation, and breathing. Another new skill I learned was do'in, a form of self-massage. I felt like a monkey grooming myself at first, pulling my hair, ruffling my scalp, moving on to rap my head, pound my back, pull my fingers, and knuckle my toes. But afterward I felt so much better.

And that was true for the whole Canyon Ranch experience. I brought something important home with me. My session with the nutritionist, for example, did change the way I eat; now it's a lot more greens and grains and soy and fatty fish (plus, of course, the wonderful Canyon Ranch pumpkin crème brûlée!). And when I'm feeling tense, I now stop to breathe or do yoga.

I've improved, I tell myself, but I still need to get back for a tune-up. After all, I didn't miss just one summer of camp, but all of them. And it's not too late to make up for it.

Karen Glenn is a frequent contributor to Diversion.

PHYSICIAN, HEAL THYSELF

Canyon Ranch in Tucson offers 27 Category I CME credits for participation in its Life Enhancement Program (LEP), which incorporates lectures, workshops, medical evaluations, and spa services.

I enrolled in the LEP with a chip on my shoulder the size of a pizza, deeming it a tax-deductible way to work out and have some facials. But the application of medical technology was impressive: A grueling three-hour fitness assessment yielded printouts of my aerobic capacity and other useful stats. My cohorts and I got pampered and even learned a thing or two. As one attendee remarked, "At the LEP, I get credit for being a human being and a physician." (Nonphysician guests are welcome.)

Enrollment in the seven-night program costs $2,727 per person, based on double occupancy; add $300 for CMEs. For more information call 800/726-3335.

—J. THALIA CUNNINGHAM, M.D.

LAS VEGAS ISRAELITE
LAS VEGAS, NV
BI-WEEKLY 43,000
NOV 20 1998

Operator Of The Venetian's Spa Garners Coveted Award

LAS VEGAS – Even before the much anticipated opening of The Venetian Resort-Hotel-Casino, the resort's spa operator, Canyon Ranch, continues to garnish national recognition. The world-renowned health resort has been recognized for excellence by the readers of *Conde' Nast Traveler* in the magazine's 1998 Readers' Choice Awards poll.

Canyon Ranch now has the distinction of being a seven-time winner of the magazine's Best Spa accolade. The Canyon Ranch destination properties surpassed all other spas in staff/service, program/facilities, diet/cuisine, rooms and location/setting.

In an unprecedented move to bring a destination resort to Las Vegas, Canyon Ranch has entered into an agreement with The Venetian to premier its first SpaClub, a 65,000 square-foot health spa and fitness club.

The Canyon Ranch SpaClub^{SM} will be part of the new $1.2 billion Venice-themed mega-resort presently under construction at the site of the former Sands Hotel. Canyon Ranch's new concept will be nestled within a Venetian-style garden atop a 5-acre pool deck and is destined to become another "must experience" attraction of the famous Las Vegas Strip.

The exclusive, state-of-the-art facility will feature massage, skin care and body treatment rooms; gyms and weight rooms; a 40-foot rock climbing wall; movement therapy and Pilates studios; a spinning gym; therapeutic Watsu pools; a Canyon Ranch Café, a beauty salon and medical/wellness center; and an indoor swimming pool for water aerobics classes and lap swimming.

The Canyon Ranch SpaClub will add another luxurious dimension to The Venetian complex, which will offer guests 3,036 hotel suites, 116,000 square feet of gaming floor, 500,000 square feet of retail space at The Grand Canal Shoppes, 500,000 square feet of meeting space at The Venetian Congress Center and a direct link to the 1.2 million square foot Sands Expo and Convention Center upon completion of the first phase in April 1999.

Canyon Ranch is dedicated to promoting healthy living education and awareness through fitness, nutrition and lifestyle change. The SpaClub at The Venetian will become the third Canyon Ranch facility, joining the company's award-winning destination health resorts in Tucson, AZ and Lenox, MA.

The *Conde' Nast Traveler* 1998 Readers' Choice Awards appears in the magazine's November issue.

NAPLES DAILY NEWS
NAPLES, FL
SUNDAY 70,756
NOV 8 1998

GREAT ESCAPES 1998

BOOK YOUR DISCOUNTED VACATION AT SPECIAL SHOW PRICES!

CHECK OUT THESE HOT DESTINATIONS!

6740A

As you stroll through the variety of exhibits in the Coastland Center on Sunday, November 15, at CI Travel 's 2nd Annual Great Escapes Travel Show, listen carefully. You could be the winner of two round-trip tickets to take you wherever your heart desires.

Win free international tickets, courtesy of TWA, and travel to unforgettable Paris. Make sure you dress "casual chic" when visiting this city. Paris isn't the place to step out in a jogging suit; however, if you want to step out for a three hour lunch, please do so. Paris speaks for itself. It has plenty of 'hot spots' and everyone goes to them, so why not try something off the beaten path. Relax for a change and take a steam bath at Mosquee de Paris Baths. Experience the ritual of a steam bath as you enter several chambers with each chamber being hotter than the first.

Win free tickets, courtesy of US Airways and visit Venice in Vegas! After April, Las Vegas will be housing the world's largest luxury suite resort in the middle of its Strip. The Venetian will have 3,000 rooms; five swimming pools; 16 restaurants, a retail mall, museum attractions and flowing through it will be a canal! Of course, this Venice canal would not be complete without gondolas. Eventually, this extensive luxury resort will accommodate even more people when it adds an additional 3,000 rooms. This resort will be as big as 12 football fields. Of course, after a full day exploring the Venetian, you will want some pampering in its Canyon Ranch Spa. This Tucson-based spa is well known in Hollywood and it will mark one of the first branches to be built in a luxury resort. It is expected that Canyon Ranch will be reason in itself to visit Vegas and the Venetian.

Win free tickets from Delta Air Lines and visit the sixth-largest city in the United States. Also known as the golf capital of the world, Phoenix is now home to the Arizona Diamondbacks Major League Baseball team. Downtown has gone uptown with a variety of new entertainment for its visitors. Bank One Ballpark opened this past April and can seat 48,500 fans while also featuring a retractable roof and a natural-grass playing surface. This stadium sits between two other crowd pleasers, the America West Arena and the Phoenix Civic Plaza. This $89 million arena is home to more than 150 sporting events and spectators sit in awe as they watch everything from the NBA All-Star Game to Disney on Ice.

Win free tickets from Continental Airlines and go wild at the San Diego Zoo. Located in Balboa Park, which is landscaped with trees from around the world, the San Diego Zoo is one of the world's largest zoos. It is home to over 800 species and some of the rarest animals in captivity. Of course, they are all in natural habitat enclosures. This 100 acre zoo features Tiger River, Sun Bear Forest, Gorilla Tropics and the new Polar Bear Plunge. After a day at the zoo, take in some culture while still in Balboa Park and be sure to visit the Mingei International Museum of Folk Art and the Centro Cultural de la Raza.

Win free tickets courtesy of United Airlines and visit Houston with its old grand homes sitting beside steel and glass skyscrapers. While there, you can see anything from Victorian homes, to avant-garde architecture. This city has so many faces you will not know which one to look at first, so start at the Bayou Bend. It is a Latin colonial mansion that was donated to the Museum of Fine Arts. It was built in 1927 and has 28 rooms filled with Victorian and Colonial style furniture. Another great attraction, considered to be the "Eighth Wonder of the World," is The Astrodome. Built in 1965, it was the largest indoor and only domed stadium of its time. Although not used by the Oilers football team anymore, it is still "the place to be" when going to the Houston Livestock Show and Rodeo.

Stop by any of CI Travel's information booths at the Coastland Center Sunday, November 15, to register to win these great prizes.

CR001594

FREE BOOKLET 55 Fast Ways To Get Fit At Home

JANUARY/FEBRUARY 1998

Fitness

MIND·BODY·SPIRIT FOR WOMEN

DO-IT-YOURSELF SPA

Want to experience some of that world-famous Canyon Ranch Health Resort pampering—but don't want to wait (or pay) to get in? Laura Hittleman, director of beauty services for the Lenox, Massachusetts, facility, reveals her recipe for supersoft skin.

1. Place two peeled and pitted avocados, two egg yolks, ¼-cup honey and the juice of one lemon in a large bowl.
2. Stir the mixture thoroughly—until it becomes pasty—then refrigerate it and head for the shower.
3. Use a netted synthetic sponge and some foaming gel to scrub away dead skin.
4. While you're still damp, retrieve the bowl and rub the treatment over your whole body. If you'd rather not be completely gooped-up; cover just your face, chest, arms and legs.
5. Wait 10 minutes—an empty tub may be the easiest place to do so—then rinse off.
6. Repeat weekly throughout the winter.

HOTEL BUSINESS
HAUPPAUGE, NY
24-TIMES/YEAR 42,500
OCT 7 1998

FITNESS CENTERS/SPAS

Upscale, Luxury Hotels Create 'Oasis' Environment With Addition Of Famed Spas

BY BRENDAN MANLEY

6746A

NEW YORK— Many upscale full service and luxury hotels worldwide are holding true to the old adage, "You get what you pay for," by offering on-site palatial spas and fitness clubs.

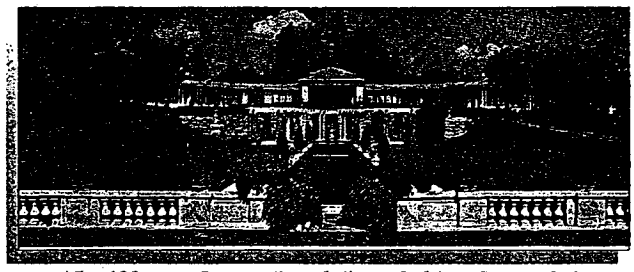
The trend continues to pick up speed, with some high-profile hotels investing significant space and resources to develop the rich spa services and health facilities that GMs say full service guests demand.

"The upscale luxury traveler really requires these kinds of services. Otherwise, it would be like selling a luxury car without a CD player," said Stan Bromley, GM of the newly-renovated Four Seasons Hotel Washington D.C."Health and fitness services are as important to the upscale traveler as F&B."

The hotel spa concept has gained so much momentum that several chains are working to develop these types of facilities brand-wide, notably Patriot American Hospitality with its Grand Bay Hotels & Resorts brand, which will feature a unique Golden Door Spa at every location. Another chain that has aggressively followed this trend is Regent Int'l Hotels, which will have regionally-flavored spas in all of its hotels worldwide.

"We want to offer an oasis for our travelers in the business and resort environment," said Paulette Good, vp/sales & marketing for Regent.

continued on page 12A



The 120-acre Canyon Ranch in Berkshires Lenox, MA.

ON THE COVER: ***(top) The Huntington Spa & Salon at The Ritz-Carlton, Huntington Hotel, CA. (bottom) The gym at Canyon Ranch in Berkshires Lenox, MA.***

Upscale Hotels Take Guest Pampering To Next Level With Spa Additions

continued from page 3A

Two of Regent's "crown jewel" spas can be found at the Regent Hong Kong and The Regent Grand Spa in Summerlin, Las Vegas. The spa at Regent's Hong Kong property helps weary business travelers relax in private spa rooms, each with its own Jacuzzi, sauna, steam shower and solarium. It also has a fully-equipped exercise studio, one of Hong Kong's largest outdoor pools and a unique motor spa pools overlooking Victoria Harbor. An air purification ionization system supplies the hotel with continuous pollutant-free neutralized air.

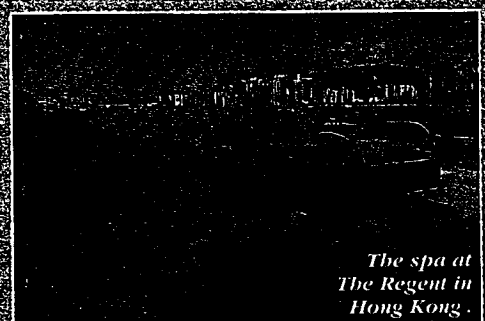
"It's almost magical walking into a spa in Asia. The people are so gracious, and it's lovely," Good said. "It's an entire experience."

The Regent Grand Spa at Summerlin has been tailored to the grandeur of Las Vegas. Encompassing over 40,000 square feet, it offers guests and members a range of treatments and services including massage, facials, aromatherapy and body wraps. Spa services will include individual diet and exercise programs, a salon, boutique and a variety of hydrotherapy facilities such as loofah scrubs and specialty baths. Complete cardiovascular and weight training equipment will also be available.

"Often in Las Vegas, health clubs and spas are a minor amenity, but this is a true high-end Scottsdale-type casino resort," Good said. "It's the only true five-star resort that also has a casino in the U.S."

Another top-of-the-line spa club is set to open in Las Vegas at the Venetian Resort Hotel. Renowned spa operator Canyon Ranch will offer Venetian guests a 63,000-square-foot health spa and fitness club, the largest of its kind in North America. The facility will feature massage, skin care and body treatment rooms, a medical/wellness center, a 40-foot rock climbing wall, movement therapy and Pilates studios, a Spinning gym, therapeutic Watsu pools, a Canyon Ranch cafe, a beauty salon and an indoor swimming pool for water aerobics classes and lap swimming. The SpaClub will be located in the resort's upscale Grand Canal Shoppes, within a luxurious Venetian-style garden setting.

"We're interested in promoting fitness programs and our philosophy to corporate America and through this we'll get the exposure we're looking for," said Gary Milner, director of development for Canyon Ranch and co-project director at the Venetian. Milner also said Canyon Ranch is set for major expansion and is currently investigating several projects nationwide. He said Canyon Ranch will have SpaClubs in all gateway cities, including New York, Boston, Atlanta, San Francisco and Dallas. Several of those projects may be developed in conjunction with large full-service and luxury hotel owner/operators.



The spa at The Regent in Hong Kong.

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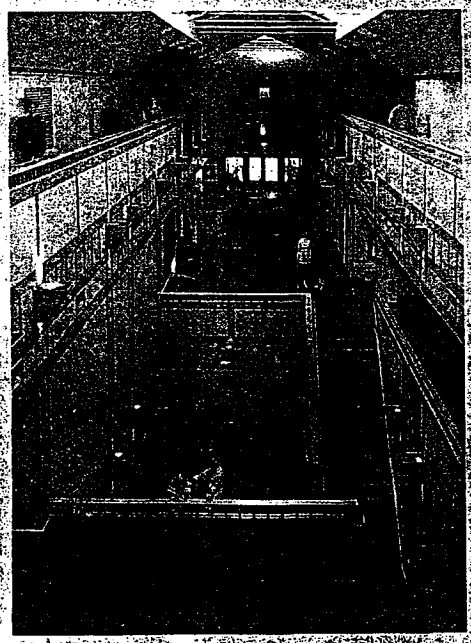
DAY SPA MAGAZINE
VAN NUYS, CA
BI-MONTHLY 26,671
NOV-DEC 1998

Wellness



Canyon Ranch SpaClubs

"Our intention is to deliver the same healthy living programming and expert advice available at our destination resorts directly to people in major metro areas," says Mel Zuckerman, founder and CEO of the original Canyon Ranch health resort in Tucson, Arizona. What's he talking about? An ambitious plan to develop Canyon Ranch SpaClubs around the country. Each SpaClub will feature a state-of-the-art fitness facility and massage, skincare and body treatment services. The first SpaClub will open this spring at The Venetian resort in Las Vegas. The 63,000-square-foot health spa/fitness club will be the largest of its kind in North America. For more information, check the Canyon Ranch Web site at www.canyonranch.com.

FEBRUARY 1998
COMPLIMENTARY
today's Chicago woman

CANYON RANCH

Strengthen your body • exercise your mind • nourish your spirit

There's a reason so many Chicagoans return to Canyon Ranch, the award winning health and fitness resort located in Tucson. Nestled in the foothills of the Santa Catalina Mountains, this spiritual oasis is almost magical. Maybe it's the clear desert air; the pristine pools, fountains and bubbling streams; the cactus gardens and tropical foliage; the birds, rabbits and starry skies.

Add to this picture perfect landscape an unparalleled program of well-being and fitness, and it's easy to understand the allure of this retreat. Healthy living has been the credo at Canyon Ranch for almost two decades. Founders Enid and Mel Zuckerman recognize the mind-body connection. The couple understands that being fit enhances all aspects of life and quite simply, that's what Canyon Ranch is all about. Visitors are encouraged to strengthen their bodies, challenge their minds, and nourish their spirits in an environment that reinforces the message.

AN ARRAY OF ACTIVITIES

Canyon Ranch, which can accommodate 200 guests, has a staff-to-guest ratio of almost three to one. The staff includes medical doctors, nurses, exercise physiologists, nutritionists, fitness instructors, aestheticians, massage therapists, nurses, psychologists, movement therapists, acupuncturists, art and music therapists, hiking guides, tennis and racquetball pros, and support staff.

Activities are endless. In addition to outdoor pursuits such as walking, hiking and biking, there's a full menu of spa treatments and indoor fitness activities. Numerous classes and lectures on behavioral health and alternative medicine are offered. There's even a nearby Robert Trent Jones, Jr. golf course, The Ravens at Sabino Springs.

The clientele at Canyon Ranch is as diverse as the activities. Guests come in all ages, shapes and sizes from all over the

CR001598

country. Camaraderie prevails; tight abs work out right next to flabby thighs. Many of the guests are return visitors, making Canyon Ranch their annual self-improvement ritual. While many guests come as couples or in groups, an impressive amount attend solo. Throughout the day they have several opportunities to meet other guests. At mealtime, they can join other singles at the Captain's Tables in the dining room. Cuisine is a five-star health happening - low cal, tasty, varied and delicious.

PERSONALIZE YOUR PROGRAMS

At Canyon Ranch, there is no "typical" day. However, it's easy to develop a routine. Guests are provided with a booklet of activities and services, in addition to a weekly schedule. A program coordinator is available to suggest and recommend activities and treatments. While there are diehards that book activities nonstop throughout the day, most visitors take advantage of their vacation and make room for daily downtime. Over the years, Canyon Ranch has developed special themed weeks and programs. Probably one of the most popular ongoing programs is the Life Enhancement Program, which addresses specific health goals, medical concerns and life transitions. Last year the resort introduced Fit to a Tee, a golf package. This October, from the 4th through the 11th, an Executive Women's Week is scheduled. This week is designed for women who have made their mark in business and now have to deal with balancing their personal and professional life. Time management advice will be offered, along with addressing issues of stress, balance, lifestyle changes.

For a healthy, inspirational getaway, Canyon Ranch is about as good as it gets. While it's not cheap, it's a sound value that delivers priceless personal benefits that extend far beyond the time spent at the resort. Besides, what better souvenir to bring home than a healthier lifestyle? ■

Sherren Leigh

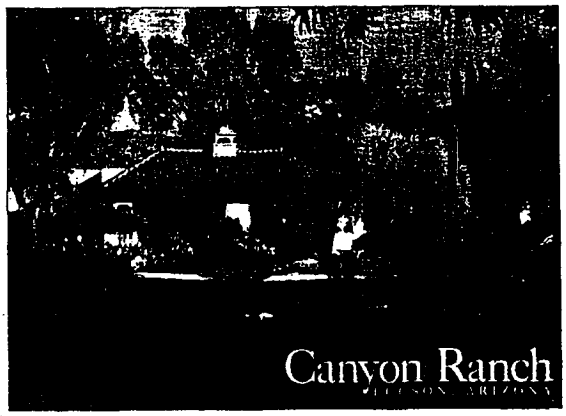
For more information call 800-742-9000. Canyon Ranch also has a sister facility, Canyon Ranch in the Berkshires, located in Lenox, Massachusetts.

Traveler's Diary: Tucson, Arizona

Canyon Ranch in Tucson, Arizona

by Andrea Thomas

The month of January finds many of us with resolutions to improve our health, our bodies and our minds. Some start exercise programs,renew commitments to sound living practices, look for methods to reduce either weight or stress or learn to eat in a more healthy manner. The perfect place to start this commitment to healthful living is the Canyon Ranch in Tucson, Arizona.



The goal of the resort is to demonstrate healthful living through the integration of nutrition, exercise and long term mental health fitness. The focus of Canyon Ranch is the whole person, the mind, the body and the spirit. The philosophy that governs the program has not changed since its inception. Mel Zuckerman, a man who lives what he advocates, feels that "Exercise is the best tranquilizer. It is the aging antidote."

How is this philosophy promoted and encouraged? Every guest is met at the local Tucson airport and transported to the 70 acre oasis. Each guest has a health and fitness assessment and consultation with a registered nurse and a 15 minute session with an exercise physiologist. A Program Coordinator helps the guest plan the stay and make choices that will best move each guest toward accomplishing his or her personal goal.

A statue in one of the gardens at Canyon Ranch.

Choices have to be made because there are activities for all interests and activity levels offered all day and into the evening. You can choose from classes like Stretch & Flex, Spinning, Funk Aerobics, Breathing & Relaxation, Yoga Stretch, Wallyball, Aqua Shape and Extreme Challenge to Nutrition & Menopause, Women's Spirituality Circle, Lunch & Learn, Metabolism & Healthy Weight Workshop and Pilates. Evening programs, such as Stress, Families, Conflict & Solutions, a dance recital, or Care of the Self through Mind/Body Healing, are available to each guest at no additional cost. There is also a complete menu of spa treatments and additional classes offered at additional fees on an a la carte basis.

Guests can choose a variety of comprehensive packages including accommodations, gourmet meals, use of spa and resort facilities, fitness classes and sports activities. Over eighty classes, lectures, demonstrations or activities are offered weekly. Each guest may tailor a program to suit his or her individual needs. Three outdoor pools, including the original flagstone pool from the Double U Dude Ranch days and one indoor pool, are available. Tennis, wallyball and more than 40 fitness classes are scheduled daily. Hiking or biking through the nearby canyons or dramatic desert terrain are also available. Those who choose to be more relaxed have a library of books and videos available.

They can accommodate more than 200 guests at a time but work hard to keep the staff to guest ratio at 3:1. Some of the original staff still is there and many others have been at Canyon Ranch for 10 years or more. The Ranch has a few guiding rules that are an important part of this healthful living equation. At Canyon Ranch smoking is permitted only in outdoor non public areas, alcohol is not served or permitted, children must be 14 years old to participate in activities and pets must be boarded. Also cellular phones are not allowed in any of the public areas, dining rooms, classes, hikes, walks, etc.

Specialty programs are available. Adult Asthma Week, Arthritis Week, Eldercamp for Men and Women 60 or Older, Healthy Heart for those at risk or who have had heart attacks and retreats for Mid-life Women and Dealing with Diabetes are a few of the special programs offered. A popular program with golfers is the Fit to a Tee golf package. A couple or a group could attend and share accommodations with very different programs or emphasis, meet to dine and take other classes or programs together and yet work to achieve very different goals. Water color classes, pottery, line dancing and bingo are also offered. A variety of spiritual awareness classes such as yoga, tai chi and meditation are available.

Canyon Ranch also offers full preventive health care assessments and guidance. Some guests come for lifestyle change or transition or stress management. The professional staff will personalize programs for disease prevention, smoking cessation and weight loss.

The Spa complex includes a lounge, seven gymnasiums, aerobic and strength training rooms, a squash court, three racquetball courts, a yoga/meditation dome, men's and women's locker rooms with sauna, steam and inhalation rooms, whirlpools and private sunbathing areas. A basketball court and eight lighted tennis courts complement the four swimming pools. The Spa also offers 10 different massage therapies. Shiatu, Sports, Swedish Lymphatic and Reiki are just a few. Skin care and beauty treatments from top aestheticians offer relaxing and energizing time for guests who choose them.

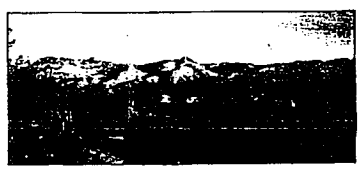
Meals at Canyon Ranch are different from any other dining experience. Most vacations involve excess, either overeating or over drinking. This dining room not only has a dietitian on duty ready to answer any questions or give advice but each menu item is listed with the caloric count, grams of fat and grams of fiber. Each guest is given suggested eating guidelines from the initial meeting at the health and fitness assessment and from the exercise consultation. It is up to each guest to decide menu choices from the impeccably balanced and deliciously presented foods and to count or record personal choices. The food is delicious and pleasing to the eye and presented by very polite but friendly staff. Guests can order from the menu and graze at the various food stations. A salad bar and pasta bar are part of every lunch and dinner. Frozen yogurt with a non fat chocolate sauce is a most popular dessert. Plenty of take home advice and aids are available to encourage guests to continue working toward their goals.

A restful pond by the spa.

The Health and Healing Center medical and professional staff's focus on the philosophy of taking responsibility for one's own health and well being. Medical staff, exercise physiologists, behavioral health professionals, movement therapists and nutritionists are there to assist the guests in reaching their goals. All are offered on an a la carte basis. Alternative medicine choices are also options with Chinese Herbal Consultations and Oriental Medicine Diagnosis available. The Behavioral Health programs focus on personal issues, human interactions and spiritual balances. A keystone of health and well being promoted by Canyon Ranch stresses the importance of the mind-body-spirit connections.

For guests who prefer a more structured disciplined experience that is centered on weight control, medical risks, stress management, smoking cessation or healthy aging, the Life Enhancement Program has a cluster of housing centered around its own spa, health center and dining room.

The depth, breadth and variety of the programs offered coupled with the highest of professional talents are what make this Spa so popular and top rated. Canyon Ranch has again been named as the 1997 Best Spa by the readers of the Conde' Nast Traveler magazine. The location is restful, the food is fantastic, the classes or pampering services are exceptional and the mindset of the founders have proven to work. The Spa has a large percentage of returning guests and advocates.



A view of the mountains from Canyon Ranch.

The Canyon Ranch in Tucson is an excellent place to begin or to make those necessary life-enchancing changes that many seek at this time of year. January is a perfect time to renew those commitments or to reconnect with one's inner self. Canyon Ranch is the perfect location.

Andrea Thomas is a community volunteer and member of non-profit Boards Experience in Volunteer Management, Special Events and Fund Development.

Andrea is President of Grand View League, a fund raising branch of the American Cancer Society, co-Chair of the 1997 Cattle Baron's Ball, Past-President of the Volunteer Exchange of Santa Clara County and Past President of the Junior League of San Jose. Andrea and her husband, Joe, enjoy traveling and entertaining. ▲

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EUGENE WEEKLY
Eugene, Oregon
February 19, 1998

GETAWAYS

Leaving Town

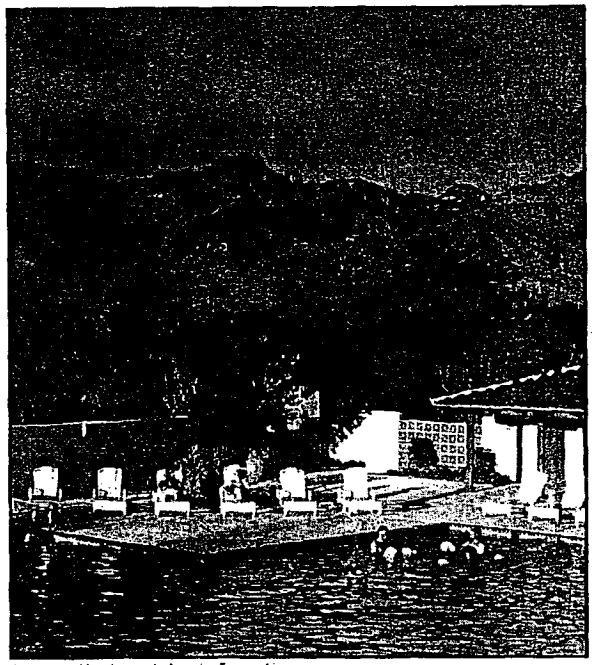
Isn't mid-February the best time to conjure the spirit and energy to get out of Eugene and soak up some rays or at least enjoy a much different venue? We've got some ideas for cheap weekends close by or pricey vacations far away.

ULTIMATE GETAWAY

Desert Indulgence

Want the ultimate in getaways? Check out Tucson's famous spa, Canyon Ranch.

BY DEBRA GWARTNEY



A water aerobics class under beaming Tucson skies.

In 1990, when Paula Abdul (remember her?) was a big hit with her c-c-c-cold-hearted snake poppy lyrics and tight glittery outfits, a Tucson radio station heard she was in town and that it was her birthday. So a couple of that station's personalities drove out to the foothilled desert, parked their car outside the gate (which was locked firm against the likes of them) of one of the poshest spas in the country and howled on the megaphone until Paula drove down to the gate to greet her radio public.

That was a rarity. Usually the rich and famous guests at Canyon Ranch Spa are top, top secret. Where did Julia Roberts go following her Kiefer Sutherland wedding fiasco? Shhhh, no one would admit it, not even to *The New York Times*, but she was recovering at Canyon Ranch. And when Richard Gere split the sheets with everyone's favorite cover girl? Cindy was brought in undercover to bask in the 80-acres of sun and intoxicating healthy atmosphere of Canyon Ranch.

This place has been named best spa in the world five times in a row by *Conde Nast Traveler* (that's a magazine Paula, Julia, Cindy and such read). And, folks, if you want every inch of pouchy epidermis, every tired cell of under-enthused muscle mass, every flattened and dull hair on your head to vibrate with attention, follow the gals' lead and get down there. Of course, few of you have fat recording, film or modeling contracts—and the "standard" four-day no-frills stay for one at Canyon Ranch starts at a couple grand (though June through September is considerably cheaper, and why not go in July—you'd only get hot walking from building to building)—but it may be time to cash out the Christmas fund early.

I spent a day at Canyon Ranch once, years ago. I was living in Tucson and a good friend of mine happened upon a day-long introductory deal for $200 and we decided to indulge. Of course, add $50 for a new spandex exercise suit and a spiffy pair of aerobic shoes—anything frayed or scuffed was definitely passé up at the ranch—and it got pretty pricey. But I'm here to tell you it was worth it.

I can't speak for the sleeping accommodations (from the outside they're smallish but delightful casitas spread out on the grounds, all facing a glorious view of the Santa Catalina Mountains), but the rest was heaven. We arrived at 7:30 am, and jumped right into the aerobics

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class. Hearty young men and women earnes encouraged the right kind of stretching, and w always ready to hand you a lemon-water or thi soft towel. Because we only had a day, my frie and I went, panting, straight from aerobics yoga, then up to a pillow-filled loft for a rel ation class. Dreamy. About then we heard tl Amy Irving was around, but didn't even thi about looking for her—it was time to eat.

Why are these people smiling? Oh yeah, they can afford a week at Canyon Ranch.

Lunchtime in the Canyon Ranch cafe. Well, this is one of the things the place is famous for—taking the low-fat, cholesterol-free, lean and mean, butterless, whole grained goodness we're all supposed to be eating and making it taste ... well, like a feast. During lunch, a chef came out to talk about grilling chicken to perfection and saucing it up with only minuscule amounts of fat. One woman (remember, these people are used to getting anything they want) raised her hand. "How about if I grill the chicken with the skin on, but just chew on the skin then spit it out?" No go, said the chef. She looked crushed.

Our afternoon was filled with the goodies Canyon Ranch is *really* famous for—the, ahhhhh, spa. During one spa indulgence, you're wrapped in layers and layers of hot herbed wet towels (that made me feel pretty claustrophobic); during another some goopy but surprisingly soothing cucumber concoction is smoothed all over your face while your body soaks in a mineral bath and your fingernails are groomed. Then there's the ultimate massage that goes on forever. In between, the bathrooms (the size of my house) have shelf after shelf of freshly washed combs and brushes, hair styling goo, thick lotions, fingernail stuff (I only knew what to do with about half of it). And, of course, healthy drinks and super-nutritious snacks.

My friend and I ended our day by floating over to the salon to have our hair washed, dried and (for want of a better word since we both just let our hair hang where it wants) styled.

We drove home, sighing, into a orangish-red Tucson sunset—the color of the feel of my skin.

Canyon Ranch is ultra-decadent in a world heavy with real concerns. But if a week of expensive refreshment is what you need in order to fight the good fight the rest of the year—check it out (1-800-742-9000). ■

And While You're in Tucson

With or without a Canyon Ranch stay, Tucson is one of the greatest (and rather undiscovered) getaways in the country. Especially in February, March and April. The sun shines just about every day, the mountains beam, the doves coo, the scorpions stay way out of town, and the weather hovers right around 75-80 degrees.

WHERE TO STAY: Yes, the resorts are luxurious—and cheap, if you go in July. But if you want to feel like you're in the Southwest, don't miss the Arizona Inn, 2200 E. Elm St. The historic Spanish-style architecture, quaint rooms and knock-out restaurant are some of the most pleasant places in town.

WHERE TO EAT: The bordering on hole-in-the-wall Mexican places are most authentic. Rosa's on First Street is a local favorite—it's Willy Nelson's favorite too. Pictures of him eating there adorn the walls. Also look for smallish Mexican diners in the Barrio district such as El Minuto (354 S. Main St.)—and be sure to make time to walk through the charming neighborhood with its historic pink stucco casas, ocotillo fences, saguaro ceilings and outdoor altars.

Or spend more dollars and eat at some of the best places in town: Janos, 150 N. Main, nouvelle cuisine in an old adobe house; Cafe Terra Cotta, 4310 N. Campbell, tortilla soup and Mexican Caesar salad to die for; El Charro, elegant and oldest Mexican food restaurant in the U.S. with sour cream enchiladas you'll remember in your dreams.

AND DON'T MISS:

- Sabino Canyon—about a 15 minute drive from downtown Tucson. Ride the trolley up to the top (sorry, you'll have to put up with the driver's "And on your left, a barrel cactus") and decide where you'll stop on the way down. The hikes are breathtaking; the swimming holes (warm creek water!) divine. Watch out! Those granite rocks are slippery.
- Saguaro National Forest—a tourist trap, yes, but get there to watch the sunset and you'll thank yourself forever.
- Downtown Saturday Night—now this is how to support a multicultured eclectic, electric community event. Open up the downtown, provide music and have at it.
- Hikes. Perhaps the best part about Tucson is the ring of mountains. Simply get into your car, drive through neighborhoods toward the mountains, and within 10 or 15 minutes, you'll find a glorious trail. Take water! Dehydration is no joke in this part of the country. ■

101 THINGS TO DO • DESERT DINING GUIDE

TUCSON GUIDE QUARTERLY

SPRING 1998 $3.50

one hundred & one THINGS TO DO

95 World-Class Spas

Some of the nation's premier resort getaways are right here in the Old Pueblo. Vacations at Canyon Ranch emphasize healthy living—teaching guests to continue healthy habits after they go home. This 6-time winner of *Condé Nast Traveler*'s Best Spa award has a staff of doctors, behavioral counselors, fitness instructors, dieticians, tennis and racquetball pros, aestheticians, massage therapists, acupuncturists, and more. Phone 800-726-9900. Westward Look Resort's new Wellness Center tailors its programs to meet individual guests' needs, combining activity and spa services into unique treatments. Phone 800-722-2500. Miraval, Life in Balance is a fitness retreat emphasizing "mindfulness," or inner peace. Phone 800-825-4000. The Personal Services Center at The Westin La Paloma offers a wide range of body, nail, and facial services, such as the Parisian Body Polish®, Spadicure, and the La Paloma Aromassage. Open seven days a week. Phone 742-7866.

CR001603

FORTUNE
NOVEMBER 23, 1998 VOL. 138, NO. 10

THE BEST CITIES FOR BUSINESS

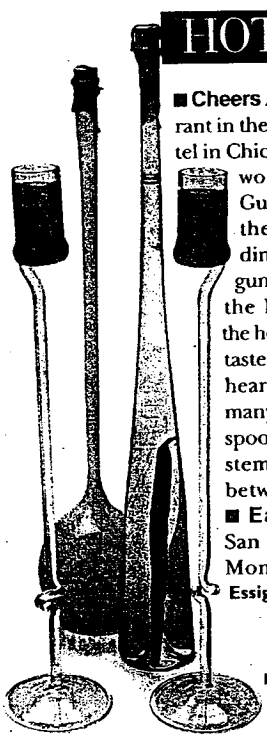
Our top five wealth creators prove that you can't boom without tech.

LAS VEGAS

NO.2 Chanel. Hermès. Spago. Ah, life is large here in Vegas. While it will always be the home of the $1.99 buffet, Sin City has grown up. Now high rollers can buy $8,230 alligator bags from Fendi and feast on broiled Gulf escolar at Emeril Lagasse's tony New Orleans Fish House. Then there is the $300 million worth of masterpieces by Monet, Kline, et al. at the Bellagio, Steve Wynn's $1.6 billion, 3,005-room extravaganza that opened in October. Coming this spring: the Venetian, where guests will take gondola rides on its indoor canal and get hydrotherapy treatments at a branch of the world-renowned Canyon Ranch spa.

TRAVEL HOLIDAY
NOVEMBER 1998 VOL.181, NO. 9

HOTEL CHECK-IN



■ **Cheers** At Seasons Restaurant in the Four Seasons Hotel in Chicago, Campari just won't do anymore. Guests are cleansing their palates before dinner with the burgundy-hued aperitif in the handblown flask: the house vinegar. Its tart taste has even won the hearts of sorbet fans—many have traded their spoons for those long-stemmed glasses ($4) between courses, too. ■ **Eastward Bound** San Francisco's Hotel Monaco is slowly becoming the Starbucks of the lodging universe; after conquering the West Coast, its clones are crawling toward the Atlantic. Look for year-long $125 introductory rates in Denver (since October) and, this month, Chicago. We hear its outlandish decor might be turning up in an old D.C. post office, where Monaco's owners will create a completely new hotel for 2000. ■ **Day Care** It's not unusual for spas to pop up in the desert (by 1999 two more will arrive in California's Palm Springs area: La Quinta Resort and Rancho Las Palmas),

but now they're planting themselves in big city hotels, too. Canyon Ranch kicks off the trend in April with its first "SpaClub" in Las Vegas's Venetian hotel (more should be opening around the country next year). Expect massage rooms and whirlpools, and a cafe that promises only meals that are good for you—in a strictly buffet-free zone. ■ **Sneak Preview** Rooms are full of furniture weeks before a hotel is officially up and running. So why wait till then to book a room? Stay during the "soft" opening, when there are fewer crowds (details are often very hush-hush) and sometimes lower prices. This month Los Angeles's Avalon Hotel launches on the 15th, but in-the-know types have rooms reserved for the first.—Mary Lynn Mitcham

Essig vinegar from Germany in Chicago; a room at the Denver Monaco; a moisturizing cream from La Quinta.

CR001605

Boston

DECEMBER 1998 VOLUME 90 NUMBER 12

Get Away

FROM A TRIP ON THE DOGSLEDS TO A DAY IN THE SPA, ESCAPE TO ADVENTURE, ROMANCE, OR SOLITUDE—ALL WITHIN A FEW HOURS OF BOSTON.

By Nichole Bernier Ahern

Reporting by Stephen Jermanok, Jon Marcus, Carl Vigeland, and Gretchen Voss

Photograph by WES BELL

WHO SAYS WINTER GETAWAYS ARE ALL ABOUT SUN? FOR THAT MATTER, who has the time—or the funds—to hop a plane to worship the rays in Florida or the Caribbean every time they get an attack of cabin fever? ❄ New Englanders wrote the book on how to survive, and appreciate, winter. We own the right clothes; we know how to drive in the snow; and we have an almost ridiculous concentration of cozy inns and B&Bs whose raison d'être is to help us stay warm in the most decadent ways. ❄ There's an infinite number of places to go and things to do within a five-state circumference. To set you on the right path, we've drafted a tempting array of our favorite escapes, complete with the estimated cost of indulging yourself at each. Every one is within a few hours' drive of Boston—perfect for a one- or two-night dash from your own kitchen, laundry, and to-do list. ❄ Of course, it begins with the mountains and their ski areas, where newfangled snowmaking now keeps some of the slopes blanketed from October to May. There are inns and award-winning resorts specializing in everything from herbal wraps to falconry, and wilderness »»

meccas for active pursuits like cross-country skiing, snowshoeing, ice fishing, and dogsledding. Even some of our favorite summer escapes—like the Cape and Islands—offer blessed seclusion in the off-season, with the beautifully stark winterscape of empty windswept beaches. Still craving your vitamin D? If you can't absorb enough through the local sunlight, the next best way is through your fork. Let's be honest: One of the best physical pleasures anywhere is a fabulous dinner, which, properly administered, has healthful benefits that extend beyond the typical daily dosage—and is much kinder and gentler on your skin.

Utter Pampering

WHERE: *Canyon Ranch, Lenox, Massachusetts (800-326-7080)*

PRICE TAG: *Through March 17 (excluding Dec. 23–Jan. 2 and Feb. 12–14), the following package prices depend on the type of room and number of occupants: three nights, $820 to $1,320; four nights, $1,060 to $1,700; five nights, $1,390 to $1,900; seven nights, $2,000 to $2,650. All include accommodations, three meals per day, use of all facilities, fitness activities, gratuities, and airport/train transfers.*

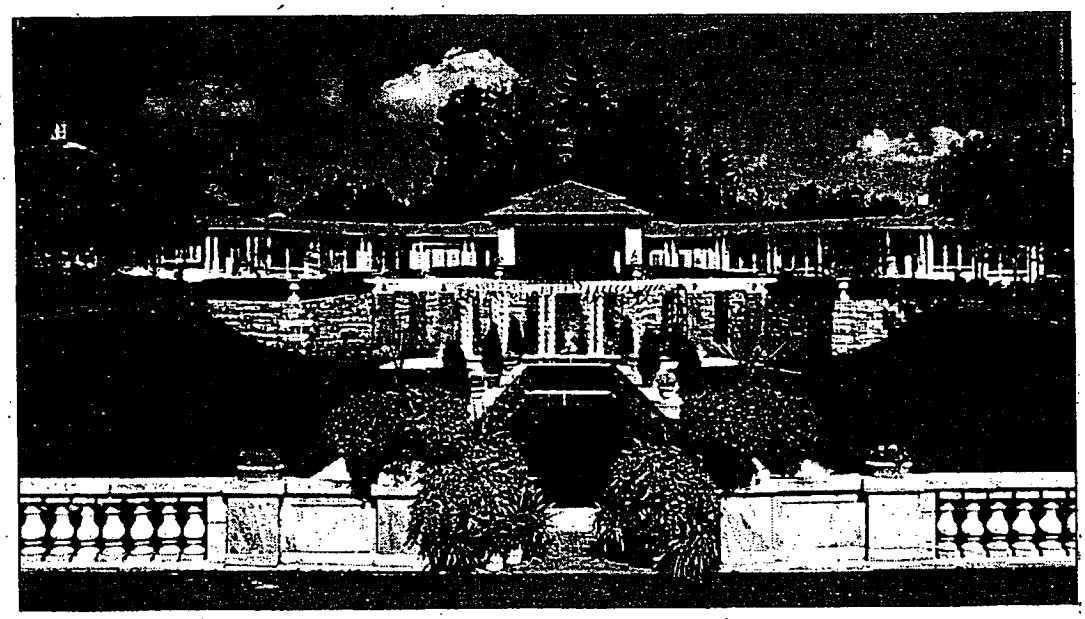
It's no mistake that Canyon Ranch ranks as the number one spa in the country, according to the globetrotting readers of *Condé Nast Traveler* magazine. This is, in a word, redemption. From the moment you drive through

A futuristic funk sets in (in a good way) as you float about in minimal garb reading the wall of new-agey inspirational quotes, and you find yourself seeing your body as, well, a temple.

scenic Lenox and onto the ranch's 120-acre spread, your winterlogged soul knows there's hope.

Truth be told, it's also the ultimate pajama party. Thanks to a climate-controlled, glass-enclosed walkway, there's no reason to ever take off your robe. Even at meals. A futuristic funk sets in (in a good way) as you float about in minimal garb reading the wall of new-agey inspirational quotes, and you find yourself seeing your body as, well, a temple. Virtually any treatment, no matter how extravagant or esoteric, is yours for the asking: massage and therapeutic bodywork; herbal and aroma wraps; mud, salt, and seaweed treatments; facials; manicures; and pedicures. Practitioners are so coddling—whispering soothingly in your ear and discreetly placing towels over your vital vitals as they slather you with mud from, say, a 30,000-year-old bog in Romania. Has anyone ever paid this much attention to you before? Have you, even?

Lest you fear your body/temple might be violated by edible excesses, worry not. The restaurant's cuisine ranges from a delicious rack of lamb to a healthy vegetable stir-fry. And with a staff-to-guest ratio of nearly 3 to 1, they'll do everything for you, shy of raising the fork to your lips. Dishes laced with naughty ingredients—like salt, sugar, butter, cream—are available too . . . but you'll have to ask nicely.



● Physical and mental well-being are stressed during a weekend at Canyon Ranch (above) in Lenox, Mass. An instructor (right) helps a visitor using weights.

Pool and formal gardens

The dining room comprises a series of modern rooms with lively, original art and furnishings in rich earth tones. They're part of historic Bellefontaine mansion, an ornate brick and marble structure, copied from Louis XIV's Petit Trianon. Built in 1897, the mansion was once part of a community of 60- to 70-room summer "cottages" used by wealthy Lenox families.

Only an elegant library remains intact from the formerly heavy-handed Victorian-style interiors, after a fire in 1948. Upper floors now house a modern health and healing center.

Comfortable guest rooms are part of a two-story inn connected to the mansion by an all-weather, glass-enclosed walkway. The complex forms a U-shape around a reflecting pool and formal gardens. Recent additions include a fireplace lounge, a Southwestern-themed hideaway where guests can relax with a book or board game.

To maximize your first day at the spa, consider arriving in the area early and making your headquarters in Stockbridge, five miles south of Canyon Ranch. You can visit the Norman Rockwell Museum and enjoy an excellent dinner and overnight stay at the Red Lion Inn, the most famous in The Berkshires.

Visitors asked to 'look inward' at Berkshires spa

By BARBARA STURM
CORRESPONDENT

"Congratulations on taking a spa vacation to improve your lifestyle," said the aerobics teacher, as her class shook and shimmied to music.

Many exercisers at Canyon Ranch in The Berkshires had come to Lenox in Western Massachusetts to escape routines and responsibilities. Surrounded by a 120-acre wooded estate, they would exercise, explore better living skills, eat nutritional meals and drink lots of water. (Every few yards, you'll find water, tea and/or lemonade.)

Besides moving to music, a typical spa day offers more than 50 activities, including "boxercising," spinning on stationary bikes, pool aerobics, yoga, meditation, breathing techniques, cooking classes and a slew of beauty and body services. Weight-training and exercise equipment is available in one of six gyms.

You choose your own schedule from 7 a.m. to 10 p.m. To keep track, guests receive a notebook to jot down the what, when and where of hourly sessions. Besides group lectures, you can book one-on-one talks with a doctor, psychologist, nutritionist, physical therapist and a personal trainer.

To avoid doing too much, you'll need to pencil in at least one hour daily to rest and digest the Canyon Ranch experience.

Canyon Ranch integrates "the mind, body and spirit of the individual," said Gerald Link, an "exercise physiologist" who counsels guests about posture and balance.

As a result, some guests say they experience a state of heightened self-awareness or a kind of inner bliss during their visit.

Having three staff members for every guest is another component of the Canyon Ranch experience. The staff seems unusually sincere. Their message is summed up by chef Ruby Goodnoff, who conducts "lunch and learn" cooking lessons: "We care about you and want to help you learn how to take better care of yourself," she said.

The ranch, with 127 rooms, was nearly full when I visited. About 85 percent of guests were women; most appeared to be between age 40 and 65.

Letting stress go

The Canyon Ranch experience starts at home, when you open a 56-page booklet about their activities, with a request that you think about the focus of your stay. "Try new things," it suggests.

Bibbi Dangloor-Engdaho, 42, a physician from Sweden, returned earlier this month for her second Canyon Ranch visit within a year.

"Last time, I tried a spiritual treatment called 'healing touch' and it literally changed my life," she told me. "After three kids and the responsibility of being a doctor, it helped me recover buried memories from childhood and rediscover the person I was at age 20," she said.

Another guest told me she had "an epiphany" in a breathing class, where she learned to let go of stress. Others responded to classes on tai chi, ancient movements that aid meditation. This and other disciplines echo a recurrent Canyon Ranch theme to "look inward."

My 45-minute private session with Alexander Giorgio about eating behaviors was less about food than about living with a feeling of vitality and feeling connected to others.

"Follow those sparkling, expansive, alive feelings that speak to your heart of hearts," he said.

It took more courage to try acupuncture, but I found it rejuvenating.

Much information dispensed at Canyon Ranch is scientifically based and available via group lectures. During my visit, two doctors talked about osteoporosis, healthy aging and a psychologist discussed intimacy for couples.

A place for singles

Many other personal services have extra charges, which can add to an already costly visit. But that's not a deterrent for some visitors.

"I consider it an investment in my well-being," said Marcie Seninsky, a Monmouth Beach homemaker and community volunteer, who said she visits Canyon Ranch every February. Now in her fifth year, her visits "give me an extra boost and put me back on track for the year," she said. "This time I'm having a massage, facial, vitamin make-over and learning strength training."

Seninsky says she emphasizes exercise and healthy eating when she visits Canyon Ranch.

"I've learned to feed my family more whole grains, more chicken and fish and smaller portions of protein," she explained.

The dress code at Canyon Ranch is casual — sweat pants or leotards and a T-shirt, no jewelry and minimal makeup, if any. Written rules include no smoking and no alcohol.

Nonalcoholic cocktails are offered in the dining room foyer. At all meals, guests traveling alone are welcome at large, round captains tables where the conversation is usually lively.

Meals are delicious, once you adjust to eating without salt. Menus list calories, fat grams and fiber, and portions are sensibly controlled. You can order extra items, even indulge in the all-you-can-eat salad bar. But guests are urged to eat "mindfully" — conscious of the amount and calories.

IF YOU GO

What: Canyon Ranch, 165 Kemble St., Lenox, Mass.

DETAILS: Three-night packages (arrivals Sundays through Tuesdays) begin at $880 per person, double occupancy, including all meals, exercise classes and lectures, two spa and sports services and one health and healing service. Three-night packages (arrivals Wednesdays through Saturdays) begin at $1,080. Contact Canyon Ranch at (800) 726-9900.

MORE: Red Lion Inn, Main Street, Stockbridge. A double room starts at $90 per couple; (413) 298-5545.

GETTING THERE: By car, take the Garden State Parkway North to the end. Follow New York State Thruway (I-87) North to Exit 21A. Take Route 23 East. Turn left onto Route 7 North to Lenox. Turn left on Route 7A and continue about .5 mile. Canyon Ranch will be on your right.

SUN COUNTRY AIRLINES
MAGAZINE

MINNEAPOLIS, MN
BI-MONTHLY 40,000
NOV-DEC 1998

VENETIAN/HEALTH CLUB ALLIANCE

The Canyon Ranch, a world-recognized health club will open its first SpaClub in the Venetian Hotel. When the $1.2 billion resort opens in April, the Canyon Ranch SpaClub will be integrated into a Venetian-style garden atop an 11-acre pool deck.

The Spa facility will feature massage, skin care and body treatments, gyms and weight rooms, a 40-foot rock climbing wall and many other health features.

The 35-story Venetian Hotel and Casino will eventually be a 6000-room resort.

The Venetian's first phase of 3,036 rooms was topped off in August and will have 116,000 sq. ft. of casino space, 500,000 sq. ft. of retail space, and about half a million sq. ft. of meeting space.

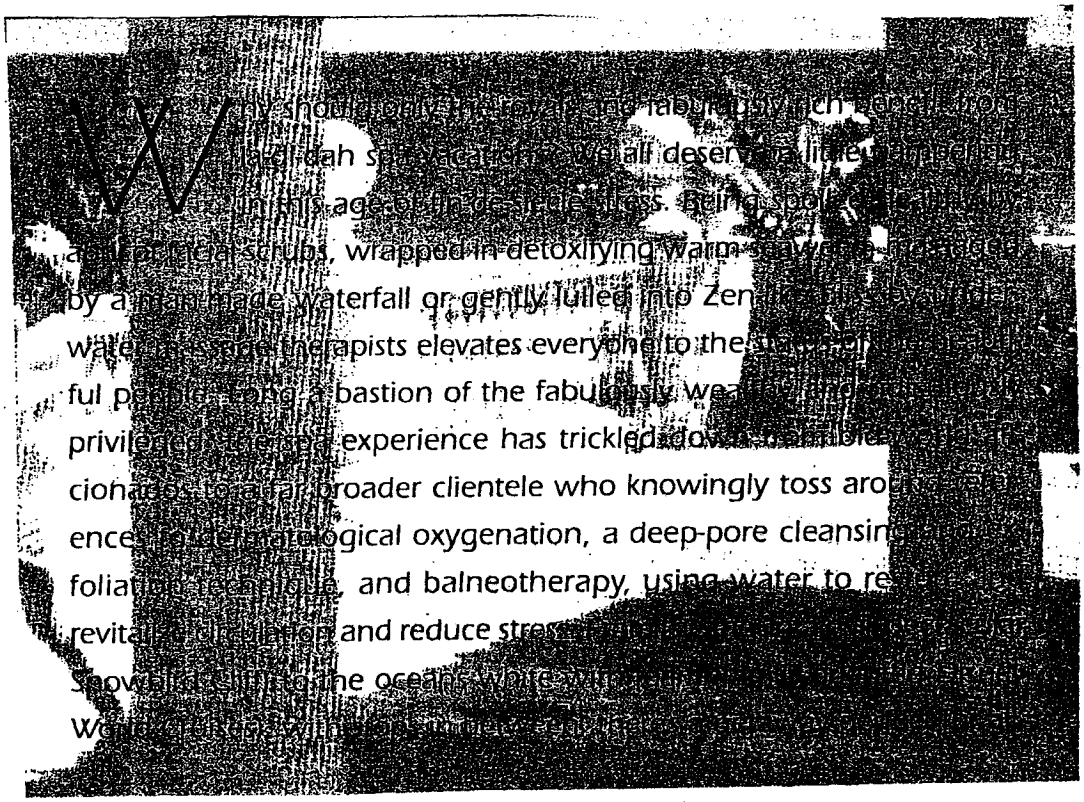
No firm date has been set for the start of construction of the second phase.

The lifestyle magazine for people with disabilities, their families and friends
www.wemagazine.com
SEPTEMBER-OCTOBER 1999

SPA Treatment

by Naomi Serviss

From mud wraps to lavender facials, the magic word is pamper



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Sure, many are expensive, but if you're a savvy shopper, there's an affordable way to get your back rubbed without having your wallet massaged. The physical benefits will do wonders for the psyche. After all, there's no denying the mind-body connection. Even Oprah says so, and who reads Descartes these days, anyway? To save you a few rounds of research, *WE* magazine rounded up the top spas, both domestic and foreign, to get you on the path to wellness.

If you're a mountain lover, a good place to begin is the spectacular Snowbird Cliff Spa in Utah, tucked into the Wasatch Mountains and Wasatch-Cache National Forest, just 29 miles southeast from Salt Lake City. According to spokesperson Kim Peterson, the facility is completely accessible and environmentally friendly, to boot. "We're very committed to preserving the integrity of the environment, and making great use of natural products from the Great Lakes region," she explains.

The resort, with 20 private treatment rooms, is a favorite among skiers with disabilities, who arrive by the hundreds including many children from area schools for orienteering and snowshoeing, including snowsleds for paraplegics, with a complete staff of instructors. They are attracted by an annual NFL-sponsored event to benefit the resort's adaptive program that also draws sports celebrities and fans. "In the winter our slopes are filled with an array of talented skiers of various abilities," Peterson adds. Event highlights include a ski race among NFL sports figures (including Utah-native quarterback Steve Young of the San Francisco 49ers) and two auctions featuring NFL memorabilia and artwork. Snowbird is in the process of a 7-year Master Development Plan that will include improvements to serve those flocking to the 2002 Winter Olympics, as well as the general public.

Spanish style at the Ojai Valley Inn, *right*; making a splash at Arizona's Canyon Ranch, *below*; taking a hike at Canyon Ranch in Lenox, Massachusetts, *opposite*

The Ojai Valley Inn, 73 miles northwest of Los Angeles, has made a strong commitment to accessibility and offers adaptive equipment in the massage area as well as an accessible VIP alcove in the hair salon. Designed in the Andalusian-Spanish architectural style, the new 31,000-square-foot spa sports the genteel charms of a Mediterranean villa. The impression is made by curving outdoor staircases, trickling fountains, terraces and loggias, topped by a 50-foot bell tower over the Courtyard.

Topnotch Spa Resort in Stowe, Vermont, boasts gorgeous view of the Green Mountains in addition to offering therapeutic waterfall hyrodromassage among its chi-chi menu (with nearly 100 services). Consistently listed by the "spanoscenti" among the world's top 10 resorts (including Conde Nast Traveler and the Mobil and AAA guides), Topnotch provides eye-appealing cuisine whipped up by Chef Edward St. Onge that can be geared towards individual dietary discretion. His specialties use fresh Vermont produce and delicacies, including goat cheese and apples, to create unforgettably delicious yet miraculously low-fat Classic American entrées. (See box on page 80 for more on spa nutrition). Another favorite among mountain-lovers is the Peaks Resort and Spa in Telluride, a National Historic Landmark in Colorado located in an historic Rocky mountain town now known for its top-notch skiing. All treatments are individually tailored by the massage therapist.

The Big Apple, naturally, has its share of top-of-the-line spas. With a world-wide reputation for four-star service, and four-star prices, it's not surprising that the Four Seasons Resort in Manhattan serves a diverse population, according to Suk Mancinelli, spa manager. "We can provide just about anything here for people with disabilities and many of our guests are wheelchair users," she says. "Our staff is fully trained to accommodate individuals of various abilities and we are extremely sensitive to all our clients," she adds. Water treatments are popular here, geared toward increasing blood flow. A

PHOTOS: OJAI VALLEY INN; CANYON RANCH (X2)

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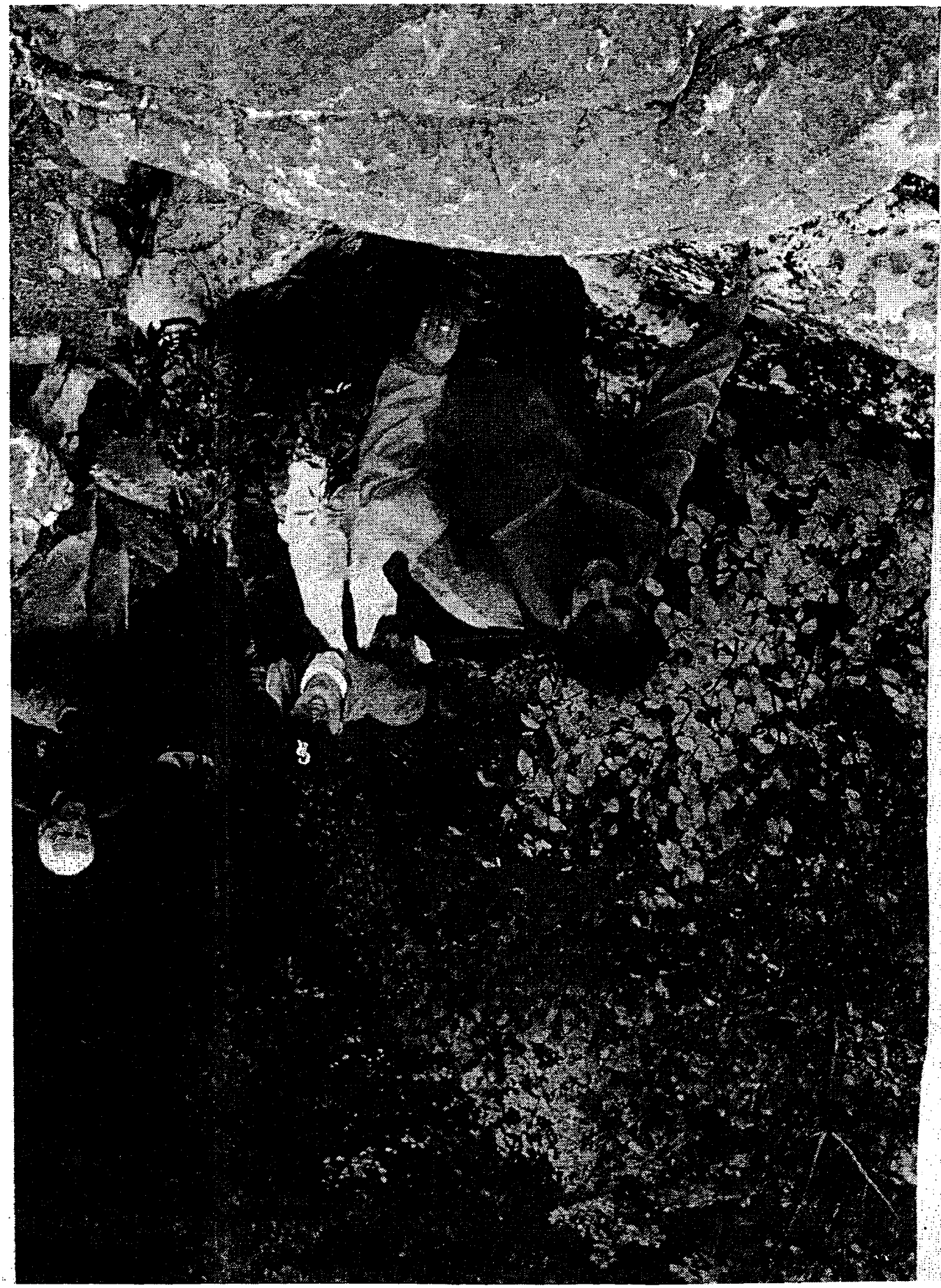

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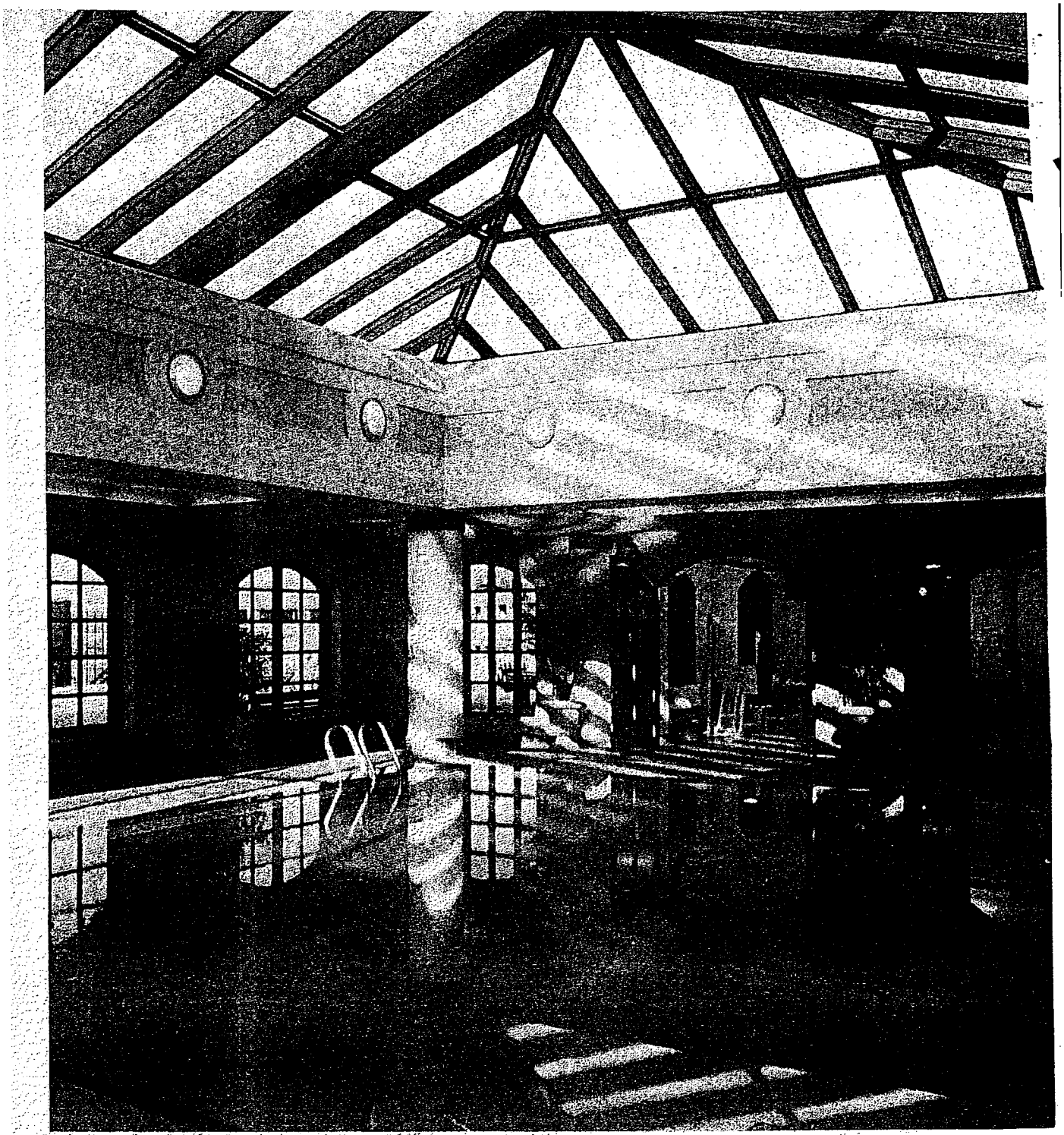

Take the plunge at South Carolina's Charleston Place, where the charms of the Old South are part of the cure, *above*.

popular treatment is the "Rub A Dub Dub New York Scrub" which begins with a skin polish featuring an energizing essential oil and a mango, tangerine and honey-butter salt mix. Sounds good enough to eat—almost. Dead layers of skin are removed and rinsed away with warm water, followed by a lathering up with a PH neutral, soft cleansing soap massage followed by a gentle healing and hydrating massage incorporating aloe and cucumber gel. Ah, that feels good. Another favorite is the "Manhattan Splash," a combination treatment that includes Swedish massage with a brisk shiatsu water massage. A steady stream of water is applied

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while the therapist applies finger and foot pressure, following an ancient Oriental technique to release tension and rebalance the entire body.

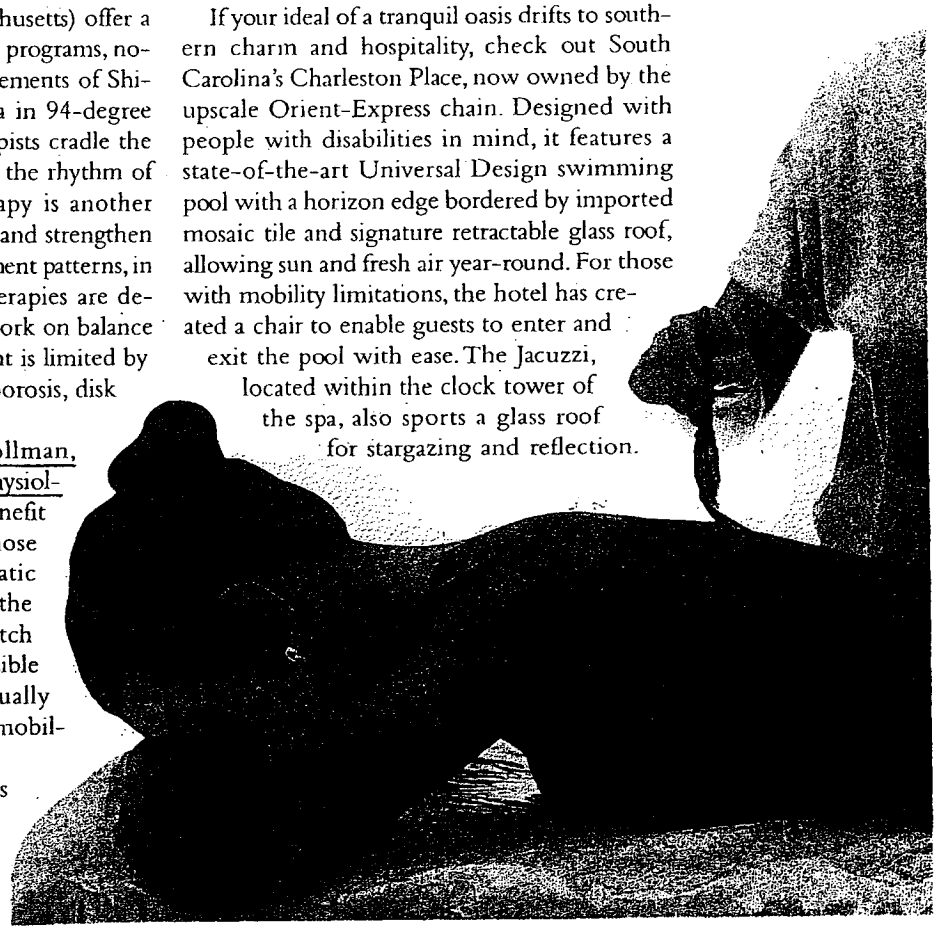
New York's Equinox Spa on the Upper East Side is wheelchair-accessible and is connected to the Barbizon Hotel, whose lobby is usually filled with a variety of Romance languages, since it is a popular European destination. One of the first East coast spas to offer Heated Stone Therapy, the Equinox is a welcome respite to harried New Yorkers of all types. Another newcomer to the New York stress busting scene is the ultra-chic, "W" hotel offering therapeutic treatments, (special water massages; aromatherapy, facials, the usual) beautifully appointed decor by renowned designer David Rockwell and heart-healthy cuisine in the Heartbeat Restaurant (owned by Drew Neiporent of Nobu and Tribeca Grille fame).

The internationally acclaimed Canyon Ranch resorts (located in Tucson, Arizona and Lenox, Massachusetts) offer a full range of therapeutic aquatic programs, notably Watsu, which combines elements of Shiatsu, stretching, dance and yoga in 94-degree water. During treatments, therapists cradle the body, moving and massaging to the rhythm of gentle music. Movement therapy is another popular and safe way to stretch and strengthen muscles while relearning movement patterns, in 92 to 94-degree water. The therapies are designed for those who want to work on balance and posture or whose movement is limited by arthritis, fibromyalgia, osteoroporosis, disk pain or joint replacement.

According to Carolyn Collman, aquatic therapist and exercise physiologist, just about anyone can benefit from water workouts. "For those with physical limitations, aquatic therapy can be a Godsend. In the water, they can move and stretch again in ways that are not possible on land—and they can gradually make the transition to greater mobility," she notes.

Life Enhancement Programs in Tucson provide in-depth, week-long regimens for those interested in focusing on significant lifestyle change or specific health concerns. The group experiences take place in the Life Enhancement Center, a luxurious facility created for group interaction. It contains separate living rooms, a meeting area, gyms, dining facilities, locker rooms and massage rooms. Specialty weeks are scheduled throughout the year, for those with shared health concerns, including arthritis, heart disease, life transitions, aging or spirituality. The upcoming conference on Living with Arthritis (October 3 through 10) will gather medical experts and specialists from the nearby Arizona Arthritis Center for a week of workshops, hands-on treatment, private consultation, relaxation and exercise. This program is geared towards those with osteoarthritis, rheumatoid or psoriatic arthritis, fibromyalgia, lupus and scleroderma.

If your ideal of a tranquil oasis drifts to southern charm and hospitality, check out South Carolina's Charleston Place, now owned by the upscale Orient-Express chain. Designed with people with disabilities in mind, it features a state-of-the-art Universal Design swimming pool with a horizon edge bordered by imported mosaic tile and signature retractable glass roof, allowing sun and fresh air year-round. For those with mobility limitations, the hotel has created a chair to enable guests to enter and exit the pool with ease. The Jacuzzi, located within the clock tower of the spa, also sports a glass roof for stargazing and reflection.



A spectacular outdoor setting for a massage in Palm Beach, *left*, and a quiet mud moment as a human canvas at Canyon Ranch, *below*.

PHOTOS: ORIENT-EXPRESS HOTELS; (OPPOSITE) MIDDLETON & GENDRON; CANYON RANCH

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From aromatherapy to the trendy neuromuscular-cranial massage, treatments are varied to dovetail to individual needs.

If an island oasis is more your style, Bermuda may suit you just fine. From Ariel Sands' Nirvana Spa to Bersalon's Spa at Sonesta Beach overlooking the coastlines, you can choose from a full range of sybaritic services including skin care, massage and customized spa packages. And FYI: this upper-crust resort is frequented often by the island's famed Dill family, whose most famous member is actor Michael Douglas. A cottage colony owned by his mother's family on Bermuda's Shouting Shore and a founding family of this British isle, Nirvana aims to spoil you with its beachside massage, reflexology, and aromatherapy.

Cacti stand vigil at the Camelback Inn in Arizona, *right*; the hands-on style of Charleston Place hits the spot, *below*.

Prefer the Pacific Coast? You could do worse than to luxuriate at the Grand Wailea Resort and Spa in Maui, Hawaii. With its "East meets West," philosophy, the spa blends traditional Hawaiian healing techniques with European, Japanese and Indian spa treatments from the intriguingly dubbed, "Deep Lomi-Lomi Wela Pokahu," massage with a pouch of heated lava pebbles, to the "Fango Facial," during which Italian mud is lathered on to create a deep-cleansing masque. *Exotique, n'est-ce pas?*

The Claremont Resort and Spa, in Berkeley, California, overlooks the spectacular San Francisco Bay and offers full-service treatments as well as specialized programs individually tailored. From gentle Yoga-based workouts to aromatherapy massage and facials, there's a treatment for everyone, regardless of physical ability.

One of Florida's most exclusive properties, The Breakers in Palm Beach, recently completed renovation, meeting all ADA requirements. Its unique, tiled treatment rooms allow guests to remain in the same locale for up to three separate treatments, including massage on a hydraulic table, hydrotherapy tub and Swiss shower system.

The newly opened spa at Grand Traverse Resort and Spa in Acme, Michigan, is wheelchair friendly and features hand-held showers, extra-wide doorways, halls and restroom areas. The spa's regular clientele includes several wheelchair users who receive treatments such as manicure, pedicure and hair designing services.

Spa La Quinta, located near Palm Springs includes three inhalation rooms, a hydrotheraphy tub suite, private tubs and specialized body treatments and facials. Popular ones include the Cahuilla Sage Wrap, Grape Seed Crush Glow Exfoliation and PGA West Golf Massage, geared toward the aching duffer.

Chateau Mont Tremblant, part of the elegant Canadian Pacific hotels, is located abut an hour's drive from Montreal and well worth the effort. From luxury treatments to massage packages, spa professionals are experienced in raindrop, Swedish, California and therapeutic treatments. And considering the Canadian dollar's worth, a well-planned respite can save you a bundle.

Last but not least, for those young-at-heart with a penchant for all things Disney, consider a cruise on the newly launched Disney *Magic* or Disney *Wonder*, both equipped with state-of-the-art spa facilities. From Tropical Rain Showers, recreating the warmth of nature with the heady aroma of passion fruit and peppermint, to underwater massage for aching muscles, your wish is Mickey's command.

And *never* feel guilty about pampering yourself. After all, if you don't, who will?

PHOTOS: CANYON RANCH

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GENERAL INFO

Spa Finder
800 255 7727
www.spafinders.com
Represents more than 220 destinations worldwide; toll-free directory and quarterly magazine. Annual 290-page guide features hundreds of spas. Treatment prices average around $75 and up for massage (typically 50 minutes) and facials.

SPA CENTRAL INFO

Ariel Sands' Nirvana Spa
34 South Shore Road
Devonshire DV 07, Bermuda
(441) 236 5155
(800) 468 6610
e-mail: ariel@ibl.bm
www.arielsands.com
This 14-acre, 48-room hillside resort overlooks Bermuda's South Shore. Deluxe rooms and cottages, updated by designer Jeffrey Bilhuber. Spa packages include, "Life Saver" and "Head Start," with ocean views, afternoon tea, airport transfers.

Four Seasons Hotel Fitness Center
57 E. 57th St.
New York, NY 10022
(800) 332 3442
(212) 758 5700
New York's tallest hotel, the Four Seasons opened in 1993, and is the only I.M. Pei-designed hotel in Manhattan. This striking, completely accessible 370-room hotel has spacious rooms, stunning views and is rated Five-Star by Mobil and the AAA Five Diamond.

Equinox Spa
140 East 63rd Street
New York, New York 10021
(212) 750 4900
www.equinoxnyc.com

"W" Hotel
541 Lexington Ave.
New York, New York 10022
(877) 946 8357
www.whotels.com

Ojai Valley Inn & Spa
Country Club Road
Ojai, CA 93023
(800) 422 6524
www.ojairesort.com
Ranked on *Conde Nast Traveler* Magazine's gold list, also a member of the Great Golf of the World and Historic Hotels of America registry. Known for its innovative programs, treatments and activities and honors the sacred traditions of the Chumash Indians, the Valley's first inhabitants. At Acorn, the poolside cafe, the freshest vegetables, exotic and local fruits, olives, cheeses and Pacific Coast seafood are personally selected by the chefs daily. Since 1923 guests have enjoyed the tranquil pleasures of this 220-acre, tree-shaded oasis, with six fully accessible private rooms, hydraulically adjustable massage tables, and an accessible VIP alcove in the hair salon.

Snowbird Ski & Summer Resort/Cliff Spa & Salon
PO Box 929000
Snowbird, Utah 84092-9000
(801) 742 2222
www.snowbird.com
Renowned for its sensitivity to the disabled community through its annual NFL-sponsored events, this picture-per-

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fect resort offers adaptive skiing, educational workshops and up-to-the-minute treatments.

Disney Cruise Lines
210 Celebration Place
Celebration, FL 34747
(800) WDW CRUISE
(407) 566 7000
www.disneycruise.com
Choose either the first ship, *The Magic*, or the latest, *The Wonder*, for accommodations to fit all needs. Twelve staterooms are extra large and include ramps on bathroom thresholds and bathrooms provide full turning radius for wheelchairs. Accessible elevators with Braille call buttons and audible arrival announcements. Handrails throughout the room. Other highlights include ramps, a ship-wide 911 emergency sys-

tem, strobe-light equipped telecommunications devices (TDD) and sound-enhancing FM receivers for theater shows. Five motor coaches (transporting passengers from the airport) are wheelchair accessible.

Chateau Mont Tremblant
3045, CH Principal
CP 100 Mont-Tremblant
Quebec, Canada JOT 1Z0
(819) 681 7000
This picturesque summer/winter resort recently completed extensive renovation that resulted in adaptive spa areas, including extra-wide doorways, hydraulic tables, chairs and water treatments. The largest health center in Quebec, with 15 treatment rooms, 3 whirlpools and mixed sauna and steam baths. Located at the base of Mont Tremblant, the views are breath-taking and the experience rejuvenating.

The Spa at Camelback Inn
5402 E. Lincoln Drive
Scottsdale, Arizona 85253
(800) 922 2635
(602) 596 7040
Uniquely Southwestern health spa, one of the first in the U.S. to offer fitness, pampering, and life-enhancing wellness programs. From Desert Nectar Honey Wraps to Adobe Clay Purification, a day spent here is an investment in holistic health.

Canyon Ranch Health Resorts
8600 E. Rockcliff Road
Tucson, Arizona 85750 or

165 Kemble Street
Lenox, Massachusetts 01240
www.canyonranch.com
(800) 742 9000
Both are award-winners, recently recognized for excellence by *Conde Nast Traveler*.

The Spa at the Breakers
1 South County Road
Palm Beach, Florida 33480
(888) BREAKERS
Conveniently located on the first floor, all showers, doorways and surrounding facilities at The Spa are easily accessible. Spa suites offer guests the option of receiving up to 3 treatments in the privacy of the same room. A hydraulic table, hydrotherapy tub and Swiss shower enable guests to enjoy all available water treatments.

Claremont Resort and Spa
41 Tunnel Road
Berkeley, CA 94705
(800) 551 7266

Charleston Place
131 Market Street
Charleston, SC 29401
(843) 722 4900
www.charlestonplacehotel.com

The Peaks Resort and Golden Door Spa
136 Country Club Drive
Telluride, Colorado 81435
(970) 728 6800
(970) 728 6175 (fax)

Topnotch at Stowe Resort and Spa
P.O. Box 1458
Stowe, Vermont 05672
(800) 451 8686

Grand Traverse Resort
100 Grand Traverse Village Boulevard
Acme, Michigan 49610
(800) 748 0303

Spa La Quinta
49-499 Eisenhower Drive
La Quinta, California 92253
(800) 598 3828

PHOTOS: MIDDLE & GENDRON (X2) CANYON RANCH

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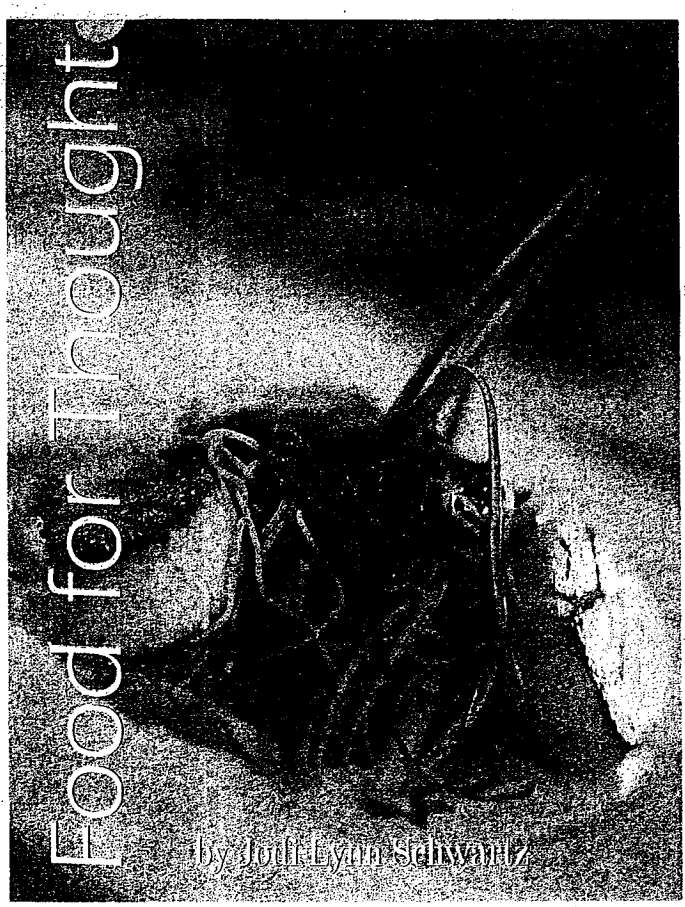
Food for Thought

by Judi Lynn Schwartz



Eating healthy can be fun and delicious with the right ingredients and a touch of imagination.

Spa menus offer well-balanced, low-calorie, low-fat meals. They serve reduced sodium gazpacho, salads of field-greens decorated with mango slices, fresh berries and grilled squash and eggplant drizzled with yogurt-tarragon sauce. While you're there the benefits are clear, but what happens after you leave? Many spas offer a range of nutrition services to teach their clients about good eating habits and to promote healthful living.

"I focus on how to take the information nutritionists provide and apply them to make lifelong changes for when clients go home from the ranch," says Jim Glaser, one of Canyon Ranch Spa's seven registered dieticians (RD) in Tucson, Arizona. He conducts individual counseling sessions, group workshops and lectures.

Health promotion and disease prevention are important for everyone and are critical for people with disabilities, who are often more vulnerable to opportunistic infection, pain and other ailments. Increasingly, medical experts are turning their attention to the role nutrition plays in preventing further complications and the body's response to illness.

Poor eating habits are rarely the cause of chronic illness, cancer or bone loss, but can lead to higher risks of developing heart disease, obesity, diabetes, and arteriosclerosis. However, smart eating in combination with regular exercise helps normalize metabolism and counteract the disease process.

"Nutrition is a big issue for people with disabilities," says Susan Snyder, a registered dietician and clinical nutrition manager for the Hospital for Joint Diseases in New York. Many of the clients Snyder works with have problems managing their weight due to physical limitations which impose restriction on their movement. Her clients are affected by the side effects of medications they take, particularly in terms of increased appetite and water retention.

"More weight causes problems with transfers into and out of wheelchairs and lower weight can be a sign of undernourishment," says Sheah Rarback, RD and spokesperson for the American Dietetic Association. She stresses the importance of regulating calorie intake for those with impaired mobility. Obesity can exacerbate multiple sclerosis and arthritis as well as lead to diabetes, hypertension and circulatory diseases. Because caloric need is determined by activity level, periodic evaluation of caloric requirements is important.

People who use wheelchairs or have other mobility impairments are at higher risk for osteoporosis. By following the recommended daily allowances and obtaining adequate dietary intake of calcium and vitamin D, the rate of bone loss can be slowed.

People with disabilities have the same risk of cancer and heart disease as the general population. A diet high in vegetables, fruit and whole grains, which can reduce the risk of cancer and heart disease, is recommended.

Working with a registered dietician can start people with disabilities on a nutrition regimen and help plan well-balanced meals. A good opening point is using three tools in planning a diet: moderation, variety and balance. Develop the habit of learning about what you eat. The nutritional labels on all processed foods contain a wealth of information. Though challenging at first, the investment in proper nutrition can lead to healthier lives for everyone.

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HISPANIC BUSINESS
SANTA BARBARA, CA
MONTHLY 200,000
JULY 1999

TRAVELOG

Spas & Healing Retreats

For the frazzled executive, a visit to a spa can be just the thing to soothe the psyche.

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■ By Barbara Beckley

For a growing number of executives, spas are an essential part of a successful career. "Executives can't live on drive alone," says Frank Moran, CEO of Team One Staffing in West Los Angeles, who has enjoyed spa stays for years. "Being spoiled at a spa provides a subtle but critical reward for doing what we do." According to surveys, about 40 percent of spa patrons are men.

Here is a selection of popular spas.

ARIZONA

■ Canyon Ranch resort in the Sonora Desert outside Tucson has been a favorite since it opened in 1979. Voted a Top 10 Spa by readers of *Conde Nast Traveler* for six years, Canyon Ranch focuses on health and healing services. Guests enjoy traditional spa services in addition to a full range of medical services. Activities include arts and crafts, aerobics, spiritual practices, hiking, biking, tennis, yoga, weight-lifting, kick-boxing, biofeedback, hypnotherapy, and a men's program.

Double-occupancy rates begin at $1,860 per person for four nights, including meals, use of all spa facilities, fitness classes, and four spa services.

(800) 742-9000
www.canyonranch.com

CALIFORNIA

■ Two Bunch Palms in Desert Hot Springs is a hideaway oasis focusing on specialty spa treatments. Situated on a desert hillside two hours outside Los Angeles, it's a favorite with executives and celebrities alike and is a *Conde Nast Traveler* Top 10 Spa. Built around two small lakes and a natural hot mineral springs grotto, Two Bunch Palms features advanced therapies such as epicurean facials, unique Native American massage, Egyptian clay body therapy, green clay mud treatments, Swedish and Japanese massage, reflexology, zone therapy, deep-tissue massage, and a new aqua-soma underwater treatment.

For a two-night minimum stay, double-occupancy rates begin at $310 per person per day, including meals, one or two one-hour spa treatments, a spa robe, and use of the hot springs grotto, exercise pool, sauna, tennis courts, bicycles, and trails.

(800) 472-4334.
www.twobunchpalms.com

■ The Palms at Palm Springs, situated in a modest 43-room garden resort two hours from Los Angeles, has focused on nutrition, exercise, and lifestyle changes for 20 years. Run by fitness expert Sheila Cluff, it features more than 20 spa treatments and a wide-ranging fitness program including body and mind rejuvenation and water workouts as well as bio-impedance body-fat assessment.

Rates begin at $135 per person per night, including three meals and a choice of 14 fitness classes per day.

(800) 753-7256
www.palmsspa.com

MEXICO

■ Rancho La Puerta, nestled 40 miles southeast of San Diego in the rolling Mexican countryside of Baja, was founded in 1940 and is considered the world's first fitness spa. *Conde Nast Traveler* readers recently ranked it third-best spa. Treatments include massages, herbal wraps, and scalp therapies. Activities include personal growth classes, movies, arts and crafts, a men's program, aerobics, water aerobics, weight training, Feldenkrais motion, yoga, tennis, volleyball, and nutritional gourmet cooking classes.

Mind-cleansing services include the Inner Journey program and hikes up nearby Mount Kuchumaa, which is sacred to the Kumeyaay Indians.

The minimum stay is seven days. Rates begin at $1,645 per person, double occupancy, including classes, meals, evening programs, and use of the facilities. (Summer rates begin at $1,430.)

(800) 443-7565
www.rancholapuerta.com

■ Las Ventanas al Paraiso, a gated resort, opened on the sea in Los Cabos at the tip of Baja in 1997. Within a year, the spa was expanded and was named among *Forbes* magazine's "Rising Stars" of international resort hotels. Hot stone massages, reflexology, anti-free-radical facials, and French algae body wraps are among the services enjoyed by its celebrity and executive guests. A treatment pavilion on the sand incorporates the ambiance of the sea into salt glow, loofah, sun-lover, and other therapies. At night guests enjoy massages by torchlight. The "Sea and Stars" couples massage, an 80-minute, in-suite massage for two, is a favorite.

Rates begin at $475 per room per night. Spa services such as the gentlemen's facial and the Swedish massage on the beach are extra.

(888) 525-0483
www.rosewood-hotels.com HB

Massage is a key part of the pampering at Tucson's Canyon Ranch.

Safest AIRLINE SEATS

SPECIAL GUIDE
24 BEST SPAS IN AMERICA

HAWAII Travel DEALS

NATIONAL GEOGRAPHIC
TRAVELER

WWW.NGTRAVELER.COM ■ [illegible] JOURNEY [illegible] ■ SEPTEMBER 1999 ■ $3.95

1999 NATIONAL GEOGRAPHIC TRAVELER SPAS

THE SPA LIFE

BY SUSAN O'KEEFE

Time spent at a spa has staying power. Days devoted to the pursuit of muscle tone and fitness—yet balanced by skilled pampering and garden-spawned food—have a way of changing us. We're talking about the sort of vacation that involves travel to personal landscapes, proving that seeking balance is therapeutic—not merely indulgent. Given the flavor of life at the turn of the millennium, it's no surprise that spa holidays are taking hold. In 1980 there were fewer than three dozen spas in the U.S.; now we have more than 1,600, from day spas to resorts with spa offerings to all-out destination spas. Which slice of the spa life makes sense for you? We asked a group of experts to weigh in on the very best spa options—from budget to spare no expense—in America today. So relax...and read on.

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OUR EXPERTS

We arrived at our "top spas" listings with the help of eight spa-savvy individuals who you'll see quoted throughout this special section.

Bernard Burt wrote the original *Fodor's Healthy Escapes* guide and has updated five editions. He is founding director of the International Spa Association and the producer of *SpaGoer.com*.

Steve Capellini wrote *The Royal Treatment* and *Massage for Dummies*. He is a bodywork practitioner and teacher.

Pamela Lechtman, co-author of *Fun with the Family in Southern California*, was *Shape* magazine's travel editor.

Irvina Lew has been writing about spas since 1985. She is a contributor to *Fodor's Healthy Escapes* and *Spa Quest*.

Pamela M. Peeke, MD, MPH, was the first senior research fellow at the National Institutes of Health, National Center for Complementary and Alternative Medicine.

Margaret Pierpont, co-author of *The Spa Life at Home*, was executive editor of *Longevity*.

Mary Tabacchi, PhD, professor of spa management at Cornell University, has done studies on complementary medicine at spas.

Frank van Putten is the CEO of Spa Finder, the world's largest spa information and reservation service, and the publisher of *Spa Finder* magazine.

SPAS DESTINATION

TOTAL IMMERSION EXPERIENCE—that's it in a nutshell. Sign up for a stay at one of these self-contained sanctuaries and get ready for a big blast of healthy living: fresh air, serene surroundings, private consultations with health and fitness experts, physical activity galore, and the sort of pampering that can get you hooked. At a destination spa, the idea is to recharge, relax, and get a jump start on the path to a more wellness-centered lifestyle. Just what the doctor ordered.

CANYON RANCH
IN THE BERKSHIRES
LENOX, MA

This sibling of the Canyon Ranch in Tucson (see page 70) is a "fitness mecca with every amenity," says Pamela Lechtman. Amid sweeping lawns and a reflecting pool in the hilly woodlands of the Berkshires is spa central: the marble and brick Bellefontaine Mansion, an 1897 summer "cottage" that recalls Louis XV's Petit Trianon hideaway at Versailles. Housing the spa's dining rooms and library (with game tables and a fireplace), the mansion is connected to a white clapboard building with 127 guest rooms done in country pine. Staff program coordinators help plan your schedule from a hefty list of à la carte services (from music therapy to acupuncture) and classes (yoga, tai chi, boxercise, spinning, and more). Winter activities include cross-country skiing and snowshoeing; biking, canoeing, and kayaking are options during the milder months. Health programs are a specialty, with medical experts providing one-on-one health evaluations and nutrition consultations. **Telling details:** A nonalcohol "mocktail" hour each evening; the "Lunch and Learn" cooking demonstrations are worthy of a spot on cable TV's Food Network. **The ultimate:** The Euphoria treatment ($190): brisk Swiss shower, sage-scented wrap, scalp massage, botanical body mask, hydrotherapy, and massage. **Bottom line:** Combines physical activity and pampering with medical expertise and advice—in gorgeous woodland surroundings.

At A 7-night stay, $2,670-3,900 per person, includes accommodations (double occupancy), meals, 5 treatments, and $200 toward health services; a 3-night stay (2 treatments and $100 health allowance) is $1,280-1,840 per person double occupancy. Tip: Schedule activities and treatments a couple of weeks before your visit. At 165 Kemble St., Lenox, MA 01240; 413-637-4100, 800-742-9000; fax 413-637-0057; *www.canyonranch.com*.

CANYON RANCH HEALTH RESORT
TUCSON, AZ

Tucked in the foothills of the Santa Catalina Mountains amid 70 acres of saguaro-dotted desert slopes, this Southwestern-style spa has a wellness program "unrivaled in the spa industry," says Pamela Peeke. Full medical check-ups by staff physicians are offered; the spa tackles weight concerns, stress, and heart-related ailments. The complementary-medicine options include acupuncture and Chinese herbal and nutrition counseling. Adobe-style cottage guest rooms have down comforters, videocassette players, and patios. Program coordinators help you plan as much or as little as you want to do from a list of some 200 activities, including aquatherapy and chi gong. "The atmosphere at Canyon Ranch makes you want to try new things," says Deede Dominick, a repeat guest from New York who has visited on her own and with her husband. Special theme weeks (aging, spirituality, and midlife) are offered at the Life Enhancement Center, a retreat within the spa complete with its own dining room and fitness facilities. **Telling details:** A captain's table for solo diners; reading glasses placed near telephones; sunrise hikes include breakfast in a day pack; thick towels come in twos. **The ultimate:** Spa fare spotlights such treats as monkfish with hazelnut oil and vanilla vinegar; for dessert, chocolate raspberry ganache cake. **Bottom line:** If you're serious about finding ways to integrate well-being strategies into your everyday life, look no further.

At A 7-night stay, $2,250-5,170 per person, includes accommodations (double occupancy), meals, 7 spa treatments, and $200 toward health services; a 4-night stay (4 treatments and $100 health allowance) is $1,340-3,210 per person double occupancy. At 8600 E. Rockcliff Rd., Tucson, AZ 85750; 520-749-9000, 800-742-9000; fax 520-749-7755; *www.canyonranch.com*.

SPA
TRAVEL, WELL-BEING AND RENEWAL
Winter 1999

Medspas

A New Trend in Health Care

Brenda Eliel was desperate. On the surface, her life appeared peachy. Her husband's successful career as an industrial metals broker allowed the couple to indulge in life's pleasures. A home in Scarsdale, New York. Apartments in London and Israel. Travel around the world. Good clothes. Good food. Good friends.

In short, the Good Life. Yet Brenda feared that just as she and her husband were entering life's prime, the ride was tragically about to end. For her beloved Steven's workaholic nature came with a steep price. Stress, which, combined with his allergy to exercise, was slowly killing him. There was the heart attack in 1993, followed by the quintuple bypass.

At age 57, Steven Eliel's body was giving him a clear message: This ain't no dress rehearsal, bub. Change your ways. Or die.

But Brenda Eliel wasn't about to let that happen. After weighing the options, she made the choice that would determine the couple"s future. She discovered a center that fit her criteria: Doctors who understood her husband's acute condition—and, more surprisingly, hers. Top notch medical facilities, right down to on-site labs. And a whole array of other medical professionals who grokked the notion that it is never too late to live healthy, no matter what state you are in.

She found her answer in what she thought was the most unlikely of locales, a place that to this day still blows her away.

A spa.

Welcome to the future.

Photo by Scott Wellsandt/graphic design by Richard Rocha

by Mat Edelson

CR001623

Here's a trend you need a microscope to notice. Currently, less than 2 percent of all spas have a serious commitment to providing comprehensive on-site medical services. By all accounts, such an undertaking is incredibly expensive, a logistical and organizational nightmare, and a marketing crapshoot.

But experts agree that such "medspas" may well be the spa industry's pot of gold, servicing a new breed of savvy medical consumers who are more interested in preventive medicine than in the traditional (and often temporary) quick fix.

"[Baby boomers] are having the used-car syndrome. They want to check out A-1 on their bodies," says *Spa Management Journal's* Guy Jonkman of the aging boomers driving the medspa trend. To such boomers, the medspa theoretically offers the best of all worlds: a healthy, relaxing vacation, a full physical assessment (including blood work and bone-density scans), and both the education and facilities to implement lifestyle changes they can carry back to their everyday world.

This collision between the spa industry and the medical community seems inevitable. Overseas, spas have long touted—albeit often with something less than scientific rigor—various healing therapies. "In Europe, spa means 'medical,'" says consultant Nancy Griffin, author of *The Wellness Resource* annual business report on spa trends. Twenty-five years ago, she says, French spas focused on thermal and thallaso (sea water) therapies—and little else. "They had no luxury, no pampering...[it was] paid for by the government. You could go take a cure for 20 days. Go take the waters. And that was what a spa was."

Photo courtesy The Cooper Aerobics Center

Undergoing a stress test at The Cooper Aerobics Center in Dallas, home of the Cooper Clinic.

But Americans were raised with a different concept of spa, more aligned with makeovers than medicine. They got their healing at the MD's office. But that traditional relationship has been souring. Dr. David Eisenberg's landmark 1993 Harvard study showed our dissatisfaction, noting that one-third of Americans have sought so-called "alternative medicine." Though his numbers have been questioned—critics point out that Eisenberg considered people involved in health clubs and weight-loss programs to be engaging in "alternative" cures—the bottom line is inescapable. Americans are sick of the perceived short shrift they receive from doctors practicing in sterile, uncaring HMO settings. We've sent out the clarion call that we are willing to go to untraditional practitioners and innovative environments to get the medical care we feel we deserve.

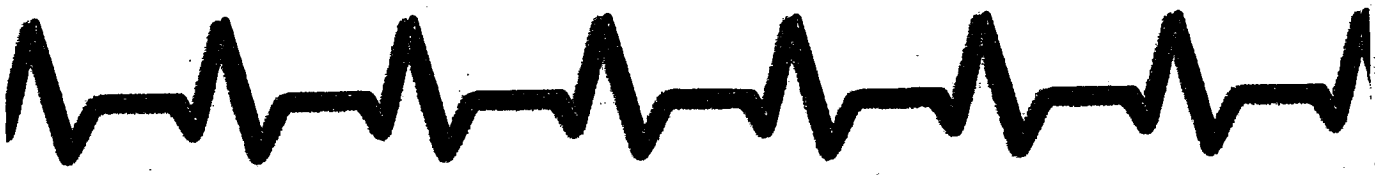
Spas, sensing a lucrative niche, have pounced on our feelings of medical neglect. A growing number of beauty, rejuvenation and relaxation-oriented facilities have begun touting medical services. "Many of the day spas are aligning themselves with the medical profession," says Hannelore Leavy, head of ClubSpa USA, a day spa association.

That "alignment" bears scrutiny. Saying that a spa offers medical services and medical oversight means little. A "medical director" can be an off-site, retired doc brought on board more to address the spa's liability concerns than any true client need. A customer expecting a full physical might be shocked to find that her spa's idea of "medical staff" is a part-time psychiatrist. "It's frightening," says Nancy Griffin, referring to the lack of standards, continuity and accountability among spas claiming both medical services and sure-fire cures.

What we've got here is an industry shake-out, with consumers, says Griffin, doing the shaking. "Sophisticated spa consumers, seasoned spa-goers, are absolutely going to demand medical credibility."

With no clear model to follow, Griffin says, many would-be medspas are failing. The right alchemy, down to the physical placing of the medical facilities, is difficult to achieve. Does someone going for a massage really want to pass by somebody getting blood drawn for a corporate physical? Can meditation really take place next to a lecture on menstruation? Then there's the customer's expectation. "If I'm expecting to get testing and all that's available to me is a facial," says Griffin, "then I'm going to be disappointed. But if all I want is a facial and somebody's trying to get me on a treadmill, I'm not going to like that either. [Medical services have] to be kind of an a la carte menu-type offering, but you have to get enough people to use it to justify having a doctor on staff or medically trained people."

Still, for all the stumbles, four medspas seem to be succeeding. Two are medical centers with pristine pedigrees that recently added spa components, one a luxurious Aspen day spa/sports-performance center that's gone medical, and the last a desert oasis where spa and medicine have evolved side by side. What they all share is a multi-million-dollar medical commitment to their clients, an established customer base, and a vision for wellness.



For his part, Robert Pritikin can't believe that his company has made the leap to the land of spa. For 20 years the Pritikin Longevity Center—the nation's first such center—operated out of an austere building in Santa Barbara, California. "It felt like an institution," says Pritikin. "It didn't lend itself to doing spa." The center, which Pritikin says was "research, cardiac, hypertensive and diabetic driven," published some 80 research papers in leading medical journals. Along the way they serviced 70,000 clients, who, like Pritikin's staff, saw the center as a dietary boot camp. Serious mission. Serious results.

But not full-service. Pritikin said that while many of his clients were changing their lifestyles, their bored spouses spent their time going to local day spas. Eventually, when the upscale Loews Santa Monica Beach Hotel offered Pritikin a full wing for its center, complete with a lavishly renovated spa, Pritikin moved. At first he figured the spa would service spouses. But to his surprise—"It was a real culture shock," he says—his hard-core clients are also partaking of facials, massage and other spa services. Why? Pritikin has a theory. "As you start getting disease under control, and you start feeling like you have a second bite of the apple, suddenly vanity rears its head," he says. "And anything we can do to motivate a person on a healthy program is positive, and if somebody feels better looking great, God bless 'em, let's do what we can."

Dr. Tedd Mitchell of the Cooper Clinic in Dallas agrees. Like Pritikin's, Cooper's programs—aimed primarily at reducing cardiovascular risk—are intense and intensive. Five thousand people a year pass through their gates for physicals and wellness programs. "It's not sleeping in late, rolling out of bed and getting a massage at ten o'clock in the morning," says Dr. Mitchell, medical director of the Cooper Wellness Program. "The days start earlier, and they go all day with exercise sessions, nutrition sessions and the like." That said, Cooper recently added spa services on its 30-acre campus. The idea, says Dr. Mitchell, wasn't to compete with a vacation/destination spa. "It's a very pretty campus, but heading to Dallas, Texas, is not like getting out to the mountains," he admits. Still, "I do think it is a very important part of our program here, to work on the spa, the pampering end of things, so the patients—particularly busy executive types—at the end of a hectic day they have got a way to unwind, really unwind, in a very pleasant environment."

Photo courtesy Canyon Ranch

A bone density exam at Arizona's Canyon Ranch, where there are six M.D.s on staff.

Coming at the medspa equation from the other angle is The Aspen Club. The Colorado club already had a 34-treatment-room day spa, an 1,800-member athletic club, and a sports performance center in place. The final component was adding an expensive Center for Well-Being. The center, launched in March, is gearing up staffing, which according to director Gayle Godwin will include two part-time orthopedic surgeons, a full-time chiropractor and acupuncturist, and an eight-physician advisory board. Aimed at clients who are essentially healthy "though not functioning optimally," the center focuses on a variety of lifestyle workshops, including pain management, women's health, and the use of plastic surgery in conjunction with nutrition, flexibility and strength training, "to really reshape someone's body, not just the quick fix but for life," says GM Debra Smith.

Finally, there's Arizona's Canyon Ranch. Long considered one of the country's top spas, it may also end up being the prototype medspa. Medical and spa professionals have worked in unison since the ranch's inception nearly 20 years ago, expanding into an entity now known as the Life Enhancement Center. With 6 doctors, 15 nurses, 2 behavioral doctors, and a slew of other medical professionals, the Life Enhancement Center (LEC), though not a required part of a Canyon Ranch stay, is becoming immensely popular. "The Life Enhancement Center in many ways is what we would like all our guests to come here and experience," says Canyon Ranch's special programs director Carrie Thompson. "You check in, you have a cardiac stress test, a full blood series, the meeting with the doctor, then you have an intake interview with someone from the behavioral staff to find out your goals. Then you have the whole exercise, stress management, eating healthy, spiritual piece right there for you."

Canyon Ranch turned out to be Brenda and Steven Eliel's Shangri-La.

The LEC, they found, was geared towards lifestyle education, but it wasn't dry; the lectures on nutrition, exercise and other health topics had a seamless, pertinent quality. "It was enlightening," says Brenda. "We were also taught to read our medical charts, which is something I find very liberating. This doctor obviously had penmanship lessons."

Brenda knew that Steven was into the program when he did something unprecedented in their entire 35-year marriage: put off work. He extended their one-week stay to 10 days, then two weeks. While he was learning about his body, Brenda's physical taught her a thing or two about hers. Like a double scoliosis (bending of the spine). Brenda accepted it as a fact of aging. The nurse didn't.

"She said, 'The good news is that it's reversible,' "recalls Brenda. "I said, 'I beg your pardon. You can't reverse bone.'"

"She said, 'betcha can.'"

While Steven worked on his heart-health issues, Brenda spent time doing gentle yoga and getting neuromuscular massage at the ranch, putting together a program she could work on at home. In between, the couple availed themselves of the ranch's spa amenities. "Steven sometimes [had] a double massage. Totally hedonistic. He sleepwalks back to the room. And what's neat about it is if we don't want to go down to the main spa, we have [spa] facilities up at LEC where we really just have to step out of our room . . . and they're waiting for us," says Brenda.

Now, four years and five return visits later, Brenda Eliel says her scoliosis is gone, and her formerly sedentary husband has a treadmill in each home and is an exercise addict. She credits the skills learned at Canyon Ranch. "There's a feeling of wellness here; they try and help you help yourself. So that you're responsible for your health. Not in fear of it, but that you know what's going on, and you know exactly what you can do to maintain it. So you have the tools."

More than the physicals, blood work and diagnostics (which all but The Aspen Club provide on site), what sets these four medspas apart is their creative curricula that implement lasting lifestyle change among clients. By having a variety of medical professionals under one non-threatening roof, a client is walked from illness to wellness, with knowledge priming the motivational pump. "Just to have medical [diagnosis] and not to have education, in my opinion, doesn't do much," says Robert Pritikin, whose Longevity Center includes cooking workshops, cancer-prevention seminars and talks on beating "the fat instinct."

Now, four years and five return visits later, Brenda Eliel says her scoliosis is gone, and her formerly sedentary husband has a treadmill in each home.

Does all this come cheap? Not exactly. Week-long programs run from $2,000 to $5,000, not including airfare (some spas charge additional fees for physicals). Then again, given the cost of implementing such programs, the price isn't unreasonable (it's in line with many spa-only packages). In fact, all these medspas agree that the only reason they've been able to integrate these diverse worlds is that they already had a well-established client base to draw from. Cooper's new spa draws customers not only from its wellness program but also from a 3,000-member fitness center. A similar synergy at the other medspas minimizes their financial risk, but, as important, exposes spa clients not normally interested in medicine to take something that can improve their health. "We had a [spa client] the other day who came in [to the well-being center] and said, 'I never would have a nutrition consultation at home, but I'm here, and this sounds really good, and I've got some time, so can I do that?'" says The Aspen Club's Debra Smith. Canyon Ranch includes a "Health & Healing" allowance in all its general vacation packages to entice visitors to try a lecture or health mini-program.

The medspa synergy also extends to the medical staffs, who, though traditionally trained, become exposed to alternative, spa-familiar therapies that they learn have value. "Is there an academic paper that 100 percent shows that acupuncture can decrease the physical effects of stress? No," says Canyon Ranch's Carrie Thompson. But she quickly adds, "Do our doctors know [studies aren't] the only thing to go on? They know somebody left [a ranch] acupuncture session feeling better, emotionally more empowered. How can you argue with that?"

It's hard to. Ultimately, the medspa trend may be the outward manifestation of our nationwide move toward holistic health. Where mind and body are treated and nurtured as one. Under the watchful eyes of practitioners we trust, in a setting of splendor, not sickness.

It's a promising future indeed.

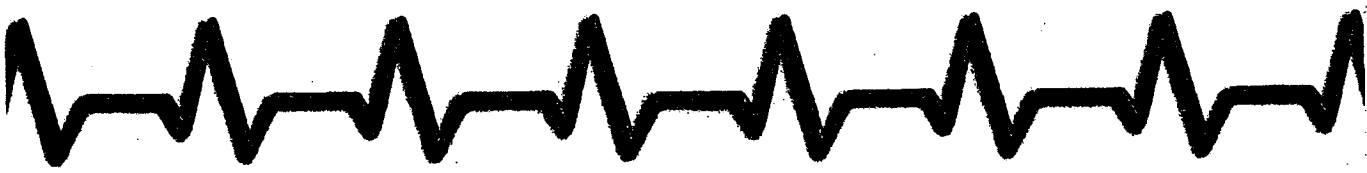
ACCESS:

The Aspen Club, Aspen, CO. tel: (970) 925-8900.

Canyon Ranch, Tucson, AZ and Lenox, MA. tel: (800) 726-9900 or (520) 749-9000.

The Cooper Clinic (at The Cooper Aerobics Center), Dallas, TX. tel: (800) 444-5192 or (972) 386-4777.

Pritikin Longevity Center, Santa Monica, CA. tel: (800) 421-9911 or (310) 829-6229.



Volume 2 / Number 10 October 1999

The Center for Women's Healthcare
Weill Medical College of Cornell University

Food & Fitness Advisor™

Helping Women Live Healthier, More Active Lives™

Jump-Start Your Wellness Program

A spa vacation for healthy living

When you think of a spa, do you picture a bevy of well-to-do women swathed in mud wraps? Or do you imagine a group of overweight, out-of-shape women paying top dollar to be starved and bullied into losing 10 pounds in a single week?

The fact is, today's spas are about far more than self-indulgence or food deprivation. Instead, most are dedicated to enhancing the health and vitality of the body, mind, and spirit of guests with a wide range of interests. The aim is to provide even the most fitness- and nutrition-savvy spa goers with take-home wellness tools to incorporate into everyday life.

There are hundreds of spas in the U.S., and they offer a variety of services ranging from mainstream medical care and nutritional counseling to stress reduction and spiritual growth. Depending on your objectives and the facility you select, you may use your spa visit to learn a new sport or activity, develop strategies for revitalizing your exercise program, learn lifestyle interventions to help prevent or manage a specific illness (heart disease, arthritis, diabetes), get started on a weight-loss program, challenge yourself in a no-frills, boot camp–type environment, get yourself in shape for ski or golf season, or simply learn to destress. A good spa also offers the opportunity to try out new experiences such as *Chi Gong,* craniosacral therapy, aqua aerobics, or meditation, with no required long-term commitment.

Who goes to a spa?

Today's spas attract both genders, although women predominate (and a number of spas are for women only). Spa goers range from the ultrafit and nutrition conscious to those who are just beginning to embark on a wellness program. And some guests really are just after some superdeluxe pampering. So before you pick a destination, be honest with yourself about where you are on the spectrum and what you hope to get out of the experience. Then seek out a facility that offers just what you're looking for. Otherwise, you could find yourself learning to meditate when what you really wanted was a week of hiking.

If you can't convince friends or spouse to join you, don't be discouraged. A significant number of spa goers travel solo. Some facilities arrange roommates upon request, and at mealtime many provide group tables for singles.

Today's wellness spa

It's easy to imagine a spa vacation where your days would be spent learning the newest weight loss techniques, taking fitness classes, and indulging in the occasional massage. Harder to picture is how a spa can address more-specific health needs. But you do yourself a disservice if you don't at least know what's out there. To learn more of the specifics, your editor visited one of the best-known wellness spas in the country: Canyon Ranch, with facilities in Lenox, MA and Tucson, AZ. Use what we learned as an example of what a wellness spa has to offer.

Disease prevention and management:

A goal at most spas is to encourage each guest to take an active role in protecting her health, usually through diet and exercise. Medically oriented spas such as Canyon Ranch go further, offering guidance on preventing or controlling specific conditions such as osteoporosis, heart disease, cancer, diabetes, and arthritis. In addition to providing healthy diets and making available a wide range of sports, fitness, and therapeutic massage options, such spas offer a variety of more–medically oriented services. These programs run the gamut from standard physical exams and lab work to bone-density evaluations,

Continued on page 3

Spa Vacation Continued from page 1

cardiac treadmill stress tests, hormone analyses, and physical therapy. Administered by mainstream experts such as physicians, nurses, psychologists, exercise physiologists, and nutritionists, they are designed for guests seeking to enhance current wellness as well as for those seeking guidance on preexisting health concerns.

Some medically oriented spas organize special program packages for specific health needs. This one offers three-to-seven-day programs that include Menopause Management, Optimal Aging, Smoking Cessation, Hypertension Management, Weight Management, Living With Arthritis, Healthy Heart, Journey Through Midlife (a multidisciplinary women's retreat), and Optimal Living (a personalized health package).

Nutrition and health:

At wellness spas, the focus tends to be more on eating to enhance health rather than eating to maximize weight loss. Programs emphasize nutrition as one of many tools that may help prevent and control disease (of course, weight control is a part of healthy eating).

A medically oriented spa will probably also offer a variety of generalized opportunities to boost your healthy lifestyle to a higher level. You may be able to have a fitness trainer design a tune-up program to enhance your workout, attend lectures on various health topics and alternative therapies, or participate in "hands-on" cooking sessions to learn to replicate spa-style meals at home.

Exercise physiology:

In addition to the traditional fitness classes and instruction, medically oriented spas present exercise as a tool for addressing specific health concerns and maintaining strength, flexibility, and vitality as you age.

Behavioral health:

Health-oriented facilities may have on-staff psychologists and social workers to perform services such as depression counseling, biofeedback training, stress-management counseling, and help with managing eating habits. Or you may be able to participate in a physical challenge (e.g., rock climbing), which can also provide significant psychological benefits.

How do you choose?

With more than 500 spas in the U.S. and around the world, selecting the right one can be a challenge. Here are just a few of the available resources:

Web sites:

- Spa finders (www.spafinders.com): Magazine and online spa-selection service. This Web site offers an interactive spa search. You are asked to select a category (e.g., resort spa, wellness retreat, weight-management spa, holistic health center, adventure spa, spa at sea), interest (e.g., women only, on the beach, vegetarian, most challenging workout, supreme pampering, golf), and location. Search will produce a list of spas (with cost information) that meet your criteria. You can call up additional information on a specific site and even make your reservations online. Or you can fill out a form listing your interests, send it via e-mail, and Spa finder will perform a customized search.
- The International Spa Association (www.globalspaguide.com): Provides a complete listing of spas from around the world.

Books:

- *Fodor's Healthy Escapes*
- *Healing Centers & Retreats* (John Muir Publications)

Follow-up

Even the most well-intentioned guest may revert to old habits at home, so some spas have developed tools to help keep you on track long after your stay has ended. For example, if you have participated in a specific health package at Canyon Ranch, before you leave you will meet with a member of the nursing staff who will help you clarify your goals and develop a list of specific, goal-oriented action items to follow at home (e.g., "purchase a physioball for exercise" or "begin adding protein to my breakfast"). Approximately one month after you have returned home, you will receive a follow-up call to offer encouragement and provide tips to help you adhere to your plan.

Although a visit to a wellness spa can point you in the right direction, be realistic in your expectations.

"It is important not to be discouraged if you find that you haven't made all the changes you had intended. Remember, you have obligations and stresses at home that you didn't have while you were here. Just concentrate on making one small change at a time," advises Sharon Fay, R.N., Nursing Coordinator at Canyon Ranch, Lenox.

What will it cost?

Since spas range from the spartan to the ultradeluxe, there is wide variation in rates. Even within the same facility, rates vary according to package selected, season, room type, weekday vs. weekend, etc. Some examples:

- **The Oaks at Ojai, Ojai, CA** — Five-night package, double room, June–December: $797.35 (includes meals, fitness programs, evening programs, one spa service)
- **New Age Health Spa, Neversink, NY** — Five-night package, double room, summer: $1,093.01 (includes meals, facilities and fitness programs, nutritional counseling and lectures, $128 allowance for spa services)
- **Canyon Ranch, Lenox, MA** — Five-night package, double room, July–October: $2,290 (includes all meals, facilities and fitness programs, initial health assessment by nursing staff, presentations, four spa/sports services, $100 allowance for health and healing)
- **Cooper Wellness Program, Dallas, TX** — Four-day/five-night wellness program, single room: $2,645 (includes accommodations, workshops, training sessions and meals)

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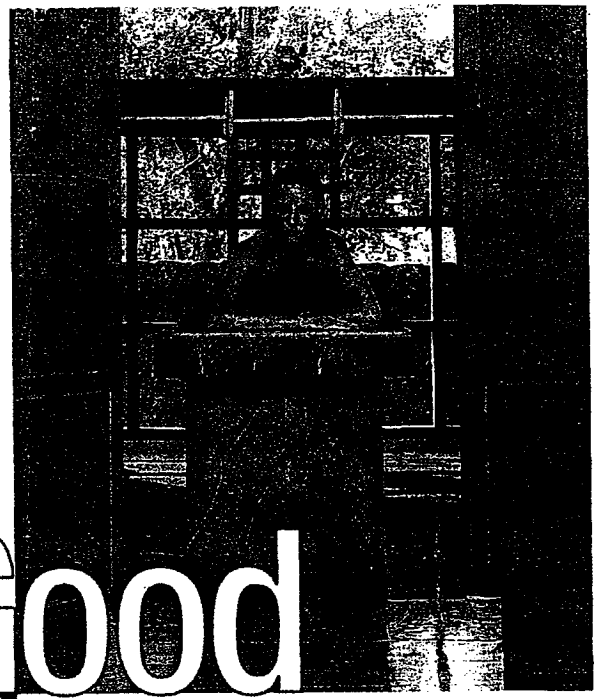

Gone are the days when scheduling your pedicure and Pap smear required two different phone calls. Now doctors and estheticians are teaming up to create medi-spas. Here, the top ones nationwide. By Valerie Latona

Dr. Feel Good

Relaxation retreats, clockwise from above: Noëlle day spa's meditation room; the stress-relieving setting at Canyon Ranch; Naturopathica's new yoga studio and healing apothecary.

Walk into the lobby of Dr. Laurie J. Polis' SoHo health center and you know you're a long way from your average drab doctor's office with piped-in elevator music. Sounds from a waterfall fill the three-story loft space and an elixir bar—where you can get everything from echinacea shots to green tea—stretches the length of the entryway. The brand-new SoHo Integrative Health Center, opening this month, is the brainchild of Polis, a dermatologist who caters to the likes of Madonna, Carolyn Murphy and Kate Moss. Polis isn't shy about saying she's on to something: "Aesthetic health today is linked to medical health," she says. "We can't deny it anymore." Staff includes an OB-GYN, internist, ophthalmologist, homeopathic doctor, plastic surgeon and dermatologist—Polis herself. At the spa, you can schedule everything from laser hair removal, facials and peels to massages, reflexology and aromatherapy. Call 212-431-1600.

Here are other top medi-spas, nationwide.

Juva Skin & Laser Center, NYC, 212-688-5882. Dr. Bruce E. Katz is known for his expertise with high-powered lasers, but now his new seven-treatment-room spa only adds to his dermatological repertoire. You can schedule everything from collagen injections and mole removal to facials and body scrubs.

DestinationsHealth, New Haven, CT, 203-782-3750. Yale University's Dr. Florence Comite is taking her women's health know-how into spas with her DestinationsHealth programs, where patients can have blood tests, physical exams and nutritional consultations in addition to facials, massages and body scrubs. The first program started this summer at the **Noëlle Spa for Beauty and Wellness in Stamford, CT, 203-322-3445;** the next is scheduled to open this month at the **Ojai Valley Inn & Spa in Ojai, CA, 800-422-6524.**

Aspen Wellness Center, Aspen, CO, 800-689-4369, in the heart of ski-and-be-seen country, offers facials, body scrubs and massage therapy; appointments with nutritionists, Chinese medicine practitioners and psychotherapists; yoga and Pilates classes; and elixirs at its après-ski tea bar.

The **Tiffani Kim Institute, Chicago, 312-943-8777,** in a four-story loft minutes from Lincoln Park, has a spa with more than 60 therapies, a full-service hair salon and a wellness facility with services that include addictions therapy, sleep disorders counseling, gynecological exams and cosmetic surgery.

You won't get a mammogram or Pap at **Naturopathica in East Hampton, NY, 516-329-2525,** but you can book a consultation with a naturopathic doctor and schedule your choice of herbal spa therapies. Its new yoga studio and elixir bar (try the clearing Skin Tonic) rounds out the health-beauty equation.

Murad Spa, El Segundo, CA, 310-726-0470. Dr. Howard Murad was one of the first skin doctors to offer acupuncture and massage as part of his practice. It's no wonder, then, that his spa was one of the first true medi-spas around, offering everything from facials to nutritional analysis.

Canyon Ranch, Tucson, AZ, 800-726-9900. The Life Enhancement Center at this well-known spa offers week-long preventive health sessions that include programs like Healthy Heart and Optimal Aging. All include a full medical evaluation as well as fitness and spa privileges. ■

CR001629

4-Star directory

haircuts • color • manicures • facials • day spas • new finds

Best Indulgences

ORIGINS FEEL-GOOD SPA. A massage, facial, and more. **PRICE:** *100 Minutes of Pure Heaven, $195.* **ADDRESS:** *North Park Center, Dallas.* **PHONE:** *214-265-7116.*

CANYON RANCH. A beauty oasis. **PRICE:** *One week, $3,830 and up.* **ADDRESS:** *8600 East Rockcliff Rd., Tucson.* **PHONE:** *800-742-9000.*

SPA RADIANCE. For sybarites. **PRICE:** *A Day to Remember, $350.* **ADDRESS:** *3061 Fillmore St., San Francisco.* **PHONE:** *415-346-6281.*

GOLDEN DOOR. The gold-standard spa. **PRICE:** *One week, $5,250.* **ADDRESS:** *777 Deer Springs Rd., San Marcos, California.* **PHONE:** *800-424-0777.*

RANCHO LA PUERTA. Athletic spa. **PRICE:** *One week, $2,055 and up.* **ADDRESS:** *P.O. Box 69, Tecate, California.* **PHONE:** *800-443-7565.* ●

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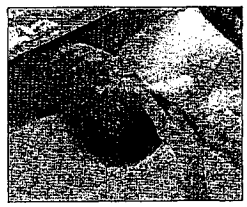
Pamper Yourself



The new Canyon Ranch SpaClub at the Venetian, far left, offers a menu of more than 120 treatments, from massages to watsu rooms where guests can have their bodies pulled and stretched while floating in warm water. At left, the Grand Spa at the MGM bills itself as an "experience for the body, mind and soul."

Resorts up the ante with upscale spas

By LARK ELLEN GOULD

When in Las Vegas, do as the Romans do. Simple translation: luxuriate.

Caesars Palace, appropriately enough, put this formula into action when it opened in 1966. And more than three decades later, the philosophy remains the same.

The revamped Spa at Caesars Palace gives Vegas visitors a chance to relax between bouts of slot-machine binging and frenzied show-going.

It is, of course, only one of a growing number of state-of-the-art spas that are turning Las Vegas into an oasis of body and mind well-being amid the town's much-touted bells and whistles.

The legendary Canyon Ranch, whose spas virtually define the pampering experience, opened a SpaClub earlier this year at the Venetian, and the lush Aquae Sulis Spa was unveiled last week at the Resort At Summerlin.

They join a selection of high-end spas at the MGM Grand, the Desert Inn, Bellagio, Mandalay Bay, Paris Las Vegas, the Luxor and beyond. In fact, most major resorts offer some kind of spa amenities.

The 40,000-square-foot Aquae Sulis Spa at the **Resort At Summerlin** is the setting for an unparalleled selection of treatments and relaxation programs, many not found outside of some remote locations in Europe and India.

These include an innovative room called the Cavitosonic Chamber, where, after an intense bath-therapy treatment, guests "cool out" in a special room infused with negative-ion emissions. There they listen to headphones emitting vibratory noises designed to give the soothing effect of six hours of mountain meditation, according to the spa's director, Mindy Terry.

In addition, an outdoor *watsu* pool takes patrons back to the womb with its body-temperature water. Adjacent to the pool, a massage hut for daylight and candlelight body treatments provides privacy for outdoor services.

An unusual feature designed for Aquae Sulis is the chamber water system. This outdoor wading area focuses on ways water can both relax and heal the body. Participants go from one alcove to the next, each applying water jets and movement patterns on a specific area of the body within a heated-water environment. The point, Terry says, is to allow the body to be at peak receptivity for whatever treatment follows.

"This isn't just a drop-in, have-a-treatment-and-leave kind of spa," she says. "Your body needs time to [calm] down, and only when it is fully relaxed will you be able to reap the full benefits of any treatment you will get. If you spend an hour in this system of water chambers, you will be ready to get the most out of your body treatment."

Naturally, state-of-the-art fitness equipment, pools, jacuzzis, cold plunges and saunas also can be found at Aquae Sulis. So can a list of bath therapies, massages and even *siddha vaidya* treatments delivered by practitioners trained by special Indian masters. The treatments involve authentically procured and mixed herbs.

B Please see SPAS, Page 5

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SPAS

Continued from Page 4

"Basically, I was told to go around the world and find the best and most incredible treatments I could and bring them here to Aquae Sulis," Terry says. "So I did."

The resort offers spa packages, such as "The Allure," which features one night in a deluxe room, a wellness breakfast for two and one 50-minute massage, starting at $290.

For information, call (702) 869-7807.

Earlier this year, the Tucson, Ariz.-based Canyon Ranch brought its brand of fitness, proper diet and healthy living to Las Vegas, opening a 60,000-square-foot SpaClub at the **Venetian**.

Guests can experience the club in a variety of ways. They can go for a single treatment, spend the day, take a three- or four-day all-over program plan or even stay in special Canyon Ranch suites at the Venetian to get the full effect of what the spa has to offer.

The suites are located close to the spa and are the only rooms at the Venetian where Canyon Ranch's spa cuisine can be ordered via room service. (For room information, call [877] 869-8777.)

The SpaClub features an extended menu of more than 120 services. Among the more exotic is *rasul*, a Middle Eastern bath ceremony that combines medicinal muds and steamed herbs in an ornately tiled steam room fitted with an intense rain shower that pours beneath a fiber-optic "night sky." Variations on *rasul* include skin scrubbing, goat-butter cream wraps and bathing in a smoke of healing frankincense, rose and sandalwood surrounded by flower petals and candlelight.

Other unusual treatments to be found are indoor private *watsu* rooms where guests can have their bodies pulled and stretched while floating in warm water; Thai massage performed while the patron is fully clothed; prenatal massage; couples massage; seawater inhalation therapy; and *ayurvedic* treatments, based on the ancient medicinal sciences of India.

Massages start at $95 for 50 minutes, facials at $100.

Canyon Ranch also offers classes in spinning, aerobics, yoga, even "trekking," in which treadmill walkers jack up the incline and head for the hills with an experienced leader at the helm calling the shots. A 40-foot climbing wall makes an intense workout of a 15-minute haul to the top.

A private outdoor pool is available for Canyon Ranch guests, and a café serving the famous Canyon Ranch spa cuisine makes for calorie-smart dining.

For information, call (877) 220-2688.

Caesars Palace has revamped its spa area and opened a new salon right below the spa. The Spa at Caesars encompasses a 23,000-square-foot facility that includes a Zen relaxation and meditation chamber, a fully equipped fitness center with virtual-reality spin and climb tours, aerobics classes, yoga and 28 treatment rooms.

Both gender sides have domed marble Jacuzzi rooms that look like something you might find in exotic Istanbul. Eucalyptus and cedar saunas feature meditative music to help clients prepare for treatments.

Those include the *Javanese lulur*, a 110-minute treatment that begins with a body massage in scented oil, followed by exfoliation and then a yogurt rub-down complemented by a flower-petal bath and a cup of a special detoxification tea, all for $230.

Then there is the "Passage to India" package that combines the "Bindi Herbal Body" treatment, with its special herbal oils and masks, and the "Shirodhara Therapy," which focuses on the frontal lobe, for a 110-minute treatment. The package costs $250.

The new salon area offers a manicure/pedicure station where patrons sit in massage chairs that vibrate. All hair stations have small, private televisions. Facials start at $60, pedicures at $45.

For information, call (800) 634-6661.

Meanwhile, **MGM Grand's** spa had a masterful makeover last year as well. The Grand Spa at MGM bills itself as an "experience for the body, mind and soul" with treatments ranging from stress-relief massages to body scrubs, facials and purification treatments.

A *para fango* treatment detoxifies the whole body when it is wrapped in a wax and sea-mud cast for $125. A "Milk and Honey" exfoliation employs those items to treat sensitive skin. A "Collagen Sheet" improves the elasticity of the skin; while a "Modelage" uses a heat mask to hydrate the skin.

Perhaps the best package deal is the "Grand Spree," which, for $175, lasts 3½ hours and includes exfoliation, a scrub and polish, a body shampoo, a 30-minute Swedish massage, a 30-minute facial plus a manicure and pedicure.

For information, call (800) 929-1111.

The **Desert Inn** Spa must be included in a sampling of Las Vegas' top spas.

Long known for its full-service European spa, the Desert Inn was

Please see SPAS, Page 12

SPAS

Continued from Page 5

one of the first resorts to offer such facilities on the Strip. In recent years, the spa—along with the entire hotel, which received an elegant $200-million makeover—has seen a lot of attention.

Today, the ornate 15,000-square-foot facility provides upgraded treatment rooms, indoor and outdoor pools, Turkish steam baths, Finnish saunas and a spacious layout, all adorned with Italian marble statues and Greek columns.

New copper hydrotherapy bath units have 70 different jets offering distinctive, computerized pressures. The 50-minute Swedish massage for $80 remains the most popular treatment, according to the spa's managers. Treatments start at $35, and the $20-a-day guest admission fee is waived when treatments are purchased. Beauty packages with massage, facial, body treatment and therapy bath start at $145.

For information, call (800) 634-6906.

Besides those spas already mentioned, many major resorts in Las Vegas offer similar amenities in varying degrees.

Mandalay Bay has a 4,500-square-foot facility surrounded by floor-to-ceiling windows that overlook the resort's tropical lagoon. Saunas, Jacuzzis, steam rooms, a fitness area and more than two dozen treatment rooms are found there. Admission is $22 for resort guests and $27 for non-guests. For information, call (877) 632-7000.

The **Luxor** has the Oasis Spa, which features steam rooms, saunas and whirlpools. The facility is open 24 hours a day and costs $20 to use. For information, call (800) 288-1000.

Paris Las Vegas has opened the Paris Spa by Mandara on the property's second floor. The facility offers cardio workout equipment plus massages, body treatments, facials, salon services and sauna, steam and Jacuzzis for a $22 entrance fee. For information, call (800) 634-3434.

Bellagio has a 23,000-square-foot facility, located just off the sweet-smelling floral conservatory, that features body treatments and salon services. Treatments run from $60 to $120, and guests of any of Mirage's Las Vegas properties—the Mirage, Treasure Island and the Golden Nugget—may use the facility for a $25 fee. For information, call (888) 987-6667.

Finally, the **Hyatt Regency Lake Las Vegas**, which opens this month 17 miles southeast of the Strip in Henderson, will include its own upscale spa. Besides a fully equipped fitness center and aerobics studio, it will have nine treatment rooms adjacent to steam rooms, saunas, Jacuzzis and a beauty salon. For information, call (800) 55-HYATT (554-9288).

extra to use without a treatment, and often are open only to those 18 and older. In addition, some hotels offer their spa services to registered guests only, opening up the spas to outside patrons on weekdays.

Phone the individual resort ahead to verify specific details.

Lark Ellen Gould is the West Coast bureau chief of Travel Agent Magazine and writes often about Las Vegas.

CR001633

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BALTIMORE, MD
SUNDAY 483,971
JAN 24 1999

PLAIN DEALER
CLEVELAND, OH
SUNDAY 534,722
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...with the trends

Hot spots: Up, down and all around the world there are big things to look for in 1999. Adventures and bargains abound. And FYI, aloha means good buys.

6740A Canyon Ranch

By JUDI DASH : SPECIAL TO THE SUN

The end of the millennium brings undiscovered nuggets and new twists on old travel favorites, plus some great deals on places where the dollar is especially strong.

Here's a look at 10 hot spots and trends for 1999.

Health spas turn inward

At the cutting-edge health spas this year, you won't see guests exercising till they drop or submitting to mindless shriveling in the hydrotherapy pools. Guests are taking advantage of down-time to improve their mental health and emotional well-being by joining theme weeks in life enhancement. At Tucson's Canyon Ranch (800-742-9000), the most forward-looking spa in the country, women can choose from weeks devoted to the Mid-life Journey, an Executive Women's Retreat for balancing the demands of high-pressure jobs, private and family life, and a couples retreat called Sex Body & Soul aimed at enhancing partners' physical and spiritual intimacy.

The budget-priced Oaks at Ojai (800-753-6257) offers three-day Art & Soul weekends, where women get painting lessons along with their workouts. Rates start at about $150 per night per person, double occupancy, including all meals and activities.

The Hotel Spa Ixtapan, a luxury spa in Mexico (800-638-7950), has begun offering Spanish lessons to guests along with pampering treatments. Packages start at $390 per person double occupancy for four-night packages.

Also hot on the health-spa scene: new day-spas run by the big names — Canyon Ranch is opening a series of SpaClubs around the United States to give day-trippers a taste of what goes on at the resort's retreats in Tucson and Massachusetts' Berkshires. The first SpaClub is scheduled to debut this spring at Las Vegas' Venetian Resort (888-288-5228).

Also going the day-spa route is California's swank Golden Door Spa, recently acquired by Grand Bay Hotels (call 888-472-6229). The chain [See Hot spots, 7a] plans to open Golden Door day-spas at each of its resorts and hotels, including properties in Toronto and Puerto Rico's northeast coast this winter, and later Philadelphia, Chicago and Miami. Other resorts due Golden Door day-spas: the Boulders in Carefree, Ariz.; the Lodge at Ventana Canyon, Tucson; the Peaks in Telluride, Colo.; and Carmel Valley Ranch in California.

The Greenhouse (800-515-9099), a swank women's spa near Dallas, has opened 11 day-spas around the United States, from Chicago to Manhasset, N.Y., Denver, Boca Raton, Fla., and Beverly Hills.

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IN THIS ISSUE

Canyon Ranch welcomes Diners Club

Earn Club Rewards bonus points by calling with Global Phone Card

Tee off with The Golf Club and earn 500 Club Rewards bonus points

Relax and Rejuvenate at the World-Renowned Canyon Ranch

Now you can use your Diners Club Card to pamper your mind, body and spirit at the acclaimed Canyon Ranch luxury vacation destinations! This award-winning health resort has a location in the breathtaking Sonoran desert in Tucson, Arizona and another nestled in the Berkshire Mountains of Lenox, Massachusetts. Its newest addition, the 65,000-square-foot Canyon Ranch SpaClub, is scheduled to open this April at The Venetian Resort in Las Vegas.

Canyon Ranch has been voted "Best Spa" by the readers of *Condé Nast Traveler* magazine seven times in the nine year history of the prestigious Readers' Choice Award poll, and it offers an incredible menu of health and fitness activities and spa services for building your personalized vacation. There's an extraordinary range of options for all ages, interests and fitness levels, including hiking, biking, tennis, skiing (in the Berkshires), massage, yoga, acupuncture, food and nutrition classes, medical services, specialized exercise and wellness programs and much, much more. For more information, or to make reservations with your Diners Club Card, call 800-726-9900 or visit the Canyon Ranch website at www.canyonranch.com.

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Relax and Rejuvenate at the World-Renowned Canyon Ranch

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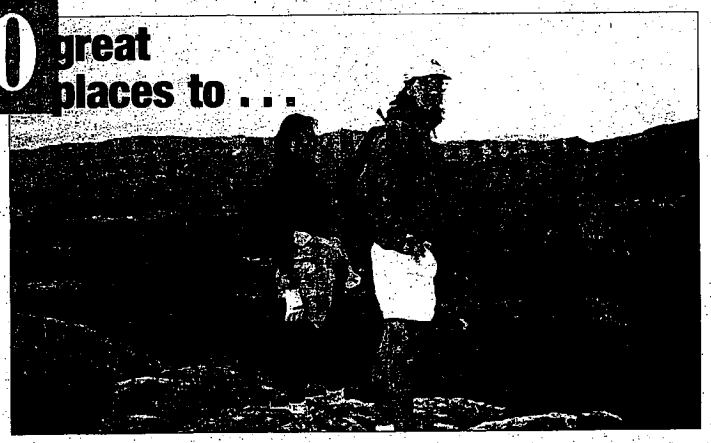
USA TODAY Life

THIS WAY | WHERE TO GO, WHAT TO DO

10 great places to . . . lose . . . peel off pounds

With swimsuit season looming, it's time to spring for a shape-up. Forget the old stereotype of "fat farm" starvation, says Cheryl Hartsough, a leading sports nutritionist and dietician: Losing weight well means fitness, health and long-term dietary changes. Hartsough, who just joined Nemacolin Woodlands Resort & Spa in Farmington, Pa., as director of wellness, cites these spas and health centers for their weight-loss programs.



Hearty and healthy: Dietician Kathy Duran prepares gourmet meals for the Cooper Wellness Program in Dallas.

Green Mountain at Fox Run
Ludlow, Vt.

Founded in 1973, this women-only spa on 20 wooded acres was "the USA's first nondiet program for long-term weight control (based on) behavior modification. . . . They foster realistic attitudes towards eating and body image, (and) they have a full professional staff covering nutrition, exercise physiology, metabolism, stress management, yoga, massage" and more. Information: 800-448-8106.

Canyon Ranch
Tucson, Ariz., and Lenox, Mass.

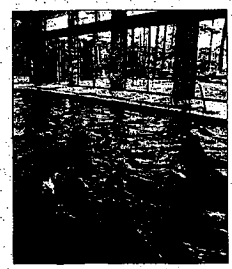
The Tucson location "is my personal preference because of the outdoor fitness programs. Biking and hiking burn more calories than a low-impact aerobics class." But the dieticians at Lenox "are more current . . . looking at what they call 'being good to your gut' and foods for optimal aging, which is redefining spa cuisine." Canyon Ranch doesn't restrict calories and offers "the widest range of professional staff." Information: 800-742-9000.

Duke University Diet and Fitness Center
Durham, N.C.

Once called "the Betty Ford Center of diet centers," Duke emphasizes teaching and long-term lifestyle changes. "It's great for people like diabetics who need to set goals. They serve an 1,100-calorie menu, and no one is allowed to go under 1,000," a reasonable regimen. Plus, participants are given "shopping lists, nutrition manuals, meal cards and recipes to take home," along with minimum calorie counts (1,500 for men, 1,200 for women) "so people will still lose weight." Information: 800-235-5853.

Structure House
Durham, N.C.

"Their mantra is 'where change is possible,' and . . . they're not as regimented as Duke. Here they nourish the spirit, too — they're more into the psychology of weight loss." It's a residential facility, unlike Duke, and "they have a good program of classes and lectures, from group therapy to creating your own inner nutritionist." Focus groups, private consultations and workshops "get at the problems behind our weight: relationships, stress, intimacy, addictions." Six staff therapists teach many of the 80 classes per week. Information: 800-553-0052.



Rocky recreation, splashy awesome: Green Valley spa staffer Scott Opie and a guest look over Snow Canyon State Park near St. George, Utah, above; a workout in the pool is just what a staff therapist might order at Structure House in Durham, N.C., left.

Hilton Head Health Institute
Hilton Head Island, S.C.

"Personal responsibility is emphasized" in programs designed to meet guests' goals, plus cooking and fitness classes and sessions on motivation and lifestyle management.

All these places have such elements, but "this one has a good success rate: 70% of its graduates maintained or continued their weight loss for at least two years. That's huge, when you consider that 90% of diets fail." Information: 800-232-2440.

Cooper Wellness Program
Dallas

This highly individualized program, which includes stress management and especially thorough medical testing, attracts "lots of couples, executives and Type-A people" — men and women about equally. "They have wonderful dieticians there who really get results." Founder Kenneth H. Cooper has written more than a dozen popular books on health and fitness. Information: 800-444-6182.

Golden Door
Escondido, Calif.

"The first luxury fitness spa with lavish individual service . . . has the mind-body-spirit philosophy. I'd go just for Michel Stroot, the best spa chef in the country and a genius in low-fat cooking." The renowned spa is distinguished by its personalized programs and Japanese-influenced, "very exclusive accommodations." Information: 800-424-0777.

Green Valley Spa
St. George, Utah

High points here are the spectacular scenery and an especially good fitness program. Guests hike through the red canyons of Zion National Park "right in their backyard," and other sports include aerobics, swimming, golf, tennis, yoga and horseback riding. "You can tell it's family-run: Green Valley is very detail-oriented." Spa nutritionist Jay Cooper describes the spa's approach in his new book *The Body Code* (Pocket Books, $24), outlining how each of four metabolic "types" should eat and exercise. Information: 800-237-1068.

Pritikin Longevity Center & Spa
Santa Monica, Calif.

This center in the Loews Santa Monica Beach Hotel may be the best place for people with high blood pressure, clogged arteries or diabetes. The famous Pritikin diet "is probably the most restrictive, about 10% fat and mostly vegetarian. . . . And they have customized fitness and education programs." Information: 800-421-8911.

The Greenhouse
Arlington, Texas

"You have a private room, and a formal, candlelight dinner is served nightly by a white-gloved butler" at this women-only spa. The diet of 1,200 calories a day is "very restrictive, but it's gourmet quality and served on fine china. Like most destination spas, much of the fitness activity — including water aerobics, yoga and tai chi, Pilates and weight training — is set for morning, when it's not as hot, and pampering treatments (are planned) for the afternoon." Information: 817-640-4000.

By Anne Goodfriend

CR001637

TUCSON CITIZEN
Monday, March 29, 1999

Trend$

STREET TALK

Oil and water

In a sharp contrast that rivals black and white, cats and dogs, and tastes great/less filling, Canyon Ranch, which operates a Tucson health resort known for its tranquil environment, is expanding into sin city.

A Canyon Ranch SpaClub is slated to open this spring at The Venetian Resort-Hotel-Casino, under construction on the Las Vegas strip.

The spa hopes to provide an oasis of serenity in a Vegas sea of gambling and decadence.

According to a Canyon Ranch newsletter, the 65,000-square-foot SpaClub will feature more than 100 spa services, including such favorites as therapeutic body work, hydro-massage, facials and masques, exfoliating body scrubs and hot-mud body packs.

SpaClub will have more than 50 pieces of cardio equipment and 30 exercise bikes. The fitness staff will offer numerous daily classes and activities, such as aerobics, rock climbing, hiking, strength training and yoga.

"Our intention with SpaClub is to deliver the same healthy living programming and expert advice presently available at our destination resorts," said Canyon Ranch founder and chief Mel Zuckerman.

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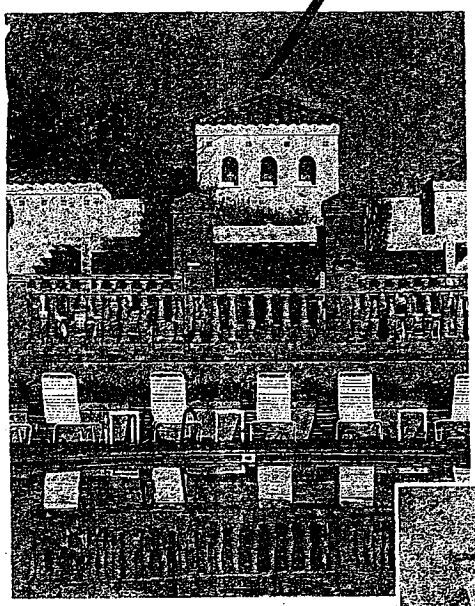
INSIDE EVENTS
The Masterplanner Quarterly Guide

Spring 1999

Spa Sense

Beauty and health retreats are choice event sites as the millenium approaches

BY RACHEL FISCHER



Top to bottom: *La Costa's forty-acre Carlsbad resort is a prime destination for Hollywood corporate retreats; facial treatment at The Greenhouse; group hiking at Canyon Ranch.*

Last spring, actress Jada Pinkett Smith selected The Greenhouse in Arlington, Texas as the site for her baby shower. Fourteen guests were flown to the spa for the day on hubby Will Smith's private plane, and each received a day of beauty planned especially for her. The shower was held poolside over lunch followed by a fashion show.

From Hollywood to Wall Street, spas have become the hot event destination. Whether the gathering is of a personal or business nature, everyone agrees the spa experience cannot be beat. Two years ago, Los Angeles psycho-therapist Jane Nathanson invited her seven best friends to the Golden Door Fitness Resort in San Marcos, California to celebrate her birthday with a week of beauty and bonding. "It was a wonderful experience—hanging out just with the girls, no husbands, no kids, no outside influences," recalls Nathanson, wife of Falcon Cable Television honcho Marc Nathanson. "Just talking about it makes me want to go again."

venues

At that time, Nathanson recalls, her group was one of the largest the retreat had welcomed. That was then. Now several spas nationwide host such large group business that many are hiring special staffs just to attend to clients who come en masse, as well as offering group rates.

With spa-going having become trendy for men as well as women, it was only a matter of time before the guys started mixing →

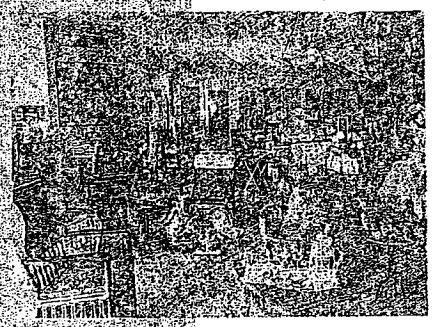
CR001639

Day Trippers

Groups who want the spa experience without the travel can find pampering practically at their doorstep, thanks to a growing number of day spas. Actress Connie Stevens happened onto the trend when she decided last year to open a retail outlet in Beverly Hills to sell her line of beauty products. After adding a cafe area and room for manicures and the like, she created packages that offered spa treatments along with such social events as high tea, tarot readings or Monday Night Football. Now **Connie Stevens' The Garden Sactuary** is booked like crazy and the actress is already in talks to open four other locations nationally.

The Greenhouse, meanwhile, offers 12 day spas—in such locales as Beverly Hills, Newport Beach, Chicago, and New York—and is catering more frequently to corporations who want to reward high-achieving employees. A growing trend at the Beverly Hills location, according to spa manager Christy Butchers, is bridal and bachelorette parties for five to 10. "It's a lovely setting for bonding with the girls or planning the big day."

One avid devotee of the day spa experience is entertainer Buddy Hackett's wife, Sherry, who attended a birthday party for 25 at The Garden Sanctuary last fall. "It was a lovely, stress-free escape for an afternoon," she recalls. "Afterwards, everyone got in their car and drove home." R.F.



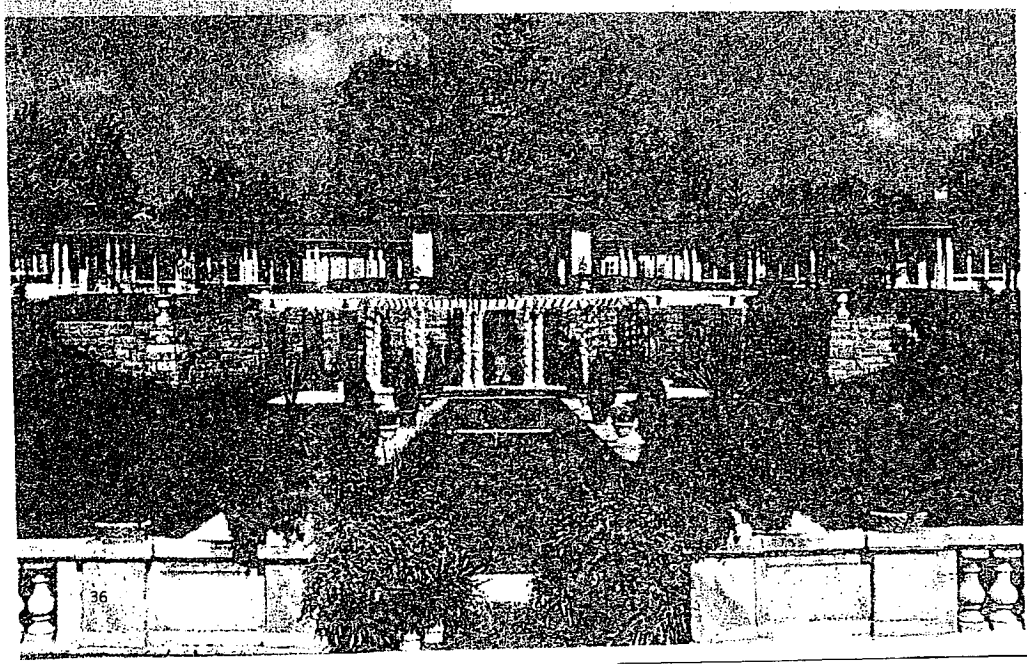
male bonding with manicures. At the rose bush-laced Givenchy Spa at Merv Griffin's Resort Hotel in Palm Springs, California—rated among the top 10 in America by *Condé Nasie Traveler*—a large group of Australian men recently celebrated a bachelor party. "After having ordered $1,000 worth of champagne at the pool the night before, you could tell these guys were hurting the next day," recalls general manager of the French-flavored Merv Griffin property, David Lurie. "But still, they all showed up for their morning spa treatments."

Along with increased group traffic from those celebrating personal occasions, Givenchy is definitely finding that "more and more corporations are interested in these services," according to Lurie. Among the takers so far: Computer giant Intel; Nortel, the title sponsor of the Palm Springs International Film Festival; and agricultural concern Dondeer. A group of private individuals has also inquired about renting out the entire spa for this coming millennium New Year's Eve.

Why are spas suddenly super-hot? "As more and more people look for ways to alleviate the stress in their everyday lives, the public is accepting the fact that spa treatments such as massage are therapeutic," according to La Costa Resort and Spa director June Sharpe, whose 400-acre Carlsbad, California retreat frequently hosts groups of 50 to 200. "The 1960s generation is now in charge, and they're more in tune with the fact that wellness can increase productivity."

That is what 20th Century Fox executive Geoff Bywater found when he helped arrange a corporate retreat a few years back for top Fox management at La Quinta Resort & Club in La Quinta, California. Wanting something other than the typical conference-room confab, Bywater booked the group for lots of outdoor meetings on La Quinta's 46-acre, flower-filled grounds. "You want an ambiance that is conducive to creativity," explains the executive vice-president of Fox Music. "Normally, you stick people in a room all day and then, at night, they go into another room, their hotel room. But we were there to talk about an important three-year plan with the big studio brass. It was essential that we have a nice atmosphere and amenities so that everyone would go back to work and say the retreat had worked and team-building had taken place."

While the Fox group found little free time for actual spa visits and used La Quinta mainly as a backdrop, many spa-going corporations do actually spring for the full manicure-and-massage treatment. At Miraval Life in Balance Spa in



This page, top to bottom: *Connie Stevens' The Garden Sanctuary serves up spa treatments with high tea; Canyon Ranch in the Berkshires is the east coast version of the well-known Arizona retreat.*

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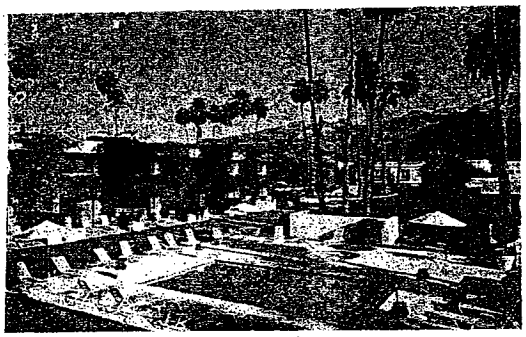

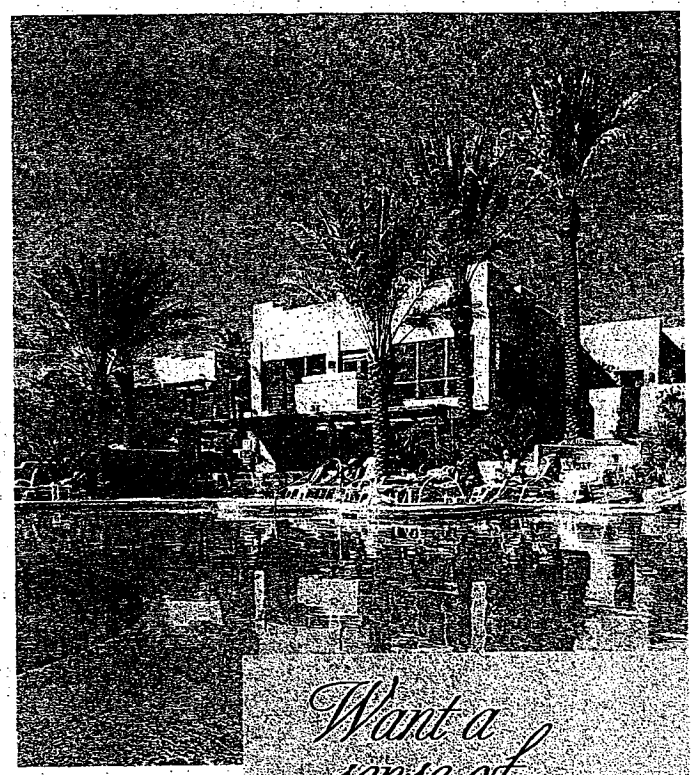

This page, top to bottom: *A wide array of body treatments are available at Merv Griffin's Givenchy spa—rated among the top 10 in America by* Condé Naste Traveler; *Arizona Miraval Life in Balance Spa combines traditional spa treatments with non-traditional corporate bonding; The Quantum Leap trust exercise at Miraval Life in Balance.*

Catalina, Arizona, Fortune 500 companies, entertainment conglomerates and brokerage firms arrive for traditional spa beautifying and some non-traditional corporate bonding over nature hikes, obstacle courses and the "Equine Experience," in which life skills are transmitted through the care and feeding of a horse. "Corporate meeting planners are looking for the new and unusual," says Debbie Moore, Miraval's director of conference services.

Talk about unusual: Since the traditional beauty treatments at the 106-room retreat are almost as popular with men as with women, there is actually a chance that you will see your bathrobe-wearing boss in line for a massage. (The spa areas are separated for the sexes, but the waiting areas are not.) According to Moore, seeing the guy from sales fresh from the steam room somehow works wonders for morale. "People get so relaxed with each other that you even see some in the dining room in the evening in their bathrobes," she notes with a laugh. "It puts people on the same level, which will make the corporation work better."

But the popularity of group spa-going is not limited to the fitness-crazed West Coast. At Canyon Ranch in the Berkshires—the East Coast version of the well-known Arizona retreat—group reservations are common. "Only a spa can combine the ability to meet in a nice atmosphere with such things as stress-management courses," says Canyon Ranch's Laura Orley, who recently hosted a team-building and strategizing retreat for Xerox's top 15 executives as well as a group from *Life* magazine. "Companies have finally realized that if people take time for themselves and are in good health, they'll be more productive."

In Park City, Utah, recently, one of the hottest "power" spots at the Sundance Film Festival was the temporary spa set up in a rented ski condo by Estée Lauder. The purpose was to introduce the festival's V.I.Ps to Estée Lauder products with free manicures, massages and makeovers. The result was a flood of intermingling agents, directors and celebrities. Actors Alec Baldwin and Rosanna Arquette partook of spa treatments, while a member of Guns N' Roses had a manicure. "People would come in, sign up for appointments, and then just hang out," recalls Estée Lauder's Julie Berman. "When you didn't have a movie to screen, it was *the* destination."

And while the novelty of the group spa-going trend may wear off soon, those who have become acquainted with massage, facials and other relaxing treatments will probably be hooked for a lifetime. ■

Want a sense of the spa life?

Here are highlights of the group programs and seminars offered at top facilities:

The Givenchy Spa at Merv Griffin's Resort Hotel: Group hiking, biking, yoga and Tai Chi are available.

Miraval Life in Balance: The Quantum Leap, is a trust exercise frequently assigned to visiting businesses. Participants climb up a special rope, which is then given to colleagues on the ground to control.

Canyon Ranch in the Berkshires: Choose from a myriad of classes that emphasize the mind-body connection, including "Awakening to Body Wisdom," a movement therapy class, and "The Heart/Mind Magic Workshop," a behavioral health seminar facilitated by a licensed psychologist.

La Costa: Groups frequently sign up for the "Life Enrichment Strategies Meditation" lecture, which covers ways to increase peace of mind and attain lifestyle balance. — R.F.

CR001641

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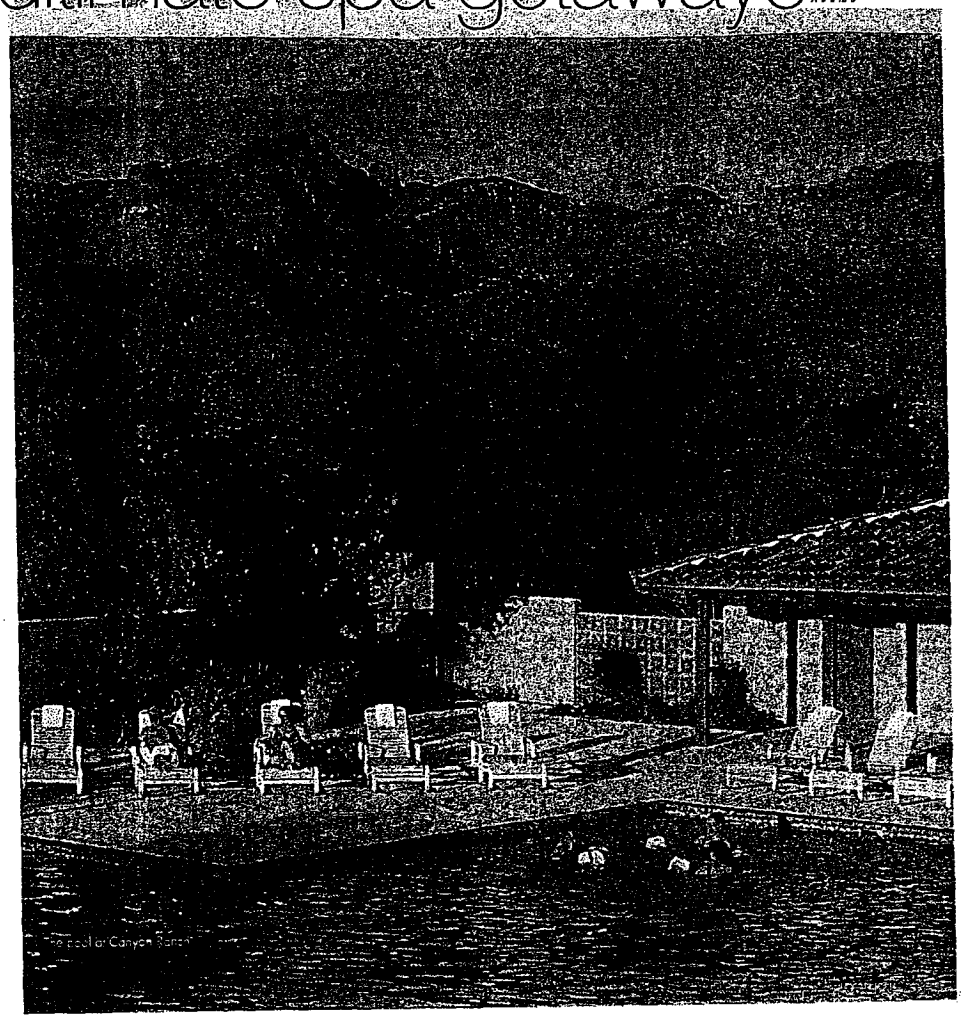
By Michael Adams



Canyon Ranch

Considered the first lady of American Spas, the Canyon Ranch has been welcoming guests for over 25 years. A short drive from downtown Tuscon, the ranch is majestically situated in the beautiful Santa Catalina Mountains. The year round sunny climate makes for a perfect vacation spot. Celebrities such as Julia Roberts, Cindy Crawford, and Donna Karen have been visiting the ranch to get scrubbed, buffed, and rejuvenated, as well as to gain knowledge to an overall approach to healthy living. The trick is being able to return home and incorporate your experience into an everyday routine. Voted the best spa for seven years by *Conde Nast Traveler*, Canyon Ranch's world reputation is proof of the pudding. ✻ *–Mae Rainwater*

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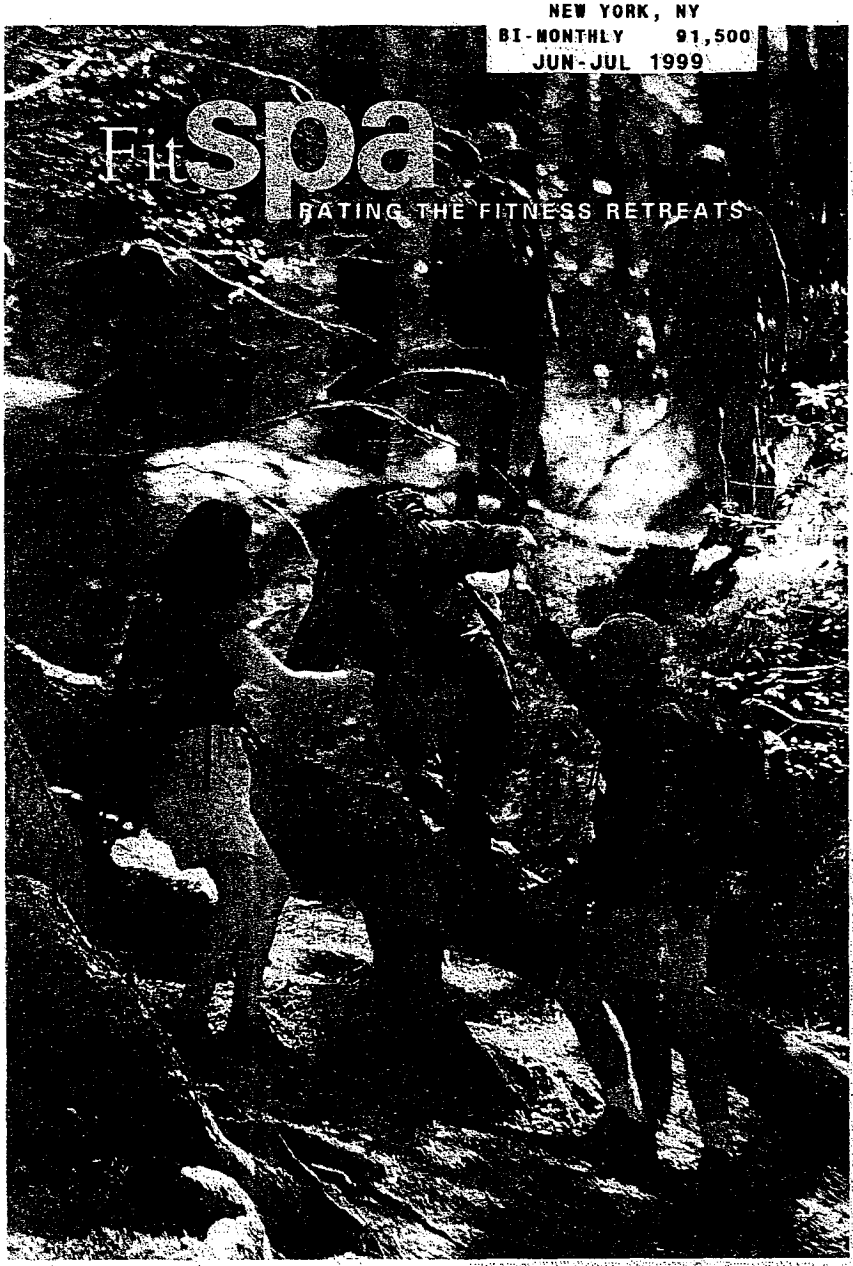

spa with ma

Mom and I now live on opposite coasts, so we don't see each other as much as we'd like. This is sad, because my mom rocks the house. (Happy Mother's Day, Mom!) So I figured a spa vacation would be a good opportunity for us to spend time together. I decided on Canyon Ranch in the Berkshires, because it's great for people of different ages, fitness levels and interests. It's upscale without being froofy, it's close to my mom's homeland of Rhode Island, and it's perfect for culture vultures (like mom), thanks to its proximity to the Berkshire Theatre Festival, Jacob's Pillow Dance Festival, the Williamstown Theatre Festival, Shakespeare & Company and it's the summer home of the Boston Symphony Orchestra. Plus there are tons of antique shops, museums and cute little stores. And the setting, in New England's Berkshire mountains, is gorgeous.

Mom and I went on a girls-only spa getaway. It was just like *Thelma & Louise*, except with mudwraps instead of driving over a cliff.

By Marjorie Ingall

Mom is in good shape—she power-walks or bikes several times a week. But most of all, I wanted Mom to relax and do stuff for her instead of for everyone else. She tends to think indulgences are frivolous, that taking time for herself is selfish. I was determined to disabuse her of that notion. 'Cause hey, she deserves goodies, too!

Palace of Pampering

Canyon Ranch in the Berkshires opened in 1989 (its older sister, the more famous Canyon Ranch in Tucson, opened in 1979). Canyon Ranch pretty much created the concept of the big, modern, full-service, coed American luxury spa, and these folks are still the masters of the high-tech, high-volume spa business. After driving through quaint New England towns and sun-dappled curvy roads, Mom and I pulled up to the spa with our mouths dropped open in shock. There in front of us was an ornate mansion, featuring Italian marble trim, crystal chandeliers and mahogany bookshelves. Today, this structure houses the spa's dining room, health services area, creative arts center and library. It was built in 1897 as a summer cottage for a rich-guy industrialist. Like the mansions in Newport, it has an entertaining over-the-topness and is profoundly at odds with the word "cottage." In 1949 the whole place was gutted by fire and it lay desolate for years.

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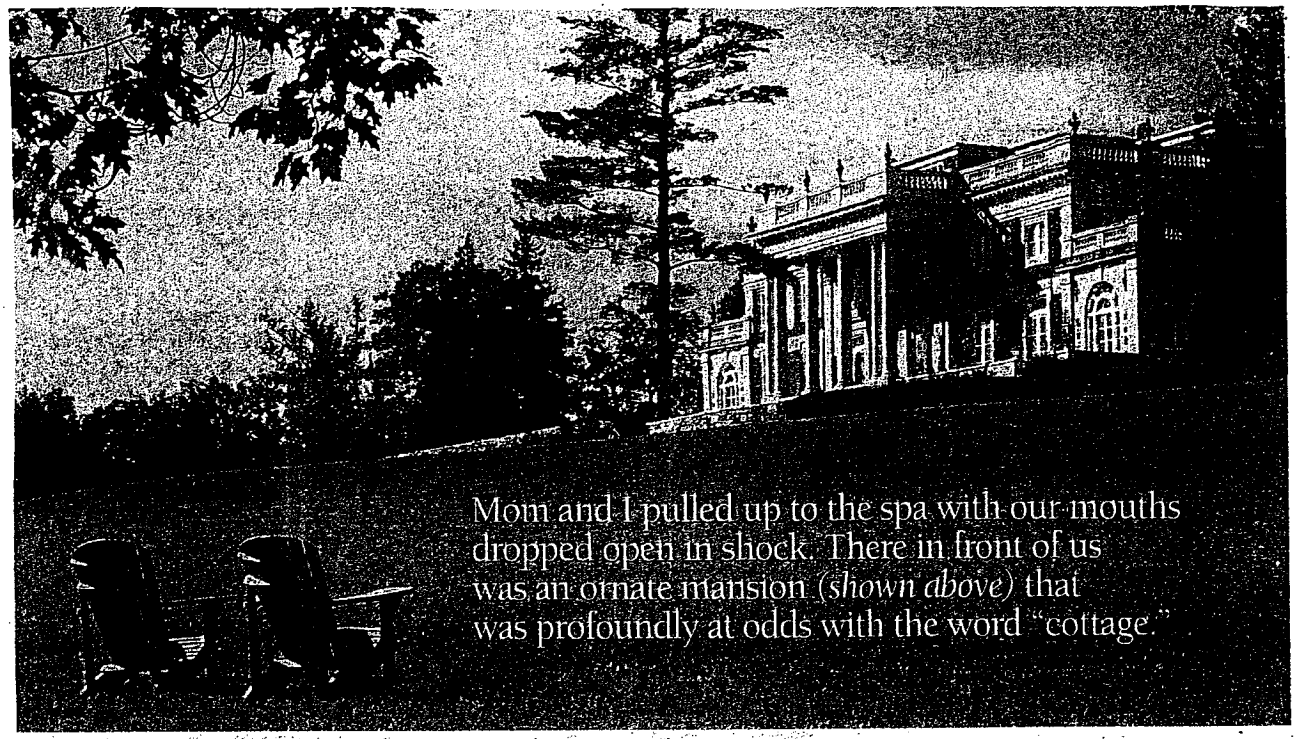

Mom and I pulled up to the spa with our mouths dropped open in shock. There in front of us was an ornate mansion *(shown above)* that was profoundly at odds with the word "cottage."

You'd never know it now.

The spa's landscaping is artfully European, with 19th century marbles, a multi-fountained reflecting pool and manicured flower gardens. The 126-room Inn, our first stop, is a mix of European and New England. The lobby has a welcoming fireplace, huge floral arrangements and cozy sofas. We're efficiently checked in and shown to our room, which feels like any room in a large upscale hotel—slightly sterile, but very comfortable, decorated in colonial style, with pale pine furniture, a VCR and a humidifier.

Canyon Ranch is big on therapy and self-improvement—you aren't supposed to exercise 'til you drop, you're supposed to examine your life and figure out how to make lasting changes. Noble long-term goals. Which I would normally blow off, except that our package included 95 bucks for each of us to spend on life-examination, so I began leafing through the choices: acupuncture, stress tests, urinalysis, colon cancer screening; osteoporosis test, light therapy, body composition, food habit management, emotional healing, guided imagery, meditation instruction, music therapy, smoking cessation. I got so stressed out from trying to decide, I needed biofeedback.

Instead, we checked out the 100,000-square-foot spa. It too is beautifully maintained and very modern. The indoor pool was gleaming in the sun that slants in from floor-to-ceiling windows. There are six gyms, with 30 fitness classes—step, Spinning, yoga, low-impact aerobics, line-dancing, circuit, stretch, Dynabands®, boxercise, tai chi, you name it. There are weight-training and cardio-equipment rooms, indoor tennis courts, squash, racquetball and basketball courts, endless pool-aerobics options and an indoor track. The locker rooms have all the amenities, like a steam room, sauna, whirlpool, cold plunge, curling irons, moisturizer, body lotion with SPF of 8, 15 or 25—your choice.

Mom pointed out all the touches of concern for older guests: There are reading glasses hanging next to the outdoor sports sign-up sheets, there's a little footstand in the shower on which to put up your leg when you're shaving (nice for femmes of all ages), and you can have an amplified T.V. and phone brought to your room. We see two guests in wheelchairs. Clearly this place works hard at being inclusive and comfortable. I resolved to chill out and stop feeling overwhelmed.

Getting Jiggy with It

After my massage, I couldn't believe I was ever anxious. Vicki focused on my back and neck, where I was hunched with tension. I'd recently pulled a muscle, and I asked her to be careful of my left shoulder. She replied quizzically, "It's not your right shoulder?" Oops. She was right—my momentary dyslexia. But she had already noticed the injury and had

The Skinny

- **Lenox is in western Massachusetts, about 2½ hours from New York City and Boston.**
- **Canyon Ranch is perfect for friends or relatives of varying fitness levels and interests. Also great if you're looking for undisturbed solo time. Not the best choice if you're trying to meet new people, although it may be a cool spa to visit if you wouldn't mind a little male-watching (see next item).**
- **Guy quotient: Canyon Ranch has the largest male guest population of any health spa. There's a men's stretch class, racquet sports, outdoor tennis, men's nutrition lectures, plus coed classes like Spinning, boxercise, aqua aerobics and strength training.**
- **Book treatments in advance. If you can't get through, keep calling. The good stuff goes fast.**
- **There are three-night, four-night, five-night and seven-night packages (tips are included, yay!). Costs range from about $1,100 for a three-night package (which includes two Spa & Sports services and $95 toward Health & Healing Services) to about $2,600 for a week-long package (which includes $190 for Health & Healing Services and five Spa & Sports services), double occupancy.**
- **For more information, call (800) 742-9000 or try www.canyonranch.com.**

CR001644

started working on the right shoulder, magically soothing away the pain. Meanwhile, Mom had reflexology, a first for her. When I saw her afterwards, her eyes were at half-mast. She looked drugged. "Oh my God, I am in heaven," she slurred. "A 50-minute foot rub. Who knew such things existed?"

In general, Canyon Ranch's treatments are more European than crunchy-New Agey. The cerebral stuff like craniosacral therapy and Reiki is certainly represented, but mostly it's lots of yummy, mom-friendly Western treatments like glycolic facials, self-tanning, Lazartigue hair treatments, salt glow treatments, mud and herbal wraps and aromatherapy. The one that sounds most delish is Euphoria. You lie in a candlelit room with music playing, towels dipped in sage oil enveloping your face. You get an aromatherapy massage with rose-geranium oil. A botanical body mask is applied. You get into a hydro-tub scented with grapefruit oil, and finally you're massaged with heated cinnamon oil. Decadent or what?

We floated into the dining hall. Dinner was another vast parade of choices, yet somehow this did not stress me out. Soups, a wonderful salad bar, quinoa (a nutty grain) with corn, eggplant and shiitakes, pasta with tomatoes, portabellos and lentils, potato-encrusted salmon, low-fat apple strudel, frozen yogurt with a tiny dab of hot fudge. Everything was exquisitely presented. The salad bar was always available, and the menu offered something for everyone, with calorie counts, fat grams and protein grams listed. There wasn't any salt on the table, but the waiter will bring you a shaker if you ask. The coffee was excellent—take my word for it, this is a rarity at spas. The wait staff was incredibly professional and accommodating, dealing with finicky eaters with aplomb. I watched an elderly man demanding a plate of raw cloves of peeled garlic. "Ask and ye shall receive," smiled the waiter, bringing him a dishful. I debated asking for Scotch.

That night, Mom and I borrowed the movie *Contact* from the spa's handy video library. In the movie, Jodie Foster plays a strong, independent woman, just like us! Mom fell asleep in the first half-hour, but even so.

Together ... Yet Separate, Independent, Strong!

In stretch class, I was dismayed to see my mother wrenching herself into a pretzel. The instructor said left; she went right. She yanked her foot toward her face, contorting uncomfortably like a dachshund-shaped twisty balloon. The assistant in the back of the room didn't correct her; she only futzed with the thermostat. In another class, though, the assistant seemed more alert. Someone left the class early, and she dashed out after him. Turns out that when someone leaves, they make sure he or she is all right. Our instructor, Laura, was also careful about making sure guests don't stretch too far and injure themselves.

Over the next few days, mom did aqua aerobics and I did floor aerobics. My favorite was Hillary's jazz dance class, in which we were issued canes and hats, like Bob Fosse dancers, and taught easy but fun and fast-paced Broadway and Latin dance choreography. I mamboed and channeled Jennifer Grey. ("Nobody puts Baby in the corner!") Mom's favorite was Susie in Pool Aerobics. She motivated the class to run across the pool by screaming, "Pretend there's a shoe sale on the other side!"

Mom and I did stretch classes and meals together, but otherwise spent

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FitSpa

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our days apart. I went for bike rides (the area is ravishing, if a bit hilly) and hikes in the Berkshires's leafy goodness; mom did aqua stuff. She also tried an intro yoga class, to my delight. The instructor was in her late 40s, warm and funny and relaxed.

We did spend a memorable day kayaking together. The water was like glass; we could look into the droolworthy houses that ring the pond. It was early, so it was silent, with birds everywhere. A pair of kitties sat on a dock, watching us and looking bored. Our guide was very sweet (and patient with mom, who kept shooting off at 45° angles). We noticed how all the outdoor staff seemed to greet each other and chat warmly. A veteran Rancher told me that there isn't much staff turnover from year to year. This is a good sign of a well-run spa—the staff is content!

For her Health & Healing Service, Mom chose Maintaining a Healthy Back. I picked a Hypnotherapy session, because it sounded so old-movie. Would the hypnotist swing a pocketwatch in front of my face, intoning "You are getting sleeeeeeeepy...."? I was not psyched. But to my surprise, the therapist had a kind, nonjudgmental face and a wonderful, soothing voice. We talked a bit about weight and body-image issues, and then she had me shut my eyes (I was in a comfy chair, no Freudian couch) and focus on her voice. She counted to 10, telling me I felt more relaxed with each numeral. Then she had me imagine a wonderful house with a fab kitchen in which I choose the healthy foods I really want. To my surprise, she then had me imagine getting into a car and driving confidently. I had mentioned in passing my fear of driving, so here she was taking the opportunity to deal with this anxiety while she was at it. At the end, she gave me a tape of the session, so I can listen to it myself and relax and internalize it.

One night, Mom and I went to the Berkshire Theatre Festival to see a wacky sex farce by Charles Ludlam. The director chose to set the play in the 1980s, so there are huge shoulder pads and a random breakdancing interlude. The best part is that we didn't have to drive there; a van from the spa transports you anywhere you want!

There are so many fun things to do, we never made it to any of the dozens of lectures and classes offered throughout the day. There's basket-weaving, collage-making, mask-making ("paint a mask as a symbol of your deeper self"), nutrition lectures, "The Art of Intimacy," bingo, exploring Chakras, golf demonstrations, stress management, hands-on cooking classes, 12-Step Recovery meetings, understanding menopause, graphology, tarot readings, expanding creativity and more.

Mom kept clutching my arm, exclaiming, "I'm having such a good time!" And we barely scratched the surface of all the spa has to offer. I wanted to go on more hikes! I never made it to box-aerobics! I wanted to go antiquing! I wanted more bonding with Mom! But alas, time flew. As the parking attendant drove up in our car, the doorman said, "Pretty day to travel." Mom sighed, "Prettier day to stay put!"

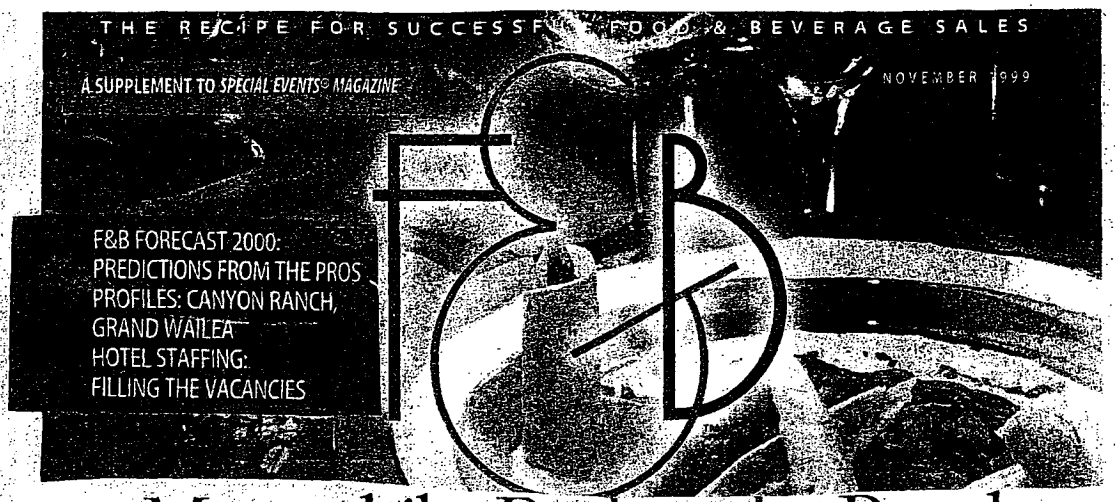
San Francisco writer Marjorie Ingall is still overcoming her fear of scatterbrained drivers on the highway (thanks to her hypnotherapy tape!).

CR001646

THE RECIPE FOR SUCCESSFUL FOOD & BEVERAGE SALES

A SUPPLEMENT TO SPECIAL EVENTS® MAGAZINE

NOVEMBER 1999

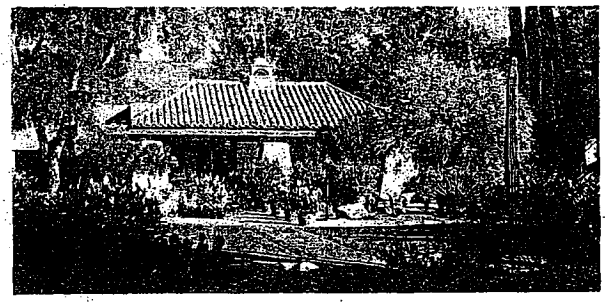


F&B FORECAST 2000:
PREDICTIONS FROM THE PROS
PROFILES: CANYON RANCH,
GRAND WAILEA
HOTEL STAFFING:
FILLING THE VACANCIES

Meanwhile, Back at the Ranch

The world-famous Canyon Ranch Health Resort in Tucson, Ariz., offers sensible indulgence

By Lisa Hurley



The food and beverage department at Canyon Ranch Health Resort in Tucson, Ariz., wants guests to have their cake and eat it, too. But you can bet that cake will be low in fat.

Founded in 1979, Canyon Ranch is a year-round resort dedicated to healthy living. Located on 70 acres at the foot of the Santa Catalina Mountains, Canyon Ranch can accommodate 240 guests in single-story, adobe-style cottages surrounded by lush landscaped grounds.

Guests sign up for packages of four, seven or 10 nights; the package includes use of extensive spa facilities, fitness and cooking classes, and three meals daily. Prices start at about $2,200 per person for a four-night stay.

The food philosophy at Canyon Ranch has changed since the spa's founding, notes food and beverage director Ted Ent. "In the beginning, we kept people to 800 calories a day," he says. "We carried the 'fat farm' stigma."

That approach has since been moderated to a set of sensible menus that fuel guests with 1,600 to 1,800 calories a day. Staff nutritionists ensure that Canyon Ranch dishes meet a healthful ratio of 60 percent carbohydrates, 20 percent protein and 20 percent fat. "We believe in a balanced, healthful diet—moderation, not deprivation," Ent explains.

Menus in the four Canyon Ranch dining areas don't list prices, but they do spell out nutritional values. Printed beside each dish is a breakdown of its calories, fat grams and fiber grams. "We added the fiber count a couple of years ago," Ent notes. In contrast to the gargantuan portions offered up by many restaurants today, center-of-the-plate protein portions at Canyon Ranch average a modest 4 ounces.

Thanks in part to the emphasis on vegetables and grains over big-ticket meats and the like, Canyon Ranch's food cost runs a lean 23 percent to 24 percent. But Ent notes he faces other cost pressures thanks to his commitment to quality. "We get the highest quality we can—the freshest produce, certified Angus beef, fish flown in daily and so on," he says. "Because we take the fat out of the dishes, we rely on fine herbs and spices for flavor."

Canyon Ranch uses an eight-day menu cycle. Because the average guest's stay is six days, there's little chance for a diner to grow bored. But Ent tweaks the menu even more with four seasonal variations and a couple of specials each week. "We have more than 2,000 recipes in our database, so even the guests who stay here for a couple of months at a time get something different," he says.

Popular dinner entrees at Canyon Ranch include the fresh Maine lobster with lobster tarragon sauce, wok-seared salmon teriyaki with Asian noodles, and duck breast with caramelized pears. Top lunch selections are the open-faced turkey sandwich with guacamole and green chiles, salade niçoise, and grilled salmon over fresh spinach with citrus dressing.

With a staff of 200, the food and beverage department handles more than 1,000 covers each day. Ent oversees 5,000 square feet of kitchen space.

Ent is excited about the Canyon Ranch SpaClub that opened last June in the sleek new Venetian Resort-Hotel-Casino in Las Vegas. "We have an exhibition-style kitchen, which is an important part of educating guests about healthful eating," he says. Canyon Ranch also has a sister spa in Lenox, Mass., which opened in 1989.

Even when surrounded by such healthful influences, are Canyon Ranch guests ever tempted to cheat on their diets? After all, the spa package includes all-you-can-eat meals. "We will give them whatever they ask for, even if it's an extra dessert," Ent says. "But we may suggest that they speak to a dietitian afterward."

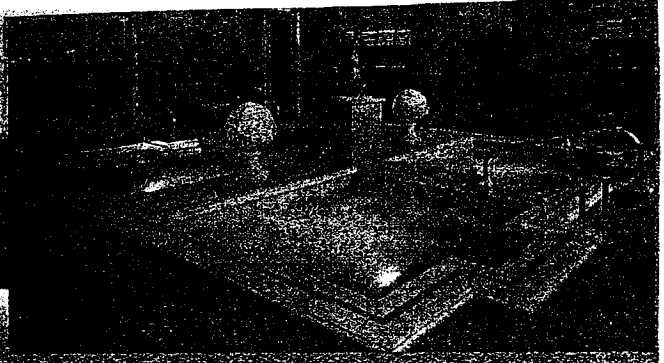
Rooms with a view (top): Canyon Ranch sits on 70 acres at the foot of the Santa Catalina Mountains in Tucson, Ariz. Educated eaters (above): In the Lunch and Learn classes, chefs show guests how to prepare healthful meals.

CR001647

OnSiteFitness

The Business Magazine for Maximizing Your Fitness Investment

July/August 2000



JACKPOT!

Vegas Wins With Fitness

CR001648

If you want to see how competition drives amenities, look at Las Vegas. If you want evidence that knowing your customers and catering to them pays off, look at Las Vegas. And if you want to determine whether marketing works, look at Las Vegas.

Vegas hotels hit the jackpot with their fitness centers and spas. In an environment where one-upmanship is a pastime, spas and fitness centers are an attractive, flexible, and powerful marketing tool. All new Las Vegas properties feature impressive, well-designed spas and fitness centers, and to remain competitive, the older hotels are introducing improved facilities.

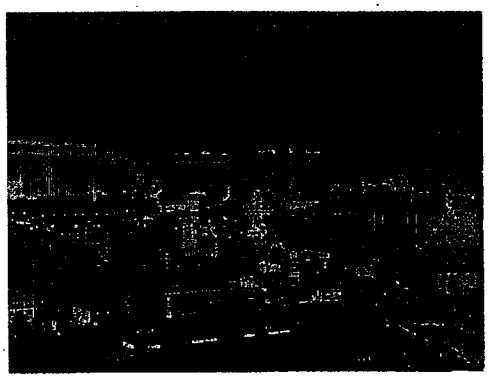
Nine of the world's ten largest hotels compete blocks from each other on the three-mile Vegas Strip, but behind the intensity are some simple lessons for spas and fitness centers everywhere:

- Find your niche—stand apart from your competition in some way;
- Know your customers and cater to them;
- Maintain the property's image and atmosphere;
- Stay on the cutting edge;
- Market your amenity!

Find your niche

With 3,000-plus-room properties the norm, Vegas hotels know they must be distinctive in other ways to attract guests. Similarly, their spas and fitness centers must also stand out to be an effective amenity.

Mandalay Bay Resort & Casino created a unique niche with its Spa Mandalay. So guests feel they are still within the resort's tropical paradise, the fitness center features full-length windows overlooking Mandalay Bay's 11-acre lagoon. Ambient light pervades almost every corner of the Spa, including saunas, steam rooms, and Jacuzzis. The 30,000-square-foot spa features stone floors, brass fixtures, and oak cabinets. And a half-mile running track circles the lagoon.



Attention to detail makes Spa Mandalay special, according to Michael Starr, Vice President and General Manager of Mandalay Bay Resort & Casino. "Believe it or not, our oversized showerheads are one of our most popular features," says Starr. "We concentrate on the fine touches because often they're what gets remembered."

These fine touches also include shorts and T-shirts for spa guest use; a selection of muffins, pastries, and juice; and an array of current periodicals such as the Wall Street Journal, USA Today, the daily Vegas newspaper, and numerous special interest magazines. Fitness center staff also routinely walks the floor, offering guests towels and water.

Installing a tropical lagoon may be beyond reach for most properties, but including some special touches only requires thoughtfulness, creativity, and follow-through.

Cater to your customers

Knowing your customers requires more than learning their demographic details—it means understanding their likes and dislikes, their pet peeves and expectations. Catering to customers means using that knowledge to create a connection. At the MGM Grand Spa, establishing that connection is the fitness center staff's goal.

"We really get to know our guests," says Rachel Napp, Spa Director. "Our staff is personable and so are our

Page 18: Top photos courtesy of Bellagio; Bottom photo courtesy of MGM Grand.

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guests. It's a social atmosphere."

The MGM Grand Spa focuses on fun. While some Vegas spas promote tranquility (because that is what their guests want), the Grand Spa caters to its guests' tastes by offering a livelier environment. In the fitness center, the music is upbeat, the décor is bright and high-tech, and the staff is energetic and friendly.

The Grand Spa promotes lifestyle-based training for their regular guests, many of whom return to the spa even when staying elsewhere in Las Vegas. And with the expansion of its conference center, the MGM Grand has more business guests than ever.

The Grand Spa recently installed several Netpulse-based machines—bikes and stair climbers that are wired for the Internet. "Our business guests are lined up at 6:00 a.m. to use the Netpulse machines," says Napp. "They love to surf the Web and check their email while they are exercising."

Taking care of customers, especially the regulars, is something that Las Vegas hoteliers have long excelled at. With such intense competition, it is not only natural that the spas and fitness centers adopt this philosophy, but it is also a necessity.

Maintain the property's image

Often, properties treat the fitness center or spa as a separate entity. But the Vegas hotels know how to integrate their amenities into the whole, while promoting a common atmosphere. For example, Mandalay Bay is a tropical paradise and its fitness center/spa is a tranquil escape;

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The research has resulted in exotic treatments such as Ayruvedic rituals from India, combining herb-infused oils to rejuvenate the body and mind; Hawaiian, Javanese, and Balinese therapies, performed by sarong-clad aestheticians and accompanied by soothing island music; Moor mud baths; seaweed body masks; and sea salt treatments and loofahs.

Market your amenity

Las Vegas hotels are good at being unique, customer-driven, trend leaders. They also masterfully market those attributes. Saving extravagance for the properties, the hotels use tried and true marketing methods.

The Venetian uses simple marketing techniques to promote its unique spa. Instead of developing its own spa, The Venetian brought in Canyon Ranch, one of the most recognized health resorts in the world. The result is the Canyon Ranch SpaClub, the largest day spa in North America, inside The Venetian. The SpaClub offers myriad body treatments and state-of-the-art fitness equipment.

Hotel marketing informs guests about the SpaClub. For instance, people calling the Venetian for reservations are asked about their interest in the spa and/or fitness amenities. Any positive comments are forwarded to Canyon Ranch staff. "We are able to follow up with guests whom we know are interested in our services," states George Lopez, Director of Operations Services.

In-flight magazine advertisements and brochures in every room promote the SpaClub, which soon will have a front desk presence and placement on every guest's key card.

Perhaps the most effective SpaClub marketing is word of mouth. "We allow Canyon Ranch staff access to the SpaClub and provide selected services to Venetian team members," says Lopez. "Many of our customers are referred by someone working at The Venetian."

None of these marketing tools is revolutionary. Execution is the difference between Vegas hotels and most others. Vegas hotels understand the power of marketing and the deadly consequences of inaction.

Las Vegas lessons

From this fantastic extravagance, Las Vegas hotels can teach many real world lessons. For instance, the little things are as important as the big to make your facility special; your most important assets are your customers—get to know them and make a personal connection; your facility is never complete—always adapt to stay ahead of trends; and if you have an excellent facility, let people know about it!

CR001650

the MGM Grand is an exciting playground and its fitness center is upbeat and fun. The Bellagio has also succeeded in developing a strong, united image between its Salon & Spa and the property.

Following the Bellagio's theme of imagining the "best of everything," the Spa provides 30 treatment rooms, offering 9 massage styles, 3 kinds of hydrotherapy, 7 body care treatments, 9 facials, and 10 waxing choices. The fitness equipment is top-of-the-line and the décor is exquisite. But its staff is the best that the Spa Bellagio has to offer, according to Jennifer Lynn, Spa Director.

"There is a certain culture permeating the property," says Lynn. "However, customers return because of our staff. As impressive as this place is, the sights wear off at some point. But our relationship with our customers is long lasting."

The Spa Bellagio carries the hotel's overall theme with décor and lavish services. But Spa Bellagio achieves its highest success by reflecting the strong staff-customer relationship found throughout the property.

Stay on the cutting edge

Las Vegas is constantly reinventing itself, and its hotels are in an almost continuous state of expansion and redesign. The spas and fitness centers must also remain works in-progress to stay competitive.

Once considered the New Wave of theme-based hotel casinos, Caesars Palace has become a veteran on the Vegas Strip. But its long-time presence does not keep Caesars from staying on the cutting edge, as illustrated by the hotel's new spa and fitness center.

Walking into the fitness center, the first thing you notice is the 11-foot mechanical climbing wall. Then, you see the virtual reality machines. These VR bikes and stair climbers allow users to take a virtual hike in the woods or a ride on the beach, complete with wind in their face and a feel of the terrain. The machines are linked together so users can race against each other.

Photo courtesy of Canyon Ranch.

Rock climbing in the middle of the desert? In Las Vegas, you can see and do it all. Guests test their mettle on the 40-foot indoor climbing wall at the Canyon Ranch SpaClub at The Venetian.

Caesars spa treatments also are especially cutting-edge. According to Sue Ellen Morrow, Director of Spa Services, "We made a conscious effort to find treatments that no one else in the city was offering. We looked at a lot of spas, not just in Las Vegas, but in Hawaii and California," where almost a fourth of Vegas travelers live.

continued on page 22

field, Minnesota, which emphasizes the beauty of its natural setting and its Image Salon featuring "European pampering services."

Spas have worked hard to get beyond the "fat farm" image of years past. Many still cater to people who want to drop a few pounds, but the programming is all over the map.

... or gear up for a hike.

You want anti-wrinkle? They've got anti-wrinkle. You want yoga? They've got yoga. Herbal – you're in clover. Mud packs. Aloe wraps. Midday naps.

Aroma therapy. Hypnotherapy. You want fresh? You want renew? You want serene? They've got serene.

And how about the old chestnut, "getting in touch with the inner self"? They've got your inner self, just waiting for you to show up.

Destination spas generally offer an all-inclusive package price: accommodations, meals, treatments and activities.

If you're considering a spa, think about what you hope to get out of the stay. Is it just a few hours or days of simple relaxation? After your treatments, maybe you just want peace and time with a good book, and to be left alone. Maybe you want to try something new, like tai chi. Maybe you feel you need a complete redirection of your life.

One place to start is with the Spa Finders directory. It's like a catalog of spas.

If you see something appealing, you can contact the spa directly for more literature. (See Page 28.)

Of course, a brochure alone is no guarantee of quality, nor is a Web site. But they can tell you what type of experience a spa is aiming for. I ordered information on the Sedona Retreat and Healing Park, in Sedona, Arizona. Among its offerings were Pine Tree Meditation, described as conversation with pine trees, and Wind Meditation – bathing with the wind. Both at $40 an hour. That told me a lot. I knew I wasn't ready for that yet.

If you're going to make the capital outlay for a destination spa, call the spa and talk things over. I've found that proprietors are generally helpful and willing to take time to describe their accommodations and activities.

Also, ask your travel agent. Ask your friends. Go to the library and find some writeups. I found Hosteria Las Quintas described in a variety of recent magazines, including, interestingly enough, *Weight Watchers* and *Art News*.

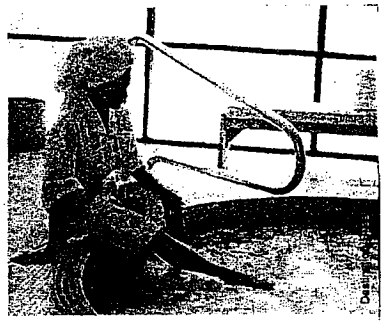
If you feel guilty about the whole idea (we need to work on this!), then take the whole family. Maybe your children want to ski at Telluride, Colorado, while you try out the Golden Door spa at The Peaks Resort there.

Maybe your sweetheart can play the slots and eat shrimp cocktails in Las Vegas while you do The Lulur King's Bath at the Venetian Hotel's Canyon Ranch SpaClub.

Or you can both just stick to the mud. YM

Russell Isola

Pam Ashenmacher lives near Duluth, works for a specialty travel agency, has four children and thus knows a thing or two about mud baths.



Go to a spa to pool your resources.

- **Spa Finders directory**
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- **Destination Spa Group**
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  Ask for their Destination Spa Vacations catalog.
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YourLife
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June 200

Let's Talk
Travel

By Pam Ashenmacher

Spahhhhhhhhhh!

All mud things must come to an end

Enjoy a brush with luxury

We weren't in Calistoga, California, for museums or sightseeing or shopping. Plain and simple, we came for the mud.

The mud-and-hot-spring-water combo, popularly known as the mud bath, is the featured item at Nance's Hot Springs. It's *the raison d'être* of all the spas in this town, which is set upon subterranean hot springs north of San Francisco. The mud is mainly volcanic ash, and the steaming water from the springs is tapped right into Nance's.

When the capable attendant helped lower me into that warm slurry, I relaxed – completely. All peripheries blurred. The world seemed to dissolve. I was a little Minnesota marshmallow suspended in an ephemeral cloud of red Jell-O. No pressure anywhere, neither physical nor mental.

Some time later – one loses track – the mud bath must have ended. I know that there was a shower, a mineral water bath, a jaunt to the steam room, a towel wrap and finally a massage.

When I was eventually unwrapped and sent back into the world, I felt clean and light. I recall thinking that I ought to eat only brown rice for dinner, or maybe have just a tumbler of water, though I also remember that that isn't what happened at all.

Many people still associate spas with luxurious, pricey self-indulgence. A place where no self-respecting Midwesterner would darken the door.

I tell my tale of Nance's because it's a spa that is in no way glamorous, intimidating or expensive. But it sure did the trick. I've got to get back there one of these days. I still recall the feeling of being cared for like a baby and how it was to realize that somewhere deep inside I still needed that feeling. And I was grateful.

You don't have to focus your trip just on a spa to enjoy a spa. Spas can be an enhancement, an overlay to your trip.

For example, you could rough it for a few days hiking the rugged long beach trail of Pacific Rim National Park on Vancouver Island. But when you're done, you could stay at the Wickaninnish Inn near Tofino and treat your worn-out self to an aroma therapy massage and a session in the steam room at the lovely spa there.

Let's say you're visiting the colonial cities of Mexico. Add a couple of days at Hosteria Las Quintas, in Cuernavaca. This spa provides what it calls "eco-fitness" adventures – day trips to local archeological and ecological reserves where you can hike, mountain bike and horseback ride. You can float down Las Estacas river. If you're not thrilled about stationary bikes, this type of spa could be just right.

Or the spa can be the centerpiece, the whole vacation. A destination spa like Canyon Ranch in Tucson offers an enormous array of activities in addition to its roster of spa treatments. It's also a place to go if you want to work on specific issues in your life. Quitting smoking, for instance, or losing weight. Nearer home is the Birdwing Spa in Litch-

D SECTION
Saturday
August 19, 2000

Business

ARIZONA DAILY STAR • SERVING TUCSON SINCE 1877

Tucson Industry

TOURISM

The readers of **Travel & Leisure** magazine have named Tucson's **Canyon Ranch Health Resort** one of the world's best spas.

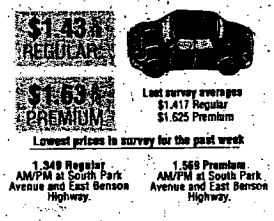
Canyon Ranch captured the non-hotel division of the "World's Best Spas in the United States" category. **The Four Seasons Resort** in Hualalai, Hawaii, was named the best hotel spa in the same category.

The magazine's fifth annual **World's Best Awards** spotlight readers' favorite hotels, cities, islands, tour operators, airlines, rental care agencies, cruise lines and spas. Questionnaires were sent last spring to thousands of subscribers and results were tallied by Yankelovich Partners.

The entire list of World's Best Award winners is on the magazine's Web site, at www.travelandleisure.com.

TUCSON DATA

At the pump – average gas prices



Research by **Katalin MacNeil**/Staff

ARIZONA SUMMER PLEASURES · NEW HOMES GUIDE

Tucson Lifestyle

THE MAGAZINE TUCSON LIVES BY

TOP POPS

Meet The Six Fathers Of The Year

PLUS HOT NEW RESTAURANTS

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CR001655

EDITOR OF THE YEAR
Mel Zuckerman

Motivated by Depression-era memories of his father's struggle to support him and his mother, Mel Zuckerman vowed to provide a more financially secure future for his own family.

For two decades while his two children were growing up, Zuckerman worked 14 hours a day, six or seven days a week, first as an accountant in his hometown of Hackensack, New Jersey, then in the home building industry here in Tucson. It was a grueling pace that left him, at age 49, overweight with high blood pressure, hiatal hernias, ulcers and diverticulitis — not to mention somewhat estranged from the everyday lives of his family. While he had successfully fulfilled his promise to provide for his family financially, he was on a sure path of physical and emotional self-destruction.

Fate intervened in the form of tragedy in 1977, when Zuckerman's father Norman died from cancer after a lifetime of smoking. Motivated at that point largely by fear, Zuckerman made another vow: to get healthy and cultivate balance in his life. His moment of truth led to the creation of Canyon Ranch Health Resorts two years later, marking a personal and professional turnaround for himself, his family and, eventually, an international community of other health-and wellness-seekers.

Zuckerman admits that he and Enid, his wife of 46 years, started Canyon Ranch "with more enthusiasm than personal expertise" and hired spa and resort professionals, such as a nutritionist, fitness instructor and aesthetician, to complement his background in finance and real estate.

Although it took several years, the concept of an alcohol- and smoke-free vacation fitness resort finally caught on, and today Canyon Ranch offers guests an integrated array of fitness activities, spa and beauty services and behavioral health and wellness programs designed to promote healthy living, education and awareness.

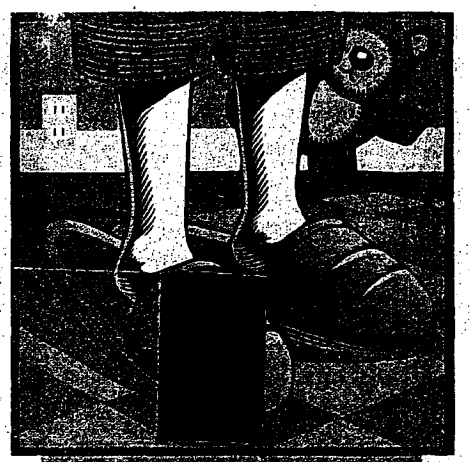
Originally conceived as a leisure and fitness resort in Tucson, Canyon Ranch has grown into a world-renowned health vacation enterprise over the past 20 years, with a second full-service location in Lenox, Massachusetts, and a SpaClub facility at the Venetian Resort in Las Vegas. But despite its unbounded success, Zuckerman says he and Enid, his wife of 46 years, founded the business as a "mom and pop operation," which he says taught him how to tap his nurturing qualities by encouraging others to take care of themselves.

"I've learned more about parenting since I've been in this business," he says. "Canyon Ranch is very much a family business, and we feel we have 2,000 children because that's how many people we have working for us. We attribute a great deal of our success to our relationship with our staff/family."

Zuckerman wrote in a special publication commemorating the 20th anniversary of Canyon Ranch that the real measure of its healing potential can be seen in "what you do after you leave the Ranch — what you take home in new awareness and a sense of control about issues in your life." As testament, Zuckerman, now 72, not only has a healthier body and emotional outlook, he also has forged closer relationships with his children Jay, 45, and Amy, 41.

MEL ZUCKERMAN CONTINUES ON PAGE 56 ▶

BALFOUR WALKER PHOTOGRAPHY



"I was always very clear that my kids are the absolute love of my life, but I didn't know how to show it."

THE MEL ZUCKERMAN FAMILY
Back, from left: Jay, Enid, Mel and Amy
Front: granddaughter Nicole

Mel Zuckerman

"I was always very clear that my kids are the absolute loves of my life, but I didn't know how to show it," he says tenderly. "Instead, I had preset ideas about how a father should be. Enid's life was the children; my life was providing and making sure that my family had the security that my parents were never able to achieve. But through my work with Canyon Ranch, I've developed a higher level of consciousness around caring and nurturing, and our relationship now is more loving and giving unconditionally."

"Mel has come a long way in his relationships with the family," agrees Enid. "Now he's the best Mel Zuckerman he can be."

Jay lives on a farm in Utah with his fiancée Christine, and makes frequent trips to Tucson to spend time in his second home at Canyon Ranch and visit with his family, including daughter Nicole. As a young adult, he worked with his father first in construction, then for about 10 years helping to launch Canyon Ranch, which gave him the opportunity to observe his dad in a more positive work environment surrounded by other people interested in alternative lifestyles and healthy living.

Looking back, he recalls a trip the two took to Sedona during that era as a turning point of sorts in their relationship.

"We stayed up late and shared stories that we didn't know about each other," he recalls. "I learned that people are very much the same. Just because someone is your father doesn't make him any different; he's just a guy with a lot of the same things going on. You tend to think of your parents as being beyond normal, but on that trip I realized how similar we were.

"Like me, my father is a very generous man, and I admire his tremendous amount of integrity and sense of fairness when it comes to dealing with other people," adds Jay, a philosophy that he says he strives to emulate in his own business dealings.

Through his work at Canyon Ranch, Zuckerman has created many opportunities to give generously — both to his immediate family and to his "extended family" of the Tucson community that he calls home. Although he prefers to give quietly and without personal fanfare, this Father of the Year has established a program of philanthropy that loudly heralds his desire to share his family's good fortune with others.

From significant donations to The University of Arizona Health Sciences Center, (including its new College of Public Health and the Arizona Prevention Center, Sarver Heart Center, Arthritis Center and Steele Memorial Children's Research Center) to the Healthy Living Scholarship Program that he and Enid established to allow people with significant health risks to enjoy fully paid weeklong retreats at Canyon Ranch, Zuckerman has spearheaded numerous research and demonstration projects. He also has provided support for countless other community-wide efforts dedicated to improving the lives of people of all ages and from all walks of life and cultural backgrounds.

"Giving back to the community is a strong piece for Enid and me," he says. "Neither of us ever dreamed that life would end up dealing us the wonderful hand it has through Canyon Ranch. This is an important value that we have tried to instill in our kids in recent years."

Daughter Amy, who lives in Tucson with her husband Morey Brown, sees her father's investment in the community as something to be proud of. Although she remembers him as a "workaholic" while she was growing up, she now describes her father as a caring, sensitive man who wants to make a difference in the world.

"My dad was a man of his generation who was expected to bring home the bacon," she says. "In terms of that, he has been an incredibly successful father, providing for his family ten-fold plus serving his community. In some ways, he's been a father to a lot of people because of all his philanthropy and the Canyon Ranch scholarships that he has given to families. I think it's really cool how he gives away his money to help others. I'm proud of my dad."

biz traveler

Canyon Ranch Tucson

Deadlines, Stress and the Like Be Gone
A brush with discovery at the famed health resort.

By Kathy Fecske

I consider myself to be a pretty healthy person. I stay away from red meat, drink only three or four cups of coffee a week, exercise pretty regularly and I take the stairs instead of the elevator whenever possible. So when the opportunity came along to visit one of the premier health resort spas in the country, I jumped at the chance—bringing along with me the one other person who needed de-stressing about as much, or more than I did—Publisher Brian.

Both of us were in for an experience of the health conscious kind.

The minimum stay at Canyon Ranch is four nights. We didn't have four nights to spare, so I suspected a one-night weekend stay would be enough. I was wrong. At first sight of the resort's hidden location, with its view of the surrounding mountains and the smiling, water bottle-toting guests happily milling around, I knew we should have somehow planned for more days. The rest of the stay just reaffirmed the notion even more.

Publisher Brian arrives at Canyon Ranch.

The location is hidden and about as far away from anything even remotely resembling a city as one can get–exactly the locale to relax and get away. But if pina coladas served poolside is what one imagines, Canyon Ranch will quickly disappoint. This is *healthy* living at its finest.

Canyon Ranch has a certain effect on people. Nearly everyone we spoke with had been there before, most back for his or her third or fourth time. The devotees swear by "the ranch" (as the converts refer to it) for its healing qualities. According to one 50-year old San Francisco-based business attorney, the ranch has a way of canceling out accumulated stress in a tremendous way. He swears a stay at Canyon Ranch has more lasting effects than any exotic beach vacation he's ever experienced. He and his wife bring two other couples to the ranch and have been coming back yearly for weeklong stays–for the past six years.

Lots of Movement

Our days were packed with activity. And one of the neat things about Canyon Ranch is that all who visit seem to suddenly become very experimental about exercise, a result that can be attributed to the fact the ranch is anything but intimidating and accommodates to all levels of exercise. And the choices, limitless. The offerings were diverse with everything from an eight-mile walk or two-hour hikes through the nearby Santa Catalina Mountains to any of the 40 fitness classes taught daily. Kickboxing and spinning were my favorites. Personal training with a certified instructor is available along with a host of other activities ranging from swimming to vigorous workouts on the Wallyball court. And if all that sounds like too much work, which it may to some, then some spiritual awareness can be had through meditation, tai chi and yoga, or just plain pampering at the spa.

One of the many perks of the package deal are the three meals a day—and it's not the celery sticks served with protein shakes that one might imagine. Gloriously gourmet, the menu offerings are both nutritious and delicious. The chef expertly uses spices and healthy cooking techniques delivering unique fish, steak and chicken fare along with an impressive choice of soups, breads and salads. Calories, fat grams and fiber are plainly given for every menu item down to the croutons for the salad and the portions are ideal for experimenting with a wide variety of foods. My personal favorite had to be the morning egg white omelet bar–this coming from a devoted bagel and cream cheese breakfaster. Apparently, protein has much more lasting effects than carbohydrates, so there's no hunger pangs by 10 am–a diet change I've now incorporated into my daily routine. We even learned to make low fat fish tacos and gazpacho at the lunch and learn demonstrations.

The Second Day

We headed for some morning meditation in the yoga dome before breakfast. No problem, I thought since I have dabbled in the practice before, but Brian was clearly reluctant. I figured meditation to be similar and more of a no-brainer. Well, that's exactly what it was, but just try thinking of nothing for 20 minutes—not an easy task. Believe it or not, it was one of several good habits I brought back with me. Getting a handle on stress, especially in a business where deadlines loom, really helps to maintain a stronger sense of well-being. I now break for a few minutes everyday to stare at the wall or out the window for some head clearing—it really works.

Next stop, acupuncture at the Health and Healing Center. My colleague was sold on the idea halfway through the drive down at the mention of promised allergy relief. And if you're going to experiment with any type of new treatment, there's no safer bet than experiencing it with Canyon Ranch's expert staff of physicians and the like. I definitely think the Chinese were onto something. Tingly and relaxing, the session awakened me to the practice. And clearly converted, my new age counterpart is probably heading to an appointment with his new acupuncturist even as you read.

So it with great pleasure that I add this glowing review to the roster of countless other accolades in national travel and health publications. Yet local Arizonans reading this have a clear advantage. Not only is Tucson's Canyon Ranch the place to guiltlessly recharge your batteries, but it's close, too. And if getting out of Arizona happens to be the goal, then the Berkshires, Massachusetts sister resort or the recently opened Las Vegas location provide other option. People travel from all over the country and world to the famed destination. For Phoenicians, it's a stone's throw away and right in our backyard. With four-night in-season packages that start at $2050, Canyon Ranch may not be the least expensive of choices, but it certainly is one of the best. And its one destination that, more than likely, ends up becoming a life-changing experience.

Canyon Ranch

800-742-9000
www.canyonranch.com
Tucson, AZ
Lenox, MA
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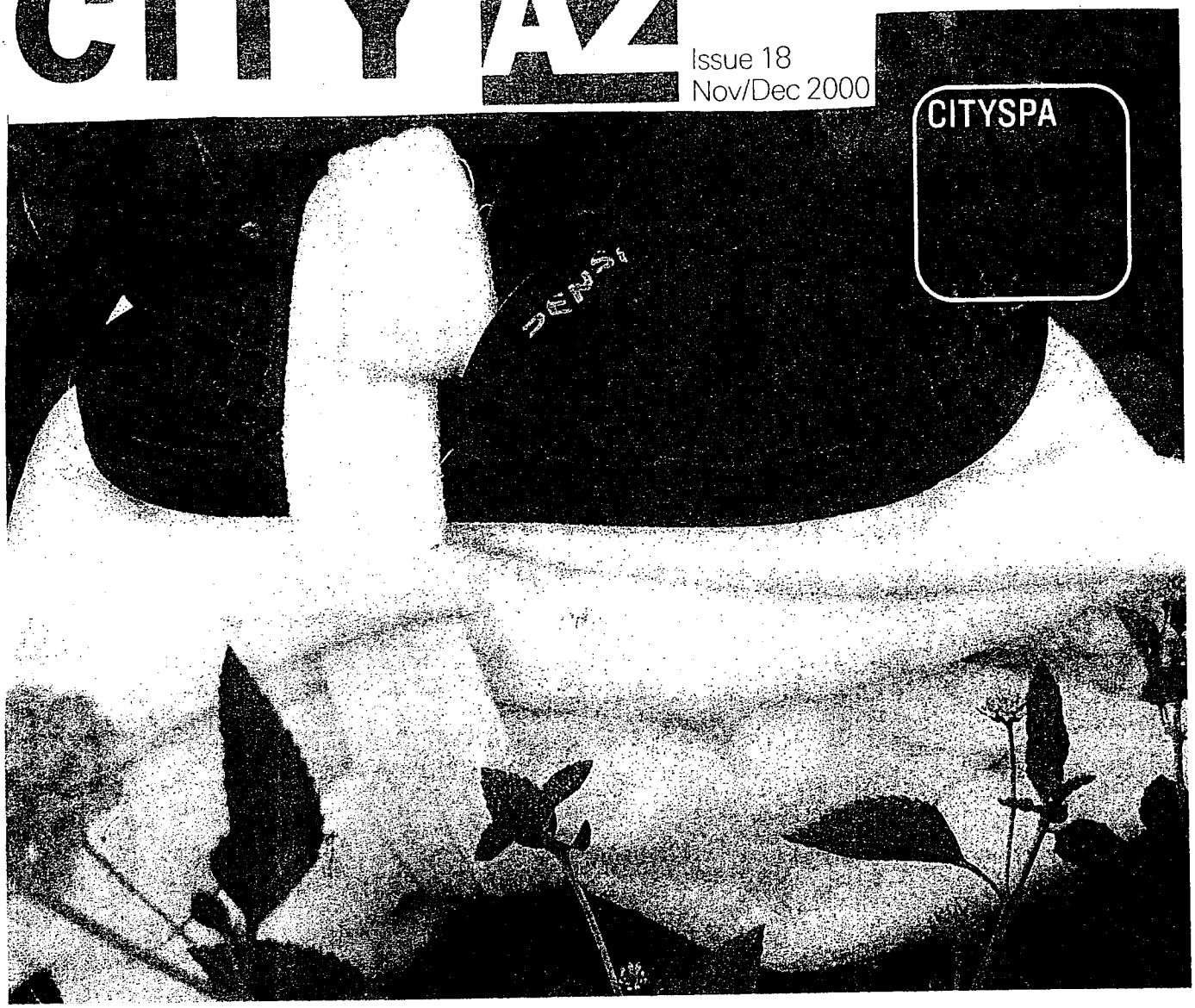
CITY AZ
Issue 18
Nov/Dec 2000

CITYSPA



HEREIN LIES THE RUB

In our new column, CITYSPA, we tackle the stressful job of researching the best of spa society. Having some trouble choosing the right massage? We'll tell you which treatments and facilities can't be missed.

IT IS PERHAPS THE MOST ENJOYABLE, FRIVOLOUS, GUILTY pleasure currently available to mere mortals. It requires hours of self-indulgence and pampering that proponents now regard, without reservation, as the ultimate in body therapy. That's right. We're talking about the much-anticipated and appreciated trip to the spa, and fortunately for us, these perfect places exist in great abundance here in the Valley. So much so that we at *CITYAZ* have decided it's time to devote an entire department, in every issue, to these warm and wonderful harbingers of peace, serenity, and the ultimate in feeling groovy.

From shiatsu to hydromassage, to facials, pedicures, and La Stone, Arizona's spas offer it all, and to anyone with some time and money to spare. Having taken our cues from the world-renowned alpha spa, Canyon Ranch in Tucson, the entire Valley can now revel in Arizona's terrific reputation as one of the most relaxing spots on Earth—not only for our golf courses, resorts, and restaurants, but now, thankfully, we're also revered for our body beautiful oases.

CR001661

Four Seasons Spa

The Science of Ayurveda "awakens the senses, mind, body, and spirit with the ancient therapeutic powers of Ayurveda." Health-enhancing rituals using natural oils and herbs rebalance body synergy to leave the body feeling completely rejuvenated. **The Bindi Herbal Body Treatment** uses curative Indian herbs and envelops the vapors of a fragrant exfoliating body masque. Following a healing Ayurvedic massage with a warm herbal oil, the body is cocooned in a luxuriously warm wrap. The feeling is delightfully re-balancing, and the layout of the spa and the Four Seasons grounds is as relaxing, nourishing, and as good as it gets.

The Spa at the Camelback Inn

A perfect place to relax and get away from it all. This spa and setting offers an assortment of treatments guaranteed to refresh and galvanize you. One of its signature treatments, designed to nourish and detoxify the body, is the **Adobe Clay Purification Treatment**. First, the body is exfoliated with a cactus fiber cloth. Adobe clay is then applied to the entire body and face. Citrus conditioners are massaged into the hair and scalp, and after a few minutes of relaxing under the heat lamp, the clay is showered off. Next, an application of warmed juniper and sage oils is massaged into your skin. The result is a soft, rejuvenated, healthy feeling. No trip to the Camelback Inn is complete without this idyllic baptism.

Arizona Biltmore Resort and Spa

The Biltmore's spa is everything you'd expect from one of the Valley's most venerable resorts. Put aside plenty of time for your reservation, stroll the grounds, and immerse yourself in timeless elegance. Inside the spa you'll find plush robes and spotless facilities. Recline in the Jacuzzi or take a steam or sauna until your personal masseuse/masseur whisks you off to your private room. The Biltmore's newest indulgence, **Dreamcatcher Therapy**, is an innovative massage treatment inspired by ancient Native American symbolism. The service uses eight essential oils, custom-blended for each guest. After an initial consultation, the therapist massages the scalp and neck before applying warm, scented booties and mittens to your hands and feet. The warm appendages, combined with a full body massage, transport you to a "dream-like" state of relaxation. The result is intoxicating bliss.

The Fairmont Scottsdale Princess Spa & Fitness Center

As an AAA Five Diamond resort, one expects these spa facilities to be of the highest caliber, and the Princess doesn't disappoint. Here the offerings include a full range of spa and beauty treatments, including massage and body therapies, herbal and aloe wraps, aromatherapy, and reflexology. The facility itself is beautiful, and the friendly and knowledgeable staff just enhances an already soothing atmosphere. Prior to your treatment, circumvent the globe and visit the Turkish steam room, the Swiss shower, and the Finnish sauna. If you're feeling particularly spry, try the 10,000 square-foot fitness center. However, if you're feeling completely indulgent, reserve a **Massage in Symphony** treatment. As the saying goes, four hands are always better than two, and here two therapists perform simultaneous, choreographed massage, using pure Ayurvedic oils.

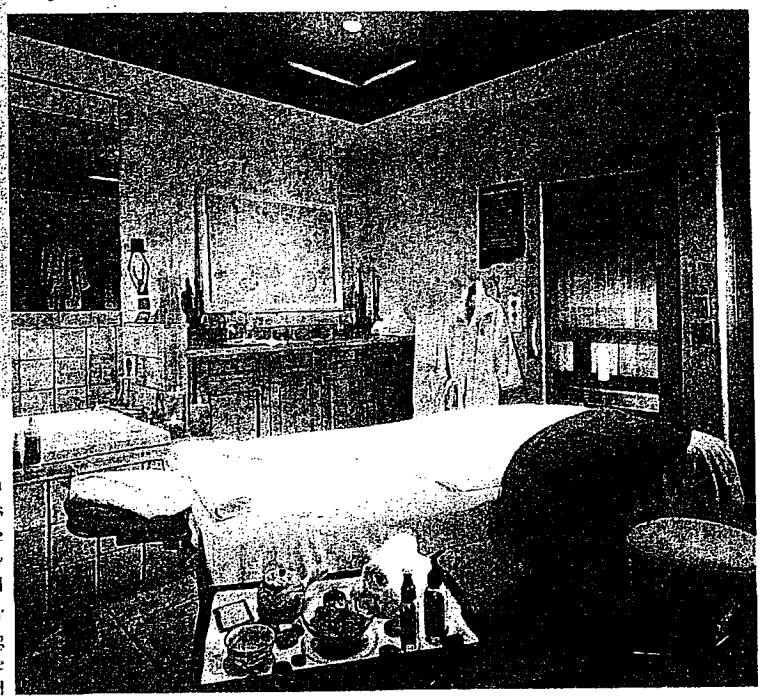
Elizabeth Arden Red Door Salon & Spa

This day spa always provides the pleasures and indulgences we have come to expect from Elizabeth Arden. It's a good thing that every dog has his day, as the **Desert Stone Pedicure** relaxes and soothes tired feet like nothing on Earth. With a eucalyptus foot soak, warm stone massage, hot towel wrap, unique scrub exfoliation, and black lava mud mask, rest assured that your feet will emerge relieved and silky soft. So just sit back, kick off your shoes, and enjoy.

After your feet have been pampered, it's time to a spoil your face with a **Floriani Facial**. Floriani skincare products are made from a unique formula. It uses organic plant extracts that work with anyone's skintype. While your hands and feet absorb a moisturizing, heated mitt treatment, the facialist performs a face, neck, and shoulder massage. The best part is there's no chance of your treatment fading, as the Floriani line offers eight highly concentrated products called *Synergy Solutions*. Whether you wish to purify, balance, nourish, or calm your worries away, add *Synergy Solutions* to your daily regimen, and take customized skincare to a new, purely personal level.

The Centre for Well-Being at the Phoenician

"Greetings, and welcome to Fantasy Island." That's what it feels like upon entering the Centre for Well-Being at this über-resort. The Phoenician offers a wonderful menu of services that ranges from the traditional to the progressive. Case in point—for a more alternative and physical twist, try the new **Thai-Table Massage**. This 50-minute treatment is at once exhilarating and relaxing. A therapist systematically stretches your limbs while performing a gentle massage. All you have to do is lie there and let the pro do the work. This is a call to arms (and legs), and perfect if you're in the market for an invigorating treatment.



GAY & LESBIAN TIMES
SAN DIEGO, CA
WEEKLY 15,000
JAN 27 2000

Spa Getaways in the West

by Andrew Collins

Although just getting away from the daily grind can help reduce stress and restore sanity, many vacations end up being exhausting in themselves. But if you want to make rest and relaxation the *raison d'être* of your holiday, the Western United States abounds with retreats and resorts that focus on healthy living, spiritual awareness, massage and other stimulating body and mind treatments.

What's more, all this can take place in some of the world's most beautiful natural settings. Head deep into California's scenic Wine Country or ride high into New Mexico's spectacular Sangre de Cristo Mountains, and already you'll feel your cares evaporating. Spend a few days at a spa in such places, and you may just come away with a brand-new outlook on life.

For those who crave the bright city lights, a distinctly urban spa experience can be found right in the heart of San Francisco. Here the gay-friendly Joie de Vivre hotel group provides two health-centered options: the Nob Hill Lambourne, a sumptuous, small downtown hotel that offers guests massage treatments, and Kabuki Springs, a traditional Japanese communal bath and spa. Whether you're in town for business or pleasure, a visit to either place will leave you feeling deeply relaxed and refreshed.

The Lambourne, in the shadows of some of Nob Hill's most hallowed grand hotels and restaurants, is a 20-room urban retreat, long a popular choice among female business travelers — and savvy visitors of all kinds — who appreciate the staff's personal attention; the soothing massage sessions in the hotel's Asian-style spa treatment room; and the healthful and extensive Continental breakfast. Six suites contain exercise cycles, treadmills and rowing machines, and all guests have free use of laptop computers and can set up a session with the Lambourne's own Nob Hill corporate psychologist.

In the tradition of Japanese public baths, Kabuki Springs offers a peaceful communal experience that utilizes a hot pool, cold plunge, sauna, steam room and private bathing and showering areas; complimentary bath products and sea salts are at guests' disposal. Depending on the day, the baths are either women- or men-only (except co-ed Tuesdays, when bathing suits are mandatory). There are 18 different spa treatment rooms offering a wide range of experiences, including shiatsu, Reiki energy work, facials and seaweed wraps. Joie de Vivre also operates a number of other outstanding properties throughout San Francisco, from budget-oriented inns to upscale hotels; be sure to visit the company website, www.sftrips.com.

Lest you think Napa County, less than two hours north of San Francisco, is solely about wine-tasting, consider the area's several curative springs, including the gay-popular White Sulphur Springs in scenic St. Helena. This 330-acre spread amid redwood and oak forest consists of a rustic lodge, dining room, carriage house, inn and several cottages. Massage here takes place not in some sterile room but beneath the boughs of massive redwood trees; you can also bathe in a sulfur pool (recommended especially for easing arthritic pains and sore muscles) nestled beside a mountain cascade, or soak with your mate in a mud bath.

Accommodations are in nine creek-side cottages with barbecues and picnic tables or in either the 14-room Victorian inn or the 14-room carriage house (the simplest and least expensive choice); this is the ideal deep-woods retreat, perfect for hikers and minutes from the exceptional wineries and restaurants for which Napa is famous.

In Arizona, the 70-acre Canyon Ranch, founded in 1979 and now one of the most popular spa resorts in the world, sits among the tall, saguaro-cactus-studded foothills that climb above Tucson, a city with clean air and a gorgeous Sonoran Desert setting. Vacations here are semi-structured, meaning you can partake of any of the resort's various programs, including the comprehensive, weeklong Life Enhancement Program, where you work with staff to create activities, workshops, group discussions and classes that best suit your personal needs.

Whatever your approach, you'll still have plenty of free time to amble about on your own, take spa treatments and relax — this is by no means a regimented place. The ranch's Spa Club offers 120 treatments, plus use of a state-of-the-art fitness center, a beauty salon and an excellent casual restaurant. The accommodations, in adobe buildings and casitas, capture the essence of the region with Southwestern prints and colors.

If you're going to be in the Las Vegas area, note that in 1999 Canyon Ranch opened a sparkling 65,000-square-foot day-spa facility at the Venetian Resort and Casino, complete with a full-service health and wellness center, a five-acre pool deck with Venetian-inspired landscaping, a fitness center and the Canyon Ranch Cafe.

Another wonderful spa vacation awaits you in the high desert city of Santa Fe, N.M., up in the hills near the area's ski valley. Here Ten Thousand Waves, a serene, Japanese-style center popular with both local and visiting gay men and lesbians, offers massage therapy, face and skin care, wraps, salt glows and soaks in both private and communal tubs. Kimonos, soaps, and lockers are provided. Once primarily a day spa, Ten Thousand Waves has added a number of sumptuous overnight suites in recent years, some of which sleep four and have kitchens. And the center is close enough to downtown that you'll find it practical to stay at any of Santa Fe's queer-friendly B&Bs, such as the Turquoise Bear, the Triangle Inn and Adobe Abode.

In addition to the main tub, Ten Thousand Waves offers several smaller group tubs (for which reservations are required), including a waterfall tub that holds 12 persons and the Ichiban tub, which sits on a private redwood deck with a beautiful view of the Sangre de Cristo Mountains. The main communal tub is for both men and women, but there's also a women-only tub. During the day, the facility is clothing-optional, but after 8:15 p.m. bathing suits are required in the communal tub and also for aquatic massage.

Ten Thousand Waves specializes in a number of treatments seldom found elsewhere, including a high-desert remoisturizing facial, which is perfect after spending time in New Mexico's super-dry climate. An exfoliating salt glow is another bracing option, as is the Japanese hot stone massage — 72 smooth basalt and marble stones, heated and bathed in warm oils, are deeply massaged into areas of tension.

With the exception of Napa County's White Sulphur Springs, where some rooms begin at under $100 nightly, accommodations at most of these getaways run from $150 to $300. Where spas welcome guests for day visits — notably at Ten Thousand Waves, Kabuki Springs and Canyon Ranch at the Venetian (but not at Tucson's Canyon Ranch West) — budget-conscious travelers can stay at a cheaper motel or guesthouse in the area and still manage to have a relaxing and restorative spa vacation.

Andrew Collins authored Fodor's Gay Guide to the USA *as well as six gay guides covering the West Coast, New York City, South Florida and Amsterdam.*

Many of the tubs at Santa Fe's Ten Thousand Waves afford breathtaking views of the Sangre de Cristo Mountains.

Out Of TOWN

LITTLE BLACK BOOK

Canyon Ranch Spa Club at the Venetian: Las Vegas (702) 414-3600 or (877) 220-2688; www.canyonranch.com

Canyon Ranch West: Tucson (800) 742-9000; www.canyonranch.com

Kabuki Springs and Spa: San Francisco (415) 922-6000; www.sftrips.com

Nob Hill Lambourne: San Francisco (415) 433-2287 or (800) 274-8466; www.sftrips.com

Ten Thousand Waves: Santa Fe, N.M.; (505) 992-5025; www.tenthousandwaves.com

White Sulphur Springs: St. Helena, Calif.; (707) 963-8588; www.whitesulphursprings.com

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The Arizona Republic (Phoenix) - Print Circ 365,979

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Headline: **'Senior' adults too fit for label**

Source Website: http://www.azcentral.com

Feb. 23, 2000

Every day, Margaret Corbellini runs a mile, swims laps and climbs stairs. At 62, she also qualifies for Denny's senior special, a $3.75 movie and AARP membership.

Although Corbellini may be an overachiever, she and her less active friends over 60 share a concern: They don't feel old.

As people live longer and stay active, many find that the "senior citizen" label doesn't fit. It often suggests frail, elderly people hitting early-bird dinners and passing time in rocking chairs.

So, many older people, from church group leaders to Sun City residents, are searching for a new way to define themselves.

Ed Gerlich, 68, found that many people weren't joining the "senior" activities at his Phoenix church.

"It sounds like it's for your grandma or grandpa," says Gerlich, a retired corporate trainer. "I think people would get more involved in activities if they didn't think, 'Oh, it's a bunch of old people.' "

He tried to create new names, including "west of 60" -- but that sounded like directions off the Superstition Freeway.

Other names have been suggested but haven't caught on, either. Third Age is the name of a group devoted to issues for older people.

Many dismiss "golden" as sounding too Disneyesque. And psychologists have coined the term "explorers" for people in their 70s and 80s at full steam and in good health.

One gym calls its seniors "the silver sneakers."

A 1997 survey of journalists who cover aging found older readers disliked "senior citizens" and "elderly." The most preferred term was senior, followed by older Americans, adults or people.

And MatureConnections.com, an Internet magazine, is taking a poll, asking people over 50 to vote for "senior citizen" or "mature."

Although some experts on aging would prefer not to label people, reality calls for it. And often, coming together as a group brings power, such as senior lobbying organizations.

"People are living so much longer that these terms are losing their utility," says James Birren, associate director for the Center on Aging at UCLA. "That's the question: 'When is old, old?' When we live to be 150, will senior life begin at 85? Will 60 be middle age if people live to be 120?"

The average life span now is 76, and some scientists say it could double by the end of the 21st century. Already, an estimated 70,000 Americans are 100 years old or older, triple the number in 1980.

And in the next 20 years, an expected 40 million baby boomers will retire and become seniors, or whatever they will be called.

Birren says he tries not to say senior or senior citizen when he talks to his autobiography class, where most students are over 60.

"When referring to myself, I just say I'm 81," he says.

Mel Zuckerman, founder of one of the nation's best-known spas, Tucson's Canyon Ranch, is trying to create a community for those over 55, focusing on health and fitness.

"I don't know what I'll call it, maybe optimal living," says Zuckerman, 71. "But it won't have the name senior in it."

Marketers have gotten involved, calling AARP's magazine, Modern Maturity, and gently referring to restricted-age communities like Sun City as "active adult" communities.

Corbellini, who lives in Sun City Grand, says she feels younger now since she's retired from work.

Corbellini says although she doesn't think of herself as a senior citizen and would prefer a different label, it's not that bad.

"As long as I still look good in a bikini," she says, after finishing her morning exercise routine. "That's what matters."

Reach the reporter at Laura.Trujillo@ArizonaRepublic.com or (602) 444- 8891.

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PHOENIX, AZ
SUNDAY 559,116
JAN 16 2000

Experts redefine what it means to grow old

By Maureen West
The Arizona Republic

If life-extending scientific advances continue at their present fast pace, the big question for many people becomes:

What on earth to do with that extra 20, 30 or more years?

"Over the next 10 years, there will be a lot of grappling with what being old chronologically is all about — and what to do with those extra years," said Marc Freedman, author of a new book about living longer, *Prime Time*.

Here are the views of some of the experts:

■ Bill Arnold, director of Arizona State University's gerontology program, hopes not to see everyone as greeters at discount stores. He would like to see cultural changes to make sure older people are engaged in their careers longer or in new volunteer activities worthy of their experience and wisdom.

■ Anne Lindeman, executive director of the Governor's Advisory Council on Aging, says people ages 60 and older will have to stay on the job if we want to keep the economy growing. Employers won't have the option of phasing out all the 50something workers, she says, predicting that early retirement will simply disappear over the next 20 years.

Lindeman doesn't foresee the demise of retirement communities, but she predicts that aging baby boomers may be more interested in Soho lofts and nearby coffee houses.

■ Michael Fossel, a doctor at Michigan State University and editor of the *Journal of Anti-Aging Medicine*, predicts not just second careers and marriages, but third and fourth.

■ Dr. Evan Kligman, who directs the longevity program at Canyon Ranch health spa in

See YEARS | Page 12

YEARS | Experts redefine retirement

From Page 11

Tucson, predicts that there will be more intergenerational communities.

"More and more, we will get away from segregating older people," he said.

Kligman has a hard time imagining the baby boomers being pushed out of the mainstream, and he predicts that devices at home will monitor your health systems and tell you when to arrange a teleconference with your doctors.

■ Dr. Andrew Weil of the University of Arizona suggests that future health care may be delivered in spalike settings, with some areas set aside for high-tech procedures and others for nutritionists, exercise trainers, acupuncturists and body work specialists.

■ James Birren, associate director of the Center on Aging at UCLA, says most people haven't caught on yet to the huge change coming.

"Americans are living 30 years to 50 years longer than at the turn of the century, but society still thinks decrepitude sets in at 60," the energetic 80-year-old scientist said. "We've turned the age pyramid upside down, and our institutions are not ready for it."

Birren estimates that 10 percent of today's older people are what psychologists term "explorers" — the elite group who move into their 70s and 80s at full steam and in good health, driven by an intense interest in life. Even without further scientific advances, he predicts, by 2030 about 30 percent of elders will be in this active group.

Getting everyone into a new idea of what "older" means is a first step, Birren says.

Asked today, most people say they don't want to live to be 100 because they think that means toddering, forgetful and frail. But that is the old idea of old.

The new definition will come into focus as the good health and achievements of the . . . shall we say . . . "very experienced" people become commonplace.

Our City Guide to Spas

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To compile this select guide featuring listings of luxury properties and services, the eLUXURY editorial staff and respected freelance representatives visited each location and wrote about their experiences and personal recommendations. We visited anonymously and paid all expenses so we could report as accurately as possible what you could expect on a visit. eLUXURY does not solicit nor accept any fees in exchange for being listed here.

To make reservations at any of these luxury services you must contact the service provider directly with information provided in the description.

Spas with a Healing Touch

By Karmen Butterer

Ah, a day at the spa. Salt scrub. Facial. Massage. Mammogram? Yes. Health and beauty have become inextricably linked at spas nationwide as people discover the convenience of taking care of their medical and sybaritic needs in one stop.

Arguably the trendsetter in the field is Canyon Ranch Spa and Resort, which has locations in Lenox, Mass.; Tucson, Ariz.; and most recently, Las Vegas, Nev. This renowned destination spa, which has always emphasized an overall healthy lifestyle, bolstering its staff with physicians, nutritionists, exercise physiologists, acupuncturists, and behavioral therapists to create the ultimate spa/clinic hybrid -- without sacrificing the indulgences you expect at a world-class resort.

Some of Canyon Ranch's need-specific packages include programs for combatting hypertension, managing menopause, promoting "optimal aging," and address men's health issues. Packages typically involve consultations with specialists who review your medical history and may order such evaluations as cardiac treadmill stress tests or bone density scans. Experts will also help you create a personalized fitness and nutrition plan, so you can maintain the positive changes you've made once you return home. (Other spas with medical experts on staff include Destinations Health in New Haven, Conn.; Ojai Valley Inn & Spa in Ojai, Calif.; and SoHo Integrative Health Center in New York.)

SOCAL
REFLECTING SOUTHERN CALIFORNIA'S FINER LIFESTYLE | MARCH 2000

CANYON RANCH SPACLUB LAS VEGAS AT THE VENETIAN

I never thought I'd be driving to Las Vegas for a haircut, but that's what I've done, twice, since meeting James at the Canyon Ranch Salon at the Canyon Ranch SpaClub at the Venetian in Las Vegas. James is the first hairdresser I've met who took one look at me, asked me what I did for a living, learned what a sleep-deprived mother I was and announced, "Girl, you need some pizzazz." Three hours later, with a new color and a new cut, I barely recognized myself and was ready to take on the town. But not before taking advantage of this brand new and remarkable health and fitness oasis, a 63,000-square-foot branch of the famous Canyon Ranch Spa in Tucson, Arizona, the first of its kind in the country. Once you set foot into this tranquil setting, you'll leave the gaming tables behind, choosing from a rich sampling of programs whose goal is to motivate you to a higher level of awareness and a newfound respect for health, well being and the aging process. While 120 treatments are available here, take advantage of signature treatments such as the Canyon Ranch Body Cocoons, which surround your body within a European designed bed or tub using your choice of muds, herbs, aromas and oils, or the Rasul Ceremony, an ancient Middle Eastern ritual in an exotic, ornately tiled steam chamber where you relax as you apply medicinal muds with calming herbal steam, and a rain shower rinse from a fiber optic "night" sky. For the price of a daily passport, you can choose from boxercise, meditation, rock climbing on a state-of-the-art, 40-foot indoor climbing wall, chi gong or spinning. Canyon Ranch's renowned hiking program is now in place as well, offering hikes and mountain bike treks into the nearby mountains. **BEST MOMENT:** A massage therapist named Peaches (the name she was born with), one of the most experienced body workers I've ever encountered, gave me the Euphoria treatment beginning with an herbal body exfoliation and dry brushing before helping me into the Royal King's Bath in a luxurious blend of rose and sandalwood essential oil, all accentuated by fresh flower petals and candlelight. After I was sufficiently relaxed, practically asleep, she gave me a wonderful massage using specially blended herbs and oils. **DON'T MISS:** If you really want to indulge, choose one of the all-day spa packages, like Gentle Breezes. Here, begin by refreshing with a light cucumber and lemon oriental loofah scrub and hydrating cucumber moisturizer followed by a European facial of specially blended botanicals and marine extracts, followed by a Satin Smooth Body Cocoon, a moisturizing application of goat buttercrème and a cocoon treatment in the spa's German Envelopment System. Then drift into a Euphoria treatment. If you can still walk, move over to the salon for a signature manicure and pedicure, and then, ask for James to style your hair. **SOMETHING TO TAKE HOME:** Take advantage of the services here and meet with a SpaClub expert or personal trainer to discover new techniques to complement your fitness goals. What I actually took home was Toni and Guy's hair product, Bed Head Manipulator, which James used on my new locks. **COULD DO WITHOUT:** Okay, I'll say it. There's something weird about going to a spa where in order to get there, you have to walk through the smokiest place on earth – a Las Vegas casino. **ON THE MENU:** World famous spa cuisine is available at the Canyon Ranch Café, with gourmet healthy foods like egg white omelets, grilled shrimp with harissa, seared ahi with cinnamon plum dressing and a variety of fresh fruits and vegetarian cuisine. Or stop by the juice bar for healthy drinks. **BOTTOM LINE:** Unlike the Tuscan spa, there is no minimum stay here, since the spa is open to the public as well as Venetian guests. Half-day and full-day spa packages are available from $200-$460. Call 870-220-2688 for more information.

– Justine Amodeo

The soothing grounds of the Arizona Bil

THE ARIZONA REPUBLIC

MONDAY
January 10, 2000
SECTION B

Communities planned for superfit seniors

By Maureen West
The Arizona Republic

TUCSON — Imagine a desert community of superfit seniors, people as fit as 78-year-old Sen. John Glenn or 89-year-old cross-country protest walker Doris "Granny D" Haddock.

Mel Zuckerman, founder 20 years ago of one of the nation's best-known spas, Canyon Ranch of Tucson, wants to build "spa-adjacent" communities for such seniors. It's an experiment that he believes could reshape national attitudes about active-aging.

"It's not about stopping the aging process," Zuckerman said. "It's about showing people how to live youthfully for a very long time."

On 30-acre parcels next to his spas in Tucson and Lenox, Mass., he is planning construction of 100 patio homes that would double as research communities. Lessons learned could help shape the development of other retirement communities.

Zuckerman does not know yet how much these homes will cost, but it will not be low-income housing.

Many of the healthy living ideas that his Canyon Ranch spa popularized with its high-income clients, including relaxation techniques, regular massages and other types of bodywork, are now standard fare among health-conscious Americans.

Zuckerman, 71, says all the hard work has left him in better health than when he started, thanks to the fact that he is his own best disciple. He claims to be more energetic and youthful than he was in middle age.

See **SENIORS** | Page B2

Pat Shamahan/The Arizona Republic

Personal trainer Larry Ettinger watches Sandy Sheinin of Vancouver, British Columbia, work out in the Canyon Ranch gym.

From Page B1

In fact, his energy is prompting him to take the spa in the dramatic new directions. Customers always comment that it would be heaven if they could just live there.

Zuckerman expects to break ground with his new concept later this year at the Canyon Ranch spa in Lenox, and begin next year in Tucson. In his senior community, a buyer would have to be committed to exercising daily and eating nutritious food, Zuckerman said.

"I want people willing to work on being the best they can be (physically) for as long as they can be," Zuckerman said.

The indulgences of the spa would be hard for most people to resist. Residents would have access to the full range of Western and Eastern therapies, just like the well-to-do and celebrities from around the world who now visit Zuckerman's spas.

Seniors would not be expected to do the same exercise routines as 30-year-olds, assures Zuckerman who, until a knee injury, was a marathon runner in his 50s. He remains active in hiking, cycling, pool exercising and weight lifting.

Zuckerman believes four to six hours of exercise each week, including some work with weights, is important to aging well. Active exercise can reverse many the health problems associated with aging.

"All the biomarkers of aging are reversible," he said.

He expects that his proposed communities of gray jocks could be scientifically compared to other retirement communities, in terms of lifespan and long-term health.

Zuckerman says he has visited dozens of senior communities around the country, none of which come close to properly challenging older adults to be their best through their 60s, 70s, 80s, and beyond. Many residents of those communities, he says, don't have the core expectation that they can be and should be healthy in later life.

Golfing, dancing and playing bridge aren't enough to stay happy and healthy, he says. At his spas, there are lifestyle coaches all around, advising on activities, exercise, relaxation and nutrition, and motivating people. His senior communities would do the same, he says.

His entrepreneurial bones feel a big market.

"The baby boomers don't want to get old. They are interested in health and well being," he said. They don't want to just accept aging or the disease process like so many 65 and 75 year olds today."

Pat Shannahan/The Arizona Republic

Canyon Ranch guests jazz walk across a dance-room floor during a fitness class.

Mel Zuckerman wants to build communities for seniors to reshape attitudes about active-aging.

Always two steps ahead of himself, Zuckerman is looking beyond his spa-adjacent patio homes to something bigger. He is negotiating to buy land for what he has dubbed his "legacy."

He wants to develop a multigenerational, culturally and economically diverse community of a few thousand people who share the goal of healthy living. They would provide access to alternative therapies not covered by traditional medical plans. Like the senior community, some people would also participate in research studies on the effects of "lifestyle medicine."

Such a development would be a risk, but he has always been attracted to the frontier of America's health movement. He has always been a risk-taker, he says. That doesn't mean he hasn't test marketed his new concept of living at a spa; he's been a resident of Canyon Ranch almost since its founding and figures he will live there healthily — almost forever.

Reach the reporter at Maureen.West@ArizonaRepublic.com or at (602) 444-8167.

The Arizona Daily Star

Tucson, Sunday, January 16, 2000

20 years on, the world is Canyon Ranch's oyster

By Sara Hammond
The Arizona Daily Star

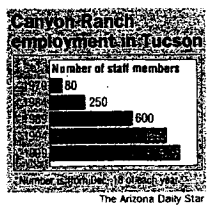
The founders of Canyon Ranch fitness resort hope to expand their brand — and their healthy-living philosophy — locally and globally.

Twenty years ago, Mel and Enid Zuckerman left the fast-paced life of real estate development to follow their dream of making health and wellness their business.

The concept started at the renovated Double U Ranch near Sabino Canyon and Snyder roads, expanded to an estate at Lenox, Mass., and is now offered at a day spa at the Venetian Resort-Hotel-Casino in Las Vegas.

That's just the start of taking the Canyon Ranch lifestyle and message — fitness, health, education, awareness — across the country and around the world.

Among the first expansions will be senior living communities adjacent to the ranch properties in Massachusetts and Tucson. Mel Zuckerman said a 30-acre parcel of Massachusetts land is properly zoned, and work on the project should begin later this year. In Tucson, zoning changes are required for a similar project to break ground in 2001, he said.



The Arizona Daily Star

For the Zuckermans, the success of Canyon Ranch is measured not so much financially but by whether people "get it."

"It," of course, is the path to longer, healthy living through the triangle of eating, fitness and spirit.

And baby boomers are assuring that the wellness culture is a growing one in the United States with their understanding of and desire for a higher quality of life in their later years.

Canyon Ranch has repeatedly been voted the country's top spa by travel magazine readers, and its reputation is high among spa-industry experts.

Aaron J. Latham, The Arizona Daily Star

Founder Mel Zuckerman, at his Canyon Ranch home. He now aims to take the Canyon Ranch lifestyle and message — fitness, health, education, awareness — across the country and around the world.

"It is one of the top if not the top" destination spa "because of the vision of Mel Zuckerman and the people who work there in creating a campus for health and wellness instead of a resort," said Bernard Burt, a senior editor of Spa Management Journal.

Burt is also the author of an upcoming book for consumers on the world's best spas.

"That's what defines them from all the rest," Burt said.

In addition to being a top-notch destination, Burt said Canyon Ranch has provided an economic boost for the Tucson area.

"It has spawned a whole series of businesses and created jobs in the area that didn't exist 20 years ago," Burt said.

Canyon Ranch employment has grown from fewer than 100 in 1978 to more than 950 now, to serve a maximum of 240 guests. The kinds of jobs range from physicians and nurses to business office staffers to hospitality, construction and landscaping jobs.

Expansion options

The Zuckermans are slowly and carefully crafting other plans to expand the way the Canyon Ranch message is delivered. Among the options:

- Canyon Ranch at Sea cruise ships that will offer the spa experience on the ocean.
- Canyon Ranch urban hotels, with the first expected to be announced in Boston within three months.

The hotels will feature SpaClub facilities, nutritious dining and a range of health and wellness services.

Zuckerman also is looking for

See **CANYON,** Page 8D

Canyon

Continued from Page 1D

several hundred acres in Tucson to build a more expansive healthy-living community that is multigenerational and available to multiple socioeconomic levels.

"That's the one we're hoping to do and have a relationship with the University of Arizona," he said. The university, through an endowment from Canyon Ranch, would provide medical services, and the ranch would provide wellness and lifestyle services.

Zuckerman also envisions the community to be the site of a long-term study on the effects of lifestyle on all age groups.

Zuckerman said he is hesitant to be more specific about plans until deals are completed. In 1997, Canyon Ranch announced its first overseas venture, on the Indonesian island of Bali. Construction stopped four months after the project began due to an economic collapse and political unrest in Indonesia. Zuckerman said it is "highly unlikely that will be resuscitated."

The senior healthy-living communities will focus on "optimal aging" and cater to people already involved in exercise, healthy eating and activities geared to staying active and energized for as long as possible, he said.

"We are all waiting to see whether Canyon Ranch will open in another part of the world," said spa expert Burt. He said Canyon Ranch could be a hit in Europe, where spas tend to cater to older guests.

Burt cautioned that there is risk in brand-extension efforts.

"There is risk if they expand too rapidly before they establish a national image for those brands. Now they are known as a destination spa in Arizona and Massachusetts," Burt said.

"They have to be sure to understand their target market and use a lot of advance communications to educate the consumer," he said.

For Zuckerman, "the evolution has been amazing."

"Twenty years ago when we started the ranch, there was no way to have foreseen what the ranch was going to be," Zuckerman said.

Mel Zuckerman was a successful real estate broker living a stressful, unhealthy lifestyle in 1977 when his father succumbed to cancer caused by smoking. He realized he needed to change his ways, or he would face a similar fate.

In 1978, Zuckerman spent a month at a California spa to learn how to get on a healthful track. Buoyed by the experience, the Zuckermans decided to make healthy living their business. In December 1979, Canyon Ranch opened at the old Double U Ranch near land Zuckerman had been developing.

The Zuckermans sold the Tucson resort property for $57 million in 1996 to Crescent Real Estate Equities Inc., based in New York and Fort Worth, Texas, in what was termed a financing and estate-planning move to permit more aggressive expansion opportunities. The Zuckermans retained operational control of Canyon Ranch.

When Canyon Ranch opened, no one was using the term "fitness vacation destination resort." Such places were called "fat farms," he said. The Zuckermans' idea was not to have people simply lose weight but help them change their lifestyle.

"If there is one thing that works the most against who and what we are, it is that we are called a spa, classified as a spa," said Zuckerman, a vibrant 71 years old.

Over the years, Canyon Ranch's offerings have expanded and the Zuckermans have continued to develop the property, most recently adding an aquatics center.

"What we are and continue to be is an education and lifestyle vacation," he said.

Most of the ranch's guests have gone home and engaged in healthier living. Others "haven't quite gotten it," he said.

But they can always return and try it again.

It's a costly tuneup

You don't have to be from New York or California to begin getting your healthful act together at Canyon Ranch. But you've got to have a little money for the experience.

During the popular winter months, rates at the Tucson facility range from $1,860 for four nights to $4,060 for 10 nights in a standard double room. A casita that accommodates four people ranges from $2,760 for four days to $6,130 for a 10-day stay.

Comparable off-season rates range from $1,340 to $2,990 for a standard double room and from $1,650 to $3,730 for the casita.

The fee includes three meals daily, use of spa facilities, fitness classes, hiking and biking, group presentations, cooking instruction, health and fitness assessment and consultation with a registered nurse and a session with an exercise physiologist.

Depending on the length of the stay, packages also include allowances for health and healing services, such as nutrition and food management and preventive and integrative medicine, and a daily spa or sports service, such as massage, facial, private sports lesson or personal training session.

Canyon Ranch also schedules special programs at its Life Enhancement Center, including optimal aging, healthy heart, journey through midlife for women and living with arthritis.

CR001671

feel good

Being Your Best

Tips for living well and happily, from the world-famous Canyon Ranch spa.

Wellness—the art of nurturing mind, body and spirit—is more than a mantra: It's a mindset. And these can-do exercise and nutrition tips from Carl Pratt, managing director of Canyon Ranch in the Berkshires, are designed to encourage optimal health and longevity.

- **Sit quietly** for five minutes every day.
- **Change one aspect of your diet** every week for the rest of your life.
- **Be consistent.** Fifteen minutes of exercise three times a week for the rest of your life is healthier than a sporadic exercise program. "Consistency will keep your energy level up, your stress levels down and your wardrobe fitting," Carl says.
- **Develop a habit.** Establish a Monday/Wednesday/Friday exercise schedule for a long-term fitness routine.
- **Put your fitness goals in print.** It takes 21 days to form a new habit and only 72 hours to break it. Commit to an exercise program by marking your calendar as you begin and reviewing your intentions daily for the next three weeks.
- **Jog your memory.** Lay your exercise clothes out the night before to remind you of morning exercise intentions. "If that doesn't work, wear your exercise clothes to bed. I'm not kidding," says Carl.
- **Have fun.** "Exercise is supposed to be fun, not work. Watch your favorite show, or listen to books on tape. It's the book that will get you back on the treadmill, not the thrill of victory," says Carl.
- **Try the buddy system.** Ask two friends to exercise with you, so you have a backup in case one can't make it.
- **Remember the Five-Minute Rule.** When you're on the fence about doing your workout, go ahead and start. Do it for five minutes before considering other options.

DEPARTURES

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TRAVEL GUIDE

Just Outside Manhattan: 5 Great Escapes

BY LAURIE WERNER

THE BERKSHIRES

Some three hours northeast of Manhattan, the Lenox–Stockbridge section of the Berkshires is prized for its genteel countryside and cultural goings-on.

Getting Around

The main thoroughfare of the Berkshires is Route 7, running north from Great Barrington to Williamstown; in busy seasons, however, traffic can run bumper to bumper in Stockbridge.

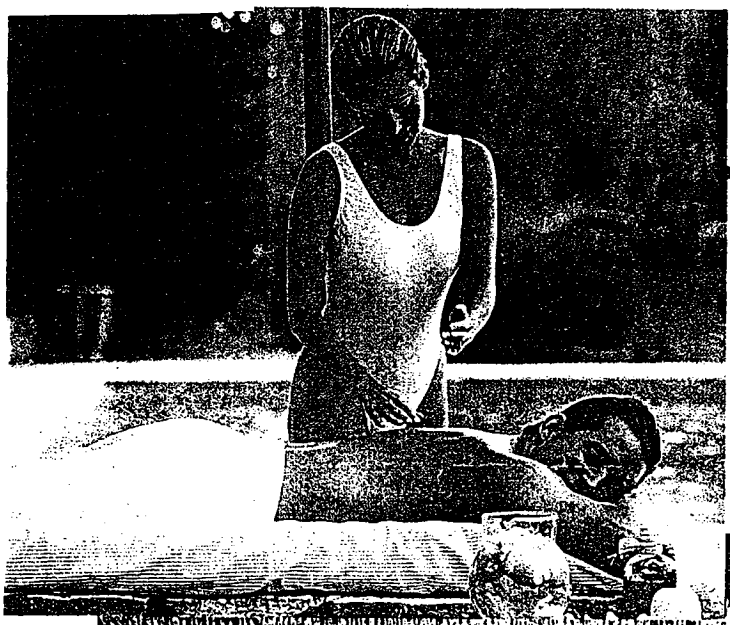
Hotels

CANYON RANCH What would the original owners of the stately 1897 mansion Bellefontaine think if they could see it today, as the centerpiece of the 120-acre Berkshires sibling of the Tucson spa? The programs at this 100,000-square-foot spa are the same: fitness and relaxation training, medical examination, treatments with practitioners ranging from music therapists to Chinese herbalists, behavior modification sessions, and other self-improvement stratagems. I wish I'd tried the $1,000 mind-enhancement program—it would have been nice to leave here in better shape *and* smarter. One caveat: The rooms don't match Bellefontaine's style. But, to be fair, that's not the reason you come. Three nights, mid-week, $2,045; seven nights, $4,790. Rates include meals. 165 Kemble Street, Lenox; 413-637-4100; www.canyonranch.com.

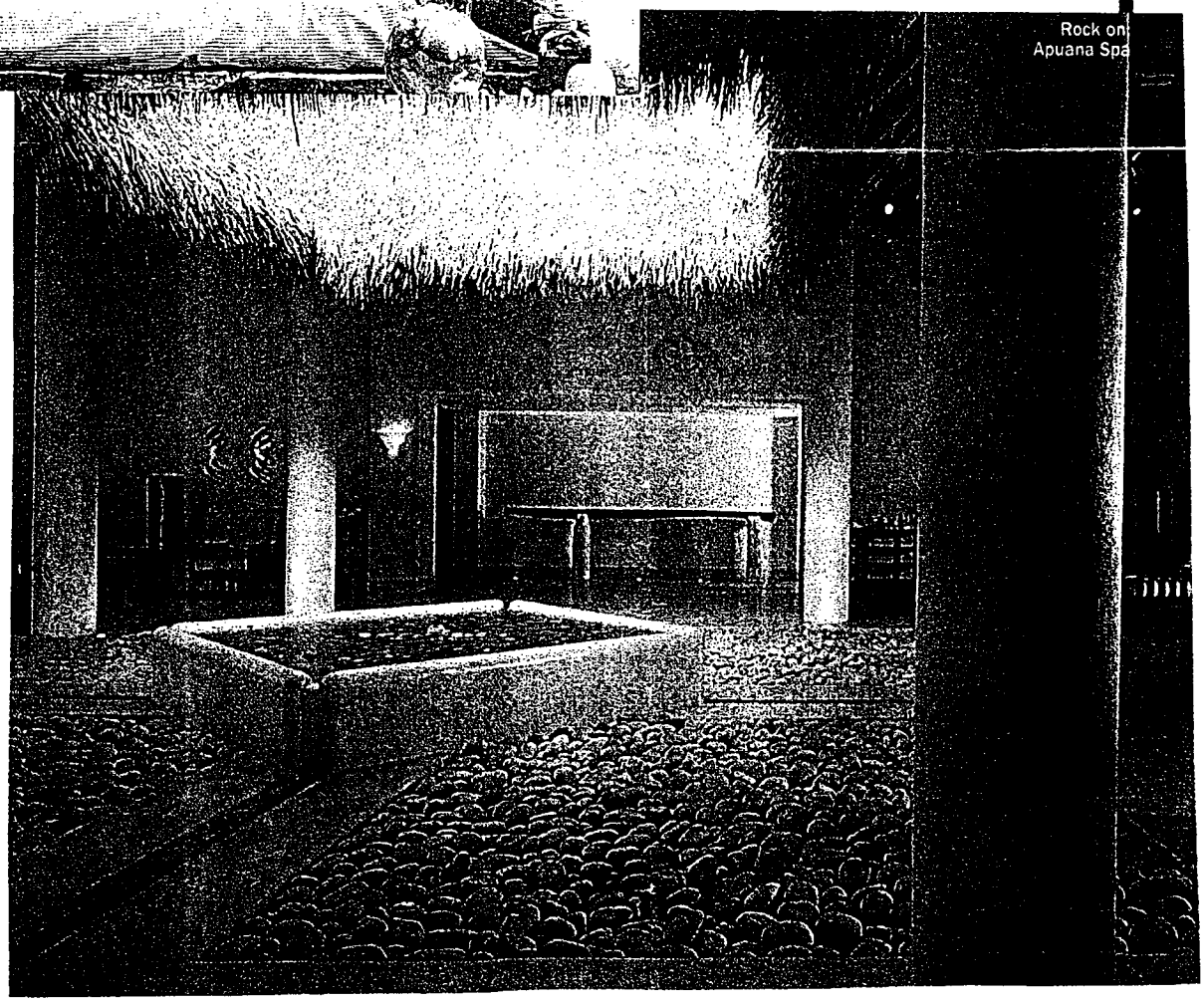
CR001673

BRIDAL GUIDE
NEW YORK, NY
BI-MONTHLY 267,043
NOV-DEC 2001

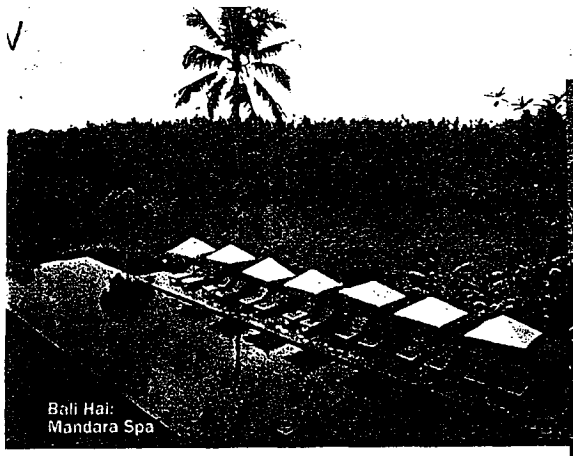
Serenity Now



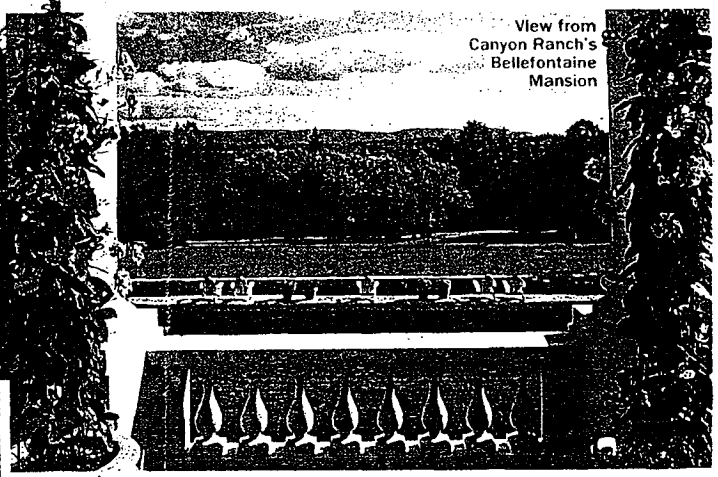
Indulge yourselves in a spa honeymoon. These fabulous getaways are sure to rub you the right way.



Rock on: Apuana Spa



Bali Hai: Mandara Spa



View from Canyon Ranch's Bellefontaine Mansion

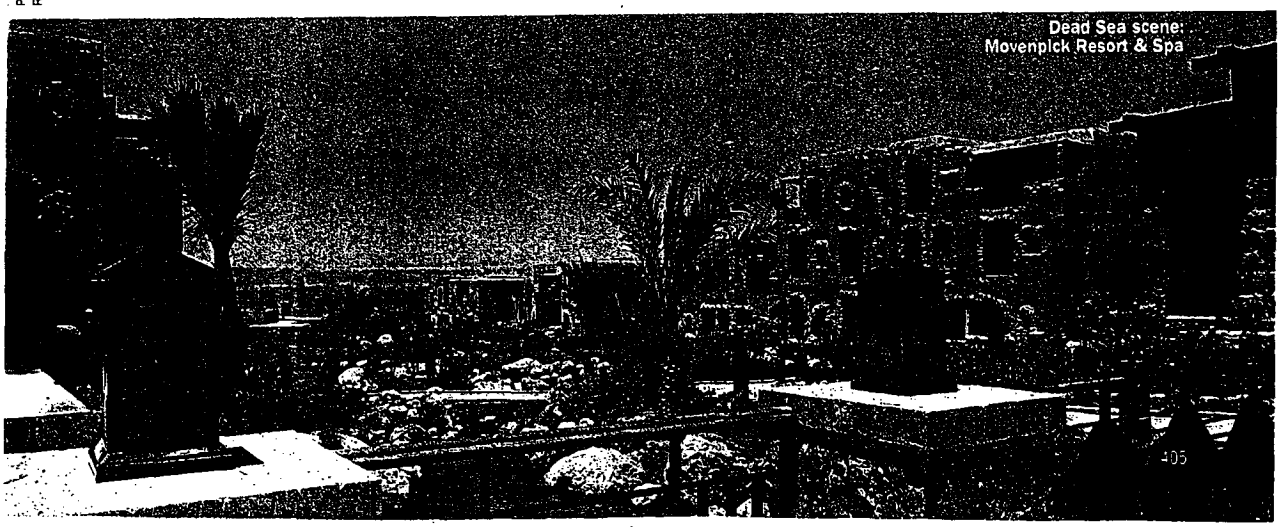
PUNTA MITA: (THIS PAGE, CLOCKWISE FROM TOP) COURTESY OF MANDARA SPA; COURTESY OF CANYON RANCH HEALTH RESORT; COURTESY OF MOVENPICK RESORT & SPA. DEAD SEA, JORDAN: COURTESY OF RANCHO LA PUERTA.

Spas are all but ubiquitous these days: check into any hotel or resort, and there's bound to be at least a room tucked away somewhere that's designated as the spa. But for those who truly appreciate the spa experience, or even for those couples who want to get some major pampering on their honeymoon, dedicated spa resorts that elevate body-and-soul care to a fine art are not hard to find. Here, a look at some of the best spa honeymoons around the globe, starting with our choice for the most exotic, most out-of-the-way spot.

Movenpick Resort & Spa, Dead Sea, Jordan Imagine a place where nature's healing powers magically soothe the mind and body. Where, year-round, the sun's rays are filtered to guard against sunburn, and the water's minerals not only help protect against allergies but also act as muscle relaxants. Here, perched on the sea's edge, scenic gardens rim a narrow, glistening river as it winds its way through an enchanting white-stone village. A Roman-style amphitheater faces the sea, providing spectacular sunset views. Have you and your honey stumbled upon some mystical Shangri-la? Not quite. You're reveling in some of the otherworldly amenities available at this spa resort beauty, located on the northeastern shore of the Dead Sea in Jordan.

From its charming village ambience and five on-site restaurants to its state-of-the-art Sanctuary Zara Spa, Movenpick has everything you'll need for your "pamper me" fantasies. Over 60 treatments are available at the spa. Feet still aching from some wedding-day swing dancing? Try the Deluxe Foot Treatment, and plunge your tootsies into an invigorating massage pool. Need to work out those post-planning stress kinks? Go for an aromatherapy massage, and savor the scented air, soft music and soothing massage oils. Or take a dip in the heated Hydro-pool. Enter the pool from within the spa itself, then tread over to the large outdoor area, where you'll find water jets to massage your back and neck, bubbling whirlpools to relax in, and even specially-designed "air seats" that allow you to gaze at the mesmerizing Dead Sea while enjoying an underwater massage.

Back inside the spa, unwind in the inviting, serene Thermarium. Mellow out here (and open up your skin's pores) in either the hot dry sauna or the warm steam room. Afterwards, energize with a mint-scented tropical rain shower. And don't forget to try out the mud from the Dead Sea—these treatments are said to tighten, moisturize and repair skin damage while **Continued on page 406**



Dead Sea scene: Movenpick Resort & Spa

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Serenity Now

Continued from page 405

helping to decrease wrinkles. (Not that you have any!) You'll also love the stimulating salt scrubs and the Dead Sea flotation pool: Its high salt concentration relaxes muscles, flushes out toxins and reduces swelling. Later, you two can cozy up in the indoor heated, domed whirlpool—another prime spot for viewing those magnificent sunsets.

If a little too much wedding cake has you fretting about extra pounds, head for the aerobics studio or the fully equipped gym, where a personal trainer will help get you going. But if serious R&R is your desired goal, you won't be disappointed: Enjoy a light snack in the peaceful, shaded courtyard of the Koi Carp lounge. Take a snooze on the private sundeck or linger in the luxurious Tranquillity Room, with its arched windows, adjoining veranda and comfy leather couches (their built-in stress balls actually massage your body!). Let's face it: At this spa you'll be pampered, spoiled, coddled and catered to at every turn. And why not? After all, it *is* your honeymoon.

Double room rates at Movenpick start at $250 per night. Call 011-9625 356111. Spa packages range from one-day offers, starting at $129 per person, to inclusive three-, five- and seven-day packages starting at about $311. Tip: To guarantee availability, book ahead of time. Call The Sanctuary Zara Spa at 011-05-3561110.—*Diane Forden*

Canyon Ranch, Tucson, Arizona and Lenox, Massachusetts Canyon Ranch's legendary properties in Arizona and in the Berkshire Mountains of Massachusetts have long been a magnet for couples seeking the ultimate in a spa. The best treatment: The Euphoria, a $220 indulgence that'll make you feel like a million bucks. The bliss starts with a warm face compress of Dr. Hauschka sage oil and is combined with a scalp/neck rubdown with rose-geranium oil. Next, you get a brush-off with a botanical body mask, followed by a grapefruit-oil bath and lavender-oil massage. You're sure to experience a major stress meltdown. After all that decompressing, delight in creative low-cal cuisine and fabulous fitness options (cardio boxing!).

Honeymooners heading to Las Vegas are in luck: the Canyon Ranch has a new SpaClub at The Venetian Resort-Hotel-Casino. Tip: Prebook your services before you go to ensure you get the treatments you crave. Three-night packages at the Canyon Ranch Berkshires begin at $1,300 per person, including all transfers, accommodations, meals, spa services, sports activities, gratuities and more. Rates for a four night package at Canyon Ranch Tucson begin at $2,580 per person. Call 800-742-9000.

Rancho La Puerta, Baja California, Mexico Celebs such as Kate Winslet, Gillian Anderson and Sophia Loren have stopped in at this spa, an oldie but goodie that's been pampering and soothing since 1940. The resort is known for its hiking program; an especially popular hike is the trail to the organic vegetable garden, followed by breakfast. Chef Bill Wavrin was recently voted Best Spa Chef in the country by the readers of *Travel & Leisure*. If you love the food (and you will), take home *The Rancho La Puerta Cookbook*, so you can re-create low-fat, high-flavor dishes, like the resort's delicious lasagna, at home. Exercise classes run the gamut from Abs & Backs to Yoga, and "Couples' Weeks" teach life-enhancing experiences. Rates begin at $2,374 per person for the week. Call 800-443-7565.

Hyatt Regency Maui Resort & Spa, Hawaii You'll both enjoy the signature Maui Sugar treatment at the swanky $3.5 million Spa Moana—it's a scrub of sugar, honey, aloe vera, grape-seed oil and lavender that rejuvenates the skin. This ocean-front spa offers an exercise floor with views of the Pacific; 11 treatment rooms; and a luxury spa suite. Detox your dermis with a *limu* (Hawaiian seaweed) body-firming mask, or go for a massage in a beachside cabana. Double room rates begin at $250 per night. Call 800-55HYATT.

The Moorea Beachcomber Parkroyal, Moorea, French Polynesia This is a trendsetting spa in a gorgeous resort that will be three times bigger by the time you read this. Fresh plumeria flowers are strewn *everywhere*, including in the tub for two. Toss aside your inhibitions and enjoy the outdoor rain shower, the body mask or facial made with fresh-plucked papaya, or the body wrap with fresh banana leaves. Rates vary, **Continued on page 408**

Tropical Spas

The spas at **Sandals'** and **Beaches'** all-inclusive resorts offer tropical pampering at locations in Jamaica, Turks & Caicos, St. Lucia, Antigua and The Bahamas. The most popular treatments: the Moor mud facial and seaweed body peel. Honeymooners love The Moonlight Couples' Massage at Beaches Royal Plantation in Ocho Rios, Jamaica. Have it done on your balcony, on the beach or in the spa! Note: Spa treatments are not included in the all-inclusive rates at these properties. Call 800-SANDALS.—*D.K.K.*

Coffee, Tea or...

Java lovers will pull an all-nighter after enjoying the Vanilla Coffee Exfoliation at the gorgeous **Orchid at Mauna Lani's Spa Without Walls** on Hawaii's Big Island. Using Big Island-grown beans as the main ingredient, this wake-up treatment also features raw turbinado sugar, vanilla, orange essential oils and green tea extract. Hold the cream! Call 808-885-2000.—*D.K.K.*

A Perfect Balance

At many beach resorts, the spa is a bonus, while sun, sea and sand are the main event. But at the stunning **CuisinArt Resort & Spa** in Anguilla, the spa takes center stage. Housed in a brilliant, whitewashed three-story building with a rounded front and a roof deck, the lovely 6,000-square-foot Venus Spa has one outdoor and five indoor treatment rooms and offers massage, facials, reflexology, aromatherapy, seaweed wraps, sea salt and loofah scrubs, and hot stone therapy. Recline in a comfy pedicure chair that affords an incredible view of the sea and, in the distance, the mountains of nearby St. Martin. Bonus: An impressive on-site hydroponic farm, in which vegetables and herbs are grown without conventional soil, provides nearly all the resort's produce—no small accomplishment on this desert island! Double room rates begin at $260 per night, including breakfast, most water sports and tennis. Call 800-943-3210.

—*Denise Schipani*

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Serenity Now

Continued from page 406

but the "Maeva" package, with rain shower, exfoliation, body wrap, massage and bath, is $265 per person. Call 689-55-19-70.

Brenner's Park-Hotel & Spa, Baden-Baden, Germany This gorgeous spa, nestled at the edge of Germany's famed Black Forest, is housed in a 19th-century historic landmark. Recent additions include a "Frigidarium" (open-air cold-water plunge pool), an aroma steam bath and a Japanese garden. The "Inner Illumination" treatment uses Bulgari products, such as its green tea soft body wash, for exfoliation. The spa features so much scrubbing, buffing and polishing that you're guaranteed to emerge feeling brand new. A two-day escape begins at $514 per person, per night. Call 800-628-8929 or 800-223-6800.

Four Seasons Punta Mita, Punta Mita, Mexico This new Four Seasons resort will seduce you with tequila in ways you never thought possible. At the resort's Apuana Spa, the alcohol is used in the signature massage! When mixed with sage oil, tequila becomes both antiseptic and antibacterial—making the mixture perfect for cleansing and detoxifying the skin. Note: Worm not included. Phew! Double room rates begin at $440 per night. Call 800-332-3442.

Mandara Spa at the Nikko Bali Resort & Spa, Bali, Indonesia True spa aficionados seek out this five-star property with its gorgeous panoramic views of the Indian Ocean. The spa, which uses natural products made by hand from scratch each day, is a feast of Balinese teak, Thai silk, flowers, scented oils and aged stone. Try the signature Balinese Boreh scrub, made with clove, cardamom and ginger. Sip warm ginger tea and nibble on ginger cookies (and each other) as you lounge in an aromatherapy bath filled with flowers and oils. Don't miss the Mandara massage, a blend of six different massage styles: Japanese Shiatsu, Thai, Hawaiian, Lomi Lomi, Swèdish and Balinese. The scent is heavenly, and you are worked on by *two* therapists, who synchronize their strokes—they even match their breathing patterns. That's some knockout kneading! Start with the coconut body scrub, made with fresh-grated coconut, turmeric, gelatin and carrots—good enough to eat! Three-night packages start at $480, including dinner, champagne and a 20% discount on spa treatments. Call 800-NIKKO-US.

JW Marriott Cancún Resort & Spa, Cancún, Mexico Just opened in 2001, this is one of the Caribbean's most ambitious resorts—and spas. Maya-inspired treatments use avocado, papaya, honey and salt. The wrap that post-wedding brides will especially appreciate: The exfoliating Rose Envelopment treatment ends with a rose-soufflé body wrap. Double room rates begin at $155 per night. Call 800-223-6388.

The Mii Adoma Spa at Enchantment Resort, Sedona, Arizona The Crystal Grotto is the centerpiece of this spa, whose name is derived from the Native American word for "journey." Oils used for treatments are placed on crystals in the grotto overnight, to be re-energized for the following day. Mii Adoma offers unusual luxuries, such as a blue-corn body polish and a Sedona clay wrap. Bonus: The spectacular landscape of Sedona is a magical, mystical treat in itself—sure to stir your souls and feed your imaginations. Rates for a three-day package begin at $1,590 per person. Call 888-749-2137.

—Debbi Karpowicz Kickham

Survey Says...

Used by Hawaiians for hundreds of years to heal a variety of ailments, the *noni* fruit has been said to fight aging, improve sex, increase energy and reduce high blood pressure. Now, *morinda citrifolia* (noni's botanical moniker) is available as a supplement that can be added to drinks and smoothies at **Hilton Hawaiian Village's new Ola Pono Spa Café.** Some people swear that noni enhanced their sexual enjoyment. Of course, it could just be that they were in Hawaii... Call 800-HILTONS.—*D.K.K.*

Love Lessons

On the Caribbean island of Grenada, the recently opened **Janissa's Spa at the Spice Island Beach Resort** pampers with all the usual suspects, plus it offers popular "Lessons in Love," where couples learn to massage each other. Spicy, indeed! Call 800-223-9815.—*D.K.K.*

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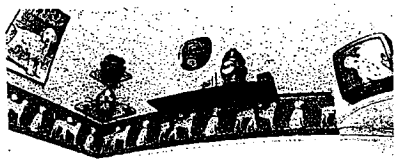
new sensations



SYBARITE SCOOPS

Attention, about-to-be marrieds: Here's the latest news in spadom.

❊ **ROLL OVER** If you're bringing Fido along, he'll lap up the dog massages and grooming at the San Marino Hotel in Palm Springs, California. Doubles from $129; 800-676-1214 or sanmarinohotel.com.

❊ **SPA REGISTRY** Now you can register for indulgences like the Couples Retreat (a private bath and couples' massage) at the Grove Park Inn Resort & Spa in Asheville, North Carolina. Doubles from $275; 800-438-5800 or groveparkinn.com.

❊ **FAT-FREE CRUISING** Welcome to the world's first floating spa. Canyon Ranch at Sea is planning two new cruise ships boasting the retreat's state-of-the-art sports and spa facilities. 800-742-6494 or canyonranch.com. —SALLIE BRADY

LOS ANGELES TIMES
LOS ANGELES, CA
TUESDAY 1,021,121
JAN 30 2001

SAN FRANCISCO CHRONICLE
SAN FRANCISCO, CA
SUNDAY 605,354
JAN 14 2001

SPAS PROVIDE LATEST TREATMENTS

L-79CA

Las Vegas and its surrounding areas feature more than 30 state-of-the-art spa facilities, including the newest in treatments for mind, body and soul. Ranging from public facilities to those available to resort guests only, the spas in Las Vegas are as varied as the resort hotels and casinos that house them.

Spa services include a variety of massages including sport, Shiatsu and Swedish to soothe tired muscles and smooth away kinks; body treatments including herbal baths, wraps, aromatherapy and reflexology; relaxing amenities such as steam rooms, saunas and whirlpools; and full-service salons offering manicures, pedicures, facials and haircuts.

Some resorts offer wellness centers, where professionally trained personnel offer advice on nutrition and healthy lifestyles, as well as innovative fitness facilities and equipment such as virtual reality bicycles and Cybex equipment.

A look at Las Vegas spa facilities follows:

The world-renowned, award-winning Canyon Ranch SpaClub recently debuted in Las Vegas at the Venetian Resort Hotel Casino. Featuring a 63,000-square-foot facility, Canyon Ranch offers skin care and body treatment rooms, movement therapy and Pilates studios, Watsu pools and a medical/wellness center, among other amenities. Conde Nast Traveler recently named the Canyon Ranch SpaClub at the Venetian among the top 10 resort spas in the U.S.

The Aquae Sulis spa at the Regent Las Vegas, located in Summerlin, offers a New Age experience, with therapies originating in the medicine of India, combined with traditional European massage and fitness classes ranging from yoga and tai chi to cardio kickboxing and Pilates.

Paris Las Vegas features the Spa by Mandara, which specializes in customized body scrubs and wraps, special massage treatments and facials. Spa Grande Suites include oversized whirlpool baths, double-headed showers, private lounge areas and personal attendants.

The 12,000-square-foot Oasis Spa at the Luxor Las Vegas features body wraps, massages and facials around the clock. Life Fitness cardiovascular equipment and Paramount circuit-training machines offer a complete workout.

The Mandalay Bay Resort's Spa Mandalay combines classic massage and body treatments with the latest in therapeutic techniques for a unique spa experience.

A wide array of massage, hydrotherapy, body and facial treatments await hotel guests of the Bellagio at the Spa Bellagio. Unwind in the redwood sauna, eucalyptus steam room and relaxation lounge. The latest in exercise equipment is available.

The RockSpa, located in the Hard Rock Hotel and Casino, features a well-appointed spa and fitness facility.

TRAVEL AGENT
NEW YORK, NY
WEEKLY 51,504
JAN 22 2001

Before the Ceremony

Savvy agents are finding ways to earn more commissions from prenuptial celebrations

By Stacey Zable
szable@advanstar.com

Brides and grooms are taking their pre-wedding festivities, such as bachelorette and bachelor parties, on the road. The travel industry is responding with on-site wedding coordinators, bridal party packages and even commissionable day spa programs. This trend all adds up to more money from the honeymoon market for the proactive travel agent.

The new pre-wedding getaway has relaxation, not partying, as its main focus. The Centre for Well-Being, a full-service spa located at the Phoenician in Scottsdale, Ariz., sees two to three bachelorette/bachelor pre-wedding groups a month, according to Donna Sampson, sales and marketing manager for the spa.

"We get a lot of brides bringing bridesmaids down one week or two before the big day," she says. "If the couple is getting married at the resort, they come a few days before the wedding and bring the bridal party with them."

The 22,000-square-foot facility offers spa treatments, fitness classes, and other ways to revitalize the mind and body. The typical group size for the pre-wedding parties at the facility is six to eight women, says Sampson. She adds that the spa appeal is not limited to the women in the bridal party, and when the group is both men and women, the size is about 10. "About 40 percent of our clients are male now," she says. "More and more men are becoming interested. They try it once and realize how good it can be. They realize how energizing and relaxing it is."

The main focus of many pre-wedding outings is relaxation at such spa properties as Canyon Ranch SpaClub in Las Vegas.

Relaxing Retreat

Pre-wedding groups can be booked on the three-night "Well-Being Retreat Spa" package, which includes accommodations, daily breakfast, a choice of spa treatments, holistic manicure and pedicure, and unlimited use of fitness classes and facilities. Rates start at $2,700 double.

The trend of prenuptial spa vacations for wedding parties is a significant one. All three Canyon Ranch properties—including the health resorts in Lenox, Mass., and Tucson, and the day spa in Las Vegas—have seen a rise in groups of women and men opting for a healthy getaway before the wedding, says Katie Garber, spokeswoman for Canyon Ranch. "It's an excellent place for so many people," Garber adds. "It doesn't involve going out late and partying. It's more about having a relaxing, happy vacation, reducing stress and getting ready for the big day."

At the 65,000-square-foot Canyon Ranch SpaClub at the Venetian in Las Vegas, there is an average of two pre-wedding groups per month, says Maria Sawyer, sales manager for the SpaClub. The typical group size is 10 to 15 women.

"They come to Las Vegas to shop, dine, see a show and throw in a day here at Canyon Ranch," says Sawyer. "They do a package with a couple of services and fitness classes. We can arrange a luncheon in a private room, or we can serve it by the pool in a cabana." Sawyer credits the popularity of these types of getaways to geography. "People live all around the country and want to find something central and exciting and just fly in," she says. The SpaClub offers a number of customized packages that

Continued on page 74

Before the Ceremony

Continued from page 56

are good for pre-wedding groups and/or destination weddings, with prices based on the number of treatments.

This pre-wedding trend was also anticipated by the new Our Lucaya resort on Grand Bahama Island, which had its official opening in December. The resort created the "Inno-Sense Bridal" package for its destination wedding parties. The package includes a hairstyling, manicure, pedicure and makeup application for the bride; hairstyling, manicure and pedicure for her bridesmaids; and a bottle of champagne. The price is determined by the number in the wedding party and the treatments selected. The package can also be customized for a pre-wedding getaway, adding guest rooms.

Something Different

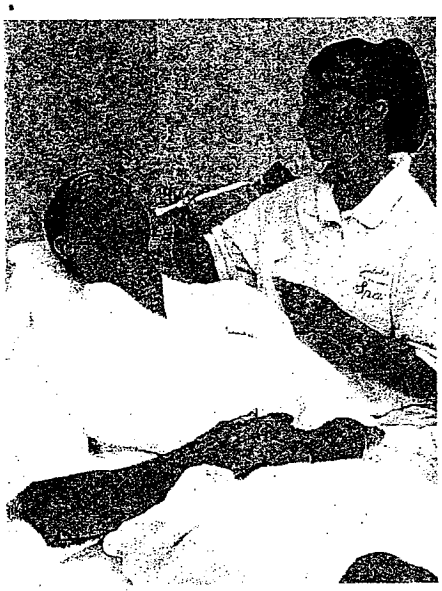
"We tried to come up with packages that are really different and not the same old wedding or honeymoon package," says Karen Rames, director of marketing services for Our Lucaya. Rames adds that the resort will also customize any type of pre-wedding celebrations. "Our wedding coordinator at the hotel will create whatever clients want. We're not saying, 'This is the package and that's that.' We will work with you," she says.

Agents can also earn commission on pre-wedding spa parties close to home through Spa Finder day spa gift certificates. Spa Finder represents a network of 380 day spas in the U.S. and Canada, and 269 destination spas worldwide. "The day spa is very popular for pre-wedding relaxation and a makeover," says Diane Freeland, director of corporate sales for the New York-based company. Spa Finder does the research for the retailer, with reservation agents recommending a day spa in the bride's area that can accommodate the number in the party. Most day spas can handle groups between six and 12, she says. Spa Finder can also help organize a spa getaway weekend, with or without air.

Day spa gift certificates available through Spa Finder come in any denomination. Freeland recommends $250 for a half day and $350 for a full day. She adds that spa gift certificates have also become popular as attendant gifts and wedding gifts. Agents receive 10 percent commission on gift certificates and 11 percent on destination spa packages. TA

Resources

- **Canyon Ranch Spa Club**
  Las Vegas
  Phone: 877-220-2688
  Lenox, Mass., or Tucson
  Phone: 800-742-9000
  Web site: www.canyonranch.com
- **Our Lucaya**
  Phone: 877-687-5822 or
  242-373-1333
  Web site: www.ourlucaya.com
- **The Phoenician**
  Phone: 800-888-8234
  Web site: www.thephoenician.com
- **Spa Finder**
  Phone: 888-ALL-SPAS
  Web site: www.spafinder.com



First," spa experiences were added to their Ritz Kids program, introducing ages 4-14 to manicures, facials and other treatments teaching the importance of self-care.

Golden Door, traditionally for women, instituted five Men's Weeks during the year, where males have the exclusive retreat to themselves. Facial and aromatherapy products have been altered to adhere to men's needs as more and more combine spa vacations with golf, hiking, kayaking and other manly pursuits.

Packaging now presents a more inclusive experience beyond the spa. In Jamaica, Round Hill's new $175 per person per day Wellness Plan covers airport transfers, boat rides, daily body treatments, meals, everything but the room.

Themes and auxiliary pleasures have become quite popular. Canyon Ranch Health Resort promotes Specialty Weeks at its Life Enhancement Center, devoting seven days to workshops run by experts on arthritis or the heart or hiking and golf. Golden Door spices summer weeks with journaling, feng shui, Japanese artor yoga.

Expert Advice

Kim Livesay, director of public relations for the International Spa Association (ISPA), advises: "Spa business has reached several billion dollars, and the male interest has played a large part in rising attendance figures. Our board of directors defines seven spa categories for membership. (See box at right.) Medical was added in '99 due to the growth of European-type facilities in the U.S."

Membership in ISPA is a point agents can rely on to determine the credibility of a certain resort or destination spa. ISPA members must abide by a list of standards and practices that are monitored annually. But what about the hundreds of resorts and hotels suddenly adding "Spa" to their names? Are they full service spas? How does an agent know which one is valid and which has just added a massage table next to the fitness center?

To answer those questions, ISPA is launching a travel agents training program called "Becoming a Spa Specialist." It debuted in December at the Luxury Travel Expo in Las Vegas, and will continue making the rounds at trade shows through 2001. Agents will learn which questions to ask to verify if a specific place is right for their clients. As a bonus, those completing the seminars earn 10 IPA credits.

Eleanor M. Wilson is a California-based travel writer.

Data Base

Canyon Ranch (800) 742-9000
Cap Juluca (888) 858-5822
Golden Door (800) 424-0777
Marriott (800) 228-9290
Red Door (800) 592-7336
Ritz-Carlton (800) 241-3333
Round Hill (800) 972-2159
Spa Ojai (800) 422-6524
Swept Away (800) 545-7937
Wyndham (800) Wyndham

Spa Speak.

Destination Spa: Focuses entirely on following a regimen to improve self and quality of life. Prominent nutritionists, noted chefs and tastefully prepared meals in idyllic settings are often part of the marketing strategy. In most destination spas, the old 'fat farm' idea of starving guests for a week has long gone by the wayside.

Health Resort: Uses the European approach with restorative treatments as opposed to cosmetic. At these properties, reduced meal portions and restricted menus are more the norm.

Resort Spa: Offers a full line of treatments and pampering to achieve well being, but the routine is often mixed with other pleasurable activities. If no water treatments are included (Vichy shower, hydrotherapy), this is not a spa in the true sense of the word. Ask those ISPA seminar questions if unfamiliar with a resort, and check with clients as to just what they expect.

Day Spa: Fast-growing segment where one can pop in for a quick rejuvenation, or spend the day going from mud wrap to manicure. Some resort spas offer day passes, but resort guests are given priority in scheduling.

Wellness Center: Typical spa services are featured in conjunction with holistic experiences such as mind healing, meditation inner therapy.

Medical Spa: An offshoot of European-style facilities that is gaining acceptance in the United States. Emphasis is on healing body conditions through a clinical approach, as well as reversing harmful habits, whether emotional, physical or subconscious.

Cruise Spa: By 2001, Canyon Ranch at Sea, a new division of that familiar name, will operate a line of cruise ships dedicated to health, healing and adventure. *Quest I* and *Quest II*, are currently under construction in Italy. Unlike today's ships with spa facilities, each Canyon Ranch ship will BE a floating health resort from stem to stern.

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KERA npr

http://www.kera.org/

KERA'S LATEST PUBLIC TELEVISION SPECIAL "MAGNIFICENT LOVEMAKING" PREMIERES NATIONALLY MARCH 1

"Magnificent Lovemaking: Seven Dimensions of Sexual Connection" KERA's latest public television special, premieres nationally on public television in March, 2001.

This program debuts on KERA 13 on March 1, 2001 at 9 p.m. Check our listings in March for repeat airings of this program.

Dr. Lana Holstein, a nationally respected expert on sexuality, combines her expertise as a medical doctor with 25 years experience as a sexuality counselor to provide positive, empowering and accessible information on how to become a better lover and enhance your sex life. The program is based on Dr. Holstein's new book, "How to Have Magnificent Sex – The 7 Dimensions of a Vital Sexual Connection," (Harmony Books/January 30, 2001).

Dr. Holstein shares with an adult studio audience the seven dimensions of a dynamic sexual relationship: biologic, sensual, and desire – relating to our bodies; the emotional dimensions – the heart and intimacy; and the soulful dimensions – aesthetic and transpersonal. Through her warm, engaging approach, viewers will learn new techniques for creating a multidimensional love relationship wherein both partners contribute their strengths towards building an exceptional relationship.

"The best sexual relationships have all the dimensions represented," Dr. Holstein says, "but each person will have strengths in different dimensions."

"Dr. Holstein has helped thousands of women and men revitalize their sexual relationships and rediscover the passion that is so much a part of love," says Olivia St. Claire, author of *Unleashing the Sex Goddess in Every Woman.*

Dr. Holstein, a graduate of Yale Medical School, is the Director of Women's Health at the famed Canyon Ranch Health Resort in Tucson, Ariz., where she conducts seminars on sexuality and vitality, and leads workshops for couples who want to intensify their sexual communication, intimacy and romance. Her years of expertise – and affinity for the topic – a sought after national speaker and frequent interviewee in national magazines, syndicated newspaper columns, scholarly publications and on television talk shows nationwide.

The production team for **MAGNIFICENT LOVEMAKING** includes Sylvia Komatsu, Executive in Charge; Betty Buckley, Executive Producer; Linda Stogner, Producer; and Joe Bellotti, Co-Producer.

KERA, a leader among PBS and NPR stations nationwide, provides local and national communities with diverse, quality programs and services.

Canyon Ranch: Optimal Aging

AGING With Style

MARCH - APRIL 2001

LIVING & Travel

Canyon Ranch

OPTIMAL AGING

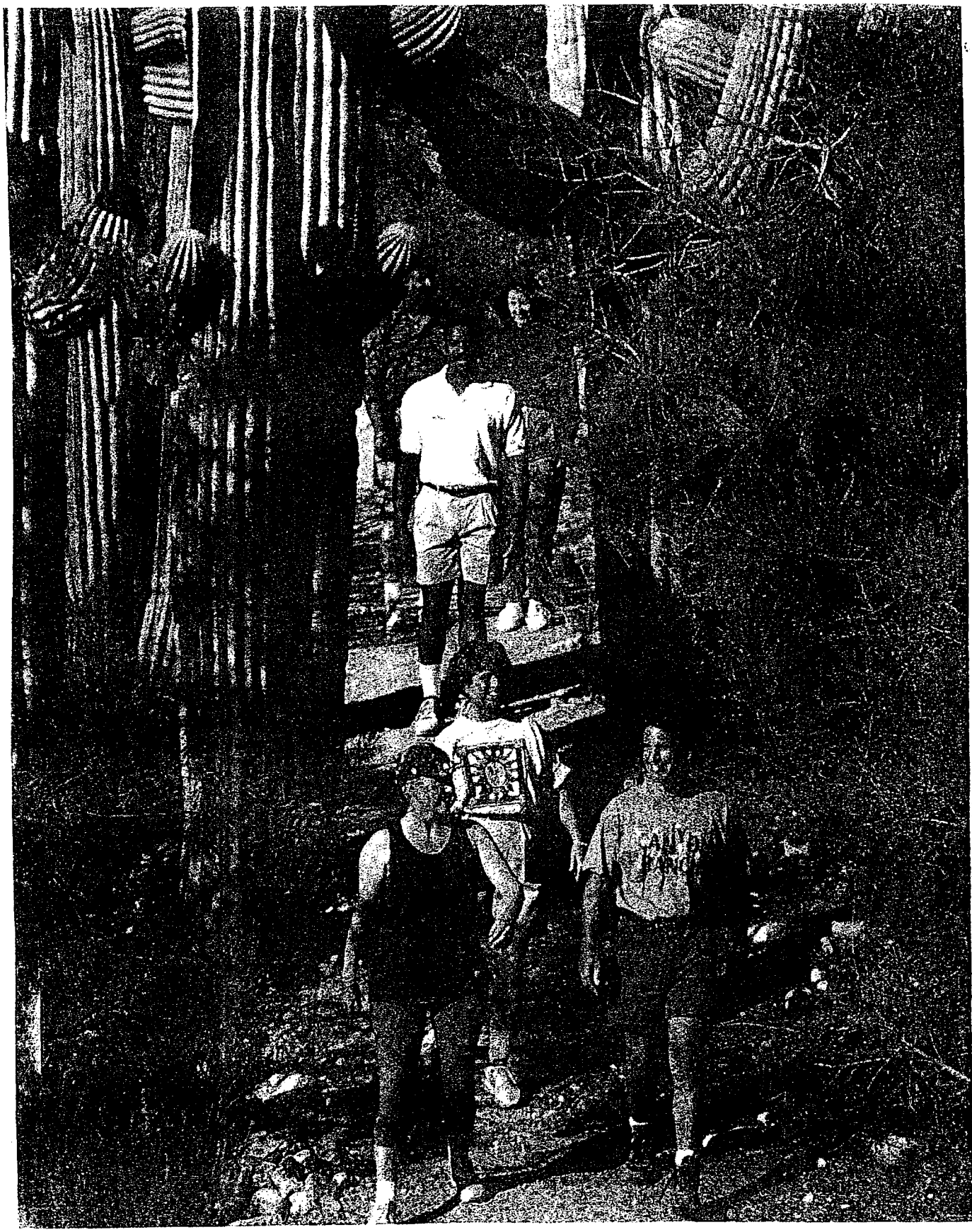
Adding Years to Your Life and Life to Your Years!

By Peggy Austen

Altering your "biological clock" maybe as easy as going on vacation—one that never ends because you take it home with you. This vacation of a lifetime awaits you at Canyon Ranch Health Resort with its Optimal Aging, Life Enhancement program. Optimal Aging is about changing how you live, from "supposed to" to "doing it." It's about an approach to life that includes an active physical life, a healthy nutritional life and a positive emotional life. Optimal Aging shows you how to put it together to help turn back the clock and give you years of life in those years.

"We feel that people can actually become biologically younger with our synergistic program," said Mel Zuckerman, founder of Canyon Ranch. Zuckerman calls it "Life-Style Medicine," and it has been in use at the Ranch for the past 20 years. There, you can work with longevity professionals to delay or prevent many of the conditions and diseases that accompany the aging process. Optimal Aging is the most comprehensive choice of the specialty health packages offered at the Ranch.

"People must appreciate that they have a 'fountain of youth' within themselves," said



Evan Kligman, M.D., director of the program at the Ranch. "The core philosophy of Optimal Aging is to help people get empowered with their personal life-style."

LIFE-STYLE CHOICES

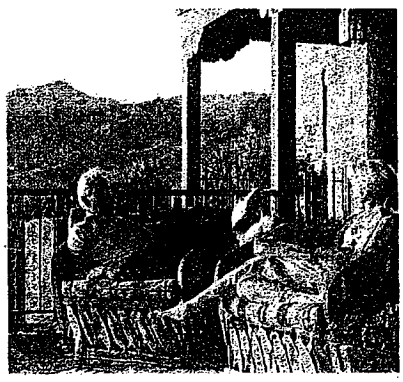
Both Zuckerman and Kligman are convinced that life-style choices influence the expression of our genetic makeup and determine how well we age. "A lot of our life span is probably genetic, but life-style choices determine the quality of that time of life," said Kligman. He suggested that smoking, stress, drinking, and a sedentary life-style all add up as poor risk factors. Taken together they determine one's health risk outlook while a health risk appraisal determines one's biological age based on the risk factors.

Twenty years ago, based on such an evaluation, Zuckerman made an amazing discovery that led to the creation of the Ranch and, eventually, the Optimal Aging program. "When I was 40, my doctor assessed my biomarkers as being those of a 65-to-70-year-old man. When I was assessed at 65, my biomarkers matched those of a 40-to-45 year old. No one can control chronological age, of course, but we can all learn to influence biological age," said Zuckerman. "I reversed my biological clock through years of healthy living. It takes ongoing commitment and discipline, but the payoff is incredible."

According to Kligman, anyone has the capacity to make changes that affect the aging process. "Our legacy as an institution is to help people truly understand what it means to take control over their aging process," said Kligman. "It isn't the quantity of those years, it is the quality that we have control over."

THE GUESTS

Optimal Aging is designed for those people, ages 40 to 90, who want to stay



healthy. "Younger clients are anxious when they come in. Many don't have good life-styles. They need to lose weight, exercise, eat differently. Older clients are worried about loss of function," said Kligman.

Guests in the program are not segregated by age but rather blended into a group that becomes the catalyst for individual change and the motivation to continue making healthy choices long after the program ends. According to Kligman, the diversity of ages is welcomed; in fact, it is actually empowering. He believes that the bonding of the group is what makes the week-long program unique.

"People who are in their 90s become the mentors of the younger guests. They give new meaning to being a role model," Kligman said. "And older guests come to realize the importance of making friendships with people who are younger. It works both ways."

THE RANCH

Canyon Ranch is a world-renowned luxury health resort nestled in the foothills of the 9,000-foot-high Santa Catalina Mountains near Tucson, Arizona. Surrounded by 70 spectacular acres in the magnificent Sonoran Desert, the Ranch has set the standard for healthy vacations since 1979.

The Ranch offers a wealth of resources and facilities, including the Life Enhancement Center, a nurturing, separate environment on the grounds of Canyon Ranch where the Optimal Aging program is held. Participants enjoy exclusive use of its well-equipped gyms, locker rooms, dining room, lounge, meditation garden, massage facilities and nearby swimming pool. More important, guests flourish under the guidance of the dedicated staff that numbers at least 35. With a ratio of two-to-three staff members per guest, it's really personal service at its finest. "Our staff is pro-health. People get energized by their level of positiveness," Kligman said. "They push the health quotation of each guest to the maximum."

PURPOSE AND LEGACY

Individualized programs are designed with a focus on discovering one's true meaning in this world. "All of us have to define our purpose in life. Our life-style choices determine our level of health. If we are moving in a positive direction, as defined by our role in the universe, we can and must maintain our level of health so that we can fulfill our destiny," Kligman said.

The aging process often brings on inherent life issues. How we handle those issues determines how and if we age with grace and style. "As we get older, there are often multiple reasons to be in despair. With meaning and purpose as an ongoing pursuit, we have the opportunity, with age, to accumulate

wisdom and, therefore, create a meaningful legacy," Kligman said. "As a physician, I've known scores of people who are healthy to their dying moments. It isn't about the quantity, it is about the quality of whatever time we have."

A PERSONAL STORY

Kligman's own story points out the core philosophy of the program and how it worked for him. For several years, Kligman had been a regular contributor to Ranch programs. By 1998 he had begun working with the intent of developing a new program called Optimal Aging.

As a physician at a university medical facility, Kligman had been working at a superhuman pace, loading up on the stress, dealing with a lack of time and being thoroughly dissatisfied. He finally made the decision to slow down, reduce his responsibilities and commitments and go into private practice where he had more control over his life choices. "Basically, I redirected my energies. Now at age 51 I feel much healthier than when I was 35," he said.

Kligman suggested that everyone who works at Canyon Ranch has a similar story as to how they arrived at this point in their lives. "We walk the talk and talk the walk," he quoted. "I am excited about going to work and about learning something new every day from other staff members or from our guests," he said. "It is a positive experience that breeds a positive and healthy attitude."

THE PROGRAM

Your "first day of the rest of your life" program begins with a 20-page confidential life-style questionnaire that gives counselors at the Ranch an intimate view of virtually every detail of your daily life. Then, a personalized selection of activities is made with your needs and goals in mind. In a week, guests could experience between 70 and 80 different programs. "There is also an opportunity to individualize programs, although the kinds of experiences are fairly typical for all," said Kligman.

Guests spend approximately four hours discussing and interacting with staff members who explain the importance of making life-style changes. They help guests develop goals and objectives for the week as well as the years to follow. "The guests are not spoon-fed but rather helped to make choices that make sense for their own life-style," said Kligman.

Through both individual and group sessions, guests work toward their short-term goals which, hopefully, turn into long-term goals. "I think that when people come to the Ranch they are making a financial and time commitment. They are also making a commitment to a healthy life-style that acts as preventative 'medicine.' Everyone in the program works as an individual and as part of a group to make the changes that will affect their future."

FINALE

In the end, after the inspirational and motivational week, guests gather around a campfire to share their experiences: what they're leaving behind and what they've gained. They share the awareness of their empowerment and the changes that will lead to a longer and healthier life. Included in the program is a "drumming" session, a tribal performance that really hits a chord. "Guests get very creative and let go of their energy," said Kligman. "You get the feeling of the group working together." With strong friendships made, purposeful goals in hand, and a feeling of resolution about the future, the guests depart their respite at Canyon Ranch.

AT HOME

The ultimate test of the program is its ability to keep on going. That is the goal of Optimal Aging—to make it a life-style that works for each person physically, intellectually, nutritionally and emotionally. "Canyon Ranch measures its value by what you do after you leave the ranch—what you take home is a new awareness and a sense of control about issues in your life," said Zuckerman. "It isn't just about being healthy; it's about taking control over our health and, ultimately, our aging process." Now in its sixth season of programs, Optimal Aging is looking to add six week-long program dates in 2001, and the Ranch is holding a spot for you.

Remember your best vacation. It had several components: beautiful surroundings, great food, good people, new experiences and comfortable feelings. It reached you on a multitude of levels. A visit to Canyon Ranch and Optimal Aging just might be the vacation that has it all and then some to add years to your life and life to your years!

OCEAN DRIVE®

OCEAN DRIVE MAGAZINE
MIAMI BEACH, FL
MONTHLY 70,000
NOVEMBER 2001

NOVEMBER 2001

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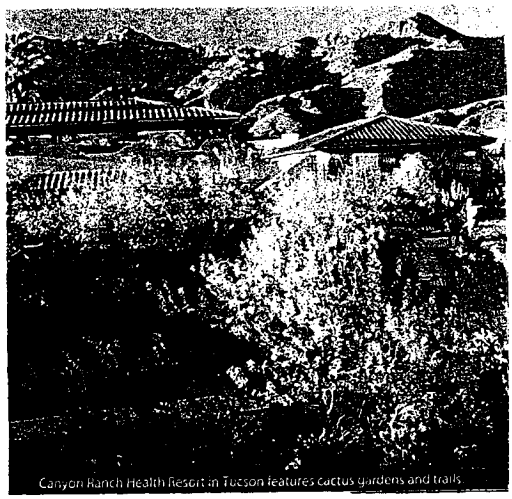
INTERNATIONAL TIP SHEET

Edited by Rex Gomez

America's Great West

Heading westward on the luxe trail, the first stop would have to be the new **Ritz-Carlton** in New Orleans, Canal Street. The company dropped $200 million on two historic district landmarks—the **Maison Blanche** and **Kress** building—and created 452 luxury rooms, a two-story spa and a reconstituted **Victor's**, a restaurant that originally opened in 1830s.

After all that rich New Orleans food, a stop at the renowned **Canyon Ranch Health Resort** in Tucson, Arizona, might be a good idea. A cluster of adobe cottages situated on 70 acres in the foothills of the Santa Catalina Mountains, the resort offers 50 fitness classes daily, lots of mountain hikes, spiritual tune-ups on the order of yoga and chi gong, and mud, salt, ayurvedic and seaweed treatments in a 64,000-square-foot spa complex. (Canyon Ranch also has sister properties in the Berkshires and Las Vegas' Venetian Resort.)



Canyon Ranch Health Resort in Tucson features cactus gardens and trails.

Mel and Enid Zuckerman in 1979 in Tucson, Arizona, and Canyon Ranch in the Berkshires, which Zuckerman's opened in Lenox, Massachusetts in 1989.

Canyon Ranch enjoys a worldwide reputation for luxury vacations based on healthy living through fitness, nutrition and lifestyle education and awareness. Canyon Ranch SpaClub offers a rich sampling of the programs and services that have made Canyon Ranch the overwhelming choice for best spa according to the readers of Travel & Leisure and Conde Nast Traveler magazines.

The SpaClub's state-of-the-art facilities include massage, skin care and body treatment rooms, gym and weight rooms, men's and women's locker rooms with large whirlpools, saunas, steam rooms and relaxation lounges, a 40-foot indoor rock-climbing wall, movement therapy studio, a cycling gym, a beauty salon and Canyon Ranch Café. SpaClub also features two private Spa Suites designed for couples. Each three-room Spa Suite has two treatment tables, a private bathroom, steam shower and luxurious soaking tub, a lounge with TV, video, stereo equipment, fireplace and dining area.

Spa Services & Packages

Canyon Ranch SpaClub has an impressive menu of rejuvenating spa services including massage and therapeutic bodywork, mud, aromatherapy, ayurvedic and seaweed treatments, facials, and masques, balenotherapy, conditioning body scrubs and therapeutic body cocoons.

Fitness Classes & Activities

Daily fitness classes and activities include rock climbing on a 40-foot indoors rock-climbing wall, aerobics, kickboxing, spinning, strength training, stretching and yoga.

Wellness Department

SpaClub offers wellness consultations and guidance in lifestyle changes with specialists including nutritionists, acupuncturists, exercise physiologists, movement therapists and physical therapists.

CANYON RANCH
Spa Club
Tucson, AZ ° Lenox, MA ° Las Vegas, NV

CR001688

SalonSENSE®
Vol. 3 Number 9 INDUSTRY SOLUTIONS FOR THE PROFESSIONAL ... mber 2001

CANYON RANCH *Spa Club*

Canyon Ranch SpaClub opened in June 1999 at The Venetian Resort in Las Vegas, Nevada. The 65,000 square-foot, two level health spa and fitness facility is one of the largest of its kind in North America. Located on the 4th floor of The Venetian, SpaClub has every amenity of the finest day spa plus features not found anywhere else. SpaClub's more than 100 offerings include fitness activities for all levels, massage and body treatments, wellness services, exercise physiology, physical therapy, movement therapy, acupuncture, nutrition counseling, skin care and beauty salon services and healthy gourmet cuisine. Canyon Ranch also operates Living Essentials, a distinctive boutique located in the Grand Canal Shoppes at The Venetian. SpaClub guests must be at least 16 years old and 18 years old to receive spa treatments. SpaClub is a nonsmoking facility and alcohol is not served or permitted. Cellular phone use is prohibited. Guests of The Venetian have priority access to SpaClub services. SpaClub is open daily from 5:30 a.m. to 10 p.m.

Canyon Ranch SpaClub is the third Canyon Ranch property and the first Canyon Ranch day facility. SpaClub joins the original Canyon Ranch Health Resort, founded by

MESSENGER-PRESS
ALLENTOWN, NJ
WEEKLY 3,994
AUG 16 2001

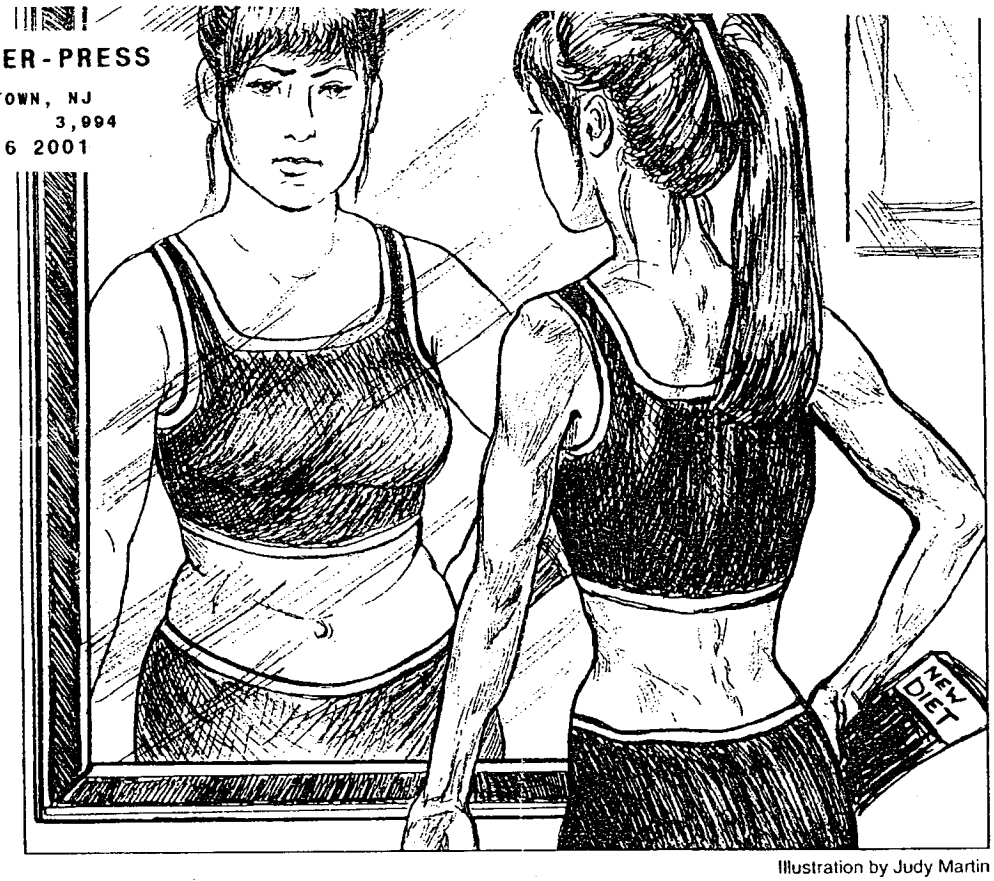


Illustration by Judy Martin

Girl Interrupted

Girl Scouts step up efforts to promote healthy body image

BY SALLY FRIEDMAN

WHEN a nutritionist from Canyon Ranch, the famous spa in Tucson, Ariz., recently talked to seventh and eighth grade girls about healthy eating, there was a deeply troubling reason for the visit. Seems that these youngsters, who were not from impoverished circumstances, had been passing out in class from starvation.

The girls, it turned out, viewed starving themselves as the surest route to beauty and popularity.

Shocking?

Then consider what was learned when the Girl Scouts of the USA launched its major study, "Girls Speak Out: Teens Before Their Time," one that spanned all socio-economic groups and geographical locations.

Fifth grade girls reported proudly that they were already counting calories. The "tweeners" in the study, girls between the ages of 8 and 12, wanted to "wear a bikini without a big fat tummy sticking out all over the place."

Dr. Harriet S. Mosatche, director of Program Development for the Girl Scouts of the USA, and an online teen advice columnist and author, was struck by the universality of weight concerns. "It was across the board and very pervasive," said Dr. Mosatche, who noted that the Girl Scouts have responded to this sobering wake-up call by redoubling efforts to reinforce strong self-esteem in these preteens.

In the Princeton area, Melinna Harris, assistant executive director of Girl Scouts of Delaware-Raritan, is using the national organization's program materials to help bolster the self-esteem of young girls.

"We've always been sensitive to the needs of girls, but we're definitely seeing issues that used to surface in young teens now affecting those much younger," said Ms. Harris. "We really need to emphasize the positive things about being a girl."

What's going on out there? Why are our daughters obsessed with weight and body image issues before they even reach middle school?

"There's tremendous pressure on young girls to look a certain way, and there's lots of imitation at this stage," said Amy Jersild,

See IMAGE, Page 37

CR001690

Continued from Page 11

an outpatient therapist at the Renfrew Center in Bryn Mawr, Pa., a women's mental health treatment facility that specializes in eating disorders. "Girls are 'trying on' different selves, and it seems to revolve around appearance — what you look like on the outside."

While some concern about identity is part of normal development, suggests Ms. Jersild, today's pre-teens and teens are bombarded with media images that profoundly affect them. "They see Britney Spears and Madonna, they see magazine models, and they become convinced that this is how THEY must look.

The media saturation is so intense that sometimes, these girls can't think of anything else. They lose sight of all their other strengths, and they prioritize weight and appearance obsessively."

"It's a frightening epidemic! Eating disorders are the ultimate result of society's obsession with weight and image," suggests Laurie Posner, a counselor in private practice in Princeton, and a therapist in the Eating Disorders Unit at The Medical Center at Princeton.

"Advertisers spend billions of dollars in advertising clothing and makeup to younger and younger girls, and there's tremendous pressure to be thin," said Ms. Posner, who has treated serious anorexia.

"I've seen wonderfully bright, sensitive girls take 30 laxatives a day. I've seen unbelievable manipulation and deception, all in the name of achieving thinness. I've seen an 18-year-old with osteoporosis because of what she'd done to her body," said Ms. Posner, who is herself the mother of a teen daughter.

Ms. Posner worries about both extremes of the parenting spectrum. "The very controlling, overly hovering parent, particularly the mother, can set off a very negative reaction in a young daughter, and so can the absent non-participating mother. It's a very delicate balance to deliver solid messages about weight and appearance, but it's a crucial one for mothers to master."

What's a mother to do?

In her book, "Our Daughters' Health," Sharon Roan, a longtime Los Angeles Times health writer, explores what is happening to today's young women between the ages of 6 and 16.

When it comes to body image, Ms. Roan is emphatic that the culture is a powerful influence on girls, often to their detriment. "The media has been partly responsible for helping to create a beauty standard that is nearly impossible to attain," suggests Ms. Roan. "This image, of a tall, slender, large-breasted, flawless-skinned woman is presented as typical or prevalent." Ms. Roan cites a recent study of teens which defined the "perfect girl" as 5 feet 7 inches tall and weighing just over 100 pounds. "The ideal girl was a living manifestation of the Barbie doll," the researchers concluded.

Ms. Roan, like other experts, suggests that daughters may be caught up in the media hype about glamour, but that they are still watching their own mothers for cues. "If your daughter hears you complaining about your weight, obsessing in front of the mirror or talking about another diet, you can be sure she's considering whether she, too, should be concerned about her body and her weight."

Advises Ms. Roan, even to the mothers of overweight daughters, "A healthy weight should never come at the expense of her precious body image and her view of herself as competent, normal and cherished."

Among the things parents can do to help daughters achieve that positive image:

- Always praise her for what she's accomplished.
- Encourage her to try new things.
- Introduce positive ways to maintain a healthy body, including team and individual sports.
- Address her feelings.
- Assure her that a healthy, strong body is beautiful, no matter what size.
- Assist her in being herself, not an imitation of an unattainable cultural icon.

While some girls are adept at hiding any and all traces of the disorders, many display symptoms that should alert parents that intervention is needed, according to Laurie Posner, Princeton counselor. Those symptoms include:

- A noticeable weight loss or a camouflaging of body through layering of clothes;
- A preoccupation with food and calories;
- A reluctance to participate in family meals;
- Mood changes;
- Extreme behavior changes, including promiscuity, drinking and acting out rebellion;
- Strange food rituals like overusing condiments and cutting food into tiny pieces.

November 1, 2001

FAMILY CIRCLE MAGAZINE

NEW YORK, NY
16-TIMES/YEAR 5,054,000
NOV 1 2001

FC Good

Neat Treats • Terrific Trips • Smart Splurges By Jonna M. Gallo

I knew I was living the Good Life when...

'Ready-to-wear' is a total misnomer! Recently, I started taking many of my clothes to a tailor. Having a pro adjust jacket sleeves or shorten pants makes a major difference in fit.

–Linda Moran Evans
FC's Fashion & Beauty Director

Ever had a moment when you realized you were living the good life? Tell us. Send a postcard to: FAMILY CIRCLE, Dept. GL, 375 Lexington Ave., New York, NY 10017.

Spa Secret

Peanut Butter Pudding

At the legendary Canyon Ranch Health Resorts in Tucson and the Berkshire Mountains, dessert goes beyond a mere fruit cup. Here, spa chefs share their recipe for a sumptuous treat that has only about 200 calories and 5 grams of fat. To do: **1.** Add 1 envelope unflavored gelatin to 3 tablespoons water; allow to soften. **2.** Combine 1 cup nonfat milk, 1½ cups canned evaporated skim milk, ⅓ cup chunky peanut butter and ¾ cup packed dark brown sugar in pan; cook over medium heat, stirring constantly with whisk. Just before mixture comes to boil, remove from heat. (If allowed to boil, mixture will separate and have a grainy texture. This does not ruin taste but affects appearance.) **3.** Add 1 tablespoon vanilla extract and gelatin; mix well. Cool to room temperature. **4.** Pour evenly into 8 custard cups. Refrigerate at least 4 hours before serving.

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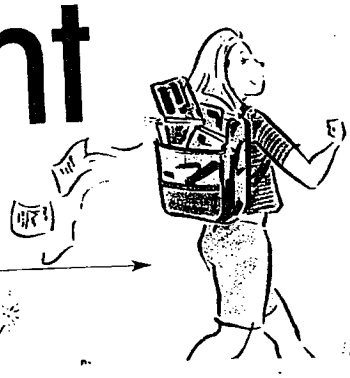
WOMAN'S DAY
NEW YORK, NY
17-TIMES/YEAR 4,600,000
NOV 1 2001

BY KERRI S. SMITH

lose weight for good



Tips from

SET YOURSELF UP FOR SUCCESS

1 Grab a piece of paper and write down a "quality of life index" that describes how you feel physically and emotionally, suggests Kelly Brownell, Ph.D., director of the Yale Center for Eating and Weight Disorders. Include anything that you feel is relevant.

- Do you have enough energy? Do you sleep well?
- Do your knees or back hurt?
- Are you out of breath after climbing a flight of stairs or walking a few blocks?
- Are you on medication for diabetes or hypertension?
- Do you experience mood swings or depression?
- Do you avoid social occasions or family outings because of your body size or fitness level?

Every month after you begin incorporating new, healthier behaviors, review the list to see if any of the index markers are changing.

2 Change is an inside job, says Joanne Sorenson, a behavioral therapist at Canyon Ranch Spa in Tucson, Arizona. To gain the self-confidence to design your own diet and exercise plan, listen to "the little voice inside."

3 Many Web sites (for example, *www.diettalk.com, www.caloriecontrol.com and www.healthcalc.net*) help you track calories, analyze food values and plan a week's worth of food, says Neil Wolkodoff, Ph.D., exercise scientist and personal trainer. Several exercise sites offer interactive fitness tests, sample workouts and body-mass-index analysis.

MANCHESTER JOURNAL
MANCHESTER CENTER, VT
WEEKLY 7,000
OCT 26 2001

Canyon Ranch resorts to living younger longer

Carl Pratt, the Managing Director of Canyon Ranch in the Berkshires, will demonstrate some of the resort's many ideas for healthy living on Tuesday, Oct. 30 at 7:30 p.m. at the Northshire Bookstore. "The Canyon Ranch Guide to Living Younger Longer" is a comprehensive program for optimal health for body, mind, and spirit. The staff of the Canyon Ranch Health Resort compiled the book, which includes a foreword by Dr. Andrew Weil and an introduction by Mel Zuckerman, the founder of The Canyon Ranch.

The delight and power that Mel felt when he found release from chronic illness and the dread of an early death inspired him to put everything he had into his "crazy dream" of a small health resort near Tucson, Arizona. The result was The Canyon Ranch Health Resort. He consciously threw all the force of his energy, talent, and vision into the full expression of his values.

The Canyon Ranch is now famous throughout the world, in large part because it promotes an integrated approach to health that involves every aspect of a person, and this approach has excellent results. The Canyon Ranch Guide to Living Younger Longer is divided into chapters on medicine for optimal health, meditation, exercise, nutritional intelligence, healing touch, living younger longer, and other aspects of health for the whole being. Exercise techniques, both physical and mental, are approached in simple steps; each step is explained with photographs and/or text. Recipes are presented clearly and attractively with photographs of the finished dish. Sidebars, nutritional charts and anecdotes personalize the book, which holds a wealth of information that is easily absorbed by the reader. As well as being a managing director, Carl Pratt is a motivational speaker for The Canyon Ranch. He will hold a question and answer session after the demonstration, offering a chance for participants to have their personal health inquiries addressed. For more information call 1-800-437-3700 or 802-362-2200 or visit www.northshire.com.

ModernBride.com

August 2001

Throw a PG-13 Bachelor Party

Gary Drevitch

The bachelor party, like man himself, has crawled out from the primordial ooze into the bright light of civilization. Taking the crowd to a strip club is no longer automatic; in fact, it's no longer even the norm. A bachelor fête today is as likely to involve paintballs as pasties, as likely to end up on a basketball court as in night court. There's no shortage of creative options, but since your friends probably aren't organized enough to discover them, here are a few suggestions to get you started:

Spa-go
Instead of putting fruit in your drink and wrestling in the mud, put fruit on your eyes and bathe in the mud at a spa party. As the hot springs boil, your heads (and pores) clear and you can all speak freely the eternal truths of manhood. World-famous Canyon Ranch has sites in Tucson and Lenox, MA, for weekend stays, as well as a day spa at The Venetian in Las Vegas, where you can choose from a menu of services like Abhyanga and Shirodhara, which may very well be the same thing. Bonus: You can get a fantastic message without having to worry about the vice squad breaking it up.

Say it with song
Make your bachelor party sing. Have your best man ask every guest to rewrite a pop song, TV theme, or jingle, adding lyrics based on your years together. Reserve the back room of a steak house, let the scotch pour, turn on the camcorder, and just sing, sing a song. Bonus: You can play the embarrassing footage of your best man's drunken warbling at his own bachelor party.

Mano-a-mano
Everyone says the bachelor party's about you. But it may really be about the people who'll be most affected by your marriage—your closest friends. Ease their fear of abandonment by stretching your bachelor party out over several weekends and scheduling one-on-one outings with each of your closest companions, doing what they love best, be it camping, drinking, or...drinking. Bonus: All those days out with the guys can keep you away from the house while your bride and her mother choose tablecloths for the reception.

It's a slam dunk
All those years of playing pickup ball on pothole-riddled street courts, you've been telling your boys that you'd dominate if only you played on a real court. Now's your chance. Pro-level gyms like Chicago's Lakeshore Athletic Center (where Michael Jordan has been known to drop in for a pickup game) will rent a court to your group, for a price—up to $300 per hour, depending on when you need it. Lakeshore even has a rooftop party area where you can drown your sorrows when Michael doesn't show. Bonus: When it's your party, no one would dare call you a hog for taking every open shot.

Fields of dreams
Plan a long weekend road trip that strings together games at as many major-league ballparks as you can reach. Try the Toronto-Detroit-Chicago-Milwaukee axis, or roll from Boston to New York to Philadelphia and Baltimore. Most parks rent luxury sky suites to party groups, though the price can be steep. Bonus: The home team wishing you well on the scoreboard between innings. How can you beat that?

Bring Elvis to the building
If the goal of the bachelor party is to make the groom the center of attention, there's no better way to do it than to put him in an Elvis costume and stroll him down the Las Vegas strip. Dave Hoagland's friends took a bachelor party road trip to Sin City and furnished him, on arrival, with a full-on Elvis getup: The wig, the white jumpsuit, the gold necklace, even the gold boots. "As we made our way out onto the Strip, I felt what it was like to be a celebrity," says Hoagland, 35, of Palo Alto, CA. " 'The king is back!' 'Marry me, Elvis!' 'Elvis has entered the building!' " After about 15 minutes, I was glad I would not be a celebrity in the morning." Bonus: For Hoagland, riding the mechanical bull at The Frontier as the king.

Paddle and battle
Once upon a time, a camping trip was simple: Ride to the country, start a fire, sleep. Then came the pseudo-battle phenomenon known as paintball. At the 250-acre Kittatinny Canoes campground on the Delaware River, in Barryville, NY, the staff sets the mood by hauling players a mile up to the top of a mountain in an Army surplus troop transport vehicle. Kittatinny also offers kayaking and white-water rafting, and you can do it all in one weekend with the Paddle and Battle special. "Every year we see more and more bachelor parties," says owner Ruth Jones. "What happened to all the go-go girls?" Bonus: As you work in unison to navigate the raging river, you finally realize the glory of male camaraderie, just in time to give it up forever.

Card sharks
Playing cards on folding chairs in your basement has a certain charm, but for your bachelor party, do it right: Rent a hotel suite, lease a proper casino-style poker table from a gaming supply company, and hire a bartender for the evening. As room service keeps the crudite coming, you can savor your drink and think, "I went to all this trouble and I still can't draw an inside straight?" Bonus: At the end of a bachelor-night poker game, some groups have been known to give the entire kitty to the groom as a gift.

Time machine
Bachelor parties are nights for reminiscing, looking back on your rowdy or romantic days gone by. You and your best friends could construct an evening tour of all your old haunts—the playground where you used to play whiffle ball, the bar where you first got served, even the makeout point where you...first got served. Take along a case of that cheap, watered-down beer you used to drink to complete the experience. Bonus: Hiring a van and driver for evenings built around drinking is never a bad idea.

Author Biography

Gary Drevitch's work has appeared in Parents, the New York Post, and America Online. He is a former editor at Teen People and React magazines.

NEW YORK POST
NEW YORK, NY
TUESDAY 438,000
AUG 28 2001

Cindy Adams

... **Lorraine Bracco** to Tucson's Canyon Ranch: "To get my a- - into shape for the Emmys." ... Newly redhot **James Gandolfini**, whose life has changed, is seeing his life change. He was getting a divorce, now he's not getting a divorce. Fame, it's a bitch.

SOUTHERN CALIFORNIA'S BUSINESS AND ENTERTAINMENT MAGAZINE

BRNTWD

APRIL 2001

OUR ANNUAL SPA GUIDE

WELL BEFORE HEADING TO ANY RESORT IN THE COACHELLA VALLEY, VISITORS NATURALLY CALL AHEAD TO RESERVE TEE TIMES. THESE DAYS, HOWEVER, SAVVY FOLKS HEADING FOR A DESERT GETAWAY MAKE A SECOND BOOKING — IT'S FOR THEIR SPA TREATMENTS.

RESORTS FROM ONE END OF THE VALLEY TO THE OTHER ARE SEEING A REAL "SPA BOOM." LAVISH NEW SPAS ARE PART OF EVERY NEW PROPERTY AND THE OLDER RESORTS ARE BUSY UPGRADING AND EXPANDING THEIR EXISTING FACILITIES.

BEST IN THE WEST

destination spas

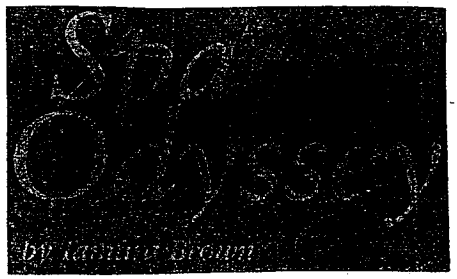
THE SPA at CANYON RANCH
Tucson, Arizona (800) 742-9000
Las Vegas, Nevada (877) 220-2688

This internationally renowned resort continually receives accolades as one of the best spas around — and for good reason. Canyon Ranch, located in majestic Tucson, Arizona, offers guests the chance to change their lives forever with programs devoted to healthy living. But lest you think that a visit to Canyon Ranch is all work, a visit to the spa will convince you otherwise. For pampering, guest should try Euphoria. This is 100 minutes of bliss where the guest receives an aromatherapy scalp massage, followed by a warm botanical body mask. After the mask is buffed off, the guest is immersed in a soaking tub before receiving a final massage. For those who cannot make it all the way out to Arizona, there is the Canyon Ranch Spa Club at the Venetian in Las Vegas. With the same philosophy and many of the same treatments as the spa in Tucson, this Canyon Ranch is like a mirage in the Las Vegas desert.

Canyon Ranch

BRNTWD (BRENTWOOD MAGAZINE)
SANTA MONICA, CA
BI-MONTHLY
MAR-APR 2001

TODAY'S DALLAS WOMAN
DALLAS, TX
MONTHLY 40,000
MARCH 2001



Open the pod bay doors, Hal, we're headed into spring 2001 — time for a spa odyssey.

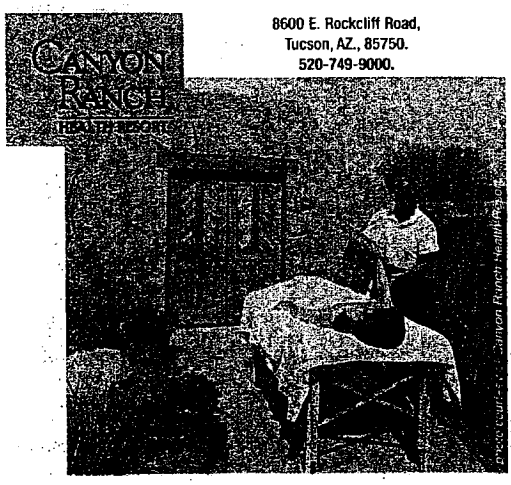
If you emerged from the 20th century feeling jaundiced and feeble, there's a cure waiting in the world of spas for you. Spa services have come a long way, baby — like from Thailand, Japan and Hawaii. Solus per aqua (Latin for "health by water") has undergone a renaissance since the days of your basic Euro soak-'em, scrub-'em and rub-'em spas. Big D is involved in Spa Wars with sumptuous pamper palaces bubbling away on the Oo-La-La battlefield with one-of-a-kind treatments such as rose petal rubs and wine baths.

Choose between deluxe spas with exhaustive menus of services or intimate "spa-ettes" in your own neighborhoods. Unusual packages will remove the "been there, done that" from your repertoire of spa experiences. Special interest and destination spas provide wilderness adventures, couples love-enhancement seminars, spiritual rediscovery and holistic programs. Some wellness retreats have Chinese herbalists and naturopaths on staff. You'll find spas at ski, golf and tennis resorts coast to coast.

STAGGING SPAS

Carnival and Norwegian cruise lines all have specialty spa ships. Canyon Ranch (of Tucson fame) is building a fleet of floating health resorts that actually are spas from bow to stern. Scuba diving, swimming in a floating lagoon and underwater trips in an observation craft are planned. Watch for the inaugural launch in 2003.

8600 E. Rockcliff Road,
Tucson, AZ., 85750.
520-749-9000.



CANYON RANCH HEALTH RESORT

THE (HEALTHY) ROMANCE OF THE OLD WEST.

One of the nation's premier luxury, fitness and health resorts is a desert oasis at the foot of the Santa Catalina Mountains. Guests stay in adobe-style cottages and receive the attentions of doctors, nurses, psychologists, counselors, spa treatment specialists and complementary health practitioners on a three-to-one guest ratio. The emphasis is on changing from life-threatening lifestyles to healthy living.

Founders Mel and Enid Zuckerman pioneered healthy and satisfying spa cuisine, and Gourmet magazine's Annual Hotel issue awarded Canyon Ranch for Best Spa Cuisine in May 2000. Travel and Leisure magazine in September 2000 named Canyon Ranch the world's best spa.

The Life Enhancement programs are unique due to collaboration between lifestyle experts and clinicians. They address personal goals such as weight management, stress reduction and smoking cessation and include fitness activities in a separate spa-within-a-spa facility. A new program, Optimal Aging, gives insights into the latest findings on the treatment and prevention of age-related diseases like hypertension and Alzheimer's. The next Optimal Aging programs will be held Aug. 19 to 26 and Dec. 2 to 9, 2001. Magnificent Sex: Lessons on Loving is scheduled for July 15 to 19; and Journey Through Midlife: A Woman's Retreat will be May 6 to 14.

The Spas Of Las Vegas

REVIEWS BY JANET McCUE

Spa Mandalay

Ambience: One of the most spacious spas on the Las Vegas Strip — 30,000 square feet, 21 treatment rooms and an impressive "wet room" — Spa Mandalay is an extension of the hotel's South Seas flavor. The receptionists wear green Hawaiian shirts, the fountains that splash into the four whirlpool baths and plunge pools are sculptures of huge fish, and the orchids at the front desk and in the lounge are real. Sadly, the rest of the tropical foliage is fake.

Extra special: The Massage in Tandem — meaning two therapists worked on my body at the same time — is now one of my all-time favorite spa treatments. One masseuse took charge of my lower extremities while the other concentrated on my neck, shoulders and back in a choreographed rhythm ("yes, we practice!") that is designed more for relaxation than deep-tissue therapy. Afterward, I was bundled in herb-infused warm towels and ordered to take a brief nap. No problem. I also sampled the Three-Layer Re-Hydrating Special Facial whose main ingredient is an intensive ampul loaded with vitamins and essential oils to moisturize skin.

Contact:
Spa Mandalay, 3950 Las Vegas Blvd. S., Las Vegas, NV 89119. Phone: 702-632-7220. Hours: 6:30 a.m. to 8:30 p.m. daily. All major credit cards. (gratuities not included)

Nice touch: Even if you're just getting a facial, you will be asked to shower before any Spa Mandalay treatment. "It's a Nevada state law," the attendant said, which was news to me because no one at any of the other spas had ever mentioned it.

Nit-picking: I was put off by the indifferent attitude at the check-in desk — not even a flicker of a welcoming smile from the receptionist, who was visibly annoyed that her computer was acting up. And the attendant who showed me around rattled off the available amenities in a bored monotone. When I asked about private changing rooms, she said, "We don't have any, but I guess you could use the restroom."

Aquae Sulis at Regent Las Vegas

Ambience: Its name means "waters of the sun," and you can soak up plenty of both at the Regent Las Vegas, surrounded by the undulating green fairways of championship golf courses in the upscale suburb of Summerlin. The Regent is one of the luxury Vegas resorts that offer a high-class getaway as an alternative to the megahotels on the Strip. Body and soul are soothed to the max at Aquae Sulis (ahk-way-soo-lis), the only Vegas spa with a hydrotherapy circuit. Here, there are two — one indoors under the glow of a softly lighted marble rotunda; the other tucked just outside in a garden of palms and fragrant pine trees, where guests can work their way through a series of individual whirlpool baths.

Extra special: A Vichy shower therapy called Red Rock Revitalizer is listed on the spa's "wet-room" menu. I wondered whether the buttery-soft clay slathered on my body might infuse me with a bit of spiritual enlightenment, as it comes from the mystical mountains of Sedona, Ariz. Not really, my therapist said, as she swaddled me in Mylar, but once I worked up a good sweat, the clay's drawing action would chase away a lot of nasty toxins. A Honey Orange Steam Wrap was suggested as a follow-up to the clay because honey naturally softens the skin and encourages elasticity. How utterly decadent it felt to have someone paint my entire body with clover honey scented with freshly grated orange peel. I was a bit dubious about being locked into the huge, white steam capsule, but the simultaneous scalp massage worked better than a tranquilizer.

Nit-picking: Unfortunately, no one told me about the water circuits when I made my appointment or I would have brought a swimsuit because the one outdoors is shared with the men's spa. When I mentioned this oversight at checkout, I was graciously handed an invitation to come back and "take the waters" at my leisure.

Contact:
Aquae Sulis at the Regent Las Vegas, 221 N. Rampart Blvd., Las Vegas, NV 89145. Phone: 877-869-7807. Hours: 9 a.m. to 9 p.m. daily. All major credit cards (18 percent gratuity added to all services)

Canyon Ranch Spaclub at The Venetian

Ambience: This is not a watered-down version of the famed Canyon Ranch Health Resort in Tucson, but — at 65,000 square feet — one of the largest spa and fitness facilities in North America. The decor is nothing special, but the amenities are overwhelming. There's an indoor rock-climbing wall, a wellness center, a nutrition counseling program and a movement therapy studio.

Extra special: So much to pick from . . . the heated Body Cocoon which re-mineralizes and hydrates the skin after a rubdown with seaweed, clay or goat-butter cream; a body scrub with turmeric, yogurt and exotic oils followed by a leisurely soak in the flower-filled Lulur King's Bath; a Watsu pool where you can indulge in the sybaritic experience of a muscle-stretching massage.

Nice touch: Do plan on having breakfast or lunch at the Spa-Club's charming cafe; the minced chicken sausage with fennel and the savory, vegetable stuffed omelet is a fat-free fantasy.

Nit-picking: Frankly, I expected much more personal attention in a spa of this caliber. More likely it was just the luck of my draw that particular day, but no one escorted me to a locker, nor offered a tour of the facilities. If I hadn't taken a wrong turn trying to find the ladies' room, I wouldn't have known that Canyon Ranch is the only Vegas spa that offers a Watsu room. And I was a bit chagrined that a male attendant was assigned to put me through the paces of the Rasul Ceremony – a Middle Eastern ritual that involves a body treatment with four medicinal muds and steamed herbs. "Stand behind this curtain," he said, "and I'll put the mud on your back. You can do the rest yourself."

Contact:
Canyon Ranch Spaclub at the Venetian, 3355 Las Vegas Blvd. S., Las Vegas, NV 89109. Phone: 877-220-2688. Hours: 6 a.m. to 8 p.m. daily. All major credit cards (an 18 percent gratuity is included in the price of all services; no additional tipping, according to the spa brochure, is expected or required.)

COURTESY OF SPA MANDALAY

The exotic, tropical ambience of Las Vegas' Mandalay Bay resort continues throughout its 30,000-square-foot world-class spa.

For your information

Rates: Most one-hour massages and facials at top Las Vegas spas start at about $100. Rates were not included in the spa reviews, but expect to pay a few hundred dollars for an afternoon. Even if you have a brochure, double-check treatment costs and specifics, when booking.

Tips: The standard tip for each treatment is 15 percent, which you can request to have tacked onto your credit card when checking out, or leave it in cash in tiny envelopes provided at reception desks. Ask first whether a gratuity was automatically added to the bill.

Cancellation policies: Many spas ask for credit cards to guarantee reservations. If you don't show up without notification, you could be socked with a hefty service charge.

Janet McCue

The MGM Grand Spa

Ambience: Grand it is. Uniforms on the reception staff, sage green suits instead of polo shirts and khaki shorts, are the first hint that this spa is the epitome of sophistication and serenity. It's a long hike from the frenetic action of the 5,005-room MGM Grand Hotel and Casino, but eventually you locate the Zen-like walkway that leads to the spa, with its 22 treatment rooms lining a corridor of gleaming marble and sumptuous Asian art and sculpture.

Extra special: I was curious about the multilayer Modelage Facial, which was supposed to act like a mini — albeit temporary — face lift. When my aesthetician examined my skin, however, she suggested that I spring for a few extra bucks and kick up the treatment with a dose of collagen as well. "It will plump up those tiny lines around your eyes and lips," she promised. "For about 48 hours, anyway." The first layer was a paste of papaya and pineapple enzymes, which would peel away any stubborn dead cells. Then came the collagen, which was encased in a gel sheet that was molded to my face, then moistened with water so it would melt into my skin. The Modelage was next, a mineral-rich paste that hardened into a claylike mask. Soon I was off to face the world relatively wrinkle-free. No way was I going to wash my face for two days!

Nice touch: While you're basking in the bubbles in the Jacuzzi room, nearby sits a tray of washcloths nestled in crushed ice and freshly cut cucumber slices for a cooling eye mask.

Nit-picking: Hard as I tried to cast a critical eye, I couldn't find a single fault with this meticulous, superbly maintained spa. For a moment, though, I thought I had nailed them while I was relaxing between treatments in the cozy lounge. The silver bowl of dried fruit was almost empty. But before I could jot down this complaint, an attendant quietly entered the room and refilled it.

Contact:
The MGM Grand Spa, 3799 Las Vegas Blvd. S., Las Vegas, NV 89109. Phone: 800-929-1111. Hours: 6 a.m. to 7 p.m. daily. All major credit cards (gratuities not included). Bookings reserved a month in advance.

Janet McCue, former fashion editor of The Plain Dealer, has retired to Las Vegas and its spas.

CR001699

PLAIN DEALER
CLEVELAND, OH
SUNDAY 504,411
MAR 18 2001

This reporter was at SpaClub on June 21, 2000

The spas of Las Vegas

REVIEWS BY JANET McCUE

COURTESY OF CAESARS PALACE

The spacious men's whirlpool at The Spa at Caesars Palace.

Spa at Caesars Palace

Ambience: Like everything else at Caesars, the spa keeps getting bigger and better, too. Its expansion two years ago also beefed up the staff from 10 therapists and technicians to 50, which means there is now a much more comprehensive selection of face and body treatments. A pleasant outdoor terrace adjoins the juice bar in the fitness center (which includes a rock-climbing wall).

Extra special: If you've enjoyed the smoothing, softening effect of a paraffin manicure or pedicure, imagine what the same treatment could do for your entire body. Which is why the spa's Palace Paraffin Wrap is a winner. After prepping my skin from head to toe with aromatic oil, the therapist began dipping big squares of gauze into warm paraffin.

"Now we are going to make you look like a mummy," she said cheerfully. Then I was bundled in warm, moist towels, covered with a blanket and left to bake for a spell so my pores would open up to allow all that nice moisture from the oil and paraffin to soak in. "The paraffin will also draw out toxins," I was informed. Next, a lomi-lomi massage, an ancient Hawaiian method of massaging that involves mind and spirit as well as body. Although my masseuse had learned the technique when she lived in the islands and still works in the traditional downward method of lomi-lomi, she leaves out the traditional chanting and ginger leaves in the version she has devised for Caesars.

Contact: The Spa at Caesars Palace, 3570 Las Vegas Blvd. S., Las Vegas, NV 89109; phone: 702-731-7110. Hours: 8 a.m. to 6 p.m. daily. All major credit cards (gratuities not included).

Nice touch: After a woman lost her diamond rings somewhere between her massage and facial, all the pockets of the spa's terry robes were sewn shut to discourage guests from keeping their valuables with them in the treatment rooms. A reputable spa always provides a personal locker; better yet, leave the jewelry and cash in the hotel safe.

Nit-picking: Lockers are in the spa lounge, where the main attraction is a huge TV set (which was blaring "The Price Is Right" on my visit). It's also too close to the heavy traffic around the reception desk, so there's not much peace or privacy while changing clothes and waiting for your therapist to fetch you. There are, I discovered later, a few private dressing rooms, but no one had told me about them.

Janet McCue, former fashion editor of The Plain Dealer, has retired to Las Vegas and its spas.

Spa By Mandara at Paris Las Vegas

Ambience: Tres French, even though the majority of Mandara's spas are in luxury hotels in Asia and the South Sea islands. I loved the treatment rooms, bright and cheerful from the Nevada sun streaming through the chiffon-valanced skylight.

Extra special: A facial that involves nine products, eight of which include real caviar in various concentrations. No, it wasn't a gimmick, my aesthetician assured me — caviar is a concentrate of minerals, mineral salts, protein, amino and fatty acids that is 20 times richer than skin cells, so it has re-energizing properties for hydrating, improving elasticity and zapping away nasty free radicals. And no, I wouldn't smell fishy. "Everything has a lovely scent," she said, "except the serum which goes on last because it has the highest concentration (42 percent) of caviar. But don't worry. It goes away very quickly." (So it did.)

Contact: Spa By Mandara at Paris Las Vegas, 3655 Las Vegas Blvd. S., Las Vegas, NV 89109. Phone: 702-946-4366. Hours: 8 a.m. to 6 p.m. daily. All major credit cards (15 percent will be added to bill).

Nice touch: After your spa treatment, you can use the Paris Las Vegas Hotel's splendid pool (with Vegas' version of the Eiffel Tower looming above you). Just bring your own towel.

Nit-picking: Darn it. No pretzels on the snack table in the spa lounge and I was all primed for caviar (the edible kind) and melba toast. Good enough excuse to buy a boxful of frais de bois tarts and mousse-filled meringues downstairs at the hotel's patisserie.

Rockspa at Hard Rock Hotel

Ambience: As hip as it gets in Vegas, not only for its star-studded clientele but for its cool, minimalistic decor — turquoise Lucite sinks that look like salad bowls and sleek, black marble countertops in the treatment rooms; frosted glass doors in the showers, and, of course, walls fashioned from fake rock formations. But blessedly, it's new-age music and not Eminem that's piped into the treatment rooms.

Extra special: My therapist told me that the coal-black mud — a Peyonia spa product from France — had been steaming for two hours to get it just to the right stage of softness for my detoxifying/rehydrating Fango Mud Wrap. Except for an occasional whiff of a fresh earth scent, I had the delightful sensation that my body was being painted with warm Cream of Wheat. Meanwhile, a cooling mask of aloe and grapefruit was doing its thing on my face. After 15 minutes of sweating out my toxins, I was all prepped for a massage with grapefruit and tangerine aroma-therapy oils.

Contact: Rockspa at Hard Rock Hotel, 4455 Paradise Rd., Las Vegas, NV 89109. Phone: 800-HRD-ROCK. Hours: 8 a.m. to 8 p.m. daily. All major credit cards (gratuities not included).

Nice touch: RockSpa is a hangout for Hollywood's stressed-out young celebs; so don't be surprised if you spot Blondie's Debbie Harry lifting weights in the fitness center, Ben Affleck and Matt Damon chilling out in the lounge wearing skimpy white cotton robes or Ben Stiller emerging all hot and sweaty from one of the salt-scrub rooms.

Nit-picking: The showers were too cramped. There was no place to hang my towel to keep it dry. And the women's robes are designed for size-2 starlets.

Spa Moulay, Hyatt Regency, Lake Las Vegas

Ambience: After driving 25 miles from the Strip through the barren desert hills to get to this green oasis, you're already in a Moroccan mood for this exotically themed spa. Indeed, it's easy to imagine you're being pampered in the hautest of harems as you relax in the subtly lighted lounge, decorated in muted sand tones and perfumed with dried rosebuds. There's time for a few soothing sips of mint tea poured from an etched silver pot before you're escorted to one of the spacious treatment rooms. Each opens onto its own private garden.

Extra special: Many of Spa Moulay's products have been custom-blended by a Hawaiian herbalist, as in the heady concoction of spices, rose petals, orange peel, oatmeal and hazelnut oil that was the basis for my Harem's Blend body wrap, which, so my therapist told me, is patterned after the traditional bath ritual in a Moroccan harem. While I baked (and smelled) like a Christmas cookie under a layer of warm blankets, she worked on my scalp, gave me a mini-facial with geranium moisturizer ("fantastic for mature skin," she said, "because it contains the natural properties of estrogen"); then a massage with orange-scented cream, winding up with a head-to-toe spritz of lavender water.

Contact: Spa Moulay at Hyatt Regency Lake Las Vegas Resort, 101 MonteLago Blvd., Henderson, NV 89011. Phone: 702-567-6049. Hours: 8 a.m. to 8 p.m. daily. All major credit cards (gratuities not included). Advance reservations recommended.

Nice touch: Unlike most Vegas luxury spas, Spa Moulay clients also have complimentary use of the resort's pool and lakefront beach. And there's no hard-sell pitch to buy the products. When I asked the price of the cream used to smooth out the lines around my lips and eyes, she told me I could get the same results with an inexpensive bottle of grape-seed oil from a health-food store.

Nit-picking: A spa this special should have a Jacuzzi and steam room, not just a sauna. And robes that are much more substantial.

Oasis Spa at Luxor Hotel

Ambience: The pyramid-shaped Luxor is nearly as amazing as the real thing in Egypt. Though you will encounter talking camels and a fake pharaoh's tomb, don't expect any of Cleopatra's beauty secrets on the menu. While the Oasis is not in the same ultra-luxury class as most of the other pampering palaces, it does offer a wide range of services that seem more reasonably priced.

Extra special: The Aveda Therapy body massage is based on the ancient Ayurvedic technique of choosing a key aromatic element to create an overall sense of well-being. So, first, a sniff test of the Aveda botanical essences. I passed on Earth (a tad too pungent) and Water (too musky); Fire and Air were both pleasant florals, but I finally settled on Air because its mix of patchouli, sandalwood and ylang-ylang were supposed to help me feel calm and focused. The 50-minute massage included an aggressive ear-tweaking. "It's Chinese reflexology," she explained. "Different parts of the ear send messages to different parts of the body. You should do this at home."

Contact: Oasis Spa at Luxor Hotel, 3900 Las Vegas Blvd. S., Las Vegas, NV 89119. Phone: 702-736-5720. Hours: 8 a.m. to 8 p.m. daily. All major credit cards (gratuities not included). Reserve one to five days in advance.

Nice touch: Massages can be booked 24 hours a day, except Tuesday. Be advised, too, that cross-gender massages are not available. Masseuses are assigned to female clients; masseurs to men.

Nit-picking: While the Oasis makes no pretenses at competing with the sumptuousness of other Vegas resort spas, there is no excuse for even an occasional lapse of housekeeping (towels dripping

Janet McCue, former fashion editor of The Plain Dealer, has retired.

Spa at The Mirage

Ambience: A stroll along an orchid-splashed trail that winds through The Mirage's rain forest will soon get you out of the casino and in the vicinity of the hotel's spa. And into the mood for its indulgences as well. Instead of the usual muted, neutral tones, it's all bright and tropical here — pink, blue and green carpeting in a palm-frond print; the inviting conversation pit in the spacious lounge upholstered in a cheery shade of rose; the flamingo-pink tile and marble.

Extra special: Several packages combine two or three of the spa's most popular services, concluding with a specially concocted beverage. My choice — Energize and Invigorate — promised a deep-tissue massage and a revitalizing mud wrap, topped off with a fruit smoothie. It got under way with a sprinkle of botanical oil along my spine and the back of my knees, a starter for my lymph glands, so the therapist said, so they could start pumping out the toxins that the mud wrap would release. She wasn't skimpy with the mineral-rich mud, either, smearing on globs before wrapping me in a plastic sheet. During the half-hour I was detoxifying, she massaged my feet, scalp, neck and shoulders. After the mud was wiped off, I was slathered with body butter in preparation for the deep-tissue massage.

Contact: The Spa at The Mirage, 3400 Las Vegas Blvd. S., Las Vegas, NV 89109; phone: 702-791-7472. Hours: 7 a.m. to 7 p.m. daily (but only open to non-guests of the Mirage Hotel, Monday through Thursday). All major credit cards (gratuities not included).

Nice touch: Each of the spa's four hydrotherapy baths is housed in its own little room, lighted only with aromatic candles and curtained for privacy.

Nit-picking: I never got my fruit smoothie.

CR001700

Soak your cares away at Mandalay Bay.

Canyon Ranch SpaClub at the Venetian Hotel

Pampering Quotient ★★★★★

Famous for health resorts in Tucson, Arizona, and Lenox, Massachusetts, Canyon Ranch recently transitioned into day spa territory with the SpaClub in Las Vegas. Treatments are pricey but pure top-of-the-line indulgence, and since gratuities are included in the price, some massages end up equal to what you'd pay in the end elsewhere.

The Rasul Ceremony for singles or couples ($150/275) is set in an ornate, exotic tiled steam chamber, complete with a rain shower rinse from the sky. The Royal King's Bath ($190) includes body exfoliation, an essential oil aromatherapy treatment in the bronze oversize tub and a massage. Other services include a variety of massages and facials, as well as body scrubs and Ayurvedic treatments. Spa suites are the ultimate in pampering, featuring a private exercise area, fireplace, lounge and dual treatment tables.

If the treatments are out of your price range, just get the most from your day fee. Enjoy the many workout options, then relax for hours in the steam room, whirlpool, cold dip and sauna. Shower and dressing areas are complete with hair and skin products.

Fitness Facility ★★★★★

SpaClub's fitness area is first-class and absolutely huge for a hotel gym. Rows of cardio machines are available, including ellipticals and the "Gauntlet" escalator-type stair machine. All cardio machines are current and well-maintained. In addition to traditional weight machines, the fitness center boasts heavy-duty equipment such as a sled-type leg press and array of free weights. Want to try the challenge of rock climbing? A 40-foot indoor rock-climbing wall is available with private instruction for 30- and 60-minute sessions ($50–$95). Group fitness classes in a separate aerobics room include indoor cycling, yoga, kickboxing, boot camp and step; classes are offered seven days a week.

$25 per day includes use of fitness and spa facility; purchase of a spa service includes use of sauna, steam room, etc., but gym use is an extra $15; gratuities are included in the price of all spa services, with no additional tips expected; 877-2-VENICE.

JOE WEIDER'S MUSCLE & FITNESS

OVER 7,600,000 READERS WORLDWIDE

MUSCLE & FITNESS
WOODLAND HILLS, CA
MONTHLY 512,297
AUGUST 2001

Vegas spaaahhhs

Indulge your body and mind with the ultimate in relaxation

BY BETH SONNENBURG, STAFF WRITER

Ever feel like you need a vacation from your vacation in Las Vegas? It's pure adrenaline with late nights, free alcohol, cheap buffets and nonstop entertainment — as a result, sleep and regular workouts usually succumb to partying, gambling and eating.

But these days you can't throw a poker chip without hitting a spa on the Vegas Strip, so there's no reason to wait 'til you get home to crash. Instead, spend a few well-deserved hours in the lap of luxury, pampering your body and mind. Think Vegas spas are just "for the wives"? Think again! The six spas we profile here offer everything from a lounge that resembles your own living room (only cleaner) to first-rate workout facilities to stress-blasting saunas and whirlpools.

The key to enjoying Vegas spas is to get the most for your money. Admission doesn't come cheap: Most day fees will run you around $20, which includes use of all facilities (all spas profiled here have separate men's and women's facilities), locker, robe, sandals and sometimes shorts and a T-shirt. Plan to stay a few hours to make it worth your while, even if you aren't getting a massage or other treatment. After your workout, detox in the steam room, relax in the whirlpool and kick back in the lounge. Drink the coffee, eat the mini-muffins, snack on fruit and nuts, put your feet up and just enjoy the luxury of doing absolutely nothing!

key
- Baby oil and a Happy Massager ★
- A step up from a Brookstone chair massager ★★
- Entering the pampered zone ★★★
- A great way to reward your body ★★★★
- Aaahhh, heaven on earth ★★★★★

WHERE
LAS VEGAS

Spa & Health Club Guide

A list of the city's major spas

THE VENETIAN—*Canyon Ranch SpaClub*: A premier health and fitness facility, this 63,000 square-foot spa club features a complete variety of skin care, fitness, massage and sumptuous treatments. A 40-foot climbing wall, medical/wellness center, full-service salon, Pilates studio, Spinning gym and Watsu pool add to the exclusive ambiance of one of the world's finest names in spa and fitness. Additionally, the Canyon Ranch Café is a treat not to be missed. 3355 Las Vegas Blvd. S., 414-3600.

CANYON RANCH

With the first two locations in Lenox, Mass. and Tucson, Ariz., as well as forays into cookbooks and boutiques, the reputation of Canyon Ranch as the world's foremost health spa was fixed more than 20 years ago. The spas, oases of rejuvenation and wellness, have been favorites of the readers of *Conde Nast Traveler* throughout the '90s. Last June was the debut of their newest center, the Canyon Ranch SpaClub at the Venetian Hotel & Casino. The Venetian, catering to the business traveler as well as the tourist, is the ideal location for the 65,000 square foot spa.

Unobtrusively located above the Grand Canal Shoppes, the Spa is accessible through a private elevator. As you enter the enormous lobby, the 40-foot rock-climbing wall is visible to your left, just past the Salon. Downstairs the space houses the professionally equipped deluxe gym, with movement therapy, spinning and aerobic rooms. Some of the finest features of the SpaClub are the various packages that include use of the workout center, classes, select treatments and lunch at the Café.

The spa, with its more than 120 services and activities, has 50 treatment rooms that offer dozens of different massage, facial and body treatments. You'll find a number of very rare treatments, among them, therapeutic Watsu pools that permit massage to be done in the calm of water. Additionally, an experience exclusive to the SpaClub in Las Vegas is called the Rasul Ritual. A special domed chamber allows a couple to unwind with a mud wrap and steam in total privacy, prior to a relaxing massage. The ceiling of the chamber is a panorama of the Northern Hemisphere night sky, and the climate changes during the time spent there—from dry to mist to rain.

One of the most decadent indulgences is an interval in one of the two Spa Suites. A princely sum secures four hours for two people in the suite which comprises a workout room with a treadmill, a private bath, living room with fireplace, TV, telephone and a full spa treatment room. The interlude also includes breakfast, lunch and up to four spa treatments.

If you'd like a break during your hectic stay in Las Vegas, pause for a lull of total serenity and relaxation and treat yourself to Euphoria. The 110-minute treatment encompasses an herbal exfoliation, a candlelight soak in warm seawater and a relaxing body massage using specially blended herbs and oils.

Whether you're here for business or leisure, you'll want to rejuvenate yourself in the tranquil environment of the Canyon Ranch SpaClub.

—*Cathie Coleman-Hoppe*

CR001703

Alaska Airlines
January 2000

ROMANTIC LAS VEGAS

A sure bet for couples

By Michele Andrus Dill

SCOTT T. SMITH / DANI

RELAXING TOGETHER.

"You're a little tight," Jeanette tells my spouse as she tries to mitigate damage done by months of 12-hour days. "Yes, Michael," I pipe up from the next table, where Julian is rubbing my neck. "You're working too hard."

Soft music, soft lighting, a perfectly heated room, fragrant oils and skilled hands have produced this moment of marital togetherness. We're enjoying side-by-side massages at The Venetian, one of the select Las Vegas resorts where visitors can find this service. It's intimate, cozy and warm, and allows us to talk at leisure when we like—something rare and precious given our work schedules—or to share a contented silence.

The Canyon Ranch SpaClub at The Venetian has 25 massage rooms, two of them suites that accommodate his-and-her massages. The spa will also provide massages in guest suites.

"About two out of every 30 couples I see a week get side-by-side massages," says Jeanette.

"It's something that creates a feeling of togetherness," adds Julian. "And if it's someone's first massage, it provides an extra level of comfort that someone else is there."

This is Michael's first massage, but I don't think he really needs me. He seems to be enjoying himself just fine. "It's relaxing," he says when I inquire how he's feeling. As the wife of a guy who's working 60-hour weeks, I couldn't ask for more.

For further revitalization, the spa offers more than 120 options, from nutrition counseling, yoga, extensive exercise equipment and a climbing wall to saunas, whirlpools, steam rooms, a salon and a cafe. Treatments include 16 different massage options and a Royal King's Bath featuring frankincense or rose, sandalwood oil, fresh flower petals and candlelight. Packages include the Heavenly Honeymoon, in which couples apply medicinal muds to each other, followed by a side-by-side aromatherapy massage.

CR001704

Healing Centers & Retreats

Healthy Getaways for Every Body and Budget

"These healthful retreats have become the vacation of the '90s—and this is the indispensable guide to choose the right center or spa for you."

—*SpaQuest* magazine

Jenifer Miller

John Muir Publications

CR001705

Canyon Ranch

8600 East Rockcliff Road
Tucson, AZ 85750
(800) 742-9000 or (520) 749-9000; fax (520) 749-7755
Web site: www.canyonranch.com

Cacti, mesquite, acacia, and palo verde trees make up the desert landscape surrounding the 70 acres of Canyon Ranch. Built around a spacious hacienda in the foothills of the Santa Catalina Mountains, this renowned health spa was voted the world's best by readers of *Condé Nast Traveler* magazine. The staff, which outnumbers guests three to one, consists of physicians, psychologists, registered dietitians, exercise physiologists, and certified health educators and bodyworkers.

Since its founding in 1979, Canyon Ranch has developed many lifestyle programs emphasizing the relationship between body, mind, and spirit. The one-week Life Enhancement Program, offered year-round, is designed to address health objectives. Elements of the package include nutrition and diet management consultations, behavioral health classes, exercise physiology consultations, and movement therapy. From time to time, Canyon Ranch also offers weeklong programs that address specific health issues, such as arthritis, heart disease, asthma, and women's health.

Guests are allowed to select their own schedule of activities from the wide array of options: tai chi, yoga, chi kung, meditation and breathing, tennis, basketball, mountain biking, golf, horseback riding, spa treatments, and seven gyms containing ultramodern fitness equipment. Sign up for activities in advance. Evening talks are given by noted psychologists, authors, naturalists, and other specialists.

Hours and Days of Operation: 4-, 7-, and 10-night packages offered year-round.
Accommodations: 180 casitas and suites. Modern southwestern furnishings and desert colors decorate all rooms. The Life Enhancement Center has special quarters for 25 people. All rooms are air-conditioned.
Rates: Vary according to room, season, and package. 7-night packages begin at $3,640 per person during the high season for double-occupancy room, meals, and use of spa, resort facilities, and some services.
Credit Cards: AE, D, MC, V.
Meal Plans: 3 healthy gourmet meals daily, plus snacks. Vegetarian option.
Services: More than 40 fitness classes a day, movement therapy, exercise physiology, medical and behavioral health services, consultation on nutrition and diet, holistic health and body composition, biofeedback, 15 types of massage, herbal and aroma wraps, hydromassage, salon services, private sports lessons, handwriting and tarot card reading.
Recreational Activities: Hiking, swimming, mountain biking, horseback riding, basketball, golf, tennis.
Facilities: 70-acre desert retreat with adobe-style cottages, demonstration kitchen, creative arts center, health and healing center, 62,000-square-foot spa complex including lounge, 7 gymnasiums, aerobic and strength training rooms, squash and racquetball courts, 8 tennis courts, basketball court, 4 pools, yoga/meditation dome, sauna, steam and inhalation rooms, whirlpools, private sunbathing areas, walking trails, cactus gardens, streams, pools, fountains.
Staff: About 800 total staff, all licensed and certified. Staff to guest ratio 3 to 1.
Special Notes: Minimum age of guests is 14. Alcoholic beverages not permitted in public areas; smoking not allowed indoors or in public areas. All facilities provide access for people with disabilities.
Nearby Attractions: Santa Catalina Mountains; Arizona–Sonora Desert Museum; Biosphere 2; Nogales, Mexico; jeep rides; Sabino Canyon; Mount Lemmon.
Getting There: About 30 minutes by car from Tucson. Complimentary shuttle service is provided to and from Tucson Airport.

Canyon Ranch in the Berkshires

165 Kemble Street
Lenox, MA 01240
(800) 726-9900 or (413) 637-4100; fax (413) 637-0057
Web site: www.canyonranch.com

Sloping lawns and a symmetric reflecting pool lead toward the centerpiece of Canyon Ranch in the Berkshires—the historic brick and marble Bellefontaine Mansion, built in 1897 as a copy of Louis XIV's Petit Trianon. This sister resort of the world-renowned Canyon Ranch in Tucson, Arizona, is situated on 120 acres of New England woodlands. The 100,000-square-foot spa opened in 1989 and was named Best Spa by the readers of *Condé Nast Traveler* magazine in 1991, 1994, and 1995.

The spa offers award-winning luxury vacations that promote healthy living through fitness, nutrition, and lifestyle education. An emphasis is placed on lifestyle, prevention, and awareness. The center offers an array of indoor and outdoor fitness activities, hiking and biking programs, spa and beauty services, nutritious gourmet dining, private consultations, and workshops. The goal is to teach people to take responsibility for their own well-being.

Program coordinators assist guests in arranging a schedule of individualized programs. All packages include accommodations, three nutritious and balanced gourmet meals a day, use of spa and resort facilities, fitness classes and sports activities, airport transfers, gratuities, and a selection of services. Preventive health care assessments can also be arranged, and the on-site Health and Healing Center offers the professional services of medical staff, exercise physiologists, behavioral health professionals, and movement therapists. Healthful cooking classes and nutrition consultations are also available.

Hours and Days of Operation: Various programs offered year-round.
Accommodations: 120 guest rooms and suites in a New England–style inn.
Rates: Vary according to season and package. A 3-night package starts at $1,955 single occupancy, $1,670 per person, double occupancy, in the fall. Rates do not include 18% service charge and sales tax. Discounts for longer stays.
Credit Cards: AE, D, MC, V.
Meal Plans: 3 healthy gourmet meals a day, plus snacks. Vegetarian options.
Services: Lifestyle programs; acupuncture; massage; therapeutic bodywork including craniosacral therapy, reiki, energy balancing; thalassotherapy; aromatherapy; medical and behavioral health services; salon services; nutritional and psychological counseling; lectures.
Recreational Activities: Hiking, biking, tennis, skiing, swimming, canoeing.
Facilities: 120-acre woodland retreat with the historic Bellefontaine Mansion; reflecting pool; formal gardens; demonstration kitchen; exercise and weight-training rooms; indoor tennis courts; racquetball and squash courts; indoor swimming pool; indoor jogging track; herbal and massage rooms; beauty salon; men's and women's sauna; steam and inhalation rooms.
Staff: 550 employees with an almost 3-to-1 staff-to-guest ratio. Health and wellness experts include doctors, nurses, nutritionists, exercise physiologists, psychologists, health educators, behavioral counselors, movement therapists, acupuncturists, Chinese herbalists, art and music therapists.
Special Notes: Minimum age of spa guests is 14. Alcoholic beverages not permitted in public areas, and smoking not permitted indoors or in public areas. All facilities provide access for people with disabilities.
Nearby Attractions: Tanglewood Music Festival, Jacob's Pillow Dance Festival, Williamstown Summer Theatre, Appalachian Trail, museums.
Getting There: About 3 hours by car from Boston and New York City. Van transportation for guests provided from Albany Airport and Bradley International Airport in Hartford, Connecticut, and at the Albany train stations.

CR001707

Tucson Citizen Special Report

Friday, January 19, 2001

zuckerman

The latest edition of the Tucson Yellow Pages lists more than 60 pages of physicians. There are more than four pages devoted to hospitals. If you needed proof that the health business is big in the Old Pueblo, there you have it.

Fast-growing university town, lots of new families and retirees – it's not surprising that health is a major concern here. Factor in the warm, dry climate and the decades-old tradition of Tucson as a healthful retreat, and it all makes sense.

Health practitioners are bound to be influential.

What is amazing, though, is the degree to which these two men have enhanced Tucson's reputation as a health mecca. During the past 20 years, much of the nation has become aware of Tucson, thanks in part to the efforts of these East Coast transplants. Each has shown that good health can be good business.

He builds a fitness empire afrer arriving here in an old car and starting out building homes.

Driving an underpowered Rambler that had difficulty climbing hills when the air conditioning was on, Mel Zuckerman pulled into Tucson on a blistering August morning in 1958 with less than $2,000 to his name. With no job, no place to live and an apprehensive wife pregnant with their second child, he knew he was about to take a very big risk.

But almost instantly, Zuckerman knew he landed home. He had checked out Los Angeles, San Francisco and Phoenix, but no city captivated him quite like Tucson. Zuckerman was smitten.

In yet another example of the perpetual shelf-life of Horace Greeley's advice to young American men to "go West," Zuckerman arrived in Tucson poised to start a new life. In ways he never could have imagined growing up poor and sickly in Hackensack, N.J., he succeeded.

Zuckerman not only found what he was looking for in Tucson, he found things for which he didn't even know he was looking. He remade himself here – twice, first as a home-builder and then as the proprietor of Canyon Ranch, the internationally renowned health resort he and his wife, Enid, started 21 years ago.

"I picked Tucson, Tucson picked me," Zuckerman quips.

Tucked away on 70 acres in the foothills of the Santa Catalina Mountains, Canyon Ranch is a quiet, almost unnoticeable force in Tucson. Like the smell of greasewood after a summer shower, its evidence is only occasionally discernable.

But make no mistake. Canyon Ranch is a force. Few if any Tucson-based businesses are as well known and well-respected outside of Tucson as Zuckerman's resort.

Able to accommodate only 241 guests (the Westin La Paloma has room for nearly 1,000), Canyon Ranch wins praise from all quarters. It typically ranks high in reader surveys conducted by national magazines such as Shape, Gourmet, Travel & Leisure, and Conde Nast Traveler. Last year, the Arts & Entertainment cable network said Canyon Ranch was among the nation's top 10 spas. The year before, the Harlequin Romance Report said it was the nation's No. 1 spa for couples.

(Similar accolades have been accorded to Canyon Ranch in the Berkshires, a sister resort in western Massachusetts that opened in 1989. A Canyon Ranch facility operates at the Venetian Hotel in Las Vegas and will soon set sail on a cruise ship.)

The direct economic impact Canyon Ranch has on Tucson is perhaps most obvious in the ranch's 915 full- and part-time employees. A few years ago, it became apparent in the $10 million gift the Zuckermans gave the University of Arizona to establish a college of public health.

But the copious national attention directed toward Canyon Ranch means Tucson is basking in the limelight as well. That translates into a profound indirect economic impact. This point is not lost on Zuckerman, a trained accountant. Still, when he talks about Canyon Ranch, Zuckerman does so in personal terms. It's less a business than a life-defining event.

"Canyon Ranch has given me a great sense of purpose," he says. "It's allowed me to feel I'm a person of value, that I've contributed to mankind. I feel that when I leave this world I will have left it a better place."

Zuckerman has no plans to leave either the ranch or "this world" any time soon. Now 72, he's only just begun to contemplate reducing his workload. He doesn't like the word retirement. "I don't ever want to retire," he says.

Zuckerman regularly talks to ranch guests about "living younger longer" and is an excellent example of someone who practices what he preaches. When he was in his 40s, Zuckerman says he had the body of a 70-year-old. Today, thanks to a series of dramatic "lifestyle" changes, it's like he's in his 40s.

Zuckerman's own story, in fact, is what makes the Canyon Ranch success story so interesting. As a child growing up during the Depression, Zuckerman suffered from asthma and low self-esteem.

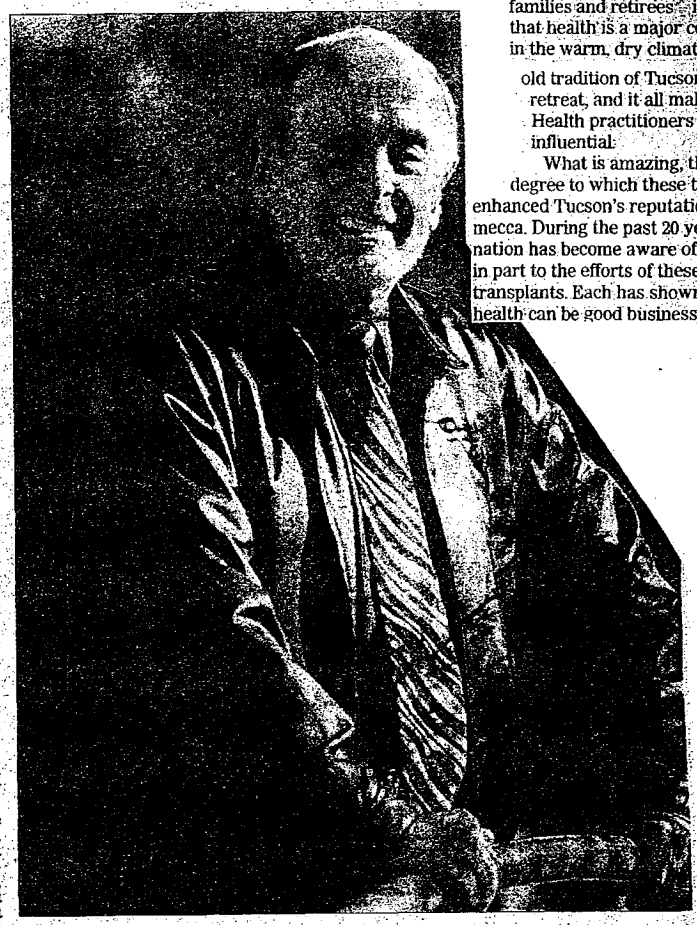
His parents were so protective, he retreated into a world of books and comic books. They were so poor, they couldn't come up with $20 to buy him a bicycle. Being Jewish in a town with few Jews added another layer of insecurity.

"I lived in a world of fantasy," he recalls. "When you're told that you can't do anything because you're going to get sick if you do it, you become a loner. When I was in junior high school I got the award for having read the most books from the library. That's all I did."

After moving to Tucson, Zuckerman says he helped the fantasies of others come true as a home builder. The name of his company was Harmony Homes – no small coincidence, he says, given that the importance of living a harmonious life is what Canyon Ranch is all about.

Zuckerman acknowledges that the "seduction" of a desert retreat where guests are made to feel like the center of the universe helps account for the ranch's appeal.

It could be argued that in Canyon Ranch, Zuckerman has succeeded in creating yet another fantasy world. Perhaps he has even given some a new reason to follow Horace Greeley's advice.



Few Tucson-based businesses are as well-known and well-respected outside of Tucson as Mel Zuckerman's exclusive Canyon Ranch resort.

zuckerman on health

"We get comfortable. We're lazy. We like eating rich foods. We're in a hurry. The decision to become involved in your health in a positive way comes from the emotions. Unfortunately, the emotion that usually ends up coming into play is fear. More people get connected to their desire to be healthy after they lose their health. What we try to do is love 'em to death. There are two powerful emotions: one is fear and one is love ...

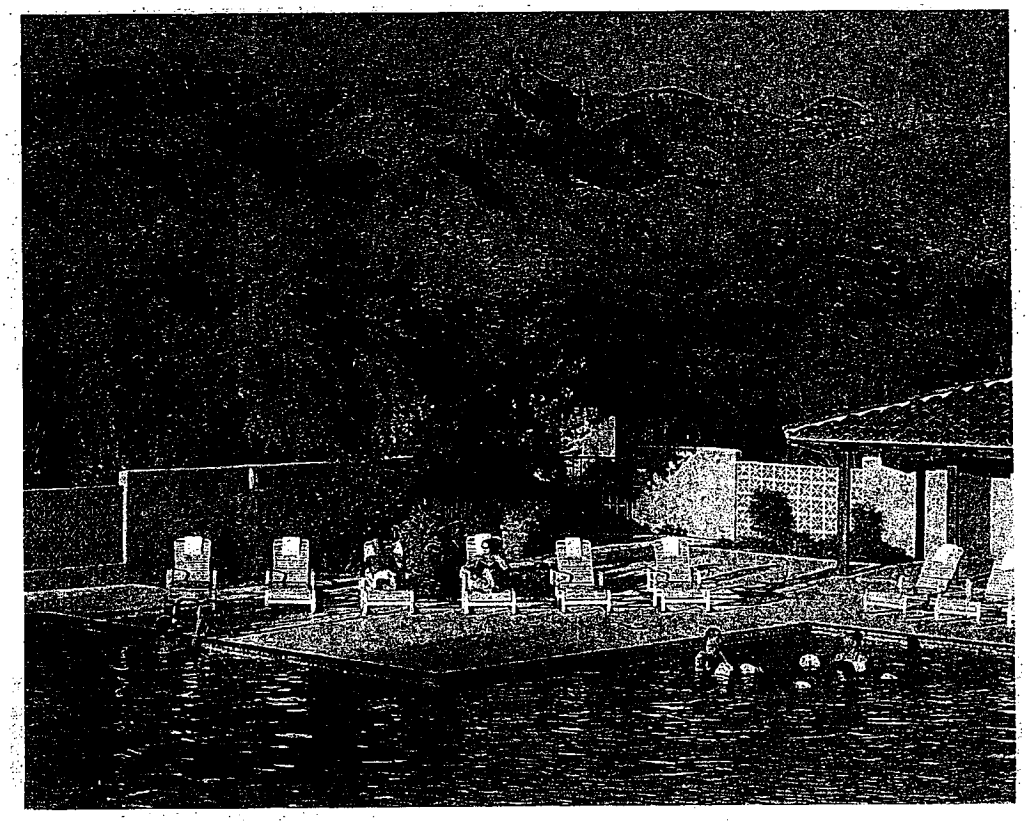
"I knew that I was a sick person. I knew I was overweight. I knew I had a bad prognosis because I was told when I was 40 years old that I was in the body of a 70-year-old. And still I didn't do anything about it until my dad died. My dad died from lung cancer, from smoking. Watching him every day of the last six months of his life and hearing him say, 'If only I had done this, if only, if only.' My father's death made me realize that I never want to look back at my life and say, If only I had ..."

CR001708

HOMES & GARDENS
UK Edition

THE PLEASURE PRINCIPLE

Overstressed, overweight or just want to try out the latest in global pampering? We discover five of the best spas in the world



CANYON RANCH, TUCSON, ARIZONA, USA

Who goes Canyon Ranch absolutely won't confirm (privacy is paramount), but Julia Roberts, Calista Flockhart and Diana Ross are rumoured to have been, along with stress-headed Hollywood moguls.
Why go For a total reassessment of the way you live.

Set in the foothills of the Santa Catalina mountains in 70 acres of the Sonoran Desert, Canyon Ranch is dry in more ways than one – alcohol is strictly *verboten* (although there is a "mocktail" hour).

This American health resort, which was founded by Enid and Mel Zuckerman more than 20 years ago and which has won a raft of "best spa" awards, is a triumph of pure living. The emphasis is on physical and mental health – exercise, relaxation, proper, tasty food and a slow re-evaluation of all those accumulated bad habits. There are enough classes, talks, walks and treatments to keep you fully occupied, but there's no pressure – if your idea of relaxation is to flake out by the pool, there are three outdoor pools to choose from. But really, that's not the point. With access to so many professionals (there is a staff ratio of 3:1), fantastic facilities and so many different methods of exercising, it's a waste not to get stuck into a full programme and try as much as possible.

Day one starts with a health check-up, followed by a meeting with a programme co-ordinator to help sift through the mountain of options available. Treatments are booked and it's a good idea to pencil in talks and classes to give the days some structure. A herbal wrap suffused with potions to aid jet lag seemed like a good way to start the break and left me feeling much better, and the massage on the second day was tremendous. The treatment that had the real buzz about it though was Watsu, a kind of water-borne shiatsu massage in which a therapist swirls you around in a darkened pool to music – more an emotional workout, than a physical one. Another house speciality is the guide-led hikes through the desert and it is worth trying one.

Aside from the all-out pampering, the real merits of Canyon Ranch are the sheer professionalism, the attention to detail and the development of new habits that last longer than the stay.

For travel details, turn to page 165

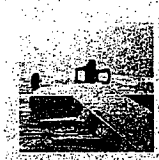
WORDS ANGELA UNWORTH

CR001709

HOW TO GET THERE

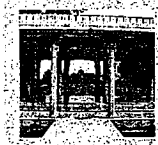
CHIVA-SOM, HUA HIN, THAILAND www.chivasom.net

A six-night stay costs from £1,500 per person, based on two people sharing an ocean-view room. This includes return flights with Qantas to Bangkok and return transfers. The package also includes three spa meals per day plus a daily massage (Thai, Swedish or G5 Vibro). For reservations, call Seasons in Style (0870) 073 2766 or visit www.seasonsinstyle.co.uk.



THE SANCTUARY ZARA SPA, DEAD SEA, JORDAN www.thesanctuary.co.uk

A seven-night spa package is £1,260 per person, based on two people sharing. It includes return flights to Amman with Royal Jordanian Airlines, return transfers, half-board accommodation and many treatments, including a Dead Sea salt scrub, Dead Sea mud wrap, facial, manicure and pedicure, and full body aromatherapy massages. For reservations, call Thermalia Health and Beauty on (020) 7483 1898 or visit www.thermalia.co.uk.



ANANDA, UTTAR PRADESH, INDIA www.mandarinoriental.com

An eight-night stay (three nights on arrival and departure at The Oberoi, New Delhi, and five nights at the Mandarin Oriental Ananda) costs from £1,595 per person based on two people sharing. This includes return flights with British Airways to Delhi, departure tax, return transfers and accommodation on a room-only basis. For reservations, call Greaves Travel on (020) 7487 9111 or visit www.greavesindia.com.

LES SOURCES DE CAUDALIE, NEAR BORDEAUX, FRANCE www.sources-caudalie.com

A two-night stay costs £355 per person and includes full-board accommodation in a double room and four treatments per day (red vine bath, wine and honey wrap, jet shower and an exhilarating massage). For reservations, call (00 33) 5 57 83 83 83. British Airways fly three times a day from Gatwick to Bordeaux. For reservations call (0845) 7733377.

CANYON RANCH HEALTH RESORT, TUCSON, ARIZONA, USA www.canyonranch.com

A seven-night package costs from $3,310 (around £2,280) per person. Based on double occupancy, this includes accommodation, three meals a day, seven spa treatments and a further $315 (around £220) treatment allowance. Call (001) 52 07 49 90 00. For flights and full packages, call North America Travel Service on (020) 7938 3737 or visit www.northamericatravelservice.co.uk ■

NEW YORK

JANUARY 22, 2001

NEW YORK MAGAZINE
NEW YORK, NY
WEEKLY 450,000
JAN 22 2001

TARA MANDY

Travel

etc.

SHIPPING NEWS Canyon Ranch, the famous health spa with branches in Arizona and Massachusetts, is about to start construction on two cruise ships that will offer the same services and facilities as the landlocked resorts. The 320 guests aboard each vessel will enjoy outside suites with private verandas, 35 treatment rooms, 56 pieces of exercise equipment, and carefully rationed health food. But don't call for reservations yet: Neither ship sails before 2003. • **BODY & SEOUL** Slowing the pace in frenzied Seoul, South Korea, the gigantic Marquis Spa and Fitness Club has opened at the JW Marriott Hotel. The 150,000-square-foot center uses solar bulbs, oxygen tanks, and thermal mineral water to create a healthy environment, and visitors have access to an indoor jogging track, golf range, twelve-meter climbing wall, and scuba pool, as well as a varied selection of massages, facials, and beauty services (822-62-82-6570). • **STUDY ABROAD** Next month, look for *Zagat*'s first *Survey of Top International Hotels, Resorts & Spas* ($12.95). The opinionated guide rates 800 properties in 77 countries on rooms, service, dining, and public spaces. T.M.

Photographs: clockwise from top left, Corbis Images; photograph courtesy of Boca Raton Resort and Club; photograph by Michael Price.
Illustration by Arnold Levin

CR001711

PEOPLE
NEW YORK, NY
WEEKLY 3,150,000
FEB 5 2001

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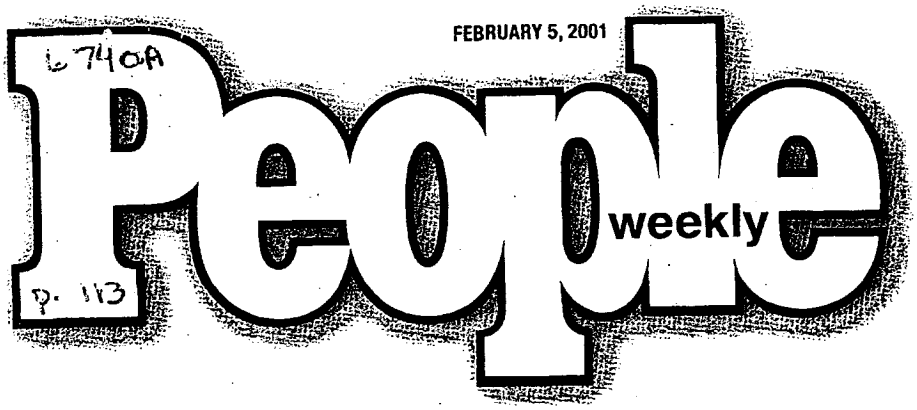
FEBRUARY 5, 2001



p. 113

Behind the scenes with TV's new castaways

WHO WILL SURVIVE?

Cover

The new *Survivor* tribes bring buff bods to the Outback—but the key to victory may still be Hatch-ing a sneaky strategy

The *Survivor* II gang heads Down Under to brave spiders, snakes—and each other. Yikes!

Half an hour away by dirt road, the production crew's camp seems as luxe as the Canyon Ranch spa. Staffers sleep in individual pup tents, have access to modern electronic conveniences (including e-mail) and are served catered meals of roast chicken and steak. "In the middle of nowhere we've created a city," says Jeff Probst. "I get to go back to my little hut and have a diet Coke."

But out on the lip of the bluff, Probst is drawn into survival mode by a dare. Jerri the actress looks up at him and calls out in a flirty voice, "You gonna jump?"

"Yeah," he yells back enthusiastically. He pulls off his shirt and shoes, runs to the ledge and leaps into the pond.

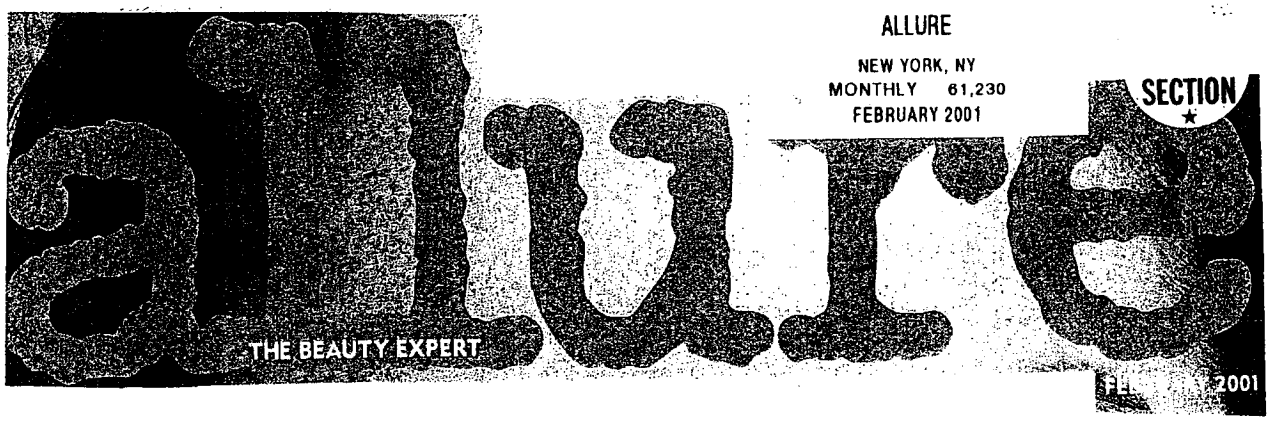
• Tom Gliatto

• Mark Dagostino in the Australian Outback, Fannie Weinstein in New York City and bureau reports

.com For more on *Survivor*, go to **www.people.com** or **AOL (Keyword: People)**

CR001712

ALLURE
NEW YORK, NY
MONTHLY 61,230
FEBRUARY 2001



Puff & Stuff

Those extra pounds of water weight may make you feel like a whale, but you can pull the plug on bloat once and for all. By Valerie Frankel

Bloat is a hostile enemy, friend to none. The mere mention of the word induces a feeling of dread and discomfort. Think of those days when rings are like finger tourniquets, faces puff, waistbands constrict, breasts expand, ankles swell. The unzipped skirts in public restaurants. The sock lines. Bra-strap grooves. General largeness. A walk down the street is more like a slosh. One feels a sudden likeness to the Pikachu float in the Macy's Thanksgiving Day Parade. Or Jabba the Hut in Earl jeans.

These symptoms, unfortunately, are not confined to Days 20 through 28 in the menstrual cycle; they can surface even when you're not PMS-ing: Eat or drink the wrong thing at the wrong time or sit around too long and you'll suffer the puff. Pharmaceutical giant Eli Lilly is convinced that PMS and its accompanying bloat are such a scourge upon women's bodies and minds that it recently unveiled a new elixir called Sarafem. The pink pill is an identical twin (chemically speaking) of Prozac. Sarafem, though, stands alone as the first FDA-approved antidepressant specifically designed to make a woman smile and be happy while under the evil influences of PMS and bloating. Overkill? Is inhibiting the reuptake of serotonin really necessary to counter the effects of three to six pounds of water retention? Uh, yes. But there are other preemptive options for deflating both PMS and what nutritionists daintily refer to as "digestive insult." A woman does control her bloating destiny after all.

Airplane trips combine three bloat factors into one pudged-up travel package.

Women's bodies are sponges. "We're incredibly effective water retainers," says Pamela Peeke, author of *Fight Fat After Forty* (Viking) and assistant professor of medicine at the University of Maryland in Baltimore. According to Peeke, bloat—like nearly every other unattractive bodily side effect—is related to the menstrual cycle. As your hormones shift during your cycle, they stimulate your kidneys, which regulate how you retain water. (Progesterone acts as a diuretic, and during PMS, your estrogen surges, progesterone dips... and you puff up like a Bouncy Castle.) The gain and

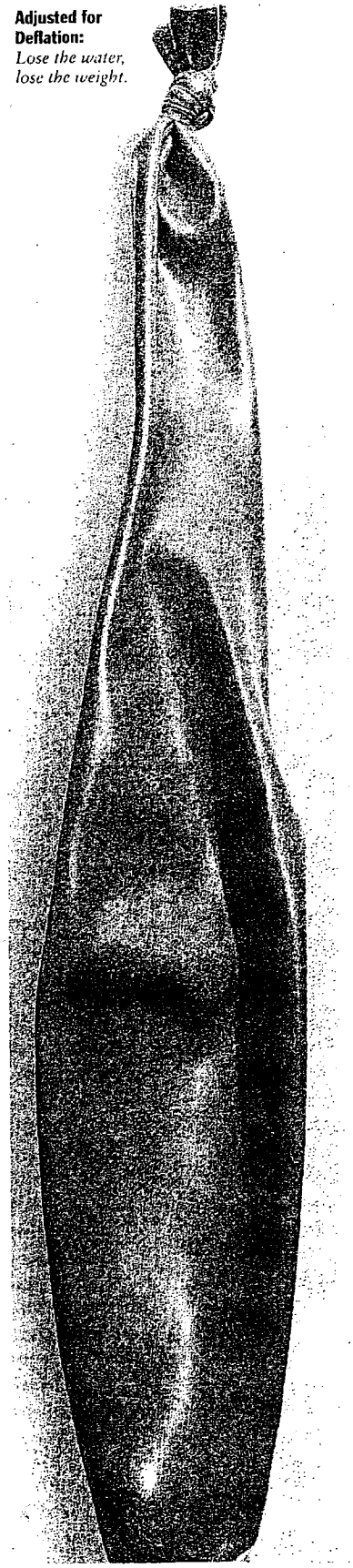
loss of up to six pounds a month is typical, but in extreme cases, some women will slurp up ten. (Retention that doesn't end with your period could indicate kidney, liver, or heart disease.)

Some of us (ahem) suffer not only month-to-month symptoms, but also day-to-day. "The average-size woman can pick up several pounds of water over the course of the day from eating the wrong foods," Peeke says. "What's wrong? You know what's wrong: starchy, sugary, salty foods" that don't feature a lot of water on their ingredients panels. Peeke points out that the best way to get rid of excess water is to take in more of it—to act as a flush. "The more water that goes in, the more that comes out. You want to eat foods that have

If you don't exercise, the water stored in your body might as well buy instead of rent.

lots of water in them—fruits and vegetables." She knows this is easier said than done: "When you have a bad day, you don't reach for the baby carrots. You stuff your face with starches that absorb water like there's no tomorrow. Go on a giant carb binge and just try to remove your rings."

If struggling to remove jewelry is the best exercise you get, the water stored in your body might as well buy instead of rent. "Movement increases body temperature. In turn, that raises the rate of biochemical reactions," Peeke says. "You break down sugar faster, and sweating makes the kidneys detox." In other words, exercise flushes your system. The water you drink while working out only helps the process along ("Drink the most water; lose the most weight," Peeke says).



Adjusted for Deflation: *Lose the water, lose the weight.*

While you're drinking, pour yourself some skim milk (unless, of course, you're lactose-intolerant, which can wreak a gastrointestinal havoc of its own). According to recent studies, women who don't get their recommended daily allowance of calcium will bloat more than their dairy-loving sisters. Also, "magnesium depletion may prove to be a contributing factor to bloat during PMS," says Stephen Gullo, author of *Thin Tastes Better* (Dell) and a diet consultant in New York. "Some nutritionists theorize that women crave chocolate before their periods because they are deficient in magnesium, and chocolate contains a lot of it. Chocolate also has a lot of sugar, and we know how bad that is." Other nondietary inflaters include aspirin, antihistamines, some antidepressants, and antibiotics. "You might see a one- to three-pound bump on the scale from these medications," Gullo warns. "Not that you should stop taking them because of bloat, but if you did, you'd lose the water within 24 hours."

One last culprit: changes in atmospheric pressure. Airplane trips combine three bloat factors (lack of movement, salty foods, and alcohol) into one pudged-up travel package. "Look at the legs of a plane full of people and you'll see a lot of swollen ankles," Peeke says. "Long car trips have the same effect. You don't move, and gravity pulls the excess water down to your feet." Alcohol, exquisitely dehydrating, does draw fluid out of your tissue, but "it expands blood plasma volume, as in pregnant women," Peeke says. "That's why drunks have big, bloated faces." After just two drinks, the alcohol-bloat circle begins: You feel dehydrated and thirsty, have another drink, which in turn stimulates an appetite for pretzel Goldfish, say. One evening of cocktails could be enough to ruin the fit of a favorite cocktail dress. Mercifully, you can put an end to all this puff by adopting some basic bloat-busting behavior. [See boxes.]

Bloat Busters

To rid the body of excess water right now—or to prevent gain during the next PMS cycle:

- *Make friends with the water cooler. A few liters a day isn't too much to ask.*
- *Get out there and exercise. The basic drill is at least 20 minutes of aerobic exercise a day, every day.*
- *Bulk up your diet. "Fiber from fruit and vegetables takes water with it when it moves through your digestive tract," Peeke says. "Apples, celery, carrots—eat as much bulk as you can." Five daily servings of fruits and vegetables is the gold standard. Six ounces of grapefruit juice—low in sugar, high in vitamin C—is a natural diuretic. Mix it with diet Sprite or seltzer, sip all day, and it'll keep you making trips to the bathroom.*
- *After 5 P.M., avoid starch. "Starch soaks up water like nothing else," Peeke says. "The worst thing you can do is eat a ton of starch—rice, pasta, potatoes—and go to bed. You'll lie there and bloat." And wake up a full size puffier. Alcohol, made from grain (or "liquid bread" as your dumb-ass college boyfriend called it) can be considered a starch. Better to have wine with lunch than with dinner during the PMS week.*
- *Up calcium. Get at least 1,200 milligrams of calcium every day for the week preceding the onset of menstruation. (Look for orange juice or grapefruit juice fortified with calcium.)*
- *Supplement with magnesium and B_6. "Magnesium is beneficial for metabolism. A fast metabolism helps eliminate excess water. Get at least 400 to 800 milligrams as a therapeutic daily dose for the second half of your cycle," says Allan Warshowsky, a gynecologist and the director of the women's program at Beth Israel's Continuum for Health and Healing in New York. "B_6 is a natural diuretic, and a deficiency leads to water retention. You can supplement with 200 to 250 milligrams daily in that same period."*
- *Count sodium grams. To avoid bloat, cut down to two or three grams of sodium a day (2,000 to 3,000 milligrams) for the week before menstruation. As anyone who has ever read the sodium content in one of those tiny cans of V8 knows, sodium grams can sneak up on you. So no salt from the shaker, no cured, smoked, or seasoned food. No processed meats like deli turkey or ham or (be strong) bacon. No Pringles. And avoid Chinese and Japanese food with soy sauce: One tablespoon has 920 milligrams of sodium.*

Eat, Drink, and Be Merry

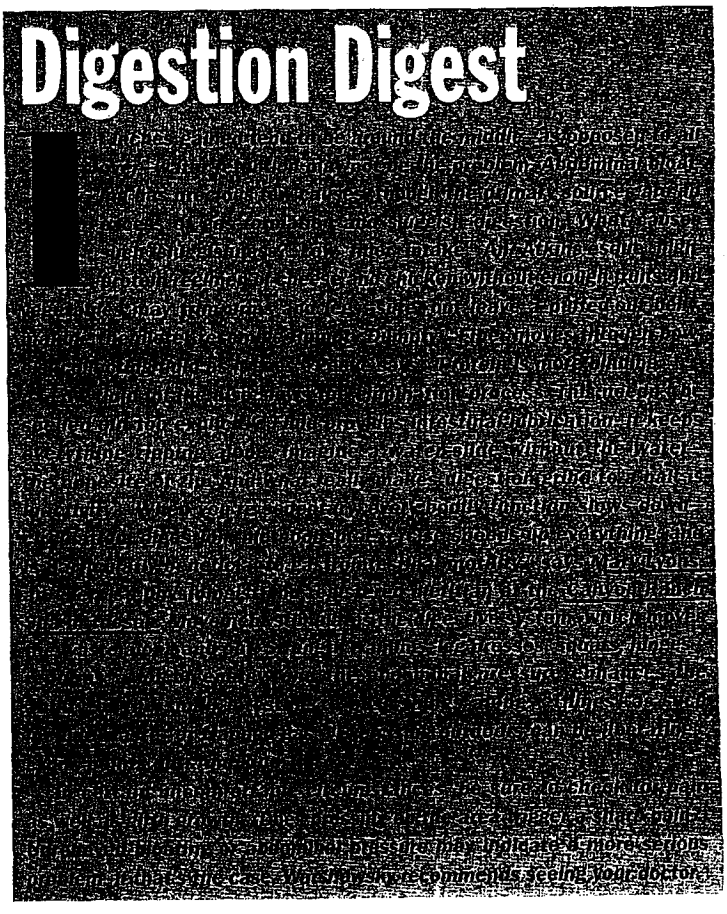
All-natural ways to help drain fluids and evacuate waste include:

DIURETICS. Don't bother with Diurex and over-the-counter pills. You could deplete your body of potassium (too little potassium could cause weakness, fatigue, or, worse, heart fibrillation or cardiac arrest). Instead, use coffee or tea (any natural source of caffeine), and foods including anise, asparagus, broccoli, eggplant, garlic, grapefruit, lemon, onion, papaya, parsley, and spinach. Try spices, including coriander, cumin, nutmeg, and the herb peppermint. Pick up juniper herbal extract and watermelon-seed extract at a health-food store or GNC.

LAXATIVES. Enhancing digestion may be as simple as sipping tea. According to Mary Beth Augustine, a registered dietitian and practicing integrative-medicine nutritionist at Beth Israel's Continuum for Health and Healing, certain herbs can help you along, so to speak. "Herbal teas are a mild way to start," she says. "Try ginger, peppermint, coriander, cardamom, or papaya-leaf teas. Or use the extracts of the same herbs."

MOOD LIGHTENERS. Sugar cravings during PMS (the cause of so much bloating) may be a natural antidepressant, since sugar elevates serotonin levels. But to get the boost without the bloating mouthfuls of Mounds bars (or Sarafem), Warshowsky recommends Saint-John's-wort for mood or B-complex supplements (especially B_6 and B_3) for depression, weight gain, and insomnia.

Digestion Digest



HARPERS

January 2002
Harpers & Queen (UK)

ABROAD

World's 100 best spas

STINATION

SPAS

Chiva-Som Hua Hin, Thailand

Chiva-Som is unquestionably exclusive – there are only 57 rooms and suites on a seven-acre site – but this resort's special brand of luxury comes from the peace, space and serenity of the setting, as much as from its excellent facilities. The bans on mobile phones, cameras and children ease the stresses and strains of modern life. Practising t'ai chi before breakfast in an outdoor, ocean-side pavilion helps too, as does a daily massage, and sipping chilled lemon-grass tea in the spa.

SIGNATURE TREATMENT The Chiva-Som Experience, a two-hour top-to-toe treatment, incorporating a Thai herbal body rub, a fresh-fruit body mask and a sensational body and scalp massage.

DINING Delicious, healthy, low-fat food, using produce from the organic gardens.

WHO TO BRING Perfect for visiting alone (at dinner, a table is reserved for solo travellers who want company) or with friends.

WHAT TO BRING Gym gear, if so inclined.

X-FACTOR An impressively holistic approach to health in a genuinely exclusive retreat.

DOWNSIDE Medical diagnosis is a little weak.

DESIRABLE DISTRACTIONS Exercise classes, yoga, t'ai chi, meditation, workshops (such as stress management) and spa-cuisine sessions, plus a programme of outdoor activities, including sea kayaking, and hiking up to temples in the hills.

FACTS From £1,529 per person for five nights, full board, including flights to Bangkok, transfers, choice of daily massage and activities, with Tropical Locations. Ring 020 7724 6644; or visit www.chivasom.net. **ELISABETH MAHONEY**

Pangkor Laut Malaysia

This private-island paradise off the west coast of Malaysia, covered almost entirely with protected rainforest, will open a new spa village in April 2002. Based on healing practices from India, Malaysia, Thailand, India, China and Japan, Pangkor Laut takes its inspiration from Eastern philosophy and concentrates on the nurturing aspects of spa treatments over the beauty aspects.

SIGNATURE TREATMENT Choose from one of three programmes (rejuvenation and longevity; beauty and slimming; relaxation and stress reduction) or enjoy individual treatments from a range of healing practices. A foot-pounding ritual will relieve even the most travel-weary guests.

DINING International and Malaysian cooking prevail.

WHO TO BRING The romantic setting attracts couples. It's good for families, too.

WHAT TO BRING You are provided with everything you need.

X-FACTOR The seclusion, space and natural beauty of the island (there is a minimum of one acre per guest).

Pangkor Laut

DOWNSIDE You're bound to feel jet-lagged, but you can turn that into an excuse to enjoy more treatments.

DESIRABLE DISTRACTIONS Explore the rainforest, enjoy the three swimming pools and beautiful Emerald Bay beach, or try out the tennis or squash courts.

FACTS £1,128 per person for seven nights, room only (based on two sharing), including flights and transfers, with Kuoni Worldclass Travel (01306 747001; www.pangkorlautresort.com). **ELEANOR SOUTHALL**

Mii amo Spa Arizona, USA

This 16-bedroom destination spa, next to the luxurious Enchantment Resort, nestles at the head of the lush green Boynton Canyon, just outside Sedona, a small town in Arizona's red-rock country. Hot-orange cliffs and strange rock formations rise out of a hard, desolate landscape revered by the Indians as a sacred and magical place. According to shamanic wisdom, the energy fields of the earth and human beings are one and the same, and native Indians believe Sedona is a 'crack between two worlds'.

SIGNATURE TREATMENT Crystal- and-colour therapy bath and massage: crystals are placed on your seven chakras while the therapist chants, then varying colours are wafted over you while you float in a bath.

DINING Low-calorie cordon bleu cooking.

WHO TO BRING Boyfriend or husband.

WHAT TO BRING Not a lot. Mii amo has all the amenities and toiletries you need.

X-FACTOR The fabulous landscape and the wacky appeal of Sedona town itself. The spa's crystal-domed meditation room.

DOWNSIDE The wilderness aspect is tempered by the glossy Enchantment Resort.

DESIRABLE DISTRACTIONS Hiking expeditions in red-rock country.

FACTS From about £1,100 per person for three days, full board (based on two sharing), including a consultation and at least five treatments. Ring +1 888 749 2137; or visit www.miiamo.com. **ANNABEL HESELTINE**

Rancho La Puerta California, USA

Rancho La Puerta was founded more than 50 years ago by health enthusiasts Edmond and Deborah Szekely (she later established California's Golden Door spa; see over), who charged guests $7.50 to camp in the grounds and tend the gardens. Now, guests are accommodated in spacious casitas and lounge next to swimming pools. The day begins early with a hike and exercise classes, and ends with meditation, contemplation and massage. In the background looms Mount Kuchumaa, which Indians believe has spiritual healing powers.

SIGNATURE TREATMENT Feldenkrais, which involves lying down and slowly moving one specific muscle group at a time. Afterwards, muscles move in ways you never knew they could.

DINING Almost totally vegetarian, with an emphasis on delicious wholefoods.

WHO TO BRING Visit alone, or bring your mother or a girlfriend – but not children.

WHAT TO BRING Bathrobes.

X-FACTOR The slow pace of the retreat.

DOWNSIDE Every Saturday, 150 new guests arrive, and the first evening is a nightmare as people jostle to book beauty treatments, hikes and classes. But the week takes on a rhythm of its own as guests unwind.

DESIRABLE DISTRACTIONS A hike in the mountains, followed by yoga to relax.

FACTS From about £1,450 per person for seven nights, full board (based on two sharing), including transfers and fitness classes. Ring +1 760 744 4222; or visit www.rancholapuerta.com. **ANNABEL HESELTINE**

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DESTINATION SPAS

The Golden Door California, USA

This replica of a Japanese *honjin* inn was established in 1958, but it has never lost its edge, with endless classes, fantastic treatments, pools to lie beside, a three-acre organic garden, and a top chef. The spa accepts only 39 guests for a weekly programme every Sunday. All you have to do is turn up, wait for the private consultation, climb into your cotton robe, called a Japanese *yukata*, and switch off.

SIGNATURE TREATMENT Seaweed thalassotherapy leaves your skin so sleek you'll slither home at the end of the week.

DINING A calorie-counted, tailormade diet to suit your needs.,

WHO TO BRING A girlfriend, mother, sister or, better still, nobody.

WHAT TO BRING Loose, comfortable clothing for all the activities; walking boots if you want to hike.

X-FACTOR Discreet Japanese interiors with *shoji* screens, parquet floors and jalousie windows promote serenity. A four-to-one staff-to-guest ratio and a personal exercise assistant ensure 24-hour pampering. No TVs in the bedrooms.

DOWNSIDE The expense. One week, all-inclusive, costs more than £4,000.

DESIRABLE DISTRACTIONS Meditative walks through the 'labyrinth', ashtanga yoga, jazz-dancing, fencing, archery, and cooking demonstrations, using produce from the organic garden.

FACTS From around £3,965 per person for seven nights, full board, including classes, a daily facial or body treatment and a daily massage. Ring +1 760 744 5007; or visit www.goldendoor.com. **ANNABEL HESELTINE**

Miraval Arizona, USA

This holistic spa offers all the mod cons you could want: gyms, yoga and fitness rooms, and an entire building devoted to beauty and healing treatments from all over the world. Swimming pools meander through lush sculptural plants, and tame rabbits and wild pigs wander among the cacti. Vast rooms open onto hidden verandahs that overlook Spanish-style courtyards – it is an enchanted location.

SIGNATURE TREATMENT Reiki – the laying on of hands to rebalance and heal.

DINING Low-calorie buffets in the stunning dining room.

WHO TO BRING A girlfriend or your mum.

WHAT TO BRING Everything is provided.

X-FACTOR Beside the white adobe entrance, falling water dances over silvery rocks, showering new arrivals in a cloud of cooling air. Just for a moment, it banishes the intense heat and transforms the horizon of burnished ochre hills into a shimmering, magical sight.

DOWNSIDE It is hard to concentrate on the meditation classes in the open-air stone amphitheatre while the sun beats down on you and the birds sing operatically.

DESIRABLE DISTRACTIONS A half-mile fitness track winds through desert shadows to reveal an alarming adult playground of ropes, harnesses and poles 30 feet off the ground. The idea is to push guests to their physical and psychological limits, restore confidence and encourage people to overcome their fears.

FACTS From £325 per person per night, full board (based on two sharing), including transfers, full use of the facilities, all activities and classes, and a daily spa treatment. Ring +1 800 232 3969; or visit www.miravalresort.com. **ANNABEL HESELTINE**

Canyon Ranch Arizona, USA

America's most celebrated health spa lies at the foot of the Santa Catalina Mountains on a tidy 70-acre estate. While many Hollywood celebrities come here to slim down before the Oscars, Canyon Ranch is no ordinary fat farm. The resort promotes itself as a 'wellness centre' or 'lifestyle resort'. On top of the 60 fitness and beauty treatments, there are 'spiritual awareness' classes such as yoga and t'ai chi.

SIGNATURE TREATMENTS Healing Touch, during which you lie on a bed while a nurse dangles metal weights above your chakras to determine the balance and energy flow of your body and psyche. Then comes some kneading of parts 'to unblock the jams'.

DINING Diet is a dirty word – here, it is called 'mindful eating'. Menu cards are marked with symbols indicating the carbohydrate, protein, cholesterol, calcium and calorific contents of each dish.

X-FACTOR The Life Enhancement Center, for people with specific problems such as addictions, stress or sexual problems.

WHO TO BRING A friend to share your casita...

WHAT TO BRING ... or a book (it's early to bed and early to rise). Hiking boots for the wonderful canyon treks.

DOWNSIDE It would be nice to linger at the table, but guests bolt down their food, so you are left wondering how to entertain yourself for the rest of the evening.

DESIRABLE DISTRACTIONS Six-hour dawn hikes across the Sonoran Desert. Guides provide packed lunches and encouragement when your energy levels, and thigh muscles, are flagging.

FACTS From £1,410 per person for four nights (based on two sharing), including transfers to and from Tucson, sport programmes and some treatments. Ring +1 520 749 9000; or visit www.canyonranch.com. **CATHERINE FAIRWEATHER**

Sérénité Wellness Centre

Cape Town, South Africa

Set in Cape Town's lush Constantiaberg mountains, Sérénité is surrounded by vineyards, oceans and beaches. Both the accommodation and the spa are luxurious, allowing you to de-stress without turning you into a hippie.

SIGNATURE TREATMENT The two-hour detox is marvellous after flying. It involves a top-to-toe sea-salt scrub, Vichy shower, massage and Thalgo body wrap.

DINING Delicious, gourmet, calorie-reduced food. Everything is organic and there is plenty of fish and meat for non-vegetarians.

WHO TO BRING Go alone – you won't feel remotely self-conscious. Lots of couples and groups go, too.

WHAT TO BRING Walking shoes.

X-FACTOR The service. Staff go out of their way to tailor treatments to your needs.

DOWNSIDE It's not for the fragile. There's a lot of walking, and a lot of steps.

DESIRABLE DISTRACTIONS Beaches, a golf course, horse-riding and shops that sell great African sculpture.

FACTS From about £60 per person per night (based on two sharing), including use of facilities, but no treatments. Ring +27 21 713 1760; or visit www.serenite.co.za. **STEPHANIE HOPPEN**

Les Sources de Caudalie

Bordeaux, France

The French have never suffered for their beauty, so it is only fitting that one of their best spas is situated in the middle of a Bordeaux vineyard. Following the discovery of the protective, antioxidant qualities of grapes, the Smith Haut Lafitte vineyard decided to use the by-products of its wine-making to create a range of beauty products and treatments. A plot of land with substandard soil provided the ideal space to build a spa. The result is a designer 'rustic' hotel, a fabulous restaurant and a spa that offers a range of unique 'vinotherapy' treatments.

SIGNATURE TREATMENTS Anything with a 'wine' theme, including the Merlot wrap and Crushed Cabernet body scrub.

DINING With a two-star Michelin restaurant, the emphasis is on good food, not fasting.

WHO TO BRING A man. The setting is peaceful, pretty and romantic.

WHAT TO BRING Not a lot. Travel-size Caudalie products and robes are provided.

X-FACTOR The setting. Instead of piped music and rag-rolled walls, you get birdsong, and sunlight filtering through your shutters, plus the occasional glimpse of the young men tending the vines outside.

DOWNSIDE Some treatments are better than others; vinotherapy does not always make for the best scrub, wrap or facial.

DESIRABLE DISTRACTIONS The ancient town of Bordeaux is a 15-minute drive away.

FACTS From £122 per person per night, room only. Ring +33 5 57 83 83 83; or visit www.sources-caudalie.com. **NEWBY HANDS** □

TODD MARSHARD, LUCA INVERNIZZI TETTONI

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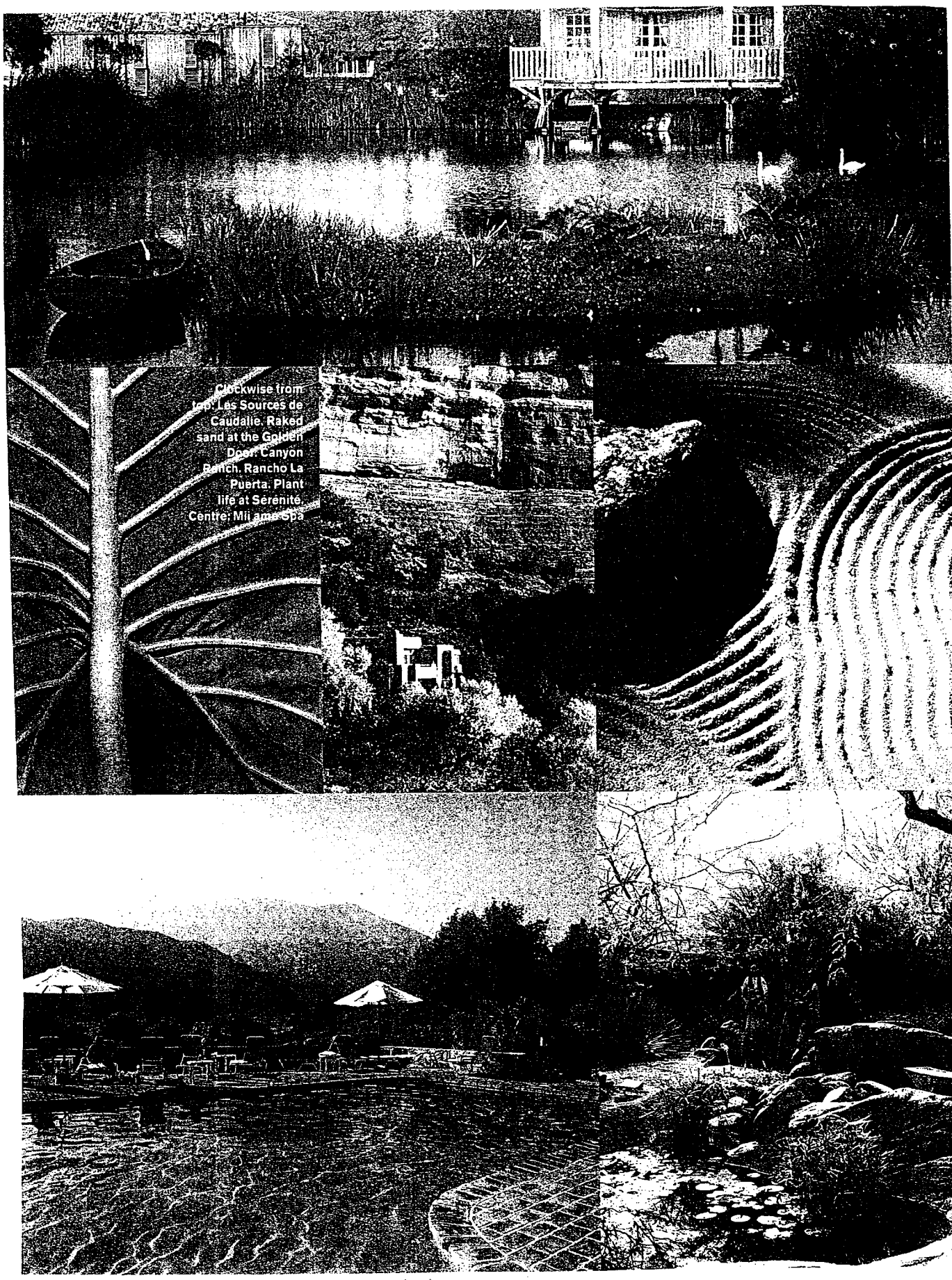

Clockwise from top: Les Sources de Caudalie. Raked sand at the Golden Door. Canyon Ranch. Rancho La Puerta. Plant life at Sérénité. Centre: Mii amo Spa

The Boston Globe

www.boston.com/globe/

Spa vs. spa

By Amy Graves, Globe Staff, 1/6/2002

LENOX - Canyon Ranch. Just those two words side by side are balm to a woman's weary soul.

Stress is what's ailing. I've taken on several new assignments at work and have no idea how to get them all done. It's the middle of December, and I have absolutely nothing to give anyone for Christmas. Through no fault of my own, a stray kitten is living in my house - along with the resident dog, two cats, and fish. My long-distance service was disconnected because a bill that was paid was not received.

What I need is Canyon Ranch.

Friday, 7 p.m.: Arrival

I drive through the gate at this 120-acre wooded retreat in the Berkshires and immediately forget the arduous journey from Boston. At the grand Bellefontaine mansion that serves as the cornerstone of the spa complex (with its glass walkways, a sort of Habitrail for the pampered), the staff parks the car and takes all my bags - even my handbag - inside.

I had already called a program coordinator before I arrived to design my plan of attack, which was a good thing. With three tennis courts, a squash court, two swimming pools, five whirlpools, two saunas, four steam rooms, and a beautiful gym, the choices are many. Too many for ambivalent types like me.

I check in and head for the dining room, where an array of choices and a beautiful salad bar await. The menu lists fat grams, protein grams, and calories for literally every item.

Over a plate of mushroom ravioli (340 calories) that tastes like one of the frozen entrees at Bread & Circus, but edible, medical director Michael Laporis tells me that more people have been coming to Canyon Ranch in the last few years to address health problems, not just to slim down and pump up. He talks about the integrated approach that's possible in a place where there's everything from fitness instructors to full-fledged doctors seeing the same clients. That comes with a hefty pricetag, of course; three-day rates start at $1,800.

There is no wine or beer or even Diet Coke, so everyone drinks lots and lots of water. Table salt is available on request (but not in the food). "That's why there are bathrooms every few feet," Laporis says. He's funny, and I wish he were my doctor.

I'm running a bit late for my first spa treatment, so I forgo dessert - unwisely, as I will discover.

8 p.m.: Exfoliant Wrap

After I change into a warm terry robe and towels, massage therapist Claire Carnevale leads me to a tiled shower stall where 15 jets of water are blasting. I lather up surrounded on three sides by rejuvenating warmth.

Carnevale tells me not worry about drying off when I get out - I'll spend the next hour under a steady flow of warm water on the mud table.

She's given me a choice of exfoliant rubs - mango/sugar or crushed grapeseed. She rubs the grapeseed on my arms, back, the backs of my legs, and the back of my neck. It smells like fermented wine or yeast, and the gentle abrasion of the grapeseeds tingles slightly.

"How are you doing so far? Is this yummy?" Carnevale asks. The spa staff calls a really good treatment "yummy."

I'm a noodle already, and all I can do is murmur agreement. She turns me over, mashing crushed grapeseeds on my shoulders, torso, and all the way to my feet. "Are you ticklish on your feet?" Who isn't? But I'm too relaxed to feel a tickle.

I rinse off and am ready for stage two: a layer of grapeseed and lavender oil, then lotion.

10 p.m.: Bedtime

Sleep should come easily in the spacious, quiet room I have all to myself (no animals vying for space on the bed), but I'm restless - and hungry. I'd love a peanut butter cookie, but a quick survey of the common areas in the spa turns up only raw fruit and chamomile tea.

Saturday, 9 a.m.:

Wake-up time

Breakfast runs until 9:30, so you can sleep in and still grab a bite. Thank heavens they don't stint on the coffee here, so I won't have to find some New Agey holistic alternative to that. I order eggs benedict and what arrives is one egg on spinach (I wasn't expecting ham) with hollandaise so virtuous (250 calories including the egg it came on), it's inedible. I like the little apple spice muffins (125 calories), which are soft and just sweet enough. I have two.

10 a.m.: Movement 101

Movement therapy director Megan Reisel is explaining that everyone has a "physical signature," a way we move that's unique to us. I don't know what that means, but I'm fairly sure her signature is a lot more interesting than mine. Reisel holds a master's degree in dance at UCLA. She also holds a fourth-degree black belt in karate and a rank in aikido.

Movement therapy is kind of an umbrella term for all kinds of body work, from pilates to tai chi.

To find out what kind of "signature" I have, she leads me into creating my own dance. Once I let go of my inhibitions for long enough, I clue into my style of movement, which appears to involve a lot of spinning around in circles and quick bursts of activity directed at various items that enter my awareness.

"How would it feel to slow down, and focus more on each item?" Reisel asks me. "I don't know," I answer.

Much of Reisel's office space is taken up by a gyrotonics machine, a contraption of weights, knobs, and pulleys that looks like a pilates machine.

This machine stretches and works the muscles to increase your freedom of movement. Reisel offers 50- and 100-minute workout sessions in gyrotonics that can focus on the whole body or attend to particular needs, such as neck and shoulder pain or balancing the spine.

"It really works to integrate your body, so you feel more strength and support in your lower body," she says. "You're more capable of handling twists and turns and reaches."

Hospitals in Europe use gyrotonics for physical therapy; Olympic swimmers use it for training.

Reisel demonstrates: She gets on a seat in the middle of the machine and begins turning one of the knobs, which makes her look as if she's churning butter. She's smiling almost reverentially, so it must feel good.

11 a.m.: Aromatherapy

facial

Contrary to prevailing belief, facials don't have to hurt, make your skin blotchy, or involve exotic lotions that stink.

Maybe a better term for the aromatherapy facial I get from Ladan Abadani, a wisecracking esthetician, is an hour of sensory bliss. Before massaging my entire head, Abadani applies a rose and lavender botanical cream and mild toner to soothe and restore the pH balance in my skin. The massage is the best part, though. This is the first time anyone has massaged my nose. It's equally novel and nice to have my forehead, temples, and cheeks massaged.

Abadani says the best kind of moisturizer for the skin is anything with lanolin, like Oil of Olay. I won't have to shell out big bucks to retain a youthful complexion, she says. "But you better start drinking more water. It's the best moisturizer for your skin."

2 p.m.: Euphoria

After the relaxation of the facial, I reach an unimaginable state: I'm maxed out on spa treatments. But I have a combination exfoliation, hydrotherapy, and massage scheduled, and the cancellation deadline has passed. So I keep my chin up and resolve to enjoy "Euphoria," 100 minutes on a table and in a tub.

Massage therapist Emily Joyce begins by scrubbing in and rubbing off a rose oil exfoliant of Indian herbs and milk powder. She massages sage oil into my scalp (by the end of the afternoon my hair roughly resembles an updo).

She sends me into a Jacuzzi scented with grapefruit oil for 15 minutes or so, then I return to the warmed massage table where Joyce massages my feet using the principles of reflexology (in which the toe represents the head and the arch is the spine). It's so soothing that I nap through most of it.

5 p.m.: Workout

In a late attempt to rev up after a day spent prone and pampered, I hit the treadmill for a half-hour. Also working out was William J. Bratton, formerly police chief in New York City and, before that, Boston, who appeared to be bench-pressing about 100 pounds.

With more than 50 exercise classes and lectures to choose from each day, it feels strange to forgo all that for my usual running routine. As I sweat and pound away, I realize that I am feeling a little overwhelmed by all the choices.

When I finish all the water in my bottle, a buff-looking gym attendant walks up. "Would you like a refill? Plain or ice water?"

This is not a place where anyone suffers unduly.

7:30 p.m.: Dinner

I decide to share a meal at the "captain's table" with other people who are staying here by themselves. At breakfast and lunch, staff members eat at this table to lead discussions about programs at the ranch. At dinner time it's just the inmates, and tonight that is a lawyer from Chicago, a buyer from New York, and two other women from Manhattan.

Sherrie is here for the first time; Laurie and Linda are Canyon Ranch veterans. Carol has been to a lot of spas. We compare notes on what we've been up to and joke about the meal portions (addictive homemade ice cream comes in minuscule parfait glasses; when you order a plate of cookies, you get one) and the digestive effect of eating more vegetables and drinking more water than normal.

Laurie came to kickstart her exercise routine. She cycles, but it's hard to find time in New York. Linda has been to this Canyon Ranch and the one in Tucson, and says it's her favorite trip to take on her own because you are never alone unless you hide in your room.

"The spas of the '80s were about aerobics and starvation," Linda says. She's here for the hiking trips and wallyball, a wacky no-rules kind of volleyball game that everyone raves about.

After dinner, we carry our conversation to a pair of plush chairs next to the fireplace (one of four). By the time we say goodnight, it's 11 p.m.

8:30 a.m.: Stretch class

Fitness instructor Colleen Wright fills our group of 25 or so (including actress Joanne Woodward) with excitement over the first snowfall, which we can see through the windows of the carpeted studio.

She leads us through back, leg, and neck stretches that feel so good that 20 minutes later, when we're done, I want to do them all over again. But that might be because Wright is so upbeat and energetic as she tells us about getting up at 6 to make a snowman with her kids. She could get you to live without coffee.

None of the early-morning hikes or walks outside take place as scheduled because of the snow. Somehow I feel as if I've gotten a breath of fresh air anyway.

9 a.m.: Biofeedback

The idea behind biofeedback, one of the expanding list of behavioral health treatments available here, is to teach your mind how to control the systems of your body that ordinarily self-govern, such as pulse and temperature.

Biofeedback is gaining more attention as a way to treat arrhythmia, asthma, sleep disorders, attention deficit disorder, anxiety, and depression. It began 40 years ago as treatment for migraines.

Jeffrey Rossman, behavioral health director, hooks me up to a computer in his office that monitors my pulse to a millisecond, the conductivity of my skin, my temperature, and the muscle tension in my upper back. It's fascinating to see how something like laughing can affect heart rate and muscle tension, and how breathing more rhythmically and slowly can smooth out my pulse.

But no matter how hard I try to think warm thoughts, as Rossman suggests, I can't increase blood flow to my fingertips, which turn cold and white if I don't keep them moving. (This is Reynaud's syndrome, and it's very common.) Fixing that through biofeedback would take several sessions of visualization and practice, Rossman says.

Or I could wear mittens.

1 p.m.: Restorative yoga

Six of us show up in a carpeted room for what turns out to be naptime at the Ranch. Our instructor previews all the yoga positions we'll do, almost all of which involve lying down and, he says, letting gravity pull us down. We get little beanbag pillows to put over our eyes, and the lights are dimmed. But we don't get any techniques for meditation, for freeing our minds of random thoughts. But I get in a good stretch and a short nap before the drive home.

I haven't done everything that I fantasized I could or would do here, but for 48 hours I have stretched, relaxed, danced, abstained, sweated, exfoliated, listened, and learned in a way that never happens at home. I did not live cheaply, but I lived well.

This story ran on page M1 of the Boston Globe on 1/6/2002.
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Forbes.com
January 10, 2002
Travel Feature

The World's Best Weight-Loss Spas

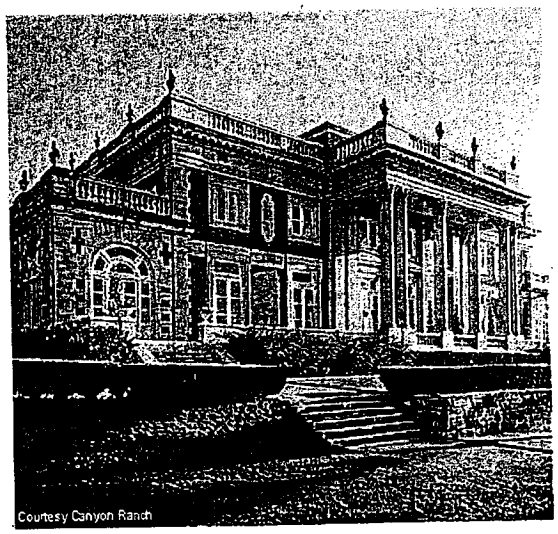
Christina Valhouli, Forbes.com

If your stomach is looking more scary than sexy these days, consider going to a spa to shed those extra holiday pounds. Fortunately the days of "fat farms," group torture and lettuce-only lunches are ancient history. Today's health spas focus on long-term lifestyle changes that you can take home with you--in beautiful, luxurious settings with a lot more than a few greens on your plate. In fact, most spas understand that the only greens their guests want to see are golf greens and it's always possible to squeeze a round or two in the links, or even a massage, in between those aerobics and yoga classes.

While most people can lose a few pounds over a week's stay, don't expect anything more dramatic--that would be unhealthy, not to mention unpleasant. Of course, it all depends on just how much extra weight, and money, you want to drop. Clinique La Prairie in Switzerland charges 15 grand for its 12-day treatment and many others are equally pricey. But if results--and the ability to button your trousers again--are what matter to you, you'll be sure to come away with a lot more (or less) than just a thin wallet.

To read about each spa, click on the images below.

Canyon Ranch



Courtesy Canyon Ranch

Canyon Ranch, with locations in both Tucson, Ariz., and the Berkshires, is considered to be one of the world's best spas. These spas, which have been promoting better health through good living since 1979, offer a battery of health packages and tests that put to shame those used by most doctors. The Berkshires location features the three-day (or longer) "Ultrametabolism: New Approaches to Weight Loss," which includes insulin, thyroid and hormone tests, for $1,525; and the six-day "Ultraprevention," where participants learn about nutrition, fitness and lifestyle strategies, for $4,450. Tucson offers the seven-day "Life Enhancement Program," which is a combination of daily walks, classes and lectures, as well as assessments by physicians and nutritionists for $4,287. (An added bonus for the Tucson location is the Golf Performance School, with instruction from PGA professionals.) "We never use the term 'diet,'" says fitness director Katherine Brumley. "We look at it as a lifestyle change."

Canyon Ranch Berkshires
165 Kemble Street
P.O. Box 2170
Lenox, MA 01240
Phone: (800) 326-7080

Canyon Ranch Tucson
8600 E. Rockcliff Road
Tucson, AZ 85750
Phone: (800) 742-9000

Tips:

1) Don't do too much too soon. If you want to run a marathon, you don't start by running 26 miles.

2) Healthy eating isn't about denial. It's about making the right decisions.

3) If you only have 15 minutes to work out, don't blow off the whole thing. Exercise is cumulative and you can build it all day. --*Katherine Brumley, fitness director*

New York Magazine

NEWYORKMETRO.COM

Monday, January 14

Urban Strategist

Head Trips

You don't have to trek the Himalayas to get a soul recharge: From the Catskills to the Berkshires, our own hills host a soothing array of spiritual retreats, yoga camps, and New Age spas.

BY SARAH BERNARD

Hippies, blue bloods, and Jerry Lewis lovers were the first to habituate the communal dining halls of the Catskills' and Berkshires' retreats. Since then, a good number of *Dirty Dancing*-esque destinations have replaced their bingo tables with yoga mats, finding a second incarnation as spas and retreats with a spiritual bent. Now frequented by TriBeCa Buddhists, East Village yogis, and Upper East Side vegans, the getaways have, not surprisingly, all seen a surge in business since September 11. And as 2002 begins, the city's seekers continue to head north.

***Om* away from home:** A yoga class at New Age Health Spa.

New Age Health Spa, in Neversink, New York (eighteen miles from the town of Monticello), has managed to strike the perfect balance between New Age pursuits and à la carte physical pampering. The 280-acre spread feels like a souped-up summer camp, with five bed-and-breakfast-type shingled lodges at its center. Rooms are homey and unfussy and without phones or TVs. Guests pick and choose from the events on each day's schedule, which begins at 6:30 a.m. and ends at 9 p.m. with a lecture (on Vedic knowledge when we were there) and a movie (now playing: Thirteen Days). Yoga and t'ai chi classes take place in the newly built Cayuga center; ai chi (t'ai chi in water) is in the heated pool next door. There's Nordic skiing in winter, tennis in the summer, and hiking excursions May through October. For an extra charge, guests can schedule facials, massages, and Ayurvedic body treatments at New Age's no-frills but professional spa. Meals include organic produce from the three greenhouses on the property. Juice fasts are also an option. But forget about coffee — this is a caffeine-free zone. Double-room rates from $144 to $254 per person (800-682-4348; www.newagehealthspa.com).

If certain students at **Ananda Ashram** seem awfully proficient at their sun salutations, it's because Ananda is where yoga teachers go to get a physical and spiritual tune-up. The ashram, which is just an hour northwest of Manhattan in the Orange County village of Monroe, was founded in 1964 by Shri Brahmananda Sarasvati as the center for the Yoga Society of New York. Ananda even has a sort of exchange program with Jivamukti in Manhattan: The yoga studio sends employees to the ashram, and teachers from Ananda visit Jivamukti Wednesday nights at 8 p.m. to lead satsang ("keeping the company of like-minded individuals") meditation. Ananda's schedule includes yoga classes of all levels, Sanskrit study, meditation, even classical Indian dance. Weekend workshops concentrate on specifics: deity painting, sitar-playing, hatha yoga — as well as more unusual pursuits such as kirtan chanting and electro-crystal homa healing (involving crystals, energy work, vadda-vadda). Clients can make appointments for Swedish and Shiatsu massage, acupressure, and foot reflexology, and then chase them with a eucalyptus sauna. Weekday rates from $45 per night for a single-sex dorm room to $60 for a semi-private room; weekend rates from $55 to $70; workshops are extra (845-782-5575; www.anandaashram.org).

Regulars of the **Kripalu Center for Yoga & Health** in Lenox, Massachusetts, tell newcomers not to be put off by the minimalist décor. Once a Jesuit seminary, the center has private rooms that are smaller than suites at the Paramount; larger ones afford you the luxury of top or bottom bunk. No one comes here to lounge in bed, however, as there's a mind-boggling array of classes — 150 in the Kripalu winter catalogue. Pick and choose from the daily schedule, adding on spa services that appeal to you. Or sign up for one of Kripalu's programs ($115 to $225), which run the gamut from hiking, snowshoeing, and golf to "Conscious Riding: The Inner Path of Horsemanship." Register in advance for one of 30 "Healing Arts" sessions, from hot-stone massage to acupuncture. Meals are vegetarian (no meat, poultry, or fish) and surprisingly creative, with the main meal at noon. Rates vary. On an à la carte basis, singles will pay $86 a night (dorm room), couples (or singles wanting their own rooms) $144 to $155. If you sign up for a program, rates are slightly higher (call 800-741-7353 for specifics; www.kripalu.org).

Finally, how could we not include the Berkshires outpost of **Canyon Ranch?** While it's become synonymous with celebrity-grade buff and detox, the Lenox resort has developed its spiritual side in recent years. On the daily roster are Chi Gong classes, meditation walks, and multilevel yoga classes led by teachers who trained at Kripalu — in addition to the requisite mango scrubs and rubdowns with herb-infused oil. Regulars rave about the tasty, low-calorie food, which somehow includes tirami su for dessert. Hey, if they say so. . . . For three nights, single rooms cost $1,683 per person; doubles are $1,333 per person through March 13 (800-742-9000; www.canyonranch.com).

NewsRoom

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Newsweek U.S. Edition
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July 22, 2002

Section: TRAVEL A

SURPRISES ON THE SEAS

ANA FIGUEROA

California businesswoman Susan Kramer was skeptical when her mother suggested recently that three generations of the family take a vacation cruise. Kramer, who had worked in the cruise industry years ago, recalled its rather stodgy image. "We had a joke that the passengers were either 'newlywed' or 'newly dead'," she says. But Kramer was pleasantly surprised to learn that the trip--a 10-day Alaskan voyage on Crystal Cruises' ship Crystal Harmony--was actually a yoga-themed journey. "I can't tell you how excited I was," she says.

The yoga theme wasn't the only surprising discovery. "I remember the old days, when a shore excursion meant that you simply piled everyone in a bus and took them somewhere," says Kramer. This trip included hiking on a glacier, paddling next to icebergs and even having a glacial-mud facial. "Landing on the glacier by helicopter was amazing," says Kramer's daughter, Kinzie, who celebrated her 16th birthday on the trip. "The electric blue of the crevasses is indescribable. This is an experience I'll never forget."

Gone are the days when shuffleboard-playing grannies were the mainstay of the cruise industry. Now cruises appeal to a younger, hipper audience, and it's easy to see why. Modern cruise ships are "floating resorts," offering everything from state-of-the-art spas and gyms to in-line skating and rock-climbing walls. Cruising is the fastest-growing segment of the travel industry, with 7.5 million people worldwide having set sail last year. Fifteen new ships will join the North American fleets in 2002, more than in any previous year. The cruise industry hopes the boost in capacity, plus the modern amenities of the newer ships, will attract the 87 percent of the population that has never taken a cruise.

The price is tough to beat. Hard hit by September 11, many cruise lines slashed fares considerably last fall and winter. Prices have bounced back somewhat, but you can still find fares at less than $100 per day per person--not bad, considering the price includes a room, all meals, activities and entertainment (except gambling, specialty restaurants and--on most ships--alcohol).

Many cruise lines have also responded to September 11 by redeploying ships closer to home. In America, travelers can depart from more cities than ever before--including small ones like Galveston, Texas, and Mobile, Alabama. Ships also stop at more ports, with over 1,800 destinations worldwide to choose from, according to the Cruise Lines International Association (CLIA). This year's top destinations will be the Caribbean and the Bahamas, Europe, the Mediterranean and Alaska.

What's the allure? Many people cruise simply to "check out" a destination for a future visit, according to the CLIA. For example, Hawaiian interisland cruises allow passengers to sample each island so they can scope out favorite sites. Other cruises, such as

those bound for Alaska, are famous for their onboard educational features. Sail the popular Inside Passage and Gulf of Alaska routes, and you'll encounter naturalists, historians and park rangers onboard, teaching passengers about the region's stunning glaciers, fjords and wildlife.

Some people bring their own special events onboard. Californian Michael Fischer wanted to make his older brother Tom's bachelor party a memorable one. So he invited 14 of Tom's high-school buddies to a four-day Mexican cruise on the Carnival Ecstasy out of Los Angeles. "What sold us on the idea was the all-inclusive nature of it," says Fischer, 22. "You can just party without worrying about any of the details. You don't have to move around, because the scenery changes on its own."

Those who feel stressed about getting "away from it all," even on vacation, needn't worry: the high seas have gone high tech. Most cruise ships are "connected" with 24-hour Internet cafes, onboard e-mail addresses and video postcards. Some lines feature staterooms wired for Internet access, and many offer computer-learning classes. Friends and relatives back home can follow your progress via Webcams scattered throughout the vessel.

The industry has also gone overboard on themed cruises, where passengers can sail away on a murder-mystery tour or enjoy a film festival at sea. There are classical-music cruises, wine-tasting cruises and culinary festivals featuring world-renowned chefs. The venerable Queen Elizabeth 2 is offering a "Spotlight Series" on each of its 21 transatlantic crossings this year, with themes ranging from "British Comedy" to "Great Authors." There's even a "Family Entertainment" cruise in July, in which junior cruisers will be invited to perform scenes from "The Jungle Book" with the London Festival Players.

Indeed, cruise lines are eager to please younger passengers. Carnival's "Camp Carnival" offers programs for three age groups. The Princess features activities like stargazing, ocean-habitat studies and toy-sailboat making. The QE2 has a full-time "junior activities coordinator," as well as British nannies in the nursery. But if you're looking for a ship geared for younger sailors, it's hard to beat the Disney Cruise Line, which sails to the Caribbean out of Port Canaveral, Florida, and has replaced the standard casino with an entire deck of kids' activities, including animation workshops, electronic games played on giant video walls and bedtime stories featuring Disney characters. It's got the only full-service permanent nursery in the industry; parents drop kids off and keep in touch by pager.

The best--or at least the biggest--is yet to come. Next year Cunard will introduce the world's largest cruise ship, the Queen Mary 2. Its 2,620 passengers will enjoy a spa managed by the prestigious Canyon Ranch of Arizona, the only planetarium at sea, interactive TVs, a grand staircase and a three-story dining room. Says Cunard Line president Pam Conover, "We will certainly put significant focus on having family facilities, so we will attract people who want to travel with their children. We're determined to show that cruising has something for everybody." Whether your taste runs to henna, heli-skiing or highballs.

Photo: Boat Love: Ships these days are all-inclusive, wired and kid-friendly

Photo: Boat Love: Ships these days are all-inclusive, wired and kid-friendly

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Photo: Boat Love: Ships these days are all-inclusive, wired and kid-friendly

---- Index References ----

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December 27, 2002

Section: LIFE

Postcards from the road

Gene Sloan

You mean I'm going to have to kiss my wife? Here? With people watching? Egad. What have I gotten myself into?

My wife, Nicole, and I are sitting in a circle with 12 other nervous couples at Canyon Ranch, the famous health resort on the edge of the Sonoran desert in Arizona, when the reality of the situation begins to hit us:

We're really going to have to participate here. We're going to have to suppress our giggles and kiss. Really kiss, deep and penetrating. And then we're going to have to talk about it.

"Sex: Body & Soul," the four-day sex workshop that my editors (no doubt, giggling themselves) decided to have us attend and then write about for the newspaper, is all about intimacy. Our intimacy.

As my wife says, some things are better left unsaid in the pages of USA TODAY.

Still, it definitely made for a memorable experience.

Lana Holstein, the physician-turned-sex expert who leads the workshop, one of a growing number at spas promising to help couples relight the fire, definitely knows, er, what buttons to push. And she's not shy about getting her point across. (She even brings a puppet of the female you-know-what, dubbed Mona, for an exhaustive anatomy lesson.)

Kissing is just the warm-up. Holstein and her husband, David Taylor, teach us and our 24 new best friends everything from how to find a certain spot on the woman to certain things about the prostate gland that I'm not sure I really needed to know.

Much to our relief, however, our clothes do stay on in the classroom (with the exception of one two-hour session on slathering each other with massage oil in which we take turns lying on a table covered by nothing but a thin sheet). But there is the small matter of the "homework" we're assigned every afternoon for back at the room.

Not that it was a chore. Ever heard of tantra? I admit I hadn't paid too much attention to the subject. But hey, after this class, I'm a convert. In fact, there was one moment when Nicole . . .

(Material censored.)

Sorry. My mom reads the paper.

Let's just say that after 10 years of marriage, there are still some new tricks to learn.

But sex isn't just about fun, Holstein says. It also should be "sacred." It's all about linking to each other's soul.

And, despite plenty of giggling along the way, that's exactly what we relearned to do. Thanks, Lana and David. We're keeping up with our "soul gazing" and honoring our "contract" -- the pact you had all the couples draw up to recommit to one another.

We owe you one.

PHOTO, B/W, Darryl Haralson, USA TODAY

CATEGORY: COVER STORY

NOTES: Destinations & Diversions; Postcards from the road; Looking back on an unusual year in travel, the Destinations & Diversions writers here share their most memorable experiences on the road. From funny and unexpected to inspiring and heartwarming, they cover the geographic -- and emotional -- landscape.

---- Index References ----

Language: EN

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Getting away from it all. (Holiday Gift Guide 2002).

'Tis the season to relax with loved ones and forget all about the phone that won't stop ringing, the constant stream of instant messages and the scripts that are piling up. It's also time to think about creative gift ideas, so how about treating someone--and/or yourself--to a relaxing spa getaway? Whether it's for a delightful lunchtime break or a full day's respite, a weekend or an entire week's retreat from civilization, the following is a collection of unique and inviting spas that cater to your every need--leaving you buffed, polished, refreshed and rejuvenated.

ON A LUNCH HOUR

Kenneth George Sanctuary

Inside this unprepossessing Wilshire Boulevard storefront sits this oasis of peaceful relaxation with a full range of facial, massage, hydrotherapy and body-polishing treatments, as well as mud, seaweed and oil wraps. The Ayurvedic treatments use a blend of herbs and warm oils (Herbal Renewal Dosha, 95 minutes, $125). The new DNA CryoStem Skin Therapy facial (55 minutes, $190) uses stem cells from bovine amniotic fluid to heal and regenerate skin for a youthful glow. Sample a menu of massages including Shiatsu, deep-tissue, acupressure, pregnancy (for the mothers-to-be), warm stone, lymphatic drainage, cranio sacral, Thai and reflexology (55 minutes, $85; 85 minutes, $125). The Sanctuary, open until 9 p.m. daily, is the perfect place to unwind after a rugged day at the office.

1904 Wilshire Blvd., Santa Monica, (310) 453-0224, www.kennethgeorge.com

Hillary Atkin

l.a. vie l'orange

Step inside this luxury nail salon and be ushered to your own cabana, where a menu of natural treatments for hands and feet awaits in a chemical-free environment. Owner Melissa Ahmann creates her own signature products, such as a cucumber-orange lotion, based on essential oils and fresh ingredients. Try the Always on the Run pedicure (60 minutes, $60) and decompress as your feet are soaked in sweet almond oil, rose petals, rosemary, lavender and cucumber swirling over warm stones. The Rehydrator manicure (60 minutes, $65) features warm grapeseed oil, hot towel wraps and a paraffin treatment. For those who want just the basics: manicures are $25, pedicures, $35. In addition, makeup artist Tonya Crooks offers brow shaping, lash tinting and makeup lessons.

638-1/2 N. Robertson Blvd., West Hollywood, (310) 289-2501, www.lavielorange.com

--H. A.

The Peninsula Health Spa

With its varying combinations of rejuvenating services, a lunch hour visit to the Peninsula Health Spa is sure to please. You can almost pretend you're vacationing in Europe as you enjoy some of the many wraps, baths and massages--not to mention the oxygen therapy, self-tanning and India's ancient Ayurvedic healing treatments (once reserved for royalty).

Signature treatments include the Hot Rock and Crystal Ritual (60 minutes, $120), Silver Ion Mask for troubled skin (90 minutes, $145), Papaya-Pineapple Enzyme Scrub (30 minutes, $75) and Sea Enzyme Body Wrap (60 minutes, $120). Stop by the Roof Garden for a five-star spa cuisine lunch. Open 5 a.m.-11 p.m. daily. 9882 S. Santa Monica Blvd.,

Beverly Hills, (310) 975-2854

Denise Abbott

Le Petite Retreat

Slip on a luxurious robe and indulge in a warm. scented neck wrap and tingly scalp massage as you await your treatment. This charming spa in the heart ol Larchmont Village offers a full menu of indulgences that will leave workday worries far behind.

Ask owner Lysa Kustek for a Luminescent Lift and Tone facial (70 minutes, $140), which uses machine vibrations to detoxify the lymphatic system or the Phytobiodermie algae and clay masks to restore the skin's natural luster for a more youthful appearance. Cap it all off with the Warm La Stone massage (60 minutes, $100) and a soak in the Coppertino bath (20 minutes, $30) in a private, candlelit room with a copper tub sending streams of water infused with essential oils to delight the senses. The bath is available for couples. Manicure, pedicure and waxing services are also offered.

331 N. Larchmont, Los Angeles, (323) 466-1028, www.lprdayspa.com

--H. A.

ON A DAY OFF

Burke Williams

Having perfected the day spa experience during the late 1980s, Burke Williams offers a level of service that remains unparalleled. Whether visiting for a single treatment or a full-day package, guests are encouraged to partake in all on-site facilities, which include a whirlpool, steam room, sauna, showers and vanity area, at no additional cost. The celebrity client list is longer than most screenplays, though friendly attendants pride themselves on treating every client like a star.

The spa offers everything from pedicures to facials and then some. Try the Calistoga Getaway, which starts with a detoxifying Fango mud bath and ends with an aromatherapy wrap (55 minutes, $85) or Savannah's Surrender, a mineral-salt scrub massage, mud wrap and stimulating peppermint/menthol rub (55 minutes, $130). Open 8 a.m.-10 p.m. daily.

1460 4th St., Santa Monica, (310) 587-3366; 8000 Sunset Blvd., West Hollywood, (323) 822-9007; 39 Mills Place, Pasadena, (626) 440-1222; 15301 Ventura Blvd., Sherman Oaks, (818) 789-3339

- D. A.

La Belle Visage

Nestled among the storefronts of bustling Ventura Boulevard is an oasis of pampering pleasure created by proprietor Tina K, who works wonders on troubled skin with her signature Paul Scerri facial (90 minutes, $115). Clients are euphoric about the Visage Contouring facial (75 minutes, $115), billed as an alternative to Botox or a facelift. From head to toe, La Belle offers a full range of holistic skin care and body work, including a candlelit couple's massage room and one of the best spa manicures ($30) and pedicures ($50) in the Valley.

Numerous spa packages can be customized to include wraps, scrubs, waxing, electrolysis, microdermabrasion, reflexology and Lam Probe, to help restore broken capillaries. Open daily.

3207 Ventura Blvd., Studio City, (818) 907-0502, www.bellevisage.com

- H. A.

Spa Sidney

Escape to the lush, wooded environs of Palos Verdes, and put yourself in the caring, capable hands of Spa Sidney's proprietor Sidney Cramer, who was trained as a paramedical aesthetician with a doctor who co-developed Retin-A. Cramer brings his healing expertise to results-oriented skin care. Try the Hydradermie facial (90 minutes, $120), followed by the Serenity full-body massage (1 hour, $85) and an anti-cellulite, firming wrap (90 minutes, $100) for a sensual day of rejuvenation in a cozy setting. The new facial treatment, La Fleur Skin Reparer (90 minutes, $150), uses a high-tech machine to gently rebalance the skin. Open Tuesday through Saturday.

2554 Via Tejon, Palos Verdes Estates, (310) 373-1175, www.spasidney.com

- H. A.

Trilogy

Just steps from the beach in Hermosa, you'll feel welcomed in the Hawaiian-like tropical hideaway that is Trilogy. Owner Chandra Shah imports natural products such as sea salts, macadamia nuts, ti leaves and plumeria from Kaui, Maui and Molokai, where she spent her childhood. Try the Awapuhi White Ginger Escape (80 minutes, $130), in which ultramoisturizing ginger shea butter is massaged into the skin and absorbed as you drift away in a warm-water flotation bed. The Lomi Lomi Escape (80 minutes, $130) is a rhythmic, energizing Polynesian massage that releases tension. Trilogy offers a menu of delicious-smelling scrubs, such as macadamia nut mint, as well as a full range of massage, body wrap, facial and nail care treatments. Guests can nibble on fresh papaya and kiwi in between treatments. Open daily.

- H. A.

1301 Manhattan Ave., Hermosa Beach, CA, (310) 318-3511, www.trilogyspa.com

FOR THE WEEKEND

Bacara Resort & Spa

For those who revel in Spanish-style architecture, love basking in the glow of a seaside sunset and rejoice in the pampering that only a luxury spa can provide, then Bacara Resort & Spa is the place for you. Built in 2000, this elegant property sits squarely on 78 beachfront acres and features more amenities than you can shake a fist at. Whether you're in the mood for horseback riding, an aromatherapy massage, beach-side yoga or a boot camp aerobics class in the resort's 3,500-square-foot cardiovascular and strength-training center, to say your weekend will be well spent is an understatement. Savor fine dining in one (or all) of its three signature restaurants. Take a dip in one of the three negative-edge, heated swimming pools or indulge in the full service beauty salon. Each room features a private patio or balcony with ocean or mountain views and such welcome goodies as fluffy bathrobes, slippers and luxurious bathroom amenities. There's also 24-hour in-room dining and in-room spa services available. Many seasonal packages are offered; rates range from $395-$5,000. 8301 Hollister Ave., Santa Barbara, CA, (877) 422-4245, www.bacararesort.com

- Noela Hueso

St. Regis Monarch Beach Resort & Spa

The St. Regis Monarch Beach Resort & Spa is ideal for weekend stays. The 172-acre resort overlooking the Pacific Ocean offers a view that's breathtaking enough to take your cares away. The water theme continues in the Spa Gaucin, which features a wishing well, cascading fountains and a lap pool. Named after a secluded Spanish village on the Mediterranean coast, the 30,000-square-foot spa contains 25 treatment rooms, a co-ed tranquility room, a yoga studio and full-service salon. Marble fireplaces and bamboo flooring add to the spa's ambiance, along with signature services, such as the Orange Sugar scrub, California Honey Almond scrub, Yogurt & Oat body wash and the Avocado Cream wrap, that all smell good enough to eat. Choose from a variety of massages and facials or opt for couple treatments. Rates range from $375-$5,500. 1 Monarch Beach Resort, Dana Point, CA, (949) 234-3200, www.stregismb.com

FOR THE WEEK

Zorianna Kit

Canyon Ranch

If you'd like to immerse yourself in a healthy lifestyle and beautiful desert setting, Canyon Ranch in Tucson, Ariz., is the place to go. Luxurious accommodations include fullservice spa facilities, bountiful exercise classes, hiking trails and delicious gourmet, low-flit, low-sodium and high-fiber meals. (There also is a Berkshires branch in Lenox, Mass.)

Founded in 1979 by Mel and Enid Zuckerman with the then-radical concept of a comprehensive, clean-living resort (no alcohol is served and smoking is highly restricted), Canyon Ranch is now one of the world's top destination spas. Up to 240 guests can be catered to by its 1,000-member staff. Executive chef Scott Uehlein creates fresh, healthy food at all three meals, which are served in a stylish clubhouse. Although portions are small, guests will not go hungry. Dinners include a choice of at least four soups, a salad and pasta bar, side dishes, four to five entrees and a number of desserts. In fact, the cuisine is so popular that two cookbooks have already been published.

Nine gyms provide classes incorporating the latest exercise trends, such as minitrampoline aerobics and a core-board workout. Classes and private lessons in yoga, golf, tennis and gyrotronics are also available.

But what sets the ranch apart is its Western and Eastern medical and behavioral health services, including acupuncture, bone density tests and hypnotherapy. Signature spa treatments range from the Canyon Stone massage and the Mango Sugar Glo, to everything from body bronzing, herbal wraps and pedicures.

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Season rates start at $1,820 per person, double occupancy, for four nights, to $5,760 per person for two people/seven nights in one of the haciendas, which are all fully equipped with amenities including a DVD player and washer/dryer. Rates include all meals and allowances for health and spa services.

8600 E. Rockcliff Road, Tucson, AZ, (800) 742-9000, www.canyonranch.com

Golden Door

- H. A.

When you step through the Golden Door's gate in the beautiful hills outside Escondido, Calif., you leave the outside world behind for a week-long retreat that can be as much spiritual as it is physical. You can also leave behind your wardrobe, with the exception of underwear, socks, bathing suits, hiking boots and athletic shoes, as the Door provides warm-up suits, T-shirts, shorts and a variety of robes to wear around the rustic, Japanese-inspired premises.

Only 40 guests per week can participate in the program that focuses on body, mind, spirit, healthful dining and camaraderie among fellow guests. The majority are return visitors. All guests receive a daily schedule, developed according to their needs. Morning hikes at 6 a.m. are recommended as a way to start the day, or guests can sleep in until breakfast is served at 7:30 a.m. in their room.

Daily activities include meditation, belly dancing, archery, water aerobics, fit-ball, yoga and gym sessions with a personal trainer. Guests can also have seaweed facials, bikini waxes, manicures and their hair and makeup done. A daily private Swedish or Thai massage is offered, or guests can also try a relaxing Kiatsu water massage in one of the Door's two pools or a hot stone, almond oil massage in a candlelit, private pavilion.

All meals are created by chef Michel Stroot; with much of the organic fare grown on-site. Portions are small but delicious, and guests can always ask for seconds. Still, the regimen will almost certainly result in stress-free weight loss.

Rates are $5,725-$5,975 per person for seven nights. There are five men's weeks a year and four co-ed weeks. Otherwise, it's just the girls. The spa is closed from Dec. 15-28. 777 Deer Springs Road, Escondido, CA, (800) 424-0777, www.goldendoor.com

- H. A.

---- Index References ----

Company: SAVANNAH SUGAR ESTATE CO LTD; DNA; EDITIONS DES DERNIERES NOUVELLES D'ALSACE SA

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HYDRADERMIE; LA BELLE; LA BELLE VISAGE; LA FLEUR SKIN REPARER; LOMI LOMI ESCAPE; MANGO SUGAR GLO; MANHATTAN AVE; N ROBERTSON BLVD; OWNER CHANDRA SHAH; PALOS VERDES; PALOS VERDES ESTATES; REHYDRATOR; SAVANNAH; SUNSET BLVD; VENTURA BLVD; VISAGE CONTOURING; WARM LA STONE) (Bacara Resort Spa; Beach; Beach Resort; Beverly Hills; Body Wrap; Built; California Honey Almond; Canyon Ranch; Cap; Choose; Denise Abbott; Door; Escape; Executive; Ginger Escape; Golden Door; Hillary Atkin; Holiday Gift Guide; Kenneth George Sanctuary; Le Petite Retreat; Lysa Kustek; Marble; Melissa Ahmann; Michel Stroot; Molokai; Morning; Nestled; Noela Hueso; Paul Scerri; Regis Monarch; Regis Monarch Beach; Renewal Dosha; Resort Spa; Retin-A. Cramer; Sample; Sanctuary; Santa Barbara; Santa Monica; Savor; Scott Uehlein; Sherman Oaks; Shiatsu; Sidney Cramer; Slip; Tonya Crooks; Trilogy; Ventura Boulevard; Wilshire Boulevard; Yogurt Oat; Zorianna Kit) (United States)

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December 18, 2003

Section: Travel

Famed spa launches branch on new liner

Fran Golden

Canyon Ranch spa in Lenox boasts a bucolic Berkshires setting and programs that promote health, both of the mind and the body. The original Canyon Ranch in Tucson, Ariz., does the same in a desert setting. Day spa offshoots have been introduced at hotels in Las Vegas and Orlando, Fla.

And now Canyon Ranch is heading out to sea.

When Cunard's Queen Mary 2 debuts next month as the largest passenger ship ever, the oceanliner will boast, among other things, the first floating Canyon Ranch SpaClub.

Darryll S. Leiman, director of cruise operations for Canyon Ranch, said the idea is to give QM2 passengers a sampling of what Canyon Ranch is all about.

"They will get a taste of Canyon Ranch and hopefully will get positively turned on to try a bit more," he said.

The big, two-deck spa on the QM2 will offer a full menu of treatments, exercise classes and lectures to promote a "positive lifestyle."

The space has been designed with water in mind, with designers incorporating unique water features throughout, emphasizing the healing and therapeutic benefits of water and heat.

Facilities will include an Aqua Therapy Centre (there's a usage fee that is waived if you book a treatment) with a massage pool, a whirlpool and a Thermal Suite area with steam room and saunas. There's even an area where you can rub yourself with crushed ice.

The spa staff will number 50, including personnel from the Canyon Ranch operations in Tucson and Las Vegas, and new recruits from eight countries including Thailand, New Zealand, South Africa and Australia - in some of these countries, Canyon Ranch has set up schools to educate workers on what Leiman termed "Canyon Ranch philosophy."

Visiting speakers will come from the land-based properties and spend a week at a time onboard , offering workshops and lectures in their area of expertise - mind power, prevention of illness, nutrition and so forth. Always onboard will be an acupuncturist and nutritionist/weight loss therapist.

On most cruise ships, exercise classes are offered in the early morning and late afternoon. Classes on the QM2 will be every hour and will range from aerobics and toning to aqua classes and tai chi. All classes will be free, as is use of the ship's state-of-the-art gym, which will have a separate weight room.

Treatments are priced comparably to what Canyon Ranch charges in Las Vegas and Orlando - a signature Canyon Ranch Massage will cost $99 on port days and $119 on sea days, including gratuties.

Canyon Ranch has received Thai government approval to have sanctioned Thai therapists onboard offering real Thai massage, something Leiman said has never been done on a cruise ship.

The QM2's spa will have a beauty parlor and facial area, with Canyon Ranch products for sale (when you get a facial at Canyon Ranch the service includes a prescriptionlike form recommending products, but there is no hard sell).

Guests in the QM2's top level Queen's and Princess suites will be able to prebook treatments before they arrive at the ship, a move designed to lessen the typically long lines as passengers sign up for treatments. In a further move to eliminate the lines, the spa will have nine reservations terminals, Leiman said.

Passengers on the QM2 also will be able to get a taste of Canyon Ranch, literally, with restaurants on the ocean liner featuring Canyon Ranch menu items - the spa company has shared 123 of its signature recipes.

At the land-based spas, part of the Canyon Ranch experience is getting outdoors and enjoying the fresh air while participating in an organized activity. During port calls, the QM2's tour desk will also offer Canyon Ranch-branded activities - hiking and biking included - accompanied by a Canyon Ranch staff person as well as a professional guide.

Canyon Ranch has toyed with the idea of launching its own cruise line, but for now has no plans to expand to other ships, Leiman said.

For Queen Mary 2 reservations, call your travel agent or 800-7-CUNARD, or go to www.cunard.com.

Caption: SP-AHHH: An artist's rendering of the new spa promises luxury.

---- Index References ----

Region: (Thailand (1TH74); Indo China (1IN61); USA (1US73); Americas (1AM92); North America (1NO39); Far East (1FA27); Asia (1AS61); Nevada (1NE81))

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August 21, 2004

Section: LIFE-STYLE

RANCHO PERFECTO THE RICH AND FAMOUS COME TO THE BERKSHIRES TO REJUVENATE AT CANYON RANCH

STEPHANIE EARLS Staff writer

Let's go ahead and dispense with the fine print: No matter how hard you dig, or prod, or cajole or needle or threaten, Canyon Ranch Resort will never, ever, confirm nor deny whether I visited its palatial Berkshires estate Wednesday, Aug. 11, between the hours of 10 a.m. and 3 p.m.

That's their policy, so you needn't bother asking.

I know this because I casually mentioned to its public relations person, Katie Garber, who's based in Tucson, Ariz., about how the Times Union wanted to do a story on the heels of a purported recent visit to the Lenox, Mass., ranch by the Bush twins, Jenna and Barbara. That visit, initially on the down-low, drew unintended public attention July 31 when a Boston plane was rerouted to Albany to transport the freshly-spa'd duo to D.C. after their original flight home was grounded.

I casually mentioned to Garber, too, how we had heard that the Bushes' sojourn allegedly coincided with a stay by Sen. Hillary Rodham Clinton and daughter Chelsea, which must have made for some interesting poolside chats. That's when Garber broke in:

``We can neither confirm nor deny the presence or absence of any guest who has ever been at Canyon Ranch. Ever."

What if they were really famous actors or something and they loved Canyon Ranch so much they wanted to do a commercial about it, for free? (I'd heard that Jane Fonda taught yoga there, and that Calista Flockhart is a regular ... like anybody really cares what she's up to anymore.)

``I can tell you we've had famous people," Garber replied. ``I just can't tell you who they are."

We simply needed to see for ourselves.

Last year, the roughly 12,000 spas in the United States took in $11.1 billion, drawing in more clientele than in past years and leaving the distinct impression that Americans, traditionally squeamish about things nekked and touchy-feely, are coming 'round en masse: to herbal tea and mud wraps, biofeedback and therapeutic chi gong.

For the rich and famous, such indulgences have always been part of life.

At Canyon Ranch, therapeutic treatments as well as meals are included in the price of admission: $1,600 during the winter off-season, and $2,100 in summer, for the minimum three-night, four-day stay. Some visitors, however, choose to stay much longer, using the estate as a de facto summer home. You do the math.

Attention to detail

As perhaps one of the most famous and exclusive health spas in the world, Canyon Ranch does not disappoint first-time viewers. It is truly a citadel; imposing, impressive, its rolling, perfectly manicured lawns and a modern, state-of-the-art hotel and spa were built on 126 acres around the 19th-century Bellefontaine mansion. Considering the state of my 1996 Honda Civic (even if you don't count the Dunkin' Donuts bags or the rust), I was expecting to have to defend the legitimacy of my presence to security guards at the gatehouse. As it turned out, no one was inside when I arrived, so I cruised on in, took a quick swing 'round the circular main drive with its perched and waiting staffers then trolled past the lines of glistening late-model Beemers and Volvos with New York and Jersey plates. I found a nice, unceremonious parking spot in the employee lot where my car would feel as little hood-ornament envy as possible.

I really wanted to see a famous person, with no makeup on.

Inside, the cheerful fellow behind the front desk wore one of those earpieces, with the curly cord, that you see on Secret Service agents. Later, I learned the device was so security guards at the entrance gate could alert the front desk of a guest's arrival, so they could be greeted by name.

Sarah Cadrobbi, the ranch's communications manager and my escort, showed up soon enough. Sarah, on loan from the original spa in Tucson, was as perky as a gymnast, and excited by just about everything.

``The people who come here thinking they're going to eat tofu burgers and have a carrot stick ... well, we're just not like that,'' she said, leading me past a tea and fruit station and, eventually, into an endless lower-level hallway and past the demo kitchen, where guests learned from gourmet chefs how to prepare healthy meals. ``It's very exciting.''

But no wine with dinner? No alcohol, no bar? I asked.

Sarah said no.

Cellphones?

Only in designated areas.

Smoking?

Forget it.

Candy machines? Gambling? Bad attitudes?

``This is a healthy oasis, where you can restore and rejuvenate,'' said Sarah, reminding me that there are tea and fruit stations aplenty, and that they do serve coffee. ``It's a healthy playground.''

We toured the spa then, which rings in at a whopping 100,000 square feet full of countless opportunities for luscious self-indulgence, from massages to a eucalyptus inhalation room to a boutique offering essentials for top-shelf travelers who'd packed in a jiffy: $60 tank tops and purses designed by Gwen Stefani, a last-minute tooth whitening kit. There were health lectures

(``Libido Come Back") also a floor of exercise studios with a full roster of classes, from bellydancing to swing dance, and a full service salon (I recommend the basic manicure, $30, for those on a budget, ha ha.).

And, could it be? It was. Another tea and fruit station. I gave in and had a lemonade (which was a dispiriting 110 calories for an 8-ounce glass, according to a sign on the wall), and then excused myself for the bathroom. There, I dried my hands on high-end paper towels that were thick enough to wear. They were so exciting I kept two for later.

The view from Lenox

Sarah and I headed to lunch, past gleaming-cheeked and ponytailed guests in summer gear and those swathed in fluffy robes, en route to more bodywork. I discreetly searched faces. No one looked familiar. I wondered if I was the only one who cared about such things.

Asking around Lenox a little later on, I came to the conclusion that the town looks to Canyon Ranch sort of as the rich, eccentric uncle who's too stodgy to be fun but who gives really great Christmas presents, sometimes. Lenox's main industry is tourism, and Canyon Ranch employs lots of area residents and pays lots of local taxes. The resort occasionally offers $200 ``Spa Renewal Day" packages as a thank-you to Berkshire residents. But for the most part, Lenox goes about its business, and the aristocrats go about their spa-ing, in separate worlds.

``Canyon Ranch doesn't really cast that big of a shadow," said Amy Lafave, a longtime local resident and the music and reference librarian at Lenox Library on Main Street. ``There is a little bit of touchiness, like you don't want to bite the hand that feeds you. Like, `If it weren't for Canyon Ranch I'd be flipping burgers at McDonald's, but I didn't necessarily want to work for the Bush twins, either.'

My day at Canyon Ranch was drawing to a close, so Sarah and I split up and I took a walk. Past more perfectly robed, healthy guests (who were, alas, unfamiliar) and perfectly trimmed shrubbery, past a perfect fountain and a perfect car (Porsche makes SUVs?), and onto a path that led into the perfect woods -- not too dense, not too sparse.

It was beautiful, sure, but it just didn't feel right. Everything was too... well, not exciting. Too unreal. Regular people escape from their problems and into bad habits. The rich escape from their habits and into places like this. Sarah said it's an oasis, but maybe it's more like a mirage, with visitors, like ghosts, whose existence cannot be confirmed nor denied.

And then, there it was.

On the ground, by the side of the perfect path, like the nubby remains of a Number 2 pencil. A cigarette butt.

Suddenly, all was right -- I mean, wrong -- with the world again.

Stephanie Earls can be reached at 454-5761 or at searls@timesunion.com.

--- Index References ---

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Section: Travel

SPA SEARCH - FAR BEYOND THE MERE MASSAGE

JANE WOOLDRIDGE, jwooldridge@herald.com

ORLANDO

While the kids are away, the grown-ups will hit the spa. That's the idea behind the pampering palaces that have cropped up in Orlando. Send the kids to the theme parks, hotel kids' programs or the pool where they can chill out from their own over-scheduled lives. Moms - and increasingly, Dads - are de-stressing with a citrus facial, a four-hand Balinese massage, a hypno-therapy treatment or an hour seeped in the calming scents of lavender, chamomile, rosemary and geranium.

``People don't just come in to get a massage anymore. They are definitely looking for an experience,'' said Suzanne Holbrook, director of the Ritz-Carlton Spa in Orlando. ``De-stressing is very important - it's more serious than just pampering.''

But - as anyone who has perused a spa menu knows - these treatments don't come cheap, with prices running around $100 for a Swedish massage and as high as $250 for an elaborate, 100-minute treatment. Generally, though, prices are slightly lower in Orlando than in Miami and other resort areas. At all, multiservice packages are available.

I tested five of Orlando's spas, signing up for a signature treatment at each. Each was a full-service spa, with dressing areas, steam and sauna and hot tub, cozy robes and slippers. All provided professional services and an attractive atmosphere. After each treatment, we felt soothed - not exactly cured of modern life, but at least a little more immune to it.

So which is the best value? If you're simply looking for an hour or two of treatments, the least expensive is at the romantic Papillon Spa at Westgate Lakes ($80); the Mandara Spa at Portofino Bay charges only $5 more. But if you're looking to spend a half day or more - a workout followed by a massage followed by steam, a quiet cup of tea, a healthy lunch and then a rest by the pool - for that, you're better off paying a bit more for your treatment and going to a spa with expanded facilities. Our top choices: The Ritz-Carlton Spa at Grande Lakes and Canyon Ranch Spa Club at the Gaylord Palms Resort.

At the end of our spa marathon - five treatments in 21/2 days - we fell in line with the classic philosophers: Even the most pampering experiences are best done in moderation. A few spa treatments are yummy; too many can leave you in overload.

DISNEY'S GRAND SPA

Grand Floridian Resort:

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friendly and inviting

The treatment: Citrus Zest therapies, massage with reflexology, 75 minutes for $185

A good massage should be whatever the person lying prone on the table wants it to be: gentle and comforting or deep and searching. I wanted mine to eradicate that particularly nasty knot way under my shoulder blade. Cynthia, my therapist, found the elusive monster and dissolved it - no easy feat.

By the time I was thoroughly basted in grapefruit-scented body oil, I was sleeping on the job.

Now came the interesting part: the 25-minute foot reflexology treatment.

Was a particular place on my well-worn dogs supposed to correspond to a particular place elsewhere on my body, I asked?

"Yup. I'm working on your sinus right now," Cynthia replied. Gee, I thought it was my toe.

The ball of my foot was attached to my lung, the spot beneath my ball-joint linked to my stomach. The appendix, hip and cervix resided near the bottom of my heel.

That place just at the stem of my big toe - my immune system. Best treat it well.

The spa: The Grand Floridian Spa is great for first-time spa-goers, staffed with friendly people in golf shirts and khaki shorts who might once have been your next-door neighbor.

Rockers on the white wooden porch overlooking the lake beach at Disney's Grand Floridian give guests the feeling that they're coming home - at least, to somebody's home. This one sports a 1,600-square-foot fitness room, comfy sitting area with tea and fruit, and 14 treatment rooms for facials, hydrotherapy and massage. The relaxation room is snug, more suited to sitting quietly before your treatment than lounging for an extended period.

Treatments include a mother-to-be massage, golfer's facial, wraps, scrubs and masques, couples treatments and manicure and pedicure.

MANDARA SPA

Portofino Bay Hotel:

Asian touches throughout

The treatment: Four-handed Balinese massage; 50 minutes for $190

A strong pair of hands kneads the kinks from your thighs while a second deft pair works the knots from your shoulders. Two hands sweep up the lower back to the neck; another two stroke from Achilles tendon to knee.

Four hands, two able attendants whose sole purpose in this hour is to erase your stress, one - make that two - muscles at a time. The sensation of the Mandara's Spas signature four-hand massage is utter extravagance, a peel-me-a-grape, I'm-queen-of-the-Nile decadence. Delicious.

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Like many treatments at Mandara, the 50-minute experience starts with the choice of aromatic oils: lavender and chamomile to de-stress, pine and rosemary to ease muscles, lemon and juniper to detoxify cellulite, ylang ylang and geranium to rebalance hormones. ``What you like is what your body needs,'' says Jenni Cornette, spa manager.

Personalized oils and Asian influences are the hallmark of Mandara Spas, found in resorts around the world. When Mandara took over the spa here last fall, they brought in specialists from Bali to teach therapists the intricate choreography required for four-hand massage.

The technique requires more than just coordination. Therapists work only one side of the body at a time, explained therapist Shaun, teamed with Jen. The technique derives from a Chinese philosophy that working on one side of the body creates harmony, while working on both sides at once creates confusion. One side is male, another female, he said.

The spa: The Mandara Spa at Portofino Bay features simple Asian décor - think neutrals - and soothing touches including a lavender eye pillow, votive candles and aromatherapy oils.

Facilities include 14 treatment rooms, a whirlpool-relaxation space shared by men and women, and single-sex spaces for steam and sauna.

Services include a marine wrap, hot stone therapy, reflexology massage and hydro-massage. A full-service salon offers pedicure, manicure, makeup and hair services. A $12 fee is charged for use of the fitness center.

Relaxation space is limited, better for a treatment and short rest than for a daylong hang-out. The same company owns Elemis, the product line which also has a day spa in Coral Gables' Merrick Park, and Steiner, which operates spas aboard cruise ships. Part of the idea company wide is for guests to take the experience home. They have plenty of chances to do so; sales placards for scrubs, pro-collagen cream and other products abound. Sales pressure here was not as annoying as at the sister shipboard spas.

PAPILLON SPA

Westgate Lakes time-share

A romantic setting

The treatment: hypno-massage, 50 minutes for $165

If you've seen hypnosis only in the movies, here's the scoop: It really doesn't involve the watch trick. Instead, you count, slowly, and imagine safe and beautiful places as you slip into a semi-trance state.

I lost it somewhere between the thighs and feet, between the lyric lullaby as it segued between reminding me to take charge of my life and treat myself well.

Such messages of well-being, giving yourself permission and respecting others as yourself might sound predictable, but only the most hardened cynic could fail to find them comforting in this setting. The personalized messages were delivered by a licensed hypnotherapist, Ariel Albani - not in person, on this day, but via tape.

It didn't matter. When combined with a leisurely massage by one of her regular therapy partners, the effect was more soothing than hot chocolate in front of a crackling fireplace. Only a panicky hour when you're late for a crucial meeting or flight could pass so rapidly - and not nearly so sweetly.

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Despite my best efforts to recall the words of wisdom, it was only later, when I listened to Ariel's tape again, that I recalled the relaxation methods. Not quite as good without the massage, but a better takeaway than a bottle of face cream any day.

The spa: With its classical Roman theme - statues, pedestals and Botticelli scenes - Papillon is a luxuriously romantic space. Men don't need to be shy; their separate sitting area sports big leather chairs and - egad! - a TV.

The relaxation area is snug, large enough only for snacking on tea or fruit before your treatment begins. Treatments are offered in 11 rooms and include body wraps, scrubs, facials, couples and duo massage and stone massage. Salon services - manicure, pedicure, hairstyling and waxes - are also available.

CANYON RANCH SPA CLUB

Gaylord Palms Resort

Sophistication and value

The treatment: Euphoria, a combination of massage, aromatherapy and bath; 100 minutes for $250

Somebody had my number. Make that letter.

``The idea is to take a Type A personality and neutralize them,'' said Sandy, my Euphoria therapist, as she used sage to clarify my mind.

No chance. Yet there I was; minutes later, drifting into a netherworld sans deadlines, projects and my slower-than-a-glacier home contractor. Only later did I realize those hassles had gone AWOL.

The treatment - what I can remember of it - goes like this: First, you get slathered in sage oil, designed to tone the conscious mind. Geranium is introduced to alleviate anxiety. Vanilla is used for deep relaxation.

``You can think and think and think, but like NyQuil, you're out,'' said Sandy.

Maybe the serene pale green decor, textured walls and abundance of orchids had set the stage. Maybe it was the hot towels and languorous, New Age-y music in the comfortable tea lounge that started the process.

An hour later, I was stretched and kneaded and ready for my hot bath, a soak in grapefruit, lavender and black pepper scents by a flickering candlelight.

The spa: Canyon Ranch Spa Club offers the luxurious experience you'd expect from Canyon Ranch, famous for its health resorts in Arizona and Massachusetts. Polished surroundings, well-trained staff, silk robes lined in plush terry, hot moist towels and fruits in the tea lounge create a harmonious setting.

Men and women have separate spacious areas for lockers, steam, sauna and relaxation; they share the beautifully appointed tea room, stocked with fruit, hot towels, magazines, comfy rattan chairs and enough light for reading. The spa features 25 treatment rooms. Guests also can use the hotel's adults-only hot tub and pool and can order massage at poolside. Use of the 25,000-square-foot fitness center is included.

Treatments include various massages, energy therapies including reiki, body wraps, ayurvedic oil treatments, facials and full salon services, including an old-fashioned shave and barbershop trim for men. The fitness center offers yoga and tai chi classes.

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Therapists also talk with guests about things they can do differently to take care of themselves - ``so they don't just leave with smooth skin," says Alfredo Carvajal, spa manager.

RITZ-CARLTON SPAS

Ritz-Carlton, J.W. Marriott at Grande Lakes

Elegance and pampering

The treatment: Traditional javanese lulur, 120 minutes for $300

``At this threshold, leave the world behind," reads the motto etched above the portal to the treatment area.

My therapist, Karen, and I bypassed the Thai room with the silk pillows and bamboo screens and the huge VIP suite with a terrace - often used for bridal showers - and slid into candlelit room for my javanese lulur treatment. It was borrowed, I was told, from the royal Indonesian practice used to prepared would-be brides.

The idea is one of synchronicity and syncopation. Rough and smooth. Rub across the back, rather than down. Soothe the body, scratch the head.

As gamelan music filled the room, I was oiled with frangipani, kneaded and rubbed, then dusted with turmeric to scrub away imperfections. Next I was slathered in yogurt - to smooth the skin - then soaked in a bath of rose petals. Finally, I was smoothed with frangipani lotion. In royal palaces, the ritual was performed daily, for 40 days, before the wedding, turning the young bride's skin yellow. Too bad: It wouldn't match my wardrobe.

The spa: From spacious and elegantly appointed lounges to the private spa pool and cafe, the 40,000-square-foot Ritz-Carlton Spa is, simply, the most beautiful in Central Florida (or in many other places). Calla lilies in the spacious foyer are surrounded by candles; the oval women's sitting space is surrounded by gossamer drapes, and if you could move into the coed lounge on the third floor, you probably would.

After you work out in the fitness center, pull the cucumbers over your eyes in the steam room and swim at the spa-only pool, catch an Asian salad, bento box with salmon or mango smoothie at the Vitale spa cafe.

Director Suzanne Holbrook calls this the ``Epcot of spas," drawing signature treatments from Ritz-Carltons around the world. They include herbal friction massages, Thai massage, a Tuscan Citrus skin cure, Everglades Grass Body Wrap, plus cellulite treatments, facials, baths, body polishes and salon services.

For clients who want to move beyond the pampering and the cosmetic, the spa offers nutrition counseling and is partnering with a local hospital to test cholesterol and blood pressure.

SPA AT DISNEY'S GRAND FLORIDIAN

Location: On the grounds of the Grand Floridian Resort, near the wedding pavilion

Signature treatments: Citrus zest therapies, citrus zest sugar scrub and Secret Garden bath with yling-ylang, sandalwood, orange and patchouli

Cost of a basic 50-minute massage: $110

Included with treatments: Hot tub, sauna and steam room; use of fitness center on day of treatment

Fitness center: 1,600 square feet - smallish by big-spa standards

Recommended tip: 15-20 percent

Especially for men: Golfer's facial, gentlemen's facial, sports pedicure

Age requirements: Children's treatments for ages 4-12; other treatments available for ages 10-17 when parents are present

While parents relax: Child care is available at the Grand Floridian. From 4 p.m.-midnight, send kids to the Never Land Club for games and dinner at the nearby Polynesian Resort ($10 per hour per child, minimum two hours per child.) Reservations suggested: 407-939-3463.

Info and appointments: 407-824-2332; www.relaxedyet.

com

MORE ORLANDO-AREA SPA OPTIONS

* Wyndham Palace Spa: Attractive, Golden Door-affiliated spa at a hotel located across from Downtown Disney. Amenities include steam, sauna, outdoor hot tub and outdoor spa pool. Guests can also use the fitness facilities. Wide range of treatments and a full-service salon. 11 treatment rooms. 50-minute Swedish massage, $89. 407-827-3200; www.

wyndhampalaceresort.com.

* Saratoga Springs Spa: Handsome spa and fitness center at new Saratoga Springs Resort (the spa is a holdover from when Disney Institute occupied this space, but it has been refurbished). Amenities include steam, sauna and hot tub. Wide range of treatments and salon. 10 treatment rooms. Some children's options. 50-minute Swedish massage, $110. 407-827-4455; www.relaxedyet.com.

* Sugar 'n Spice kids spa: Little girls can have their toenails painted bright blue and and boys can be dressed up like pirates at this ``spa" in the Holiday Inn Family Suites near Disney. Children can plop down on a vibrating massage chair while they listen to kiddie pop on the CD player and get a manicure, pedicure and other child-appropriate services. 407-387-5437 or 877-387-5437; www.hifamilysuites.com.

PAPILLON, THE SPA

Location: Westgate Lakes, a 97-acre time-share resort convenient to Universal and Disney parks

Signature treatments: Hypno-massage, Metamorphosis facial

Cost of a 50-minute Swedish massage: $80

Included with treatments: Use of steam room, sauna and hot tub and outdoor pool

Fitness center: Well-equipped center with patio and juice bar charges $5 per day fee

Meals: Spa lunch available

Recommended tip: 18 percent automatically added

Especially for men: Men's facial

Age requirements: Children's treatments from age 5

While parents relax: Free child-care center for ages 2-12 (potty trained) in the same building

Info and appointments: 407-992-2938; www.papillon-spa. com

RITZ-CARLTON SPA

Location: Ritz-Carlton / JW Marriott at Grande Lakes, about 15 minutes from theme parks

Signature treatments: Floridian Sugarcane Infusion (bath), Volcanic Force Revitalizer (exfoliation massage), East Indian Lime Scalp and Body Treatment

Cost of a 50-minute Swedish massage: $110

Florida resident discounts: 15 percent Monday-Thursday

Included with treatments: Use of fitness center, spa pool, lounges, sauna, steam and hot tub

Fitness center: 50-minute classes in yoga, tai chi, Pilates and hula dancing are offered for $10

Meals: Healthy options at spa cafe on premises

Recommended tip: 20 percent automatically added

Especially for men: Two men's facials

Age requirements: Ritz Kids and teens facials services available; regular spa treatments for those 16 and older

While parents relax: Sign up children for the Ritz Kids program; 407-393-4977; $10 per hour, or $55 from 4 p.m. to 10 p.m. for the Kids Camp that includes diner.

Info and appointments: 407-393-4200; www.ritzcarlton.

com

CANYON RANCH SPA AT GAYLORD PALMS

Location: Gaylord Palms Resort

Signature treatments: Euphoria, hot stone massage, mango sugar glow, ayuvedic oil treatment

Cost of a basic 50-minute massage: $115

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Included with treatments: Use of steam room, sauna, spacious lounges, adult pool and hot tub, fitness classes including yoga and tai chi

Fitness center: Use of well-equipped, 25,000-square-foot center included with spa treatments

Meals: Spa lunch available

Recommended tip: Included in price, but some guests leave 10-15% extra

Especially for men: Barbershop shave, $30; gentleman's retreat package with haircut, manicure and shave, $100

Age requirements: 12 years old in salon, 18 for spa services but younger guests allowed with parents

While parents relax: The hotel's La Petite Academy offers drop-off supervised care with game for $10 per hour per child, with discounts for multiple children

Info and appointments: 407-586-4772; www.canyonranch.

MANDARA SPA AT PORTOFINO BAY

Location: Loew's Portofino Bay Hotel at Universal

Signature treatments: Massage with Asian touches, such as four hand massage and javanese lulur

Cost of a 50-minute Swedish massage: $85

Included with treatments: Use of relaxation room, steam room, sauna and hot tub

Fitness center: Daily use fee of $12 includes use of the hot tub

Meals: Spa lunch available

Recommended tip: 15 - 20 percent

Especially for men: Men's escape package, facial plus Swedish massage, two hours, $145.

Age requirements: Spa services offered to those 16 and older; parents can request services for younger children and stay with them during the treatment.

While parents relax: Kids can go to Universal's two theme parks, Universal Studios and Islands of Adventure (walkways and a water taxi link the hotel with the parks.) An arcade, sandwich shop and pool are located just outside the spa.

Info and appointments: 407-503-1244; www.mandaraspa.

com.

— Index References —

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Company: SPA; CANYON RANCH; DISNEY (WALT) CO; APPAREL VENTURES INC

Industry: (Theme Parks (1TH53); Entertainment (1EN08); Business Services (1BU80); Personal Services (1PE76); Consumer Products & Services (1CO62))

Region: (Southeast Asia (1SO64); Americas (1AM92); Sweden (1SW65); North America (1NO39); Asia (1AS61); Far East (1FA27); Western Europe (1WE41); Indonesia (1IN16); Eastern Asia (1EA61); Scandinavia (1SC27); Northern Europe (1NO01); Europe (1EU83); USA (1US73); Florida (1FL79))

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Section: The Insider

Reporters' Notebook
Behind the news with Crains' writers

Think of it as the Clinic with hot tubs

* The line between medical care and spa treatment is becoming more blurred.

The Cleveland Clinic is teaming up with the famed Canyon Ranch spa and resort in Tucson, Ariz., to develop programs focused on wellness and healthy living. The joint programs will cover areas such as disease prevention, nutrition, behavioral health and exercise physiology.

The programs will be offered at the Clinic, on the Internet, at Canyon Ranch's Tucson and Lenox, Mass., resorts, and in its planned living community being built in Miami Beach, Fla.

``This collaboration introduces a new form of health care delivery built around being and staying well, rather than being ill," said Dr. Delos ``Toby" Cosgrove, the Clinic's president and CEO.

Corporate executives will be a specific target of one of the new programs, known as the Cleveland Clinic/Canyon Ranch Optimal Health Program. The program will involve a multiday retreat emphasizing long-term weight control, stress management, cardiac care and healthy lifestyle education. Attendees also will leave with their own personal ``lifestyle prescription."Program costs have not yet been determined.

- Shannon Mortland

Hope she calls us if she's pitched about Kobe beef

* The musings of Cleveland blogger Roselle Ponsaran, who writes about food and her ``daily adventures in eating, cooking, drinking, more eating, and some stuff in between," have caught the attention of marketers in pursuit of product exposure.

Late last month, Ms. Ponsaran got a pitch from an account executive at Ann Arbor, Mich., public relations firm Hass MS & L who was seeking a review of the new Hefty Serve 'n Store interlocking plates and bowls.

David Binkowski, director of online outreach for Hass, said the PR firm for the last 18 months has been targeting bloggers by sending them clients' product samples just as they would to traditional media.

``Obviously, bloggers have readers, and they're what we consider trusted sources," Mr. Binkowski said. ``It helps us create some word of mouth around a product launch."

Receiving two packages of disposable tableware isn't quite the same ``as a press pass to (Food Network's) Iron Chef America," Ms. Ponsaran wrote in her blog. ``But we'll take what we can get."

Two days later, she posted a note about receiving a second pitch, this time seeking her thoughts on that very television show.

Ms. Ponsaran's writings can be found at http://foodgoat.blogspot.com.

- John Booth

Case makes case for live-in-city program

* A Case Western Reserve University program that offers a financial incentive to university faculty and staff to make their homes in the city of Cleveland, particularly in the University Circle area, is starting to bear fruit.

At a ribbon-cutting ceremony last week for the University View condominium project, Cleveland Mayor Jane Campbell said that, so far, more than 40 Case employees had taken advantage of the Employee Assisted Housing Program. A check with university officials found 12 employees bought homes in University Circle and 31 purchased homes elsewhere in the city. Four other Case employees who participated in a program received assistance with home renovation costs.

The purchase program offers full-time university employees $15,000 over a six-year period if they buy a home in the University Circle area and $10,000 if they buy elsewhere in the city of Cleveland. Case's president, Dr. Edward Hundert, unveiled the program last year.

University View is a 15-unit rehabilitated apartment building at East 115th Street and Ashbury Avenue, a block north of the university's soon-to-open $126 million north residential village.

- Jay Miller

---- Index References ----

Industry: (Resorts (1RE44))

Region: (USA (1US73); Ohio (1OH35); Americas (1AM92); North America (1NO39))

Language: EN

Other Indexing: (CANYON RANCH OPTIMAL HEALTH; CASE; CASE WESTERN RESERVE UNIVERSITY; CLEVELAND; CLEVELAND CLINIC; CLINIC; CRAINS; DELOS; EMPLOYEE ASSISTED HOUSING; HASS; HASS MS; CLEVELAND CLINIC (THE); UNIVERSITY CIRCLE; UNIVERSITY VIEW) (Ashbury Avenue; Attendees; Binkowski; Canyon Ranch; David Binkowski; Edward Hundert; Jane Campbell; Jay Miller; John Booth; Ponsaran; Reporters' Notebook; Roselle Ponsaran; Shannon Mortland)

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Section: A Section

Big Projects Advance in Montgomery Plans Include Spa, Thousands of Homes

Michael S. Rosenwald

Nancy Trejos

Two major Montgomery County developments moved closer to reality yesterday: One would bring luxury living and a high-end spa to North Bethesda and the other, thousands of new homes and businesses to Gaithersburg.

In North Bethesda, a Virginia developer finalized a once-tenuous deal to build the country's second Canyon Ranch Living community. Residents of 434 condominiums there will pay between $900,000 and $5 million to live at a spa with on-site nutritionists and access to top doctors.

Separately, the Montgomery County Council cleared the way for a more traditional mixed-use development that could bring as many as 2,250 homes and 320,000 square feet of offices and shops to Gaithersburg. After hours of heated debate, the council voted 7 to 2 yesterday to give the city permission to annex one of central Montgomery's last few pieces of undeveloped land -- the 182-acre Crown Farm -- so a local businessman can build a pedestrian-friendly residential and commercial complex.

Although they have little in common, both projects will leave significant imprints in a county with limited space and a growing population now estimated at 900,000 people. One-third of the county, mostly the northern tier, has been reserved for open space and farmland, leaving little land for development in southern and central Montgomery.

County officials and developers hailed the North Bethesda and Gaithersburg projects as vital to the county's economic development.

"These projects indicate our ability to provide housing options while assuring that schools and transportation infrastructure are built," said council member Steven A. Silverman (D-At Large).

The two deals have faced many hurdles.

The Penrose Group of Tysons Corner, which is developing the North Bethesda project, secured a partnership deal with Canyon Ranch, which calls for the spa company to receive an upfront payment and ongoing management fees to run the development. But the land -- 53 acres at Interstate 270 and Old Georgetown Road -- belongs to the Camalier family, which developed the Rock Spring office park in Bethesda, home to Marriott International.

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In July, Canyon Ranch officials told The Post that a deal between Penrose and the Camaliers was near and they were hopeful it will be closed soon. And then nothing happened.

Months went by without the deal being finalized. What happened, according to a well-placed real estate industry source, is that the deal actually fell apart. Both sides recently came back to the negotiating table and agreed on a deal. The financial terms were not disclosed.

Inspired by the healthy lifestyle and ritzy offerings of the renowned Canyon Ranch Spas in Arizona and Massachusetts, the $1 billion Canyon Ranch project in North Bethesda will be one of the most unusual in the region.

It will feature two 20-story towers of 434 condominiums, 157 hotel rooms, 87 luxury rental apartments and a 90,000-square-foot wellness center.

Residents and hotel guests will be able to dine at gourmet cafes and design diets with on-site nutritionists.

"Washington, D.C., has become a very affluent market, a real international city," said Kevin Kelly, the president of Canyon Ranch, which opened its first Living community in Miami Beach, Fla., last year. "We like the market, and it's a perfect place for us to be."

At a time when the real estate market is softening, the idea is to persuade some of the region's wealthiest residents to move out of their homes and into a spa that only residents and hotel guests can use. Penrose Group and Canyon Ranch executives said they believe that residents who can afford to spend a million dollars on a home are less likely to be sensitive to a softening real estate market.

The Canyon Ranch Living development will be the anchor of a much larger development on the 53 acres, to be called Rock Spring Centre. Penrose also plans to build 600,000 square feet of top-scale office space, 426 rental apartments and 350,000 square feet of upscale retail outlets and restaurants that will be open to the general public.

Penrose officials have cleared most zoning and county development review hurdles.

The Gaithersburg project, meanwhile, has one more to go: It must be approved by the mayor and City Council.

Some residents have opposed the project, saying it would bring school crowding and too much traffic. Located east of Sam Eig Highway, south of Fields Road and west of Omega Drive, Crown Farm's barns and vast fields of grass stand out in what has become a highly developed area with apartment buildings and chain stores.

"As much as we would like to see the farm remain a farm, the reality is that this land is going to be developed in some way," Mayor Sidney A. Katz said.

Yesterday, the County Council agreed to let Gaithersburg annex the farm on the condition that businessman Aris Mardirossian agreed to set aside 12.5 percent of the units as moderately priced homes for lower-income residents and donate $2 million to the county's agricultural preservation program. In exchange, Mardirossian and his partners, who include builder KB Home of Los Angeles, could build as many as 320,000 square feet of offices and retail along with condos, townhouses, single-family homes and high-rises, some as tall as 20 stories.

County Council members Marilyn Praisner (D-Eastern County) and Phil Andrews (D-Gaithersburg-Rockville) said the council had not taken enough time to consider the proposal.

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"I think it just moved too fast," Andrews said. "Unlike a bill or piece of legislation that can be reversed, this is a permanent change that will have a permanent effect on the community."

One major point of contention was whether Mardirossian would be forced to buy transferable development rights. The county carved out an agricultural reserve 25 years ago, setting some of the most stringent zoning requirements in the region. To make up for limiting their ability to build on their land, property owners in the reserve were given transferable development rights. They can sell those to developers, who can then use them to build in certain "receiving areas" outside of the reserve.

County officials said under most circumstances, Mardirossian would have to buy as many as 94 of the rights, which fluctuate in price according to the market but hover around $40,000. A council committee that reviewed the proposal first recommended that Mardirossian put $1 million into the county's agricultural easement program in lieu of buying the rights because Mardirossian was offering to donate 34 acres for a new high school. Yesterday, it doubled that figure.

"I think we've laid out the parameters for a reasonable approach to the annexation," said County Council Member Michael Knapp (D-Upcounty).

Mardirossian said yesterday that he was pleased with the outcome and hoped city officials would give final approval.

— Index References —

Company: ROCK SPRING; CANYON RANCH; MONTGOMERY CANCER CENTER LLC; KB HOME JACKSONVILLE LLC; MONTGOMERY STREET INCOME SECURITIES INC; CANYON RANCH ENTERPRISES INC; KB HOME TAMPA LLC; MONTGOMERY REALTY GROUP INC; MONTGOMERY SECURITIES INC; MONTGOMERY WINN DIXIE INC; MARRIOTT INTERNATIONAL INC; MONTGOMERY CAPITAL ADVISORS LLC; KB HOME; KB HOME RALEIGH DURHAM INC

Industry: (Residential Construction (1RE61); Housing (1HO38); Commercial Real Estate (1CO51); Real Estate (1RE57); Construction (1CO11))

Region: (U.S. Mid-Atlantic Region (1MI18); North America (1NO39); Maryland (1MA47); Florida (1FL79); Americas (1AM92); USA (1US73); U.S. Southeast Region (1SO88))

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Other Indexing: (BIG PROJECTS ADVANCE; CAMALIERS; CANYON RANCH; CANYON RANCH LIVING; CANYON RANCH SPAS; COUNTY; COUNTY COUNCIL; EASTERN COUNTY; KB HOME; MARRIOTT INTL; MONTGOMERY; MONTGOMERY COUNTY COUNCIL; PENROSE; PENROSE GROUP; PENROSE GROUP OF TYSONS CORNER; ROCK SPRING) (Andrews; Aris Mardirossian; Camalier; Crown Farm; Kevin Kelly; Located; Mardirossian; Marilyn Praisner; Massachusetts; Michael Knapp; Phil Andrews; Separately; Sidney A. Katz; Steven A. Silverman)

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Section: MONEY

Marketers cater to cravings and remorse

Yin and yang: Indulge yen for treat, feel pang of repentance later

Bruce Horovitz

There's a dirty-little-secret that only the savviest marketers know. Their most desirable consumers love to indulge -- then repent.

First the chocolate. Then the organic salad bar.

First the banana split. Then the cardio class.

Party into the wee hours -- then wake up and do yoga.

Increasingly, it is the yin and yang consumer pushing the shopping cart. And flicking the plastic.

For smart marketers and retailers -- from Whole Foods to Ben & Jerry's to Crunch Fitness -- the trick is to offer products that appeal to both sides of this contradictory consumer.

Perhaps nowhere is this mild form of consumer split personality more pronounced than among the nation's 79 million baby boomers.

"This was a generation raised on indulgence," says Steven Berglas, a clinical psychologist and executive coach in Los Angeles. "Boomers won't even hear of being deprived until after they've overindulged."

Then, they want it. Even need it.

"We're not a society that drives down the middle of the road," says Denny Marie Post, chief concept officer at Burger King. "We swerve between the two extremes."

Trends forecaster and pop culture guru Faith Popcorn has her own term for this: dueling extremes. It is, she says, a need to "balance binge moments with restorative acts."

Only the savviest retailers have figured out how to successfully bridge these emotional highs and lows in a single sales environment, she says.

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Among the most blatant in its dueling appeals: The Venetian Resort Hotel Casino in Las Vegas.

At one extreme: Tao.

That's the pulsating nightclub inside the Venetian that, in less than eight months since its grand opening, has attracted jetsetters Mariah Carey, Janet Jackson, Paris Hilton, Jessica Simpson, Britney Spears and Usher. It must be cool -- it doesn't even open until 10 p.m.

"It's the ultimate extreme in decadence," says Rob Goldstein, president of the Venetian. Inside the nightclub, women covered only with strategically placed flower petals bathe.

Several rounds of drinks in one of eight private sky boxes at the club can fetch $5,000.

At the other extreme: Even as Tao's high-rollers are handed their bills near the club's 5 a.m. closing time, waiters are trained to urge them to "rejuvenate" with a massage or mud bath at the hotel's famous Canyon Ranch SpaClub.

If the clubs and casinos are the yin, this very un-Las Vegas, smoke-free spa resort is clearly the yang.

"In the exciting whirlwind of Las Vegas," promises the spa's promotional brochure, "there is a peaceful oasis waiting for you."

Peace at a price. There's the manicure and pedicure combo for $135. Or the Seventh Heaven milk bath for $300. Or the $270 Rascal Ritual -- where a couple enter a special rainforest-like steam chamber to take turns applying five kinds of mud to each other, later rinsed off by artificial rain.

Dueling extremes don't have to be seen as opposites. Both the Tao nightclub and the Canyon Ranch spa are marketed as "spiritual" experiences.

Guilt-free unwinding

It wasn't exactly spiritual, but Tracy York, general manager of the Lake Austin Spa Resort in Austin, says she'll never forget the overworked real estate agent who checked into that world-class resort.

The woman appeared to be on the edge of a nervous breakdown. When York showed her the resort's activity schedule, the woman bust into tears and said that she wanted to do absolutely nothing.

The guest stayed locked in her room for the next three days -- where a minimum three-night spa package starts at $1,630 per person, based on double occupancy. When she stepped out -- well-rested -- three days later, she looked like a different person, recalls York. "We gave her the freedom to shut down and relax."

New York City resident Joan Hastings knows first-hand about dueling extremes.

The Manhattan actress says she'll take an intense weight-training class at the Crunch Fitness gym to which she belongs, then follow it the same day with the Crunch class "How to Nap."

"This is so New York," she says. "You have to be heads-up all the time, then you go to the gym -- to nap."

Behind the nap class is Donna Cyrus, senior vice president of programming at Crunch. The high-end health club chain, with 32 clubs in six states, also offers a popular class in how to walk in high-heels -- and another in cardio strip tease.

"It's not enough to do a great workout," says Cyrus. "I'm always challenged to find new ways to keep intriguing the minds of our members."

Nancy Story, a property manager from Westfield, Ind., says dueling extremes are her life story.

There's the recent visit to the local Dairy Queen, where she ordered a hot fudge sundae topped with lots of whipped cream. She got home, felt guilty, and immediately went to the fitness club that she'd recently joined.

There's a twist. "I get all the way there and -- oops -- forgot my sneakers," she recalls, with a smile. "No workout that day."

100% organic decadence

More often than not, dueling extremes involve food.

Few know that better than Whole Foods Market.

"We've evolved from being the natural and organic store to the one for the foodies," says Walter Robb, co-president and COO of Whole Foods Market.

But even if an item is over-the-top decadent, it's going to at least be made from natural ingredients, he says.

Such as the cotton candy -- yes, "natural" cotton candy -- sold in its new store in Woburn, Mass. Bear in mind, it has no artificial food coloring.

And the sugar it's spun from is, of course, organic.

Robb says it's not entirely uncommon for the same shopper who visits the Austin store's Candy Island -- where a fountain of rich chocolate flows for the enrobing of fresh fruits -- to later that day atone at the organic salad bar or raw juice bar.

"I don't think consumers see it as a contradiction," he says.

"They just feel cleaner and squeakier after visiting the salad bar or juice bar."

Many consumers mentally view life as a balance sheet of debits and credits, he says.

Debit for a decadent doughnut -- made with all natural ingredients -- from Whole Foods' in-store bakery.

Credit for a fruit salad -- perhaps with kiwi, kumquat and mango -- from the fresh fruit bar.

Executives at Ben & Jerry's know that many of their consumers live complex lives littered with dueling extremes.

So do their own families. Walt Freese, who is CEO (a.k.a. chief euphoria officer) at Ben & Jerry's, says his wife often gets on her treadmill and watches Food Network -- planning indulgent meals while working out.

The care and feeding of this emotional yin and yang has become a specialty at Ben & Jerry's.

"We have repentance built right in," says Freese. "You can indulge, but know you're eating ice cream made by a company that's supporting Vermont family farms and that's dedicated to giving back to the community."

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And even its most calorie-laden ice cream is free of artificial additives and growth hormones.

Redemption by sorbet

Then, there are the Chunk Spelunkers.

These are Ben & Jerry's core customers, with whom executives like to meet from time to time. On a recent trip to Chicago, Freese met with one Chunk Spelunker who said she thinks nothing of downing a double-dip cone of his new Turtle Soup ice cream loaded with fudge, caramel and cashews.

Then, she "redeems" herself next time she has the urge by ordering a single scoop -- in a cup -- of Ben & Jerry's new Jamaican Me Crazy sorbet.

"After she feels absolved, she goes back to the ice cream," says Freese.

Panera Bread knows all about this kind of customer. It's the one who might order a very light soup and salad for lunch, then breeze back in at 3:30 for a cappuccino and chocolate chip cookie.

"The same customer has multiple ways to use our menu," says Scott Davis, chief concept officer.

Few, however, understand dueling extremes better than Andy Puzder.

He's the CEO of CKE Restaurants, which runs the Hardee's and Carl's Jr. fast-food chains. His life's mission seems to be to push the envelope in both directions.

Carl's was mostly ahead of the pack in 2003 when it began to sell the Low Carb Thickburger -- a bunless burger wrapped in leaf lettuce -- to carb counters.

At the other extreme, Carl's also is home to the much-maligned, calorie-laden Monster Thickburger.

New at Hardee's and still being tested at Carl's: a 930-calorie burger whose main condiment is meat.

That's right, meat on meat.

The Philly Cheese Steak Thickburger is not just a cheese steak. At $3.99, it's a fat 1/3-pound Angus burger patty piled high with carnivore-pleasing sliced steak.

The day after recently devouring a Philly Cheese Steak Thickburger, Puzder says he "repented" by taking a seven-mile jog. "That's why I jog," he says. "So I can eat Thickburgers."

— Index References —

Company: SEVENTH HEAVEN; CANYON RANCH; CKE RESTAURANTS INC; VENETIAN CASINO RESORT LLC

News Subject: (Health & Family (1HE30); Nutrition (1NU67))

Industry: (Casinos (1CA80); Nutraceuticals & Health Foods (1NU55); Food & Beverage Production (1FO79); Travel & Tourism (1TR07))

Region: (USA (1US73); Americas (1AM92); North America (1NO39); New York (1NE72); Nevada (1NE81))

Language: EN

Other Indexing: (BURGER; CANYON RANCH; CHUNK; CHUNK SPELUNKERS; CKE RESTAURANTS; HARDEE; HILTON; MANHATTAN; PHILLY CHEESE; RASCAL RITUAL; SEVENTH HEAVEN; TAO; VENETIAN; VENETIAN RESORT HOTEL CASINO) (Bear; Ben Jerry; Boomers; Britney Spears; Carl; Crunch; Crunch Fitness; Cyrus; Denny Marie Post; Donna Cyrus; Faith Popcorn; Fitness; Freese; Guilt; Increasingly; Janet Jackson; Jessica Simpson; Joan Hastings; Mariah Carey; Monster Thickburger; Nancy Story; Panera Bread; Party; Redemption; Rob Goldstein; Robb; Scott Davis; Steven Berglas; Thickburger; Thickburgers; Trends; Walt Freese; Walter Robb)

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Volume 018; Issue 02
Section: Spas

Lush Life

Lorraine Cademartori

Miraval and Canyon Ranch say home is where the ahh is.

At Miraval, Life in Balance, guests are invited to try any number of "challenge" activities--balancing a feather on the palm of the hand, climbing (while tethered) the 25-foot Quantum Leap pole and then jumping off, learning to approach a horse and pick up its hooves. Most guests emerge from the Tucson, AZ, destination spa with increased awareness of their strengths and weaknesses--or, at least, of their fears--with many pledging to return to chart their progress. Nearby Canyon Ranch boasts no obstacle courses, but over the past 25 years has also seen a steady uptick in its return clientele. Now both enterprises are betting that their clients really do want to bring their spa experiences into their everyday lives--by actually purchasing residences in complexes owned by the spas themselves.

Wellness-themed real estate has taken hold before, the venerable La Costa Resort & Spa in Carlsbad, California, being an early example. But it's taken till now for spas to try translating their essences into 24/7 living.

Ever think you never wanted to leave a spa? Now you don't have to.

With the highest brand-name recognition in the field, Canyon Ranch seems poised to make a smooth segue into real estate. Founded by the husband-and- wife team of Enid and Mel Zuckerman in 1979, the Canyon Ranch family of businesses has grown to include Canyon Ranch in the Berkshires (Lenox, Massachusetts) and Canyon Ranch SpaClubs in Las Vegas at The Venetian hotel; in Kissimmee, Florida, at the Gaylord Palms Resort and Convention Center; and aboard Cunard's Queen Mary 2. In a sense, Canyon Ranch has grown about as much as it can within the traditional confines of the spa world; to franchise would be to dilute its brand. Couple this with a sense that a growing portion of the population is ready, willing and able to try a more health-minded approach to living, and voilà--Canyon Ranch Living.

"We did extensive research in how people integrate lifestyle, community, wellness into their lives, " says Kevin Kelly, Canyon Ranch's president. "One out of three American adults wants to integrate wellness into their daily lives, and the percentages increase among younger people. We needed to speak to our customer in a more sophisticated way. Canyon Ranch is an experiential brand. What the research helped us realize is that there is a market segment we call 'wellness lifestyle' and it includes spirituality, fitness, nutrition, beauty, spa, the healing arts, stress management. It's a morphing of a couple of industries into a new market category." The key, Kelly says, is to offer a living situation that encompasses these concerns, and to do it in such a way that it also fosters a sense of community.

This September, Canyon Ranch Miami Beach--part new construction, part renovation of the former Carillon on Collins Avenue--will be ready for occupancy. Hotel suites occupy 11 floors of the complex; condominium residences are on floors 12 to 16; and a 75,000-square-foot spa and fitness center is shared by all. "We looked at where [spa clients] go when they don't come to us....What we like about Miami is that it has enough ambience that it wasn't too far a leap of faith" for Canyon Ranch Living's debut, says Kelly. Its 430 one-, two- and three-bedroom and penthouse condo units feature all the bells and whistles typical of luxury living: private elevators, designer kitchens, whirlpool soaking tubs, oversized glass-and-steel balconies. (At press time, the final-phase units were still available, priced from $1 million to $5 million.) But the Miami Beach property, as well as a downtown Chicago project slated to open in 2010, aren't merely ultrasleek modern buildings with lots of amenities and really big spas. As Kelly notes, "'Wellness lifestyle' is very complicated; it requires the convergence of medical, behavioral, spiritual, physical, beauty...you need a lot of technical expertise to get into this game." So Canyon Ranch Living properties will also feature a namesake restaurant showcasing the spa's signature cuisine, and a wellness center offering classes on disease prevention, weight loss, stress reduction, smoking cessation and the like.

Meanwhile, in keeping with its "challenge" philosophy, Miraval has taken the plunge into some of the priciest real estate in the country: Manhattan. "A lot of New Yorkers have accepted a stressful and overbearing lifestyle as part of the price of living in the city; we'd like to change how people live, " says John Vanderslice, chief executive officer of Miraval. (A majority stake in Miraval is owned by former AOL chief Steve Case's Revolution Living, an investment concern focused on developing businesses that aim to keep people healthy and fulfilled.) The company is working with developer Zamir Equities and property managers C&K Properties, who in 2005 purchased the former River Terrace high-rise rental property at 515 East 72nd Street--the heart of one of the country's swankiest ZIP codes, 10021. In a city in which architects have become name brands, the 365-unit Miraval Living building, vintage 1980s, hardly stands out. (The renovated studio, one-, two- and three-bedroom apartments range from $650,000 to $3.5 million.) But it's the lifestyle amenities that Vanderslice is counting on to sell Miraval Living. In addition to a spa and fitness center, there's an Olympic-size indoor pool with a nonchlorine filtration system; a "personal advisor to help guide residents toward a more balanced lifestyle," guest speakers, cooking classes and a 20,000-square-foot backyard garden--outdoor green space being at a premium in New York. Within the garden, though, will be that Quantum Leap challenge pole, teasing anyone who walks by to give it a shot. (Other challenge activities, such as its popular Equine Experience, will be provided off-site.) And Miraval Living's brochure features hypothetical daily schedules of activities for residents--in one day, a resident can go to meditation, join a "conscious conversations" group, escort the kids to "Aqua Fun" or make sure they hang out at "Study Hall"--all without ever leaving the building.

It remains to be seen whether the unique intensity of a Miraval experience will translate from the quiet beauty of the Sonoran Desert to the frantic ambience of Gotham. It's one thing to dive into such endeavors during a weeklong escape from daily life; it's quite another to have them be part of a regular routine. Will residents make use of cooking classes, shiatsu massage and "life coaching"--or will they wind up taking them for granted, like a roof deck no one uses but everyone likes for resale value? Canyon Ranch's Kelly, for one, thinks wellness lifestyle has only started its move from the fringe to the mainstream. "By 2025 one in two consumers will be looking to incorporate wellness into their lifestyle. You're talking about more than a hundred million people," he says. And more than a few Quantum Leaps.

Canyon Ranch Living, (888) 987-9876, www.canyonranchliving.com; Miraval Living, (212) 772-2722, www.miravalliving.com.

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Company: AOL LLC; TIME WARNER INC; AMERICA ONLINE INC; CONVENTION CENTER

News Subject: (Social Issues (1SO05); Spirituality (1SP73))

Region: (Massachusetts (1MA15); USA (1US73); Americas (1AM92); Florida (1FL79); New England (1NE37); North America (1NO39); New York (1NE72))

Language: EN

Other Indexing: (AOL; CONVENTION CENTER; GAYLORD PALMS RESORT; LA COSTA RESORT SPA; QUEEN MARY; VENETIAN; ZIP) (Canyon; Canyon Ranch; Canyon Ranch Living; John Vanderslice; Kelly; Kevin Kelly; Life; Living; Lush Life; Mel Zuckerman; Miraval; Miraval and Canyon Ranch; Miraval Living; Nearby Canyon Ranch; Quantum Leap; Quantum Leaps; Ranch; Ranch Living; Steve Case; Study Hall; Vanderslice)

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April 13, 2008

Section: Local

Finding the real Canyon Ranch experience

April 13, 2008

TUCSON, Ariz.

Not only did I have no idea what I was getting into, I had precious little time to figure it out. So, I just dove right in. I had known for three months that I was headed to Canyon Ranch in Arizona and needed to fill out a questionnaire on health and fitness needs, et cetera, but, well, you know, I get so busy, I didn't have time. Turns out Canyon Ranch was created for people "too busy" to take care of themselves.

The News Leader

In less than a week, I've learned as much or more than I learned my freshman year at college, and I want to stay in touch with many people I've met, like several members of the staff, like Cathy and Beth.

My best friend, Kay Fuller, and I have spent the last week in Tucson at Canyon Ranch. It was created nearly 30 years ago to give people a

solid plan to make

and reach manageable wellness goals.

Fine, I thought. I'm already losing weight with Weight Watchers, and, duh, I know that I need to exercise. In fact, I can, with a bit of searching, produce several fitness plans that I've been given by doctors, YMCA staffers and the stack of health-conscious magazines I seem to accumulate.

"Tell you what," I told myself, "I'll schedule a couple massages, maybe a pedicure and spend a few days by the pool."

Isn't it funny how life turns out so differently than you expect?

We arrived last Sunday. By the time the guy in the SUV picked us up at Tucson International, I'd gotten a bit nervous. Stressed, they'd call it at Canyon Ranch.

We checked in, found our room on the humongous ranch and found the Life Enhancement Center where we would spend most of our time. The get-to-know-you session was scheduled for 4 p.m.

Oh my. By this time, I'm pretty stressed. Who are these people? Will I like them? Will they like me? Will it matter? How quickly can I slip back to the room, maybe over to the gorgeous pool across the street?

Within minutes we figured out the two rules for the week: keep your cell phone in your room and have fun.

And we got to know one another. It didn't

take long.

The Life Enhancement Center was begun as a program to help executives regain balance in their lives. Today, it is a comprehensive medical program that determines precise health markers, and the ultra-qualified staff follows up by customizing strategic plans to restore a healthy

balance.

In other words, they work with us to develop exercise and nutrition plans we can live with, incorporating spirituality, tips to create good habits and mediation.

In that first meeting, the 20 or so LEC guests introduced one another with name, hometown and goals.

With goals ranging from becoming more outgoing to becoming fit, we shared our stories and our past frustrations.

"None of our guests are knowledge-deficit," said Kate, one of the nurses. The key is to find plans that we can take home and follow.

So for the past week, I've done things I never thought this Valley girl would do, and I'm not just talking about free weights.

I took walks at 7 a.m.

I practiced chi gong.

I learned the ins and outs of Chinese tea. I even learned to drink it without sugar (adding sweetener would break the instructor's heart, I think, and I would never break George's heart.)

I even went a week without carrying my cell phone.

If you asked me what I learned, I'll be tempted to tell you about my resting metabolic rate or the trick to getting the most from 30 minutes on a treadmill, but that would be about 5 percent of

the story.

Cathy and Beth are incredible trainers.

They taught me that the most important part of attaining a healthy lifestyle is just showing up, even if it seems impossible.

They taught me that watching out for someone else while keeping an eye on my own horizon makes me even stronger.

They taught me

that helping someone else carry their load lightens mine.

They taught me that falling isn't the same

as failing, but that falling short is.

They taught me that it's OK to feel sadness in my heart, if I search around for the joy within.

They taught me that when it seems things will never get better, that life isn't always what it seems.

They taught me that you never lose those whom you have loved. You just find them in different places.

They taught me that the best muscles to work on are the ones I use when I laugh.

They taught me all this while they were learning with me.

They are not paid staff at Canyon Ranch. They were first-timers just like Kay and me.

In the past five years, Cathy has fought and beaten colon cancer, their mom and dad died in a plane crash, Beth gave birth to her darling Joey, both sisters divorced and, through

it all, they keep each

other going.

They came to Canyon Ranch to heal together and support one

another.

Life kept-happening to them, but not only have they kept answering life's challenges, they have bravely shared their stories, their sorrows and their blessings.

They had no idea that while they came to Arizona to learn, that their natural ease with overcoming obstacles made them great life instructors.

Who knew that at Canyon Ranch -- where the rich and famous come for spa treatments -- that I would walk away so much richer for knowing two women I'd never met before?

We will keep in touch, of course, as we leave this gigantic, grownup summer camp of health and fitness.

I can't wait to hear how much greater they'll become.

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Company: SARASOTA FAMILY YOUNG MENS CHRISTIAN ASSOCIATION INC; WEIGHT WATCHERS INTERNATIONAL INC; WEIGHT WATCHERS; YMCA

Region: (Arizona (1AR13); North America (1NO39); Americas (1AM92); USA (1US73))

Language: EN

Other Indexing: (FINDING; LIFE ENHANCEMENT CENTER; SUV; WEIGHT WATCHERS; YMCA) (Beth; Canyon; Canyon Ranch; Cathy; Fine; George; Joey; Kate; Kay; Kay Fuller; Ranch; Today)

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March 22, 2011

Canyon Ranch founder practices what he preaches

Canyon Ranch founder Mel Zuckerman changed his life and started an industry all in the search for balance in his life and better health.

CINDY KRISCHER GOODMAN

balancegal@gmail.com

Mel Zuckerman and I are seated on the deck of Canyon Ranch Miami Beach while an ocean breeze tussles our hair and a turquoise ocean taunts us. Zuckerman's glowing skin and trim upper body make him look much younger than 83. It's obvious he has embraced the lifestyle he envisioned when he transformed the fitness and spa industry with his posh Canyon Ranch retreats.

I ask Zuckerman about the wellness revolution, figuring he would be thrilled about his role in kick-starting it a few decades ago. His answer surprises me.

"There's still a disconnect between what we know we should do and putting it into action," he says.

True, I admit to him. Most of us know we should be exercising and focusing on prevention, but we claim we're too busy. Then, we plunk ourselves in front of our television sets and snack on junk food while we boost the ratings of reality TV. Many Americans resolve each January to eat healthier, exercise more or get regular check-ups in the new year. Nearly 60 percent of people drop their resolutions by the six-month mark, according to studies by University of Scranton psychology professor John Norcross.

How, then, do you convince a workaholic that work/life balance is critical or an overworked mother that embracing wellness is a necessity, not a luxury? I ask Zuckerman. His frame of reference is own personal transformation, which he documents in his new book, The Restless Visionary. When Zuckerman opened the now famous Canyon Ranch in Tucson, Ariz., in 1979, he was an overweight homebuilder and recovering workaholic whose health and marriage had taken a beating. "I had high blood pressure, ulcers, diverticulitis, and a hernia. I lived a sedentary life, and I was 50 pounds overweight," he tells me.

"There has to be readiness for a life change. Usually it's fear," he says. In Zuckerman's case, his fear resulted from the death of his father.

Zuckerman explains that he was in the doctor's office when his dad was diagnosed with lung cancer. "I watched his face turn gray, his hand begin to tremble. He was 75. He reached in his pocket and took out the pack of Camels. He crumpled it up and said, 'Never again.' He never did smoke after that, but I buried him six months later. He got his 'aha' moment too late."

But Zuckerman didn't. He says his "aha" moment came when he went to a California fat farm after his dad's death, connected with a fitness instructor and felt the high that comes from exercise. He lost 13 pounds in 10 days. The experience of being in control of his health made him want to build his own resort to deal with weight and pampering and fitness – it would be about mind, body and spirit.

Working together with his wife, Enid, it took a few years for the first Canyon Ranch in Tucson to take off. "We really were treading in new territory." After that, Zuckerman expanded the wellness resort concept. With their business partner, Jerry Cohen , the Zuckermans opened Canyon ranch in Lenox, Mass., in 1989 and Canyon Ranch Living Miami Beach in 2008. They also expanded the brand to incorporate healthy living into vacations with a Canyon Ranch SpaClub in Las Vegas and another onboard Cunard's Queen Mary 2. All along, Zuckerman has had to battle slipping back into his former life as a workaholic. "I have to remember I built Canyon Ranch to get away from the stress." It's been a particular challenge during the recession, when Canyon Ranch recorded an unprecedented drop in occupancy, struggled with cash flow, and quashed plans for seven new projects.

Throughout these recent trying years, Zuckerman has stuck to his exercise routine; working out on the elliptical or cardio circuit four times a week. "Of all the life-changing events in my life, creating the habit of regular exercise is the one that has been the most important to me in allowing me to enjoy a high quality of life into my 80s," he says. Cohen, the financial/operations man, says he, too, has to bought into the wellness concept, sketching out restructurings or expansion plans during hikes with Zuckerman.

Zuckerman regularly sees guests checking into Canyon Ranch to lose weight or recover from their dependence on alcohol, food, tobacco or medication to cope with toxic doses of work stress. He believes to moving closer to work/life balance starts with a commitment to create new habits and a willingness to live with the imperfect, breathe deeply and look to a longer perspective.

In the next few weeks, Zuckerman will release Mel's Tips for Healthy Living. He describes it as a guide for aging, exercise, stress, resilience, weight maintenance or weight loss and adopting a healthy lifestyle. I prod him to share a tip for workaholics like himself: "Don't let yourself become stressed out over things you cannot control," he says.

Meanwhile, if Canyon Ranch Miami Beach condo sales are any indication, wellness is top of mind for people aiming for graceful aging. Since mid-October, buyers have snapped up 46 condo units in the residential tower, citing the lifestyle amenities as the reason for their purchase. As we conclude our conversation on the ocean deck, we hear a fitness instructor giving commands to a mid-morning class. Convincingly, Zuckerman asserts: "I still think adopting a healthy lifestyle is in the infancy stage."

---- Index References ----

Company: UNIVERSITY OF SCRANTON

News Subject: (Health & Family (1HE30); Health & Wellness (1HE60); Obesity & Weight Control (1OB69))

Region: (North America (1NO39); Florida (1FL79); Americas (1AM92); USA (1US73); U.S. Southeast Region (1SO88))

Language: EN

Other Indexing: (RESTLESS VISIONARY; TV; UNIVERSITY OF SCRANTON) (Canyon; Canyon Ranch; Canyon Ranch SpaClub; Cohen; Cunard; Enid; Jerry Cohen; John Norcross; Mary; Mel; Mel Zuckerman; True; Zuckerman; Zuckermans) (Tucson, Ariz) (California) (Tucson) (Las Vegas) (us; usa; na; us.fl; us.fl.miami; us.az; us.ca; us.nv; us.az.tucson; us.nv.lasveg)

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October 13, 2012

Section: Expanded Reporting

The Homestead And Canyon Ranch Partner To Launch Canyon Ranch SpaClub® At The Homestead In Hot Springs, Virginia

The Homestead

2012 OCT 13 (NewsRx) -- By a News Reporter-Staff News Editor at Obesity, Fitness & Wellness Week -- The Homestead in Hot Springs, Virginia, and Canyon Ranch of Tucson, Arizona, have announced a partnership to create a new spa, and fitness experience in the Allegheny Mountains of southwest Virginia. Canyon Ranch SpaClub at The Homestead will combine the finest attributes of the birthplace of southern hospitality and the pioneer of the wellness lifestyle. A rich sampling of the services that have made Canyon Ranch among the most-renowned names in the spa industry will now be available to guests of The Homestead. Canyon Ranch SpaClub at The Homestead will be the company's first venture in the Mid-Atlantic region and the first SpaClub to introduce family spa services when it debuts in spring 2013.

Canyon Ranch SpaClub at The Homestead will be an expansive, state-of-the-art facility for guests to experience a touch of Canyon Ranch. A signature feature will be Aquavana®, an exclusive European-inspired aqua thermal oasis with experiential rains, herbal laconium, a chill room and crystal steam room focused on the ancient concept of "healing by water" as practiced for centuries in Europe, Asia, and the Americas. There will also be heated loungers on the men's and women's side. Fed by mineral spring waters drawn from the surrounding mountains, the Aquavana experience aligns harmoniously with The Homestead's historic healing tradition of "taking the waters" which has drawn travelers since the mid 1700s, including Thomas Jefferson.

That same harmony can be experienced at the Jefferson Springs spa garden at The Homestead, opening this fall as the first feature of the new Canyon Ranch SpaClub. A year-round sanctuary for adults only, Jefferson Springs features indigenous hot springs, therapeutic geothermal mineral bath, river reflexology bed, co-ed Finnish sauna, spring-fed whirlpool, and private poolside cabanas. The refuge is accessed via walking paths warmed with radiant heat.

Canyon Ranch SpaClub at The Homestead will offer a variety of opportunities to explore the rewards of living a healthier, longer, more vibrant life. This will be the first Canyon Ranch SpaClub to introduce family spa services, with special enticements and activities, such as a Stars Facial and Pink Bubbles Pedicure geared for guests aged four and older. Additional services will include a range of Canyon Ranch signature treatments including the Mineral Springs Mud Wrap, Muscle Melt for 'Road Warriors',Amber Blueberry Manicure and Pedicure,Target Heart-Rate Determination and Nutrition for Wellness. There will also behealing and restorative massages, skin care and body therapies, three fitness studios, a movement therapy and Pilates room and a cycling studio. An on-site exercise physiologist, nutritionist and services advisor will be available to assess guests' needs and help guide their experience. Stylish design will complement Canyon Ranch SpaClub at The Homestead with locker rooms for women and men, beauty salon and relaxation lounges. Additionally, the Canyon Ranch Cafe, a full-service restaurant, will offer guests indulgently healthy cuisine, exquisitely prepared, that's good for body and soul.

Founded in 1979, Canyon Ranch has grown into an internationally renowned wellness experience that draws travelers to destinations across the United States as well as on the high seas. "We are thrilled to be partnering with The Homestead, stated Jerry Cohen, vice chairman and CEO of Canyon Ranch. "The indigenous mineral springs coupled with our spa and fitness offerings will provide guests with an oasis for relaxation and rejuvenation."

Peter Faraone, vice president and general manager of The Homestead added, "Canyon Ranch SpaClub at The Homestead will be one-of-a-kind in the southeast, introducing our clientele to the spa experience of Canyon Ranch." The Homestead, one of the first spas in America, has been an innovator since before the American Revolution and we are excited to take it to the next level through our partnership with Canyon Ranch."

Canyon Ranch SpaClub at The Homestead is the latest chapter of an ongoing transformation of the historic resort. Launched in summer 2012, the $25 million project has already seen dramatic enhancements across the 3,000-acre property. New and continuing additions include Allegheny Springs, a two-acre family-friendly attraction featuring the waterborne excitement of Mountain Rush; and new restaurants and bar options to appeal to the contemporary dining preferences of resort guests. Construction on the new Canyon Ranch SpaClub at The Homestead will begin in September with completion in spring 2013.

For more information about The Homestead or to make reservations, please contact (877) 479-8517 or visit www.thehomestead.com.

Keywords for this news article include: Wellness, The Homestead.

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Company: HIBERNIA BANCORP INC; CANYON RANCH; NEWSRX COM; ALLEGHENY TECHNOLOGIES INC

Industry: (Passenger Cruises (1PA13); Passenger Transportation (1PA35); Furniture (1FU53); Transportation (1TR48); Water Transportation (1WA23); Resorts (1RE44); Household (1HO53); Home Furnishings & Home Decor (1HO86); Consumer Products & Services (1CO62); Travel & Tourism (1TR07); Outdoor Furniture (1OU10))

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Other Indexing: (Peter Faraone; Jefferson Springs; Amber Blueberry Manicure; Thomas Jefferson; Jerry Cohen)

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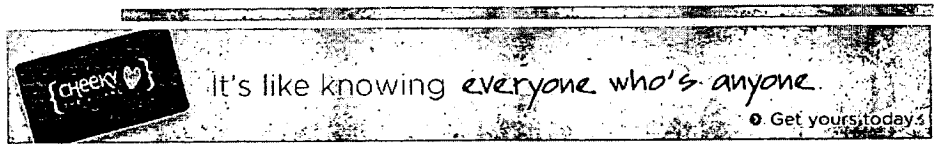


Canyon Ranch: The Ultimate Wellness Spa

www.canyonranch.com

A Rejuvenating Home Away From Home

by Stacy Levy – October 18, 2012

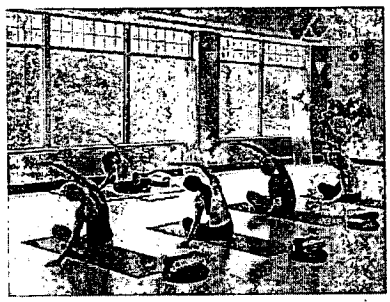
Tweet 5 Like

There are spas, there are destination spas, and then there is Canyon Ranch: the award-winning destination spa resort that time and time again stands alone in its own category. A pioneer and frontrunner in the destination spa industry for 30 years and counting, Canyon Ranch has enticed eager spa-goers with the latest trends in fitness, comprehensive wellness and integrative care, plus top-notch spa treatments. The brand operates two destination spa resort properties (Lenox, Massachusetts and Tucson, Arizona), and a Miami Beach Hotel & Spa.

Each property unique in its own picturesque surroundings of tree-filled mountains, desert sunsets and sandy beaches, Canyon Ranch consistently delivers their award-winning spa cuisine, state-of-the-art fitness centers, comprehensive classes and complete medical facilities. Not to mention, the impeccably designed and fully-equipped spas.

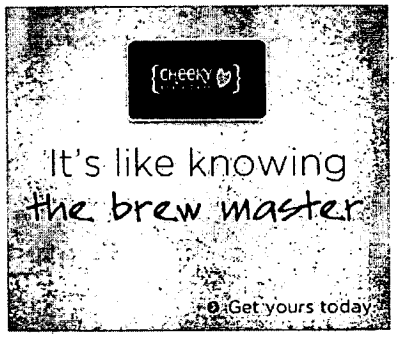
Intrigued yet? With temps dropping and leaves turning, a spa vacation to look forward to is just what every Cheeky girl needs. Snow? Desert? Beach? Whether you want to canoe, catch some rays or hit South Beach at night, Canyon Ranch offers it all and has properties that appeal to every Cheeky chick.

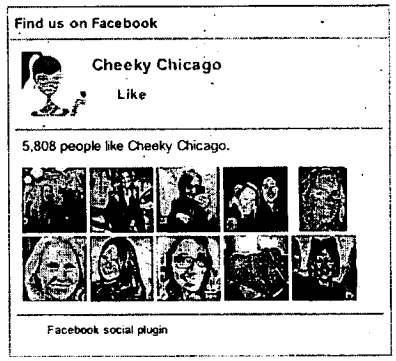
For the Sports Enthusiast Who Loves the Seasons: Canyon Ranch Lenox



Nestled in the beautiful Berkshires, Canyon Ranch Lenox's New England charm is reflected in the property's historic mansion and pristine inn. Equipped with a 100,000 square-foot spa, yoga and Pilates studios, indoor and outdoor tennis courts, a swimming pool and ropes-challenge course, the spa is an ideal getaway for those seeking solitude amongst the backdrop of the beautiful seasons. Outdoor enthusiasts wont be disappointed by challenging hikes on the Appalachian Trail, kayaking and canoeing and ample hills and trails for mountain biking. Just a short flight to Albany, you'll be transported to a peaceful mountain hideaway where you can refresh and renew.

For the Sun Lover Looking for Self-Improvement: Canyon Ranch Tucson





Women need a reason to have sex. Men just need a place.

— BILLY CRYSTAL

The original property founded by the brand, Canyon Ranch Tucson is a year-round luxury vacation destination that is set against the backdrop of Arizona's Santa Catalina Mountains. The Southwestern-style accommodations are dispersed amongst cactus gardens, streams, pools, fountains and natural desert vegetation. Hike desert canyons at sunrise, catch rays by one of three outdoor pools or indulge in blissful Ayurvedic body treatments. Tennis courts, an 80,000 square-foot spa complex, high-flying zipline and golf performance center will keep you more than busy. Also exclusive to the property is the Life Enhancement Center, an integrated wellness program intended for those looking to enhance their lifestyle by learning how to incorporate healthy behaviors.

For the Spa-Goer-by-Day and Party-Hopper-by-Night: Canyon Ranch Hotel & Spa Miami

Located on well-known Collins Avenue on the Miami Beach Boardwalk, the Canyon Ranch Hotel & Spa in Miami Beach offers guests the Canyon Ranch signature spa experience in a boutique hotel and a la carte setting. The impressive property features luxurious one- and two-bedroom suites with views of the Atlantic, as well as a separate residence tower. Perfect for a bachelorette party or girls getaway, guests can opt-in for massages, practice yoga on the beach, soak up rays on the white sand beach or enjoy shopping and sightseeing on South Beach.

Having been to two of the properties (Lenox and Miami) myself, I can attest to the incredible healing and transformational power of the Ranch. Whether you end up in the mountains, the desert or on the beach, expect impeccable service and extraordinary expertise from Canyon Ranch. A true getaway in every sense of the word. Canyon Ranch exceeds all expectations and delivers an unforgettable experience that will inspire, revive and renew.

Check out the promotions below or click on Canyon Ranch for more special offers.

Discover, Recover and Save

November 1 through 30, 2012

Canyon Ranch in Lenox

In charming Lenox, Massachusetts, first-time guests save 20% on an all-inclusive stay of three or more nights. Simply mention "Discover, Recover and Save" when you reserve your stay. We'll even give you a copy of Mel's Healthy Living Tips by Canyon Ranch Founder Mel Zuckerman, so you can take a taste of the Ranch home with you!

**Valid at Tucson & Lenox*

Girlfriends Getaway

10% Savings Plus Something Extra

Through December 23, 2012

January 1 through December 23, 2013

Imagine getting away to world-famous Canyon Ranch with your favorite girlfriends. When three or more friends visit Canyon Ranch together, you each save 10% on your all-inclusive package and receive an additional $200 allowance for spa, sports and integrative wellness services..

**Valid at Tucson & Lenox*

Your Stay Your Way (receive a generous hotel credit)

October 1 through December 20, 2012 – $400 hotel credit*

January 1 through April 30, 2013 – $250 hotel credit

Treat yourself to a bountiful experience of all that the most enticing hotel in Miami Beach has to offer! Stay four nights in an Ocean Palm Suite or higher and receive a hotel credit to be used during your stay for spa and health and wellness services, dining and retail.

CR001779

Valid at Miami

For more information or to book your stay, visit: www.canyonranch.com.

About the Author: Stacy Levy

Stacy Levy is a Certified Yoga Instructor and Holistic Health Coach who supports people in living with purpose and vitality through mindful eating, balanced nutrition, breathing and meditation techniques, and Yoga. Stacy teaches Yoga classes at studios and health clubs throughout Chicago and is the Founder of Aura Yoga & Wellness. Visit www.aurayogawellness.com or email stacylevy@gmail.com. Twitter: @stacy_levy

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A Workaholic at Canyon Ranch Spa

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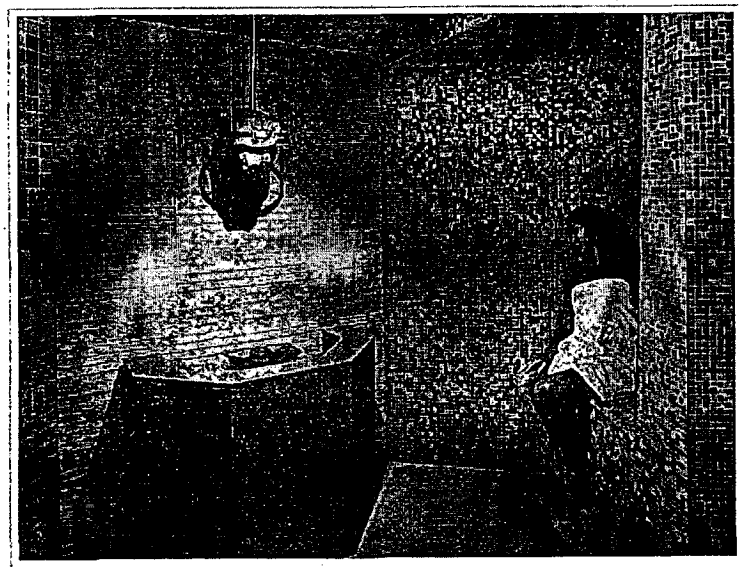
Some people understand that the purpose of a vacation is to rest the mind and body from the hectic pace and constant barrage of other people's needs that define our everyday lives. I seem to have forgotten that over the past five years. As a travel blogger, even when I take a vacation from my day job, they're "working vacations." I'm constantly on the go, gathering content for use later on my websites. At home, I work 7 days a week and sleep poorly. In other words, I've become a classic workaholic. This has been bothering me lately. A lot. So I decided it was time to do what you're supposed to do on vacation; I booked a massage.

It had been five years since my last massage. So when I showed up for my appointment at Canyon Ranch at the Palazzo in July, I was a bundle of stress with knots that felt like marbles in my neck and shoulders. I've been to a spa maybe half a dozen times in my life; some I liked, some I felt apathetic about. I'm still a spa newbie, but not a total wide-eyed innocent. That being said, I have to admit, I was excited to book a massage at the famous Canyon Ranch. (It had to be famous, since I'd heard of it; I don't really follow luxury brands all that much.)



Herbal laconium

I checked in 30 minutes before my treatment, received a robe and slippers, a locker and a key on a wrist bungy cord, and a brief tour of the facilities. (Men's and women's facilities are separate, of course, but there is also a co-ed area, since they do have couples treatments here as well.) There was fruit available and coolers of water with cut up cucumbers and citrus in them (very refreshing). Everyone who worked here was very professional. There were no surprises.

My massage at Canyon Ranch was not the best I've ever had. That honor resides with my experience at the Bellagio, where I was so relaxed, I fell asleep with my face in the hole in the table during my massage. I did not nap here. But I did like my massage therapist at Canyon Ranch very much.

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Experiential rains (photo courtesy of Canyon Ranch)

Krista was all smiles and warmth. She asked me if I had any medical conditions she should know about. I mentioned my arthritis. When I started to tell her that I carry my tension in my neck and shoulders, she laughed and said, "Yes, I could tell during the walk down here."

Wonderful. Not only don't I have a poker face, I don't have a poker body, either.

She called this "posture analysis." I thought it was more fun to think of her as a "body psychic." She also correctly guessed, as soon as she felt the knots in my shoulders, that I work in front of a computer all day.

I had booked a seasonal treatment–a 50-minute Swedish massage with orange blossom herbal infusion. In addition to my body, she also massaged my face and scalp, which was wonderfully relaxing. The 50 minutes went by way too fast. (Also I smelled great afterwards, if I may say so myself.)

Unfortunately, she had no success loosening the knots in my shoulders, though she tried very hard. I just could not get my shoulder muscles to relax enough to let her work her mojo. (Tip: This is why they suggest that you arrive early for your appointment and take advantage of the Aquavana facilities to loosen your muscles. Had I hunkered down in front of some warm jets of water and sat in a steam room for awhile, we might not have had so much difficulty with those knots. Lesson learned.)

Because I didn't intend to utilize the Aquavana facilities, I hadn't brought my swimsuit. (I had only allocated 2-3 hours for spa time, with a full schedule of activities afterwards.) Once I saw all the cool things that were available there, I could have kicked myself.

The Aquavana experiences include a Finnish sauna, hydrospas, "igloos" with "Arctic mist," a crystal steam room, experiential rains, radiant lounge chairs, and an herbal laconium steam room. Granted, I didn't technically need a swimsuit to partake of any of these. In fact, the woman who gave me the tour strongly encouraged me to feel free to go nude. Yeah, I'm just not that much of a free spirit.

Instead, I reclined in the women's lounge, which was relaxing all on its own. It is designed to get guests to leave the stress of the real world behind, from the cell phone ban to the consistent, warm earth tones to the dim lighting and soothing music. While I stretched out on a plush lounge chair in my fluffy robe, I listened to the relaxing notes of flute, piano, and strings. I think I even heard whale song at one point. It was wonderful.

Why don't I do this more often? I thought. *Oh right. Workaholic.*

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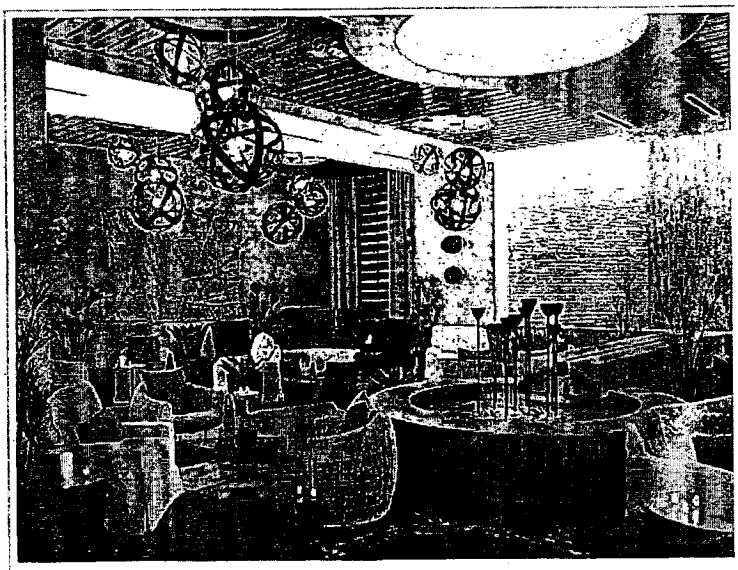

Canyon Ranch co-ed conservatory

After my massage, I also relaxed in the co-ed lounge (the "Conservatory"). It was a beautiful, comfy place to hang out for awhile, with soothing water features and plenty of drinking water and fruit. It also provided direct access to my two favorite rooms in the place:

The Salt Grotto, my own personal nirvana, was a warm, humid room with a fountain running over salt bricks. (The salt supposedly helps with respiration. I couldn't really tell the difference.) Curved, heated seats forced my body into a relaxed posture. It felt like being cupped in the warm hand of a giant. The room was dark, with a starscape on the ceiling. It all felt very womb-like to me. I could have fallen asleep in here.

The Wave Room was a water-themed environment featuring curvy lounge chairs in a dimly-lit, bluish room with a round water feature in the center and a light projecting rippling waves across the ceiling. It was totally quiet except for the faint sound of birds chirping. I might have enjoyed this room more if I hadn't gone in here after the Salt Grotto. In comparison with the Grotto, it felt a bit cool to me. I'd recommend reversing the order if you plan to experience both rooms.

In short, I was very impressed with the facilities here. If Canyon Ranch's goal is to get guests to relax for awhile, it succeeded marvelously with me–despite the fact that I robbed myself of the Aquavana experience. I was really digging the calm and quiet oasis away from the nonstop noise of the world outside. Unfortunately, 2-3 hours of relaxation isn't going to reverse five years of stress-related damage to your body.

That really drove home for me the biggest lesson from my visit: When you feel like you can only devote a couple of hours to "relax" on your vacation, you've got a problem. Suddenly, all the minor but annoying health problems I've noticed cropping up over the past couple of years started to make a lot of sense to me. It's time for me to incorporate more downtime into my life.

Are you a workaholic? Do you have a hard time unplugging on your vacations, or sitting around doing nothing? Then you might benefit from a little spa time yourself. It probably won't change your daily life, but it might help you achieve a better work-life balance overall. Because nobody ever got to the end of her life and said "Man, I wish I'd worked more."

Disclaimer: I was generously hosted by Canyon Ranch, though I did leave my customary 20% gratuity for Krista. It came to $35, so the seasonal massage I got must have cost $175, in case you're curious about prices here. If you want to skip the massage, a day pass is just $40 and gives you all-day access to the facilities.

Photo credit: Photos courtesy of Canyon Ranch—because I would have felt like a creeper bringing my camera with me to the spa.

g+1 3

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I'm a huge fan of getting massages and I hear you re: scheduling things tightly when more time would be better. Of course, I'm a fellow workaholic. 😉 Sometimes I have to schedule massages during the day, then work at night. I don't like this. I much prefer to have the massage after hours.

Canyon Ranch sounds great. Do they offer sports or deep tissue massage–or maybe shiatsu? One of those might have gotten those knots out... In any case, nice to get a massage pretty much any time. 😉

PS: I like the way the Salt Grotto and Wave Room sound! Good tip re: reversing the order.

Reply

Gray Cargillreplied:
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Yes, Lisa, I know you're a fellow workaholic. Takes one to know one. 😉 I did not go for deep tissue massage, because it always sounds painful to me. (I'm a wuss!) But after reading a description of it, I guess I may need to graduate to that, given my knot issue. I don't know if they have shiatsu or not. You can find a menu of their services at their website if you're curious.

Reply

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October 20, 2013

Section: Sunday

Attention, passengers: The sky's the limit

Diane Bair

Globe Correspondents

Pamela Wright

Globe Correspondents

When it comes to cruising, there's bad adventure, like sinking, crashing, or being marooned on a ship without plumbing. And then there's good adventure, like kayaking, snorkeling, and skydiving. Happily, the good kind is far more prevalent.

Wait a minute - skydiving? That's right. Aboard Royal Caribbean's Quantum of the Seas (www.royalcaribbean.com), launching in November 2014, guests will go atop the ship, where a vertical wind tunnel will simulate the experience of skydiving - a first for a cruise line.

The 4,180-passenger vessel, sailing from New York, will also boast another feature that folks with vertigo will want to steer clear of: The North Star, a glass capsule modeled after the London Eye, that will lift passengers high in the air and over the ship, for a bird's-eye view of ship, sea, and ports of call.

THRILL RIDES AT SEA With more than 200 passenger vessels plying the world's rivers and seas, cruise lines get pretty creative when coming up with new and thrilling features. Royal Caribbean grabs headlines for being the first line to offer adventures at sea like a surf machine, a rock climbing wall (available on all of its 21 ships) and zip-lining (on its Oasis of the Seas and Allure of the Seas). The luxurious Seabourn line's ships (www.seabourn.com) go one better - they have a marina off the back of the vessel, so guests can sail, waterski, or kayak off the back of the ship. Factor in ice-skating rinks, banana boat rides, and running tracks - all found on cruise ships these days - and you may well feel like a total slug if all you want to do is lounge around the pool.

Of course, if you do hang out at the pool, there'll be plenty to see. The newest ships are looking more and more like water parks these days. Aboard the MSC Preziosa (www.msccruises .com), one of 12 vessels in the family-owned Italian cruise line that sails out of Miami, the longest single-rider water slide at sea whisks passengers through 394 feet of twists and turns above the deck. Not to be outdone, the new, 4,000-passenger Norwegian Breakaway (www.ncl.com) offers a mega-size water park and a Nickelodeon-themed Kids' Aqua Park (plus an Ice Bar for those who want to escape the waterpark scene). Does that sound

too tame for your bunch? The new Carnival Sunshine (www.carni val.com) offers the Speedway Splash, a pair of side-by-side, 235-foot-long waterslides where guests race to the finish line.

RETRO FUN Sometimes what's old is new again. Princess Cruises (www.princess .com) offers a drive-in movie minus the cars on some ships, including the Royal Princess, a new class of ship launched this year by Kate Middleton, Duchess of Cambridge. Watching "Movies Under the Stars" on a Princess ship is pure retro fun: Guests sprawl out on padded lounge chairs with blankets, eat popcorn, and watch current movies on a giant screen.

And who among us doesn't love bumper cars? You'll find a modern version on Royal Caribbean's Quantum of the Seas (www.royalcaribbean.com). Bowling? You can do that at sea, too; the Norwegian Epic (www.ncl.com) has a bowling alley. And as much as kids love a water park, small fry will dry off in a hurry for the chance to bake cookies - which makes the kid's baking classes offered by Crystal Cruises (www.crystal cruises.com) popular.

SO THAT'S WHAT THEY MEAN BY 'SHIP-SHAPE' Bringing home a few extra pounds around the middle is an unwanted souvenir, so cruise lines have put a lot of weight behind gyms. Among the best - and definitely the biggest - is the 31,000-square-foot fitness center on the Norwegian Epic, where they offer Pilates, yoga, a weight room, and more. Most ships offer onboard fitness and yoga classes, but if you're really into the latter, check out the series of yoga-themed sailings aboard the Star Clippers' Star Flyer (www.starclippers.com). This four-masted sailing ship brings on a yoga specialist for these cruises, with all the classes you'd expect at yoga camp, plus an array of fresh fruits and vegetables.

Speaking of healthy cooking, Canyon Ranch operates spas on ships on the Oceania Cruises (www.oceaniacruises.com) and Regent Seven Seas lines (www .rssc.com), as well as Cunard's Queen Mary 2 (www.cunard .com). They bring the famous Canyon Ranch cuisine - health-conscious gourmet food that tastes great - to the seas, an alternative to the buffet line.

Of course, one of the best ways to stay fit on a cruise is to explore when you're in port. Choose shore excursions that offer walking, hiking, kayaking, and other active modes of sightseeing and you won't worry about that serving of crème brûlée. European river cruise lines like AmaWaterways (www.amawaterways.com) and Uniworld (www.uniworld.com) offer free use of bicycles to guests who want to go off independently or on guided bike tours to discover local villages, while Scenic Cruises (www.sce nictours.com), a fast-growing luxury outfit based in Australia, keeps electric-assist bikes on board for touring. And you've got to love this one: the MSC Divina, making its North American début in Miami this November, is the first cruise ship to offer Aqua Cycling at sea - basically, it's spinning, but the bike is underwater.

TAKE ME TO THE RIVER If you are one of those early adopter types, consider sailing on a brand-new river cruise line. Scenic Cruises just launched Emerald Waterways (www.em eraldwaterways.com). Debuting in April, the ships will sail four eight- to 15-day itineraries on the Danube, Rhine, and Moselle rivers. The Emerald Star and Sky vessels will each carry 182 guests in 72 suites and 20 staterooms. Priced to compete with lines such as Viking and Uniworld, fares will include all transfers to and from the ship, all gratuities, and at least one shore excursion almost every day. Brag-worthy feature: an onboard heated swimming pool with a retractable roof that transforms into a movie theater by night.

A newcomer to the US market (as of last year), the German line A-ROSA (www.arosacruises .com) is launching a new ship in 2014, the 89-cabin Flora. Focusing on the active traveler, A-ROSA's seven-to-11-night river trips cruise the Rhine, Rhone, and Danube rivers. Itineraries include castles, countryside, vineyards, and museums. Fares include gourmet dining, open bar throughout the ship, gratuities, and shore excursions.

Tempted to cruise, but still worried about those bad adventures? Take heart. "Cruising is an incredibly safe way to travel," says Carolyn Spencer Brown, editor in chief of www .cruisecritic.com.

"The safety of passengers is a top priority for cruise lines, and as the industry continues to grow and evolve, so do the safety measures put in place. As with any vacation - land, air, or sea - it's important to be aware of your surroundings and pay attention to safety protocols but, other than that, there's not much more to do other than enjoy your vacation."

Diane Bair and Pamela Wright can be reached at bairwright@ gmail.com.

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Eating Healthier the Canyon Ranch Spa Way

The top chef for the world-famous Canyon Ranch chain of spas offers tips for eating and living well.

By Reagan Walker
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Reviewed by Charlotte E. Grayson
Mathis, MD

If you're eager to begin a new healthy eating regime, or get back in shape after too much holiday indulgence, Canyon Ranch spa is the place to go. Since 1979, people have visited the original Canyon Ranch in Tucson, Ariz. for rest, restoration, and support in developing -- and maintaining -- a healthy lifestyle. Today, Canyon Ranch has a sister site in Lenox, Mass., as well as spa clubs in Las Vegas, Kissimmee, Fla., and on board the Queen Mary 2.

Even if you can't drop everything and take a trip to one of it's facilities, you can still practice the Canyon Ranch way -- right in your own home. WebMD consulted Canyon Ranch corporate chef Scott Uehlein for tips on how to develop a healthy eating lifestyle.

Uehlein's first piece of advice: Don't diet.

"Don't do it," Uehlein told WebMD. "Don't tell yourself you are going to commit to a diet for a certain number of weeks or months and once you lose weight, then worry about what's next,"

Instead, Uehlein, who oversees menu development for the kitchens at all Canyon Ranch locations, suggests making lifestyle changes. Make small commitments, such as walking every morning or working out after work a couple of times a week. And when it comes to -- eating, "moderation not deprivation" should be the focus.

"If you try to deprive yourself of something, you will eventually want to have that thing you are depriving yourself of," Uehlein points out. "In the '80s, we deprived ourselves of fat, then starting in the '90s, it was carbs. Finally, I think we are coming around to pledging to lead a healthier, balanced lifestyle."

A good place to start is to simply eat less. "Whatever you are used to eating, cut by a third," Uehlein suggests.

In the spa's most recent cookbook, *Canyon Ranch Cooks*, Uehlein and colleagues established guiding principles for a healthy lifestyle. The book also offers advice on how to stock your kitchen for healthy cooking,

and includes 214 recipes (and sample menus) so you can create fresh, flavorful Canyon Ranch-style meals at home.

The Canyon Ranch Way: Guiding Principles

Honor your individuality.

Genetics, health, medical history, eating preferences, lifestyle, and other factors all influence the way you eat. Assess your personal needs and goals. You may want to consult a nutritionist before you begin your new health regime.

Enjoy the sensual and social aspects of eating.

Eating should be a joyful experience that engages both the physical and emotional senses. Indulge your preferences for flavor and texture and treasure the social aspects of eating.

Consider the balance of your meals.

Go for variety, with generous amounts of vegetables and fruits, moderate amounts of protein-rich foods and whole grains, and small amounts of healthy oils and fats. Develop strategies for eating out, such as sharing entrees or ordering just a salad and appetizer.

Eat to gently satisfy your appetite.

Eat regularly to avoid extreme hunger, and learn to moderate portions by eating with awareness and attention to physical appetite. Be mindful of portion sizes and learn to stop eating when your hunger is satisfied. Learn to distinguish between actual physical hunger, and other reasons for eating, such as stress, anxiety, boredom or emotional hunger.

Focus on clean and wholesome food.

Choose fresh, seasonal vegetables and fruits, foods free of preservatives, additives, hormones, antibiotics, and other unnecessary chemicals.

The Canyon Ranch Way: What types of Food to Eat

Uehlein and his staff follow these basic guidelines when developing their signature menus:

Eat 8 to 10 servings of fruits and vegetables a day.

Consider adding fruit to your breakfast, enjoy a medium-to-large salad every day, snack on fruits, and make sure every meal includes a vegetable. Choose organic produce whenever possible.

Emphasize whole grains and healthy carbohydrates.

Whole grains -- like whole wheat bread and tortillas, cooked barley, and brown rice -- provide fiber and stabilize blood sugar levels. Other great carbs include: beans, sweet potatoes, pasta cooked al dente, hummus, lentils, pea soups and vegetarian chili.

Use healthy fats and oils.

Fat is an essential part of a healthy diet. According to Canyon Ranch guidelines, 20% to 30% of calories in the average daily diet should come from fat. But fat in the diet should be the right kind of fat. Foods that

contain monounsaturated fats are best, like extra virgin olive oil, canola oil, avocadoes, olives, and nuts. Include omega-3 fat to protect against heart attack and reduce inflammation. Use fresh walnuts and pumpkin seeds in salads; eat eggs that contain higher omega-3 fat in the yolk; and cook salmon several times a week.

Minimize saturated fat by choosing low-fat or nonfat dairy products, skinless chicken breast, and lean red meats. Limit consumption of foods made with butter and cream. Avoid trans-fats found in regular margarine, shortening, many fast foods, and food that contains the word "hydrogenated" on the label.

The Canyon Ranch Way: What types of Food to Eat continued...

Balance meals with some protein-rich food.

Include protein in each meal to help control hunger and stabilize energy levels. Good sources of protein include: beans, soy foods, nut butters, low-fat or nonfat yogurt and cheeses, eggs, and poultry.

Limit sugar in your diet and avoid artificial sweeteners.

Go for the natural sweetness of fresh fruits, vegetables, and nuts. If you must sweeten, go natural with small amounts of maple syrup, honey, brown rice syrup, or unrefined sugar. Choose fruit for dessert. Try cinnamon, vanilla, and freshly grated nutmeg as a substitute for sugar when you can. Artificial sweeteners can boost sweet cravings.

Be sensible about salt.

Use salt moderately, and try substituting with other herbs and spices.

Drink plenty of water every day

Eight large glasses a day is a good rule. To make it more tempting, use a beautiful tumbler, and add ice and a slice of lemon or lime.

The Canyon Ranch guidelines are probably not very different from common sense, good-health rules you've heard before. The key is to slowly incorporate these practices into your day-to-day life.

To get a clearer picture of how to do that, WebMD asked Uehlein to describe exactly how he puts the Canyon Ranch philosophy into action, meal by meal.

The Canyon Ranch Way: Meal by Meal

Breakfast

"If you like eggs, then use two egg whites and one whole egg to make an omelette," Uhelein said. This cuts down on egg yolks, which contain a lot of fat. Be sure to use canola oil -- not butter -- for frying.

If you don't like eggs, choose whole grains and fruits at breakfast time. In Uehlein's home, which he shares with his wife and three daughters, the flour jar contains a mixture of half all-purpose flour and half whole wheat flour. Uehlein uses that flour for all bread products, including pancakes. For a quick breakfast, go with yogurt and a piece of fruit. If you like crunchy textures, you can add some low-fat, all-natural granola to the yogurt.

Lunch

Lunch can be "the most dangerous meal" of the day, Uhelein warns. The temptation is to grab fast food or, in

CR001790

the spirit of healthiness, go to a salad bar. "A salad bar can kill you," Uhelein says. "You can load up on calories before you know it and those fat-free dressings are loaded with gums and all kinds of stuff."

If you want to make a good healthy-eating resolution, Uhelein suggests you take your lunch at least three times a week, instead of going to a restaurant. You can make it quick and simple; for example, you can wrap sliced turkey breast in a whole wheat tortilla and pair with a veggie and some fruit. Go for balance. "If you can pack it, pack it," Uhelein urges. "You will gain so much more control that way and you'll see a huge impact."

The Canyon Ranch Way: Meal by Meal continued...

Snacks and Beverages

If you have to wait a long time between lunch and dinner, you will likely need a snack. Nuts and fresh fruit are the best options, according to Uehlein, but have no more than one ounce of nuts. (Uehlein himself prefers almonds because they "give you a full sensation.") Avoid visits to the vending machine for sugary soft drinks and highly-processed snacks. "I won't tell you to never drink a soda. That's a diet," Uhelein said. "But drink fewer of them."

Dinner

At dinnertime, try to eat at home as often as possible, recommends Uhelein. Cook well-balanced meals that fall within the Canyon Ranch guidelines. Uhelein acknowledges that most folks can't eat like they are at Canyon Ranch every day. "We are much more about fine dining; that's why we are a utopia," he observes.

But that doesn't mean that home cooking can't reflect the Canyon Ranch approach to flavor. "When I'm developing a recipe, I always incorporate sweet, sour, bitter and salty," Uhelein said. "There will be a little bit of fat, for mouth feel, but the focus is on flavor."

Uhelein says home cooks need to concentrate on dishes that satisfy with flavor and meet their family's individual likes and dislikes. "If you like crunchy, then add some crunch. If you don't like tofu today, then don't cook tofu."

Cooking ahead can help. "If we cook brown rice on Sunday, we'll have some to use for the next few days. If we roast some vegetables, then we can toss some on a frozen pizza later in the week," he said.

And with three daughters, ages 2, 11, and 13, Uhelein knows from experience that sometimes there simply isn't time to cook dinner. But even on busy nights, the chef tries to eat at home, relying on carefully chosen convenience foods. He keeps pizzas with whole-grain crusts in the freezer along with a selection of healthy frozen entrees. (Uhelein is a big fan of Trader Joe's and Whole Foods markets for both fresh and convenience items.)

Canyon Ranch Recipes

Roasted Butternut Squash, Apple, and Pecan Salad

Delicious, dense-textured, vitamin-packed butternut squash is the tastiest of all the winter squash. To peel, use a sharp cleaver or large knife and hack off the stem and then cut the long part off the bulbous base before you start peeling. It's easier to attack the two shapes separately.

2 pounds peeled butternut squash, deseeded and cubed

2 teaspoons canola oil

1 tablespoon pumpkin pie spice mix

3/4 cup red wine vinegar

1/2 cup maple syrup

5 Granny Smith apples, cored and cubed

1/2 cup pecans, chopped

Preheat oven to 400 degrees. Mix squash with oil in a bowl. Sprinkle in the spice mix and toss to coat. Spread squash on an ungreased baking sheet and bake for 15 minutes, or until golden.

Canyon Ranch Recipes continued...

In a small bowl, combine vinegar and maple syrup, pour over squash and bake for 5 more minutes. Place apples and pecans in a large bowl and add hot squash mixture. Toss lightly and allow to cool before serving.

Makes 10 servings. Each 1/2 cup serving contains approximately: 115 calories, 17 grams carbohydrates, 5 grams fat, 0 mg cholesterol, 1 gram protein, 4 grams sodium, 2 grams fiber.

Beef Tenderloin with Adobado Paste

You can make the adobado paste in quantity and store it, tightly covered, in the refrigerator for up to two weeks. It's also terrific with chicken and fish.

For the Adobado paste

1 tablespoon packed brown sugar

1 tablespoon fresh lime juice

1 clove fresh garlic, minced

2 teaspoons olive oil

3 tablespoons chili powder

1 pound lean beef tenderloin, cut into 4-ounce fillets

Preheat grill or broiler. In a small bowl, combine the brown sugar, lime juice, garlic, olive oil, and chili powder. Mix to a smooth paste. Spread 1 teaspoon paste on each side of beef tenderloin fillet. Grill or broil to desired doneness, about 3 to 5 minutes on each side.

Makes 4 servings. Each serving contains approximately: 215 calories, 7 grams carbohydrates, 10 grams fat, 72 milligrams cholesterol, 25 grams protein, 112 milligrams sodium, trace fiber.

Top Picks
Check Your Diabetes Risk
Baby Feeding Tips
Symptoms of Vitamin D Deficiency
Foods That Boost Immunity
Can Too Much Sugar Cause Diabetes?
Drinking Your Way to Weight Loss

Source: Scott Uhelein, corporate chef, Canyon Ranch; author, along with kitchen staff, *Canyon Ranch Cooks*.
Reviewed on February 07, 2007
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My Notes:

Related to Healthy Eating & Nutrition

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CR001793

Famous Health Spas of United States

TRAVEL TIPS(/) **Meg Jernigan, Demand Media**

"Taking the waters" evolved into a health spa experience in the United States in the mid-19th century when Saratoga Springs, New York, became a destination for Americans seeking the reported beneficial properties offered by health resorts. Day spas offering salon services followed and in the late 1970s famous spas became places that offered health advice and nutritional counseling in a setting that included alternative therapies and traditional massage.

Canyon Ranch

Spa Magazine named Canyon Ranch its Favorite Medical/Wellness Spa in 2009, and in 2008 Conde Nast Traveler ranked it number two among destination spas. Founded in 1979 at the Double U Ranch in Tucson, by 1980 Time magazine had named it America's "first vacation fitness resort." The spa's holistic approach to wellness includes diet and nutrition counseling and personalized exercise regimens as well as traditional spa and salon treatments. Nontraditional healing energy practices complement massage and body treatments. Canyon Ranch provides accommodations, all meals and a menu of spa services for guests. The resort bans cell-phone use in common areas and does not serve alcohol or soft drinks.

Canyon Ranch
8600 East Rockcliff Road
Tucson, AZ 85750
800-742-9000
canyonranch.com

The Greenbrier

For more than 230 years, guests have visited White Sulphur Springs to take the waters. In 1913, the Greenbrier Hotel was built as a destination resort in West Virginia. At the height of the Cold War, a fully functioning secret underground city was built at the Greenbrier behind 30-ton blast doors to serve as a home for the U.S. government in the event of nuclear war. The underground facility remained stocked and ready for use until the Washington Post revealed its location in 1992. The spa at the Greenbrier uses the sulphur springs and mineral water found in the area in hydrotherapy sessions and mud baths. Massage therapies include hot stone, Swedish and reiki. Salon services are also available.

The Greenbrier
300 West Main St.
White Sulphur Springs, WV 24986

CR001794

800-453-4858
greenbrier.com

Golden Door

Travel & Leisure named Golden Door the #2 Top Rated U.S. & Canada Destination Spa in 2008; in 2009 Spafinder subscribers gave it Readers' Choice awards in Best Brand, Best for Hiking, Best Fitness Program, Best for Luxury and Best for Going Solo. Founded in 1958 by Deborah Szekely, the destination spa has a staff to guest ratio of four to one. Seven-day spa retreats are tailored to individual guests' needs and include personal attention from a dietitian, esthetician and fitness guide. Three- or four-day Spa Interludes feature massages, salon services and customized meals. Golden Door provides a spa wardrobe for guests, all meals and courtesy shuttle service from the airport.

Golden Door
PO Box 463077
Escondido, CA 92046
800-424-0777
goldendoor.com

REFERENCES

Golden Door(http://www.goldendoor.com/escondido/)
Canyon Ranch(http://www.canyonranch.com/)
The Greenbrier(http://www.greenbrier.com/site/)

RESOURCES

The Washington Post: The Ultimate Congressional Getaway(http://www.washingtonpost.com/wp-srv/local/daily/july/25/brier1.htm)
A Brief History of Spa(http://www.spafinder.com/spalifestyle/spa101/history.jsp)

ABOUT THE AUTHOR

Meg Jernigan has been writing for more than 30 years. She specializes in travel, cooking and interior decorating. Her offline credits include copy editing full-length books and creating marketing copy for nonprofit organizations. Jernigan attended George Washington University, majoring in speech and drama.

Travel Tips Index(http://traveltips.usatoday.com/sitemap.html)

CR001795

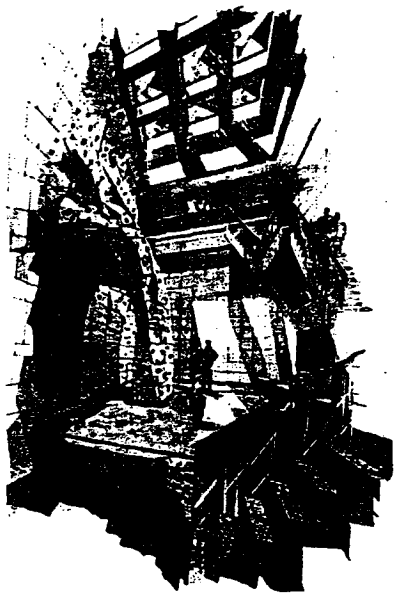
Exhibit G

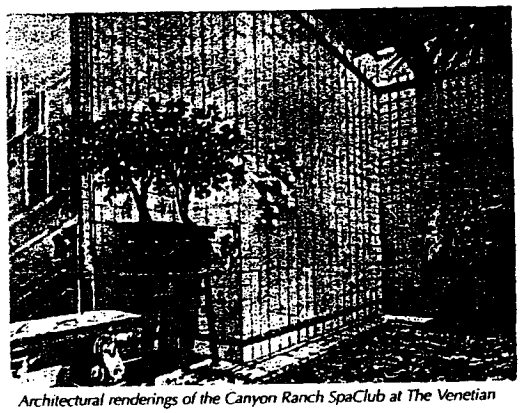
Exhibit G

PULSE
The Official Magazine of the International SPA Association℠

People & Places

by Bernard Burt





Architectural renderings of the Canyon Ranch SpaClub at The Venetian

Las Vegas Heats Up: Gambling on spas to attract upscale vacationers and high rollers, three resorts open this spring in Las Vegas. The first **Canyon Ranch SpaClub**, a 65,000-square-foot health and fitness oasis at a megaresort called **The Venetian**, has 50 treatment rooms. Along with 3,036 suites, the hotel contains a casino and 630-foot canal lined by boutiques and restaurants. Entertainment venues include a four-level cabaret seating 1,800. Set in gardens atop an 11-acre deck, Canyon Ranch SpaClub is managed by Charlotte Bowdle, formerly at the MGM Grand Hotel. Architect Jim Beyers from Cambridge, Mass., and interior designer Carl Ettensperger from Singapore, used desert colors, water, and aromatherapy to set the mood. The fitness center (for which there is a daily fee) offers 50 pieces of cardio equipment plus 30 Spinning bikes, 40-foot indoor rock climbing wall, and aerobics studios. Guests can sample spa cuisine at the Canyon Ranch Cafe, and services of a fully-equipped salon, on or about April 20th.... Rising from the desert 25 minutes off the Strip, **The Resort at Summerlin** features a Roman-style spa called Aquae Sulis... Designed under a Roman dome, exercise areas and 36 treatment rooms open in May. Consultant Darryll Leiman, based in Hawaii, planned the 40,000-sq.-ft. facility. Spa director is Mindy A. Terry. An affluent master-planned community, Summerlin has two hotels: 287-room **Regent Grand Spa** and 253-room **Regent Grand Palms**, part of Carlson Hospitality Worldwide based in Minnesota.... Fronting tropical gardens and lagoons, **Mandalay Bay Resort**, a new venture for the Circus Circus group, has 3,700 rooms plus a 424-room Four Seasons Hotel and spa with sandy beach. Is this overkill? Tammy Pahel, spa director at **Caesar's Palace**, says the market is primed for spas. Caesar's added her 22,000-sq.-ft. Roman baths and beauty salon in a 29-story Palace wing that has 1,200 rooms, each with whirlpool spa tub, bringing Vegas' top-priced hotel to 2,500 rooms. Spa admission is limited to hotel guests on weekends, and packages start at $225.

Luxury
PRODUCT & SERVICE
BRIEFING

MARCH 1999 VOLUME IV ISSUE II

Fragrance & Beauty

Paul Smith

Paul Smith has signed an agreement with Inter Parfums as the first step towards a Paul Smith cosmetics and perfumes line. The agreement is effective for the next 12 years. The first product will be a fragrance which is scheduled to be launched in 2000. Although Inter Parfums is not well known for its work with designers within the luxury industry it has also recently signed contracts with Burberry and ST Dupont. Paul Smith currently has a range of toiletries, including cologne, toothpaste, deodorant and shaving accessories, which was launched in 1987 and distributed through his network of retail outlets worldwide. Having an international distributor such as Inter Parfums will stand Paul Smith in good stead in breaking into the world perfume and cosmetics markets in a larger way.

Hervé Léger

Hervé Léger has launched his first fragrance in conjunction with Procter & Gamble's fragrance division, Eurocos. The fragrance is now available in France and will be distributed through selected outlets in the US, UK, Switzerland, Germany and Austria in August. This time last year the designer was all ready to launch the fragrance, when Seagram, Léger's parent company, decided to put it on hold. In the meantime, Hervé Léger was sold to current parent company BCBG, based in Los Angeles, which gave fragrance plans the go-ahead. Some experts saw Eurocos as an unusual choice of partner in the launch but despite its mass-market image it has already produced Hugo Boss and Laura Biagiotti fragrances successfully: its next big project is a fragrance for Helmut Lang.

Canyon Ranch/Golden Door

With the burgeoning popularity of spas, two high-end operators, Canyon Ranch and Golden Door spas, are both lining up significant expansion plans. Canyon Ranch, the famed spas located in Tucson, Arizona, and Lenox, Massachusetts, will be spreading their healthy lifestyle messages via new Canyon Ranch Spa Clubs, which are day spas located in metropolitan areas. Their first location is a massive 63,000 sq ft facility in Las Vegas, due in April. The Golden Door Spa of California was recently acquired by Grand Bay Hotels whose parent company is Patriot, one of the real estate investment trusts (REITs). Patriot plans to feature Golden Door City spas in each of its resorts. Those include the Grand Bay Coconut Grove in Miami, Carmel Valley Ranch and the newly-opened 25,000 sq ft spa at Las Casitas Village near Fajardo, Puerto Rico.

Jewellery & Watches

MYSTERY SHOW

The COUTURE JEWELLERY COLLECTION & CONFERENCE, which has been held for five years in the US, comes to Europe for the first time this month. The aim is to bring together retailers, designers and manufacturers. Although no rival to Basel, the exhibition has gathered together retailers from Iceland to Russia and Saudi Arabia. There are some big names amongst the exhibitors (Chaumet, Van Cleef & Arpels, Bulgari and Mikimoto) but quite a few are missing. Unfortunately there is an embargo on the venue until after the show, so you'll have to wait to read more.

John Hardy

The Canadian-born jewellery designer John Hardy, who is currently stocked in Saks Fifth Avenue and Neiman Marcus stores, is introducing his first semi-precious stone collection, Batu. His first successful product - a classic men's sterling silver oval chain-woven bracelet - has remained a bestseller since 1989. Hardy employs hundreds of artisans in Bali and Java to craft his growing line of sterling silver and 18ct gold objects. He first discovered Bali during a round-the-world voyage in 1975 and subsequently building a home there inspired him to design pieces for a home collection. This was followed recently by a collection of silver baby gifts, after the arrival of his first child.

Tiffany

Tiffany has unveiled plans to open a 7,000 sq ft store in Paris this autumn on the rue de la Paix, close to the site of Tiffany's original Paris store which opened in the middle of the 19th century and closed during the 1950s. The Paris store will be spread over three floors, with most of the retail space devoted to jewellery rather than china, crystal or gifts, although it is thought that there will be some stock from Atelier le Tallec, a porcelain workshop owned by Tiffany. This will be the fifth freestanding European Tiffany store, with others in London, Munich, Zurich and Frankfurt. Tiffany will also open a new 7,000 sq ft store in the Galleria shopping centre in Dallas in May.

Hamilton & Inches

Following the successful management buy-out from Asprey last summer, Scottish jeweller Hamilton & Inches has started to reposition itself. The first major step has been to take on Tiffany exclusively in Scotland, beginning in May. James Seuss, Tiffany's UK Managing Director, described the move as "a great opportunity to bring our classic and innovative designs to Scotland and to be associated with a company whose standards of excellence and commitment to customer service equal our own." This will be followed shortly after by the introduction of Tanner Krolle leathergoods, again for exclusive distribution in Scotland. Ann Boyd (ex-Ralph Lauren) has joined Hamilton & Inches as a non-executive director and will be helping Managing Director Julia Ogilvy develop a stronger brand identity for the business.

CR002268

CANADIAN TRAVEL PRESS
TORONTO,ON, CN
46-TIMES/YEAR 14,000
OCT 1 1998

OCTOBER 5, 1998

las vegas report

Spa Alliance

When it opens for business in Las Vegas in April of 1999, the Venetian will feature the first Canyon Ranch SpaClub. The SpaClub is part of a strategic alliance between the $1.2-billion resort and the well-known Canyon Ranch spa operation.

The Canyon Ranch SpaClub at the Venetian will be situated in a garden atop an 11-acre pool deck. Its facilities will include massage, skin care and body treatment rooms, gyms and weight rooms, a 40-foot rock climbing wall, movement therapy, a Canyon Ranch Café, beauty salon, a medical/wellness centre, indoor swimming pools and more.

PRESS
ATLANTIC CITY, NJ
SUNDAY 99,967
OCT 4 1998

VEGAS WIRE

Venetian to have SpaClub

Canyon Ranch, named by many as one of the world's most elite health resorts, said it will open a SpaClub at the Venetian Hotel-Casino in the first tower of the Strip resort scheduled to be completed next April.

The 63,000-square-foot spa and fitness club will be in a Venetian-style garden atop an 11-acre pool deck. It will have massage, skin-care and body-treatment rooms; gyms and weight rooms; a 40-foot rock climbing wall; movement therapy studios; therapeutic pools; a Canyon Ranch Cafe; beauty salon and medical-wellness center; and an indoor swimming pool for water aerobics classes and lap swimming.

HOTEL & MOTEL MANAGEMENT
CLEVELAND, OH
21-TIMES/YEAR 43,000
OCT 5 1998

Joint Ventures

6740A

Canyon Ranch and **The Venetian** joined forces in Las Vegas to offer The Canyon Ranch SpaClub as part of the $1.2 billion Venice-themed resort, which is scheduled to open in April.

TIME
October 26, 1998

LAS VEGAS · OVER THE TOP

IN WITH THE NEW

Gaming is waning, so the neon city is on the remake. Think luxe, not casino

By **CATHY BOOTH** LAS VEGAS

THE VENETIAN

- **OPENING** April 1999
- **COST** $1.2 billion
- **ROOMS** 3,000 suites
- **WHAT'S IN THE CARDS** Venice in the desert, with replicas of the Doges Palace, the Rialto and the Campanile; a canal with gondolas; the SpaClub by Canyon Ranch; large suites with marble baths; restaurants from chefs such as Emeril Lagasse and Wolfgang Puck
- **THE BETTING** Conventioneers' haven; longer odds on the casino

MARK PETERSON—SABA

M&C (MEETINGS & CONVENTIONS)
SECAUCUS, NJ
13-TIMES/YEAR 80,154
OCT 1 1998

Destination Guide

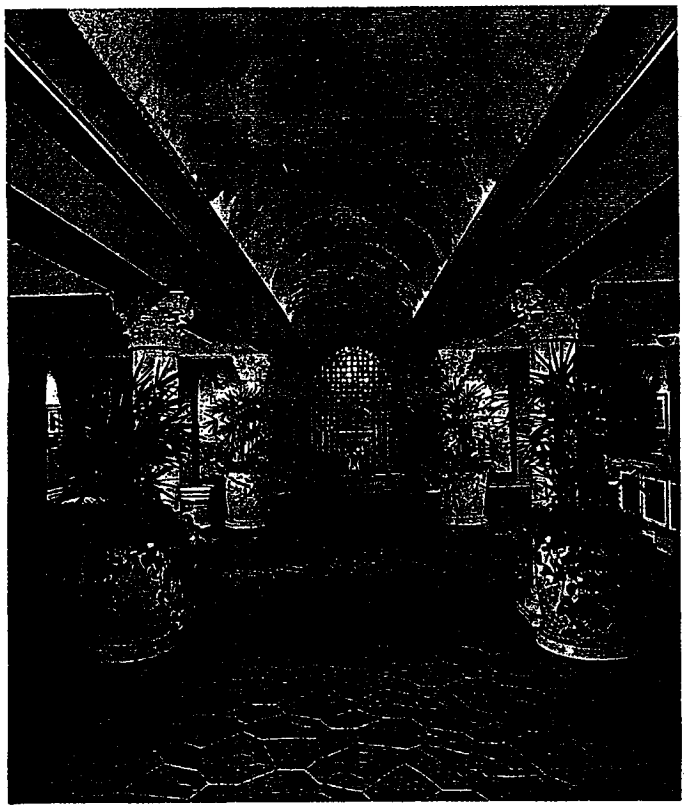
NEVADA

BY MARIA LENHART

G 740A pg 98

Desert oases: Detox from the excesses of Vegas at these elaborate spas

These days it's not hard to find an oasis in the Nevada desert, a place where healing waters and soothing treatments can rejuvenate even the weariest traveler. Luxurious, full-service health spas are becoming a prominent feature at casino hotels on and off the Las Vegas Strip. And, this being a region where nothing is done in a modest way, many of the new spas are designed to rival those at any upscale resort destination.



Pamper palace: The 20,000-square-foot Spa at Desert Inn offers mud baths and hydrotherapy along with other feel-good body treatments.

In Las Vegas, new resort hotels are opening with extensive spas, and older properties are adding them to their amenity list. Along with a la carte services for individuals, many of the spas offer customized group packages that can be used for spouse activities, team-building events, incentive awards and corporate wellness programs. Some also offer special menus and activities that can be incorporated throughout the meeting program.

Part of a major renovation unveiled at Caesars Palace last December, the **Spa at Caesars Palace** (702-731-7110) has private men's and women's VIP massage suites, complete with whirlpool tubs. The 23,000-square-foot facility also includes a relaxation chamber with a waterfall, a rock-climbing wall, yoga and aerobics studios, a snack bar and 28 treatment salons offering body wraps, thalassotherapy (seaweed skin treatments), facials, and loofah and salt treatments. A fitness center features stationary bikes and stair steppers equipped with virtual reality screens.

No less salubrious is the **Spa at Desert Inn** (702-733-4571), a 20,000-square-foot treatment facility adorned with Italian marble statues, Greek columns and sunlit treatment rooms that was upgraded and expanded last year. With 20 private salons, the spa features mud baths, hydrotherapy, various massage techniques, facials and other treatments. Other amenities include indoor and outdoor swimming pools, whirlpools and Turkish steam rooms.

What promises to be the most elaborate spa in Las Vegas will make its debut next April when the 3,000-room **Venetian** (702-733-5000) opens. The hotel will feature the 63,000-square-foot SpaClub, under the direction of Canyon Ranch, which operates destination spa resorts in Arizona and Massachusetts. Nestled within a Venetian-style garden atop an 11-acre pool deck, the spa will feature massage, body-treatment and skin-care rooms, a 40-foot rock-climbing wall, a spinning gym, mineral pools, a café, a medical wellness center and an indoor lap pool. For health-minded groups, the spa will provide special menus, speakers, wellness programs and customized activities.

Eighty miles north of Las Vegas, an extensive spa at the 700-room **CasaBlanca Resort** (702-346-6760) in Mesquite is known for its mud treatments, during which participants soak in baths of heated clay and mineral water. Other specialties include Watsu treatments that combine massage with a soak in a pool of mineral water.

In Las Vegas, other hotels with full-service spas include the **Luxor** (702-731-4000), the **Hilton Las Vegas** (702-732-5111) and the **Alexis Park Resort** (702-739-3300). In the Lake Tahoe area, full-service spas are at the **Hyatt Regency Lake Tahoe** (702-832-1234) in Incline Village and the **Cal-Neva Resort** (702-932-1310) in Crystal Bay, Nev. **David Walley's Resort, Hot Springs & Spa** (702-588-3553) is tucked into the Sierra Nevada foothills 45 miles south of Reno in Genoa, Nev. Next year 150 condominium units are opening at the resort for overnight guests.

PHOTOGRAPH COURTESY OF THE DESERT INN RESORT, LAS VEGAS

TRAVEL WEEKLY
NEW YORK, NY
THURSDAY 50,511
OCT 1 1998

67404

Venetian Resort will provide Tussaud wax, body wax

LAS VEGAS — What do Madame Tussaud's and the Canyon Ranch have in common?

More than one might think.

Both use wax — the former is a wax museum, the latter is a spa — and both have signed on to take up residence at the new Venetian Resort Hotel Casino here.

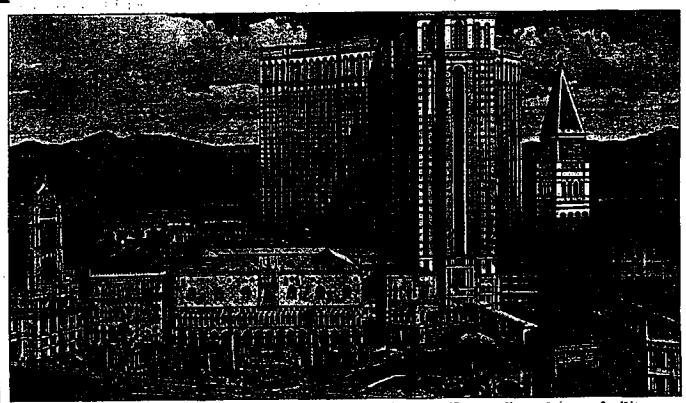
CANYON RANCH SpaClub™ AT THE VENETIAN

The London-based Tussauds Group, which owns Madame Tussaud's, has leased 28,000 square feet of exhibit space from the Grand Canal Shoppes Mall Construction LLC, a subsidiary of the Venetian Casino Resort LLC.

The new museum, which will be approximately half the size of the original Madame Tussaud's in London, will be located on the second and third floors of the St. Mark's Library building, a full-scale architectural replica of the Venetian landmark that will be adjacent to the main resort building.

Slated to debut when the property opens in April, the $16 million museum will be the first Madame Tussaud's in the U.S.

The attraction will feature about 100 wax figures — many with links to Las Vegas, such as Frank Sinatra and Tom Jones — displayed in themed settings.



The Venetian Resort welcomes two new occupants, Madame Tussaud's and a spa facility.

At the Canyon Ranch facility, which will be located within a Venetian-style garden atop an 11-acre pool deck, wax is employed in various spa treatments rather than as the attraction.

Canyon Ranch's first health spa and fitness club, known as the SpaClub, will be a 63,000-square-foot facility and will offer massage, skin care and body treatment rooms; gyms and weight rooms; a 40-foot rock-climbing wall; movement therapy and stretching and strengthening studios; a spinning gym; therapeutic pools; a Canyon Ranch Cafe; a beauty salon and medical/wellness center, and an indoor swimming pool for water aerobics classes and lap swimming.

Besides the SpaClub in Las Vegas, Canyon Ranch owns spa facilities in Tucson, Ariz., and Lenox, Mass.

Las Vegas, NV
SUN
Las Vegas
Met Area

Monday D 63,926

AUG 3, 1998

BRIEFING

Local

■ **UPSCALE SPA COMING TO THE VENETIAN** — Canyon Ranch, which calls itself one of the world's most elite health resorts, said it will open a SpaClub at the Venetian hotel-casino when the Strip resort is completed next April. The 63,000-square-foot spa and fitness club will be in a Venetian-style garden atop an 11-acre pool deck. It will have massage, skin care and body treatment rooms; gyms and weight rooms; a 40-foot rock climbing wall; movement therapy studios; therapeutic pools; a Canyon Ranch Cafe; beauty salon and medical-wellness center; and an indoor swimming pool for water aerobics classes and lap swimming. This will be the third Canyon Ranch spa, the others are in Arizona and Massachusetts.

The Arizona Daily Star
Tucson, Tuesday, August 4, 1998

Money

Canyon Ranch will open 'SpaClub' at Vegas hotel

Canyon Ranch Health Resorts announced plans yesterday to open the first outlet of its "SpaClub" concept in Las Vegas.

Mel Zuckerman, Canyon Ranch founder and CEO, said the aim of the expansion is to deliver the resort's healthy living programming to people who live, work and vacation in major destination and metropolitan areas.

The first Canyon Ranch SpaClub will be at the Venetian Resort Hotel and is scheduled to open in April 1999.

The 63,000-square-foot spa will be the largest of its kind in North America and will feature massage, skin care and body treatment rooms, gyms and weight rooms, a beauty salon and a 40-foot rock-climbing wall.

Construction on the hotel and spa has already begun.

The cost of the project was not released.

PHYSICIANS' TRAVEL & MEETING GUIDE®
THE CME PLANNER
AUGUST 1998

TravelNews

BRING HOME THE SPA

If you haven't the time for a visit to either of the Canyon Ranch Spas (Tucson, Arizona and Lenox, Massachusetts), pick up a copy of *Canyon Ranch Cooking* by Jeanne Jones for low-cal, low-fat delicious meals.

Learn healthy cooking tips to enhance flavors and excite the palate in this 400-page book, which features easy-to-follow recipes and inspiring photography. The book cannot offer a massage, a workout or a hike; however, dishes such as osso bucco, cheese enchiladas and cherry streusel pie are just compensation for temporary stay-at-homes (HarperCollins; $40). ■

Las Vegas, NV
REVIEW-JOURNAL
Las Vegas
Met Area

Wednesday D 167,985

AUG 5, 1998

Inside business

Nevada resort group to award scholarships

The Nevada Resort Association will award $30,000 in scholarships Thursday as part of Nevada's Responsible Gaming Education Week. The group's meeting will begin at 11:30 a.m. at Harrah's.

Caesars Palace and MGM Grand employees will participate in seminars about problem gambling.

— — —

American Wagering Inc. has named **Philip Hannifin** to its board of directors. Hannifin served as chairman of the Nevada Gaming Control Board from 1971 to 1977.

He has served as director for Riviera Holdings Corp., Fitzgerald's Reno and MGM Grand Inc.

He was executive vice president at Fitzgerald's Reno and the MGM Grand.

— — —

Canyon Ranch, an operator of health resorts, will open the 63,000-square-foot SpaClub health spa and fitness club at **The Venetian** when it opens in April.

The facility will feature a spa, gymnasium, rock climbing wall, beauty salon and swimming pools.

— — —

Station Casinos Inc. has promoted **David "Skip" Matthews** to director of construction.

MATTHEWS

— — —

Quillin & Co. Advertising and Public Relations recently hired **Eric Meidenbauer** as a digital-imaging specialist. Meidenbauer previously served as a graphic designer at Equinox International.

— — —

HBR LLC, a developer of traditional, southwestern-style adobe homes, recently relocated its headquarters to 3655 W. Quail Ave., Suite D.

— — —

The **National Human Resource Committee**, a professional employer organization, has acquired a similar company, Las Vegas-based **National Outsource Inc.**

— — —

Chicco Di Caffe, an Italian restaurant, has opened on 450 S. Buffalo Drive. It is owned by **Shahram Mashhoud**.

TRAVELAGE EAST
NEW YORK, NY
WEEKLY 28,697
NOV 9 1998

LAS VEGAS

Venetian Resort Will Offer European Elegance

The Las Vegas Strip's first all-suite hotel will offer guests Italian Renaissance-inspired decor when it opens April 21. The $1.2 billion Venetian Resort Hotel Casino will feature replicas of St. Mark's Square, the Doge's Palace, Campanile Tower and the Grand Canal, among other landmarks of Venice.

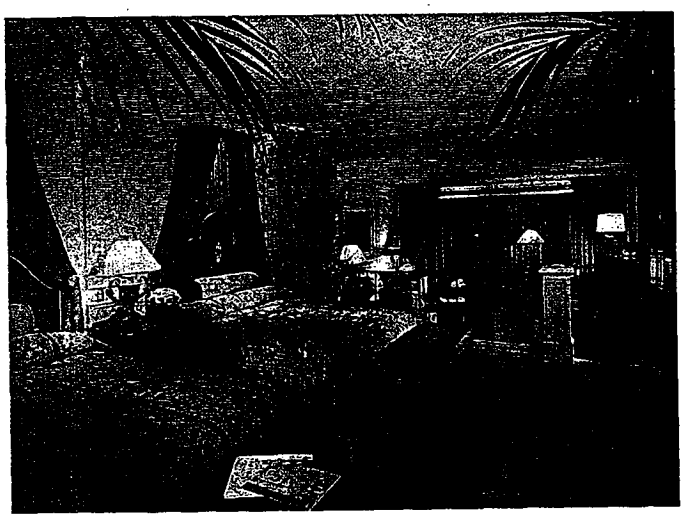
The facilities will offer a 500,000-square-foot Venetian Congress Center that houses an 83,000-square-foot pillarless ballroom. The center also connects to the 1.15 million-square-foot Sands Expo and Convention Center.

Agents looking for an early peek at the facilities prior to opening can preview the hotel online. Bookings can also be made online. The hotel's web site offers views of guest rooms and information on the 116,000-square-foot Venetian palace-style casino.

Information on the Venetian's upscale restaurants, including Emeril Lagasse's Delmonico Steakhouse and Larry Mindel's Canaletto, is also featured on the site, along with updates on construction of the landmarks and attractions — including two new tenants of diverse orientation.

One is Madame Tussaud's wax museum; the other is the Canyon Ranch SpaClub, a health and fitness facility.

The London-based Tussauds Group, which owns Madame Tussaud's, has leased 28,000 square feet of exhibit space from a subsidiary of the Venetian Casino Resort to showcase its $16 million collection of wax portrait figures, many of them images of Las Vegas entertainers like Frank Sinatra and Tom Jones.



A model of a standard room at Las Vegas' first all-suite hotel: the Venetian Resort Hotel Casino, which is set to open April 21.

The new museum, which will be about half the size of Madame Tussaud's in London, will be located on the second and third floors of the St. Mark's Library building, a full-scale architectural replica of the Venetian landmark that will be adjacent to the main resort building.

The Canyon Ranch 's first SpaClub will be situated within a Venetian-style garden atop an 11-acre pool deck.

Canyon Ranch's 63,000-square-foot facility will offer massage, skin care and body treatment rooms; gyms and weight rooms; a 40-foot rock-climbing wall; movement therapy; a spinning gym; therapeutic Watsu pools; a Canyon Ranch Cafe; a beauty salon and medical/wellness center, and an indoor swimming pool for water aerobics classes and lap swimming.

For room reservations, call the Venetian Resort Hotel Casino at 800-494-3556; 888-283-6384 for group sales.

For more information about the property, visit their web site [http://www.venetian.com].

MEETINGS IN THE WEST
SAN FRANCISCO, CA
MONTHLY 16,000
NOVEMBER 1998

Site Scene

Nevada

➢ **Canyon Ranch** will debut SpaClub at The Venetian hotel-casino when the Las Vegas resort opens next spring. The Canyon Ranch SpaClub will feature massage, skin care and body treatment rooms, a 40-foot climbing wall, therapeutic pools, a beauty salon, indoor swimming pool, and more.

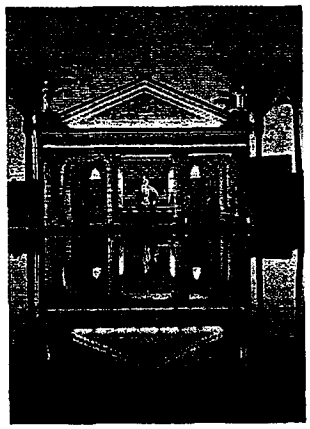
NOVEMBER 1998

Incentive Newsline

Las Vegas Gets Fancy

While Las Vegas has long been regarded as a place where high rollers, not incentive groups, get star treatment, a new generation of hotels may change all that.

"For years, we didn't have the five-star service level and products to attract high-end incentive groups," said Jim Lauster, incentive sales executive for the Las Vegas Convention & Visitors Authority. "But now we're seeing many new properties with world-class amenities designed to serve the incentive market."



Roman revival: Caesars Palace

Among the new properties courting incentive business is Bellagio. The 3,000-room property, with such lavish features as a nine-acre artificial lake and a $300 million European art collection, opened last month. Another 3,000-room resort, The Venetian, is set to open in April. Its amenities include a spa operated by Canyon Ranch and a complex of upscale restaurants and boutiques, complete with canals and gondoliers.

New properties to be operated by Four Seasons and Ritz-Carlton, hotel companies well established in the incentive market, may also have an impact. The 417-room Four Seasons Las Vegas is set to open in March, while construction is expected to start on the 480-room Ritz-Carlton, Las Vegas Resort at Mountain Spa next month. The company is also considering building another hotel in the city.

Older properties, not wanting to be outdone in the incentive arena, are investing hundreds of millions in renovations and amenities. One example is Caesars Palace, which unveiled a $600 million expansion and renovation in December that includes the addition of a full-service spa and a Roman-style pool. ■ MARIA LENHART

OCTOBER/NOVEMBER 1998 VOL. 2 NO. 4

SPA Business

THE PUBLICATION OF THE
INTERNATIONAL SPA INDUSTRY

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Expansions at Green Valley; new concepts from Canyon Ranch and Golden Door

SPABulletin

CANYON RANCH BRANCHES OUT

Spreading its message, **Canyon Ranch**, the award-winning luxury vacation destinations that promote healthy living, is developing **Canyon Ranch SpaClubs** around the country. Each spa will be a microcosm of the original health resorts in Tucson and in the Berkshires. The SpaClubs will feature state-of-the-art facilities with massage, skin care and body treatment rooms, gyms, weight rooms, climbing walls, movement therapy studios, a beauty salon, medical/wellness center and pools for swimming, water aerobics and water therapies.

The first SpaClub, which will be a 63,000-square-foot health facility, will be located at The Venetian Resort in Las Vegas and is scheduled to open next spring. For more information call (520) 749-9655 or check out the Web site www.canyonranch.com.

NEW YORK TIMES
NEW YORK, NY
SUNDAY 1,746,700
JUN 13 1999

Almost True Confessions Of a Self-Delusion Addict

By MARY TANNEN

SOMEWHERE in the middle of the 1990's, taking care of ourselves became a virtue. This may be why a man I know who is promiscuous, a chain-smoker and a junk food addict considers himself health-conscious because he religiously takes powdered shark-fin capsules.

None of us want to confess to anyone, least of all ourselves, that we are not doing all we can to be hale and hearty. But we tend to choose the primrose path and ignore the steep and thorny way.

For women, especially, our ally in self-delusion is the beauty industry. Once principally concerned with giving us powders and paints to trick the eye, it now mimics the health industry by striving to make us feel well. But where medical science can be painfully slow, beauty "science" is fast.

If a study hints that a substance or practice may be good for us, beauty science creates a product with warp speed. Creams and lotions promise to nourish every inch of skin. Salons want to cut our hair, and heal us as well. Even scents tout therapeutic properties. And it's all so much fun!

When Sephora, the Home Depot of cosmetics, opens its three-level mother-ship store in Rockefeller Center in late September, skin care will be in the "well-being" area, a clinically white environment designed to comfort and soothe. One entire wall will be devoted to "cosmeceuticals" — products developed by and for dermatologists and normally available only through them. Merely walking through the department will make a person feel as righteous as if she's given up smoking for the day.

The new face cream labels not only list multivitamins in the ingredients, but also boast of grocery cartfuls of herbs, vegetables and fruits. I myself confess an addiction to Vitalmine from Christian Dior. It contains vitamin C, magnesium and some B vitamins as well as E, but what I love is its orange-smoothie color and citrus smell. At $45 an ounce, it's more expensive than orange juice, which I don't always have time for in the morning. (But I never miss my Vitalmine.) Caroline Geerlings, the senior vice president for marketing at Christian Dior, says the color, texture and scent were designed to foster well-being, and predicts that Vitalmine, which appeared on counters in April, will spearhead a trend toward products that look, smell and feel as healthful as they purport to be.

In my gym locker there's a jar of Vibrant from Prescriptives. Promoted as a cocktail for stressed skin, it's face cream with microscopic light-reflecting particles to make the complexion glow. But that's only the beginning. Supposedly, unseen spheres deliver purified water to the skin for 8 to 12 hours. The ingredients include vitamins C, E, B5, B3 and pro-vitamin D5, not to mention mulberry, grape, whey protein, green tea, orange and lavender. With all that going on my face, I often feel that it's O.K. to have a candy-bar lunch.

For added nourishment, I use makeup. Face paint used to be a way of hiding dark circles and blemishes, the fruits of decadence. Now it can be considered a treatment. At least two companies known for skin care have brought out makeup that promises therapeutic properties. Neutrogena has a whole Healthy Skin line with vitamins, Pro-Retinol and sunscreen. Dolphin, a French line, now has makeup featuring hip herbal remedies like ginkgo biloba (in the foundation) and rosemary (in the lip gloss). Even the mascara is multivitamin and promises to protect, nourish and strengthen lashes. I've been known to skip the workout and just tone my eyelashes.

Scarcely had the word come out that drinking a numbing number of cups of green tea a day may protect against some cancers than a tsunami of green-tea beauty products hit the market. I have never been able to incorporate all that green tea into my day, but I love using Bulgari Cologne au The Vert in its slim, frosted mint green bottle. And now there is a face cream from Givenchy called Firm Profile with elements of green tea, which are said to be released from microcapsules into the skin, as needed. The cream floats Zen-like in a Lucite jar. Even its price is transcendent: $55 for 1.7 ounces.

What really helped the beauty business cash in were studies suggesting that feelings of comfort and ease contribute to good health. And what woman doesn't feel better after a really good cut and color? Suddenly, beauty parlors became day spas.

Three years ago, Allen Edwards, a celebrity hairstylist in Los Angeles, added what he called a "serenity spa" to his Woodland Hills establishment. "It has a fountain," his publicist told me over the phone. His spa in Brentwood, which opened a year and a half ago, complete with tea room, is beloved of Hollywood stars for its French-Vietnamese décor and meditative aura.

Anne and Frank Bennett, a hairstylist and a colorist, respectively, preside over the A. F. Bennett Salon and Wellness Spa on Staten Island, which offers, besides haircuts, massages, etc., "personal renewal of the body, mind and soul." (I'm quoting the press release.) The two-level space has been vetted by a feng shui expert and features an enormous Tibetan timber door.

While hairstylists are promoting health, health-care professionals are making inroads in beauty. You can't get your hair cut at Dr. Margolin's Wellness Spa in Manhattan, but you can have a facial, some acupuncture and a chiropractic adjustment. In the brochure, Dr. Steven Margolin, a chiropractor and nutritionist, says of his clients, "They need to destress, detoxify and reminéralize their body, skin and mind." To lower stress, I've always meant to take up meditation. I imagine myself sitting like a yogi and consciously lowering my blood pressure, but meditation takes time and concentration to learn. In the meantime, maybe I'll pop into Dr. Margolin's spa for a bikini wax ($25) and some brain-wave balancing (resting with eye mask and headphones, $15).

Mood management is a new area for the cosmetic industry. The impetus began more than a decade ago, with studies showing that inhaling certain smells could mildly affect mental states. Aromatherapy — using scent to induce mood changes — was born, and a host of fragrant bath products, essential oils and candles burst on the scene.

These days, when gripped by existential angst, I reach for Relaxing Yuan Zhi Bathing Gel from Molton Brown. It's made from senega root extracted in southern China. Just knowing that the remedy is ancient and Chinese relieves a lot of anxiety.

What I call "cosmechology," is moving beyond smell. Tony & Tina, a makeup company, began with nail polish shades that the owners claimed gave off mind-altering vibrations. Now there's lipstick with St. John's wort, an herb that may alleviate depression, and three lip balms: Energy Boost, containing ginseng and peppermint; Mind Boost, with ginkgo and rosemary; and Sensual Boost with dendrobium and jasmine.

5S, a subsidiary of Shiseido, coordinates color, scent and formulations to treat body and mind. The system is so complicated that I haven't quite grasped it, but, to drastically oversimplify, products are grouped according to those that empower, refresh, purify, calm or nurture. The 5S store in SoHo is lovely, and someday I mean to go in and get all the proper washes and creams to tune mind and body into perfect harmony.

Another thing I've always meant to do is go to a health spa where you exercise all day, drink gallons of purified water and fall into bed by 9 o'clock. But then I picture myself driving a lonely road at sunset, searching for a Scotch.

Now at last comes the perfect spa for self-deluding health enthusiasts: Canyon Ranch Spa-Club in the Venetian Resort-Hotel-Casino in Las Vegas, Nev. I can carouse all night and in the morning report to the Spa-Club for a bran muffin and an herbal wrap to detoxify my skin. It's such a great concept that I may hip off to Vegas several times a year — for my health, of course.

Nancy Siesel/The New York Times

Between services ranging from haircuts to hydrotherapy tubs, clients at the A. F. Bennett Salon and Wellness Spa on Staten Island take a break in the relaxation room.

Mary Tannen is a novelist who contributes regularly to The Times Magazine.

TRAVEL WEEKLY
NEW YORK, NY
MONDAY 50,511
JUL 26 1999

Venetian reports better-than-expected convention bookings

BY DAVID WILKENING

LAS VEGAS — Meeting and convention business at the Venetian Resort Hotel Casino is better than was anticipated at its May 3 limited opening, according to Chris Meyer, director of sales and marketing.

"We imagined it would have been around 30%, but it's been even stronger," he said.

The conventions and meetings market has constituted about 40% of bookings, Meyer said, and eventually could surpass the leisure category by a 60-to-40 ratio.

Conventions and meetings have made up about 40% of the Venetian's bookings.

The $1.5 billion property targeted the business market by providing all-suite rooms, extended business services and convention facilities.

Each suite has 700 square feet and contains a large safe and three telephone lines.

With the nearby Sands Expo Center, which is owned by the Venetian's parent company, Las Vegas Sands Inc., the Venetian offers 1.7 million square feet of meeting space.

Meyers said the Venetian was designed as a multiuse resort with 14 restaurants and such amenities as the Canyon Ranch Health Spa.

Although some components of the property were not ready for its opening, all of the Venetian's rooms and 11 restaurants were opened in July.

The delay apparently has not hampered the hotel's meeting business.

Starting in October, a number of conventions have booked up the entire 3,036 suites available at the Venetian, said Meyer.

"We're going to see more and more meeting business here and a lot more travel agent-related bookings," Meyer said.

During June and July, the resort had an agent special with rates of $49 during the week and $89 on weekends.

In those two months, Meyer said, more than 3,000 rooms were booked by travel agents.

The Venetian itself has attracted conventions that in the past would not have considered Las Vegas, said Meyer.

"The Venetian does not revolve around the casino, unlike every other property," he said.

Venetian Resort Hotel Casino
Phone: (888) 2-VENICE

Fitness
JANUARY
1999

ON THE SPA FRONT

High-end spas are going national: The first Canyon Ranch SpaClub (65,000 square feet!) will open at the Venetian in Las Vegas this spring; California's Golden Door unveiled its third "branch" (one of 14) at the Peaks in Telluride, Colorado, in December; and the Texas Greenhouse Spa has plans for 14 day spas in upscale neighborhoods nationwide. Alas, it's still a splurge, but at least the pampering is closer to home.

allure DECEMBER 1998

GOLDEN CHAIN

More Golden Door: The resort is opening a chain of day spas.

It won't ever be as common as the Golden Arches, but the Golden Door is about to pamper the masses. The famous California retreat is launching a chain of day spas, beginning next month with the debut of the CitySpa at the Grand Bay Hotel in Toronto. Others are in the works in Miami, Chicago, and Philadelphia. The Golden Door is not alone in the walk-in fancy-franchise department: The Greenhouse spa has expanded to include 11 new day spas across the country, and the first of several Canyon Ranch SpaClubs will open in April at the Venetian Resort Hotel in Las Vegas. According to a spokeswoman for the International Spa & Fitness Association, the idea is to downsize the luxury-spa experience so that everyone can get a taste of it. "You no longer have to have the money or the time to go off to a destination spa," she says. Sounds to us like the greatest thing since sliced melba toast. –LINDSY VAN GELDER

CR002285

RECOMMEND®

FEBRUARY 1997 VOLUME 12/NUMBER 5

SELLING SPA VACATIONS

Facing the challenges of everyday life while keeping a healthy body and mind isn't easy. A spa vacation—provided it is well adapted to your clients' needs—can be an ideal remedy that will yield long-lasting results and keep them coming back for more. "For the savvy agent, matching the right spa with the right client is not only financially rewarding immediately; it results in repeated business and recommendations," says Sheila Cluff, owner of The Palms at Palm Springs and The Oaks at Ojai near Santa Barbara. Spas are where the cruise industry was ten years ago, according to predictions from The International Spa and Fitness Association (I/SPA). As it adapts to new societal trends, the spa industry promises to become one of the fastest growing segments of the travel industry as we enter the 21st century.

GROWING POPULARITY. The number of spas in the United States has grown from 30 in 1978 to about 250 last year, showing that spa vacations are increasingly popular among clients.

HEALTH AND FITNESS TREND. The success of spa vacations is linked to a growing awareness about health, especially among the aging baby boomers who want to stay fit, young, attractive, and often have the income to do it. More people are also becoming aware that the answer to a healthier self is based on a long-term committment to exercise, a low-fat diet and stress reduction. In that context, spas have become wellness centers that educate people on achieving healthy goals.

MORE MEN GETTING HOOKED. As fitness programs and outdoor activities take up a greater share of the spa experience, more men (about 20 percent at destination spas) are booking spa vacations.

NEW ASPIRATIONS. As we enter the post-industrial era, many people feel the need to turn away from consumerism and seek spiritual fulfillment. The spa industry has picked up on that trend, offering meditation and yoga classes, spiritual awareness workshops and serene settings favorable to introspection.

MORE SPAS TO CHOOSE FROM. Not only have spas gained in popularity, they now offer more diversity. "The spa industry is moving towards providing the spa experience in different settings. We see a big growth not only in destination spas, but also in resort spas, spas at hotels, day spas in urban centers, cruise spas. There is an explosion of opportunities," says Brian R. Shultz, vp of marketing and business development at Canyon Ranch.

BEYOND THE RICH AND FAMOUS. In terms of pricing, spa vacations are still perceived as upscale and costly, but as Shultz suggests, this is somewhat of a myth. "On the surface, most spas appear pricey. If one thinks of it as a room rate, it seems expensive, but in reality, spa packages are all inclusive," says Shultz. In fact, per person rates for a complete spa program can range from as much as $840 per night to as little as $72 per night, meals included.

THE SPA TRADITION

While health resorts offering a variety of services ranging from fitness to weight loss, beauty treatments and wellness programs are a fairly modern concept, the human fascination with water and its therapeutic values is quite ancient. Thermal baths were a centerpiece of Roman architecture and bathing rituals have been essential to Japanese culture for centuries. Thanks to the healing powers of its springs, the town of Spa in Belgium became a popular destination as early as the 15th century. Spas soon became widespread throughout Europe where mineral waters were always considered a kind of Fountain Of Youth. Even nowadays, European spas generally focus on health aspects, with medicinal treatments and drinking cures. The emphasis is seldom placed on fitness or weight loss. In fact, most Europeans go to spas to relax. Many spas offer gourmet cuisine, posh settings and opportunities to socialize in style.

By contrast, spas in the United States usually emphasize exercise, a low-fat diet, beauty treatments, and relaxation techniques to lessen stress and achieve a healthier lifestyle. "Years ago, spas were for weight loss. Now it's also for stress reduction; just for getting away from it all. Not only to use physical fitness opportunities through classes, which naturally reduce stress, but also to take advantage of pampering and therapy programs such as facials and massages," says Cluff. "People also come to learn more about a healthy lifestyle; to introduce their bodies to aerobic training, conditioning. They want to change the direction of their life slightly. We also have superfit people who want to go on a vacation, but want it to be healthy. They want to maintain their fitness level." People who are sent by their physician and seek a health improvement represent the smallest percentage, she explains.

I/SPA

A RECOMMEND SPECIAL SUPPLEMENT

DESTINATION SPAS

At destination spas, guests focus on the programs and have more opportunities to interract with fellow spa-goers. "At a hotel or a resort, you don't get to meet other guests. At a destination spa, there is more camaraderie," says Shultz. "It is more of an immersion into a style of living." Preferably, clients should plan at least a 4- to 7-day stay to be able to take full advantage of the facilities, and perhaps enjoy a theme week (many spas offer weekly special-interest programs such as mother/daughter week or all-men week).

The Oaks at Ojai and **The Palms at Palm Springs**, two family-run properties in California, are considered complete destination spas. "We accept people looking for a spa vacation; the person who comes here knows we have no bar and no disco. We are a true destination offering low-cal gourmet meals and featuring 28 fitness programs a day," explains Sheila Cluff, the owner. Both spas have less than 50 rooms and emphasize health, fitness and weight loss. A two-night minimum stay is required, but Cluff recommends a week-long program to release stress. "We have 65 percent repeat customers. It's a small family business and people see the same team members, managers year in and year out. They walk in and say 'Hi, I'm home again.'" Both properties offer a nurturing, non-glitzy environment, according to Cluff who teaches fitness classes and runs the family business with two of her children.

Also among full-service destination spas is **Skylonda Fitness Retreat**, a small, 15-room luxurious log lodge in a redwood forest south of San Francisco. Programs are typically seven days and encompass a wide variety of activities and treatments to maximize fitness, relaxation and self-improvement. Hiking, stretching, aquatics, massages, reflexology, Tai Chi, yoga, and meditation are offered. Meals are low-fat and mostly vegetarian. About 20 percent of bookings are done through travel agents, according to Dixon Collins, director of Retreat Design Corporation.

Canyon Ranch spas are "the grand-daddy of all spas," according to Brian R. Shultz, vp of marketing and business development. Both properties—one tucked in a 60-acre desert oasis near Tucson, the other on 120 acres in Lenox in the Berkshires—are complete destination spas, with programs running the gamut, from nutrition education to preventive medicine, behavioral health, exercise therapy, and traditional spa pampering. "Most spas tend to focus on one thing; we've got everything. It's luxurious but it's not pretentious. It's a high-quality, very nurturing setting." A 10-percent commission is given to agents on complete packages (the daily food allowance is deducted).

If weight loss or stress reduction is your client's goal, the **Franklin Quest Institute of Fitness** in the southwestern corner of Utah near St. George combines effectiveness, good value and breathtaking desert scenery. Emphasis is placed on education, with lectures on stress and time management, nutrition, and fitness. In addition to regular spa programs, clients enjoy hiking and mountain biking through the red sandstone rock formations of Snow Canyon State Park. Clients feast on tasty vegetarian and modified vegetarian cuisine.

In the Midwest, **The Heartland Spa** is an excellent lifestyle-improvement option offering programs designed for small groups of up to 28 participants sharing a common health objective. "The goal here is to provide guests with valuable information on nutrition, fitness, and stress management; help them experience the health benefits they seek; and motivate them to adopt these good habits for the long run. Located 80 miles south of Chicago, The Heartland Spa offers a beautiful and quiet environment on a 32-acre estate around a three-acre lake. In addition to an impressive fitness program including exercise and dance classes, horseback riding, tennis, Tai Chi and yoga, the 14-room property features diet assessment and body composition analysis, nutrition counseling, a stress reduction program, semi-vegetarian meals, and extensive beauty treatments. Clients choose from 2-, 5- and 7-day programs. A challenge course promoting team work, self-esteem and communication is ideal for corporate retreats and incentives.

Small, charming and affordable, **Deerfield Manor Spa** is a seasonal retreat featuring spring and summer fitness and weight loss programs on a 12-acre property in the Pocono Mountains. Less than 100 miles from New York or Philadelphia, it focuses on revitalization and fitness, with two treatment rooms, two tennis courts and a popular hiking program. There are less than 20 rooms on site so guests can "get the personal attention they need."

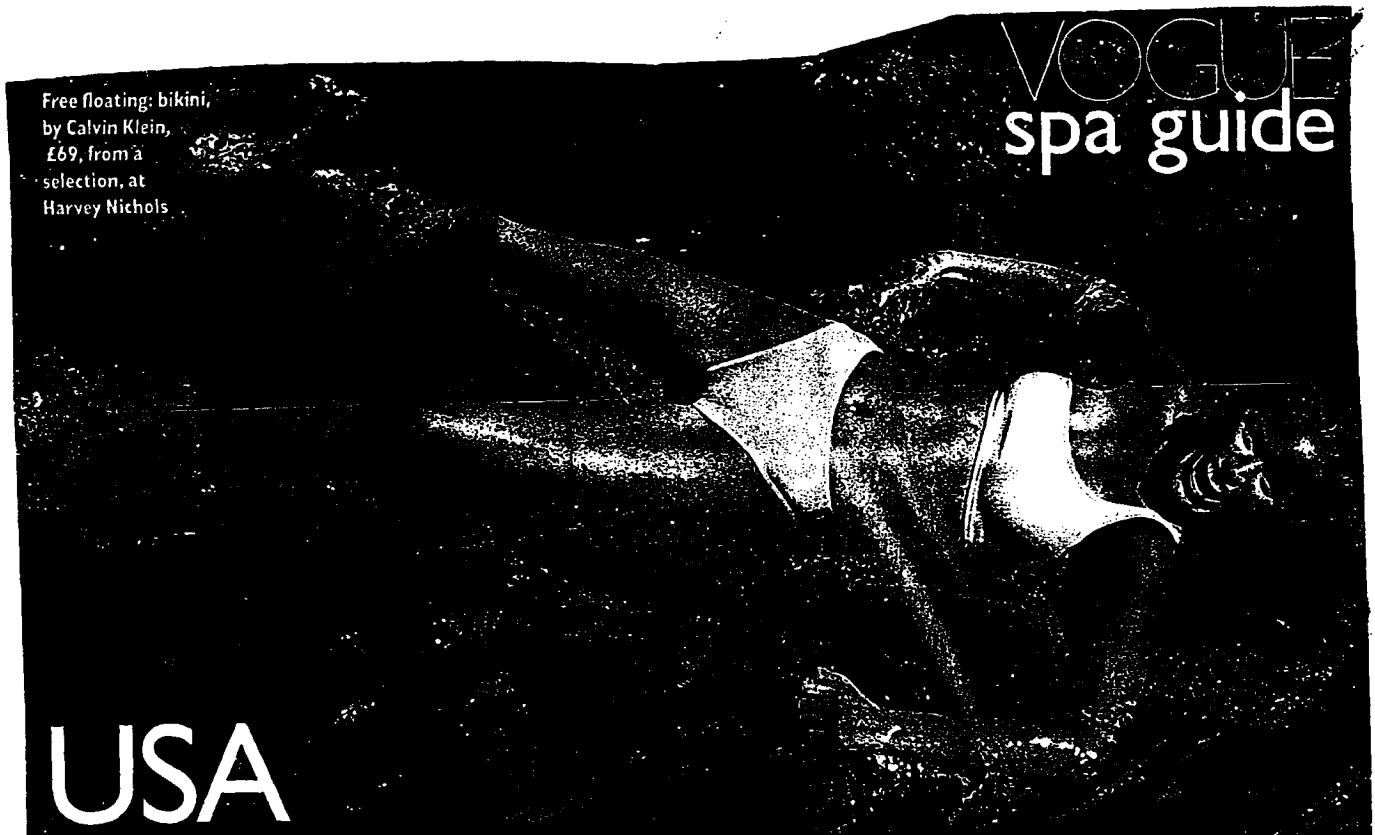
Affordable yet offering extensive services, the 70-room **Fit For Life Health Resort & Spa** in Pompano Beach, Florida, focuses on lifestyle changes and preventive care for clients who enjoy a small, casual resort setting. "We are affordable and accessible," says Executive Director Harold Lebovic. "We're not a five-star, fancy place. We offer a homey, comfortable environment." This 3-year-old, beachfront spa caters to women and to many groups. "Most people think spas are for The Rich and Famous. This is excellent value." All-inclusive, 7-night packages are priced from $699 p.p.d.o.

SPAS DIRECTORY

The following directory includes spas that have been written about in this supplement. Those highlighted in black have, through advertising, expressed interest in doing business with travel agents. For a more complete listing, contact the International Spa and Fitness Association, consult a Spa Finder directory or attend a Spa Traveler seminar. Note that spa rates and fees vary depending on the season and the services offered. Call individual spas for details.

CANYON RANCH HEALTH & FITNESS RESORT
Destination spa; 200 rooms in Southwestern-style cottages; Tucson, Arizona; desert setting; 62,000-sq.ft. spa; life-enhancement program; Health and Healing Center; special focus programs. (800) 726-9900.

CANYON RANCH IN THE BERKSHIRES
Destination spa; 120-room historic inn; Lenox, Massachusetts; 150 miles from Boston; country setting; 100,000-sq.-ft. spa; focus on health improvement. (800) 726-9900.



Free floating: bikini, by Calvin Klein, £69, from a selection, at Harvey Nichols

USA

The American attitude to spas has made the rest of the world sit up and take notice. Americans tend to be far more demanding than the long-suffering British: they wouldn't dream of parting with their dollars to stay in a Portakabin in the grounds of a draughty old manor house, with hastily erected partitions dividing the treatment rooms, limp swagged curtains and plastic lemon trees. As a result, Americans have made an art form out of pampering and built temples to fitness – and to all manner of hedonistic therapies. The amenities (soundproofed treatment rooms, en-suite marble bathrooms, luxurious dressing gowns) and service tends to be very high standard. When the first reports of The Golden Door crossed the Atlantic, the British were gobsmacked at the luxuries available.

There has always been a serious approach to sport and fitness in the US. When visiting a destination or long-haul spa, most Americans would expect not only a state-of-the-art gym but also super-qualified personal trainers on hand at all times – not to mention physiotherapy and nutritional advice to go with their fitness programmes. There are even cookery classes to enable you to prepare the nutritious, calorie-controlled food that will help you maintain peak performance after you return home. Be prepared, too, for a new emphasis on the mind-body connection when you visit a US spa. "Holistic", "spiritual" and "inner journey" are the current buzz words.

CANYON RANCH

165 Kemble St, Lenox, Massachusetts (00 1 413 637 4100; fax: 00 1 413 637 0057; reservations: 00 1 520 749 9655)

There are three Canyon Ranches: a grand mansion in the Berkshires resembling Le Petit Trianon in Versailles; a ranch-style complex in Arizona, set in the mountainous desert; and a third due to open in Bali in April 1999. Canyon Ranch is considered to be the best all-round spa experience in the US, due to the level of facilities and a staff-to-guest ratio of three to one. There are doctors, nurses, psychologists and counsellors, as well as physiologists, nutritionists, acupuncturists, fitness instructors and massage therapists, all at your disposal; needless to say, whatever your requirements, they can be catered for (detractors say the sheer size and range of options can make it all rather daunting).
As elsewhere in the progressive spa world, "holistic" and "spiritual" are the key words. To this end, the spa is currently concentrating on alternative treatments. London-based Aromatherapy Associates have trained the Canyon Ranch therapists in a specialised massage technique designed to be used with their hand-blended oils. The spa has also recently introduced Watsu – underwater shiatsu massage.
From $3,300 for seven nights

american

AUGUST/SEPTEMBER 1999 AN ADVANSTAR PUBLICATION

SOMETHING VERY INTERESTING IS OCCURRING IN "SIN CITY" THESE DAYS. Increasingly, many visitors are foregoing temptations like gambling, entertainment, and even "eatertainment," electing instead to stay put at the Strip's new and renovated spas to experience a pampering assortment of luscious treatments and fitness regimens. Turn the page to discover six of the top contenders.—*Kelley Donahue*

SPA STRUCK

When Gary Milner began to receive numerous telephone calls from Las Vegas a few years ago, he knew something unique was about to happen. Milner, director of new project development for Canyon Ranch, Tucson, AZ, is used to getting phone calls from people around the world interested in one facet or another of the spa business. "It's almost the best market research, when you start receiving unrelated calls about a particular area," says Milner. "At first, I was very skeptical about the idea of a health resort in Las Vegas because of the late-night partying and gaming connection. All these things seemed the opposite of the tranquillity of a spa."

canyon ranch spaclub at the venetian
3355 las vegas boulevard south, suite 1159
las vegas, nv 89109
702.414.3600

When he and other Canyon Ranch execs went to visit Las Vegas two years ago, they soon realized that there is a new kind of customer coming to the city—the business and convention attendee—the same client who chooses to spend their time and money regrouping at one of the two Canyon Ranch destination spas. Once he saw the nongaming statistics, his mind was made up: Last year, 15 percent of the 31 million visitors were business travelers.

Recently opened, The Venetian was chosen as the home of the first Canyon Ranch SpaClub because of its positioning as a premiere business hotel. It has 1.6 million square feet of meeting space and the largest ballroom in North America. The deal between the two was struck in 1998, and it took seven months to build the multilevel spa that houses 44 treatment rooms, plus two private spa suites and two private salon suites. In keeping with the spa's cutting-edge fitness menu, it features a dramatic indoor climbing wall and a state-of-the-art fitness area that offers the widest variety of classes (kickboxing, Spinning and funk, to name a few) in the city. Perhaps the only spa in the city to boast a wellness department, the Canyon Ranch SpaClub offers nutrition counseling, a medical department, and physical therapy, among other things. The spa is lucky to have seasoned spa director Charlotte Bowdle,

PHOTOGRAPHY: TIM FULLER

Women's Sports & Fitness

CONDE NAST WOMEN'S
SPORTS & FITNESS
NEW YORK, NY
BI-MONTHLY 200,000
SEP-OCT 1999

travel wire

gambling on wellness

Las Vegas, that gilt-ridden bastion of smoky casinos and all-night buffets, is on a healthy streak. Lavish spas are popping up on the Strip and off, headlined by Canyon Ranch's first day spa, the 65,000-square-foot SpaClub at the Venetian (877-220-2688). On the menu: 120-plus services, including the Rasul ceremony (an ancient mud-and-steam treatment), a climbing wall and Spinning classes. (It opens at 5:30 A.M., since there's nothing like a dawn mud wrap after a hard night at the slots.) This fall the club starts hiking and mountain biking trips to the Red Rock Canyon National Conservation Area, 20 miles west of town. At the ultracool Hard Rock Hotel & Casino (800-473-7625), a $100 million makeover includes the Rock Spa health club and wellness center and the Pool and Beach Club, with swim-up blackjack tables and hardbodied waitresses slinging fresh-fruit smoothies. The Resort at Summerlin (877-869-8777) is a new, 54-acre complex at the Red Rock foothills. Its huge Aquae Sulis spa (above) offers a New Age smorgasbord: "aura imaging"; Siddha Vaidya, an Indian herb-and-oil treatment; and tai chi sunrise hikes. There is, of course, a casino, because sin can take a holiday for only so long. —*Ann Wycoff*

THE ULTIMATE GUIDE TO LAS VEGAS EXCITEMENT

July 18, 1999
www.vegas.com

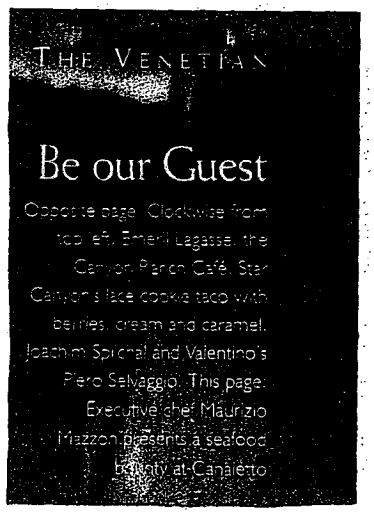
ENTERTAINMENT • DINING • GAMING

SHOWBIZ Weekly

aah VENICE

Like stepping into a dream, The Venetian culls the passion of imagination, firing the senses and inviting guests to discover the art of living.

By Jeannette Carrillo

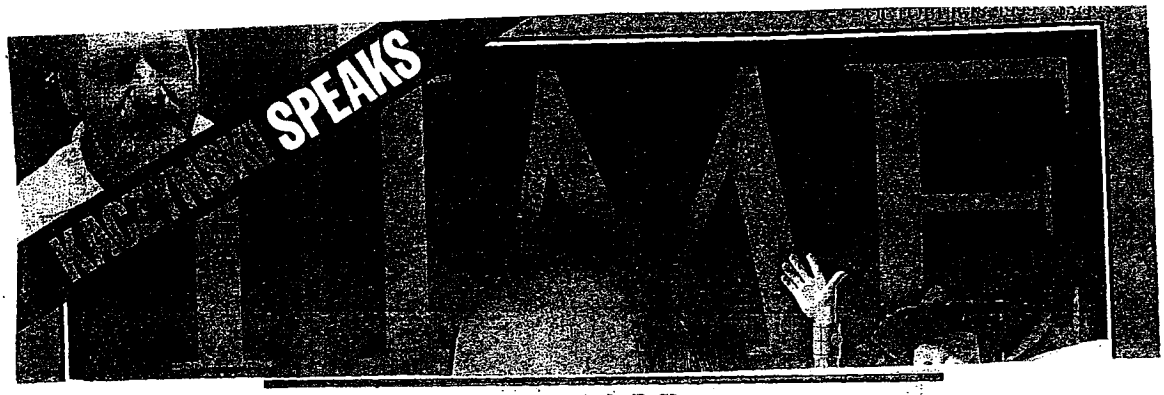


Opposite page: Clockwise from top left, Emeril Lagasse, the Cameron Parlon Café Star Canyon's lace cookie taco with berries, cream and caramel, Joachim Spichal and Valentino's Piero Selvaggio. This page: Executive chef Maurizio Mazzon presents a seafood bounty at Canaletto

Benvenuto a Venezia

Brilliantly clad gondoliers bid visitors welcome, Italian style. Opposite page, The Canyon Ranch SpaClub (top) soothes the spirit, while Madame Tussaud's Celebrity Encounter (bottom) deals in authentic city

From there, experience a celebrity encounter like no other. Direct from London, Madame Tussaud's Celebrity Encounter features more than 100 masterfully created portraits of some of the world's most famous entertainers. Believe it when they say you won't believe your eyes. ¶ For those seeking the ultimate respite for the mind, body and spirit, The Canyon Ranch SpaClub rewards a surrendering nature. The world-class spa features more than 100 luxurious treatments, a state-of-the-art fitness center, a rock-climbing wall, The Canyon Ranch Cafe, a wellness center and nutritionists. ¶ Aah, The Venetian—an epic adventure awaits.



A DAY AT THE SPA

For the stressed out, the time pressed and the bone weary, indulgence is just around the corner

By TAMALA M. EDWARDS

AVON KNEW IT WAS TIME FOR THE most personal of makeovers. In business for more than a century, the company seemed fusty and passé, a bunch of pesky ladies in sensible shoes pulling samples out of Tupperware. But when Avon decided to present a new face last fall, it didn't seize on snappy slogans or supermodel spokeswomen. Instead, it opened a day spa.

Now on New York City's Fifth Avenue not far from Tiffany's gems sits a different kind of jewel box: a 20,000-sq.-ft. pleasure palace awash in cool shades of celery and dove and replete with overstuffed furniture and antiques. Top stylists have been lured to snip and color hair, usually after guests have had massages, facials, mud-packs, herbal wraps or nail services. "With career and mothering, I don't have time," says TV producer Colleen Crowe, 39. But every few weeks, she'll break away for a leisurely manicure, haircut and massage. "Just walking down the hall feels luxurious."

These days, when the wallets are fat and time is slim, the day spa's the thing. Demand for quick-shot pampering has driven up the number of such spas from 30 in 1989 to 1,600 this year, according to *Spa Finders* magazine. But it's not just about full-service emporiums like Avon. Barbers are rubbing backs, department stores are doing aromatherapy, and gyms are packing mud. There are spa-mobiles that bring the cosseting to your home, and special "teen" packages for your kids. "The business is going nuts," says Peggy Wynne Borgman, a Saratoga, Calif., spa owner and consultant.

Traditionally spas were places for the sickly to take the waters; later they were known mainly as fat farms. Spas got a better rep as luxurious destinations like Canyon Ranch and Golden Door opened in the 1960s and '70s, but these paradises were seen as remote retreats for the rich and famous. In the '90s, day spas have attracted a more diverse crowd, people who can't afford to spend thousands and linger for a week. "I can't get away for that long," says Connecticut motivational speaker Ronni Burns, 47, who gets a massage and facial twice a month. "I find that much relaxing stressful." Joan Haratani, an attorney who soaks in a whirlpool and gets a massage once a week at Oakland's Claremont Hotel, explains, "I don't consider it a luxury. It's an absolute necessity."

Indeed, day spas have evolved from an indulgence to an expected perk. Some health-insurance providers, like Blue Cross of California now cover at least some spa treatments if prescribed by a physician. Better hotels simply have to have one, and companies like Hewlett-Packard are hiring on-site massage therapists for employees. Big Business has had its head turned in other ways too. The French giant LVMH, owner of Dior and Givenchy, last spring bought New York City's ultrahip Bliss spa for an estimated $30 million. Cosmetic companies like Estee

PAMPER POINTS

- In 1989 there were 30 day spas in the U.S. Now there are 1,600.
- One-third of spagoers make $45,000 or less a year; half are between ages 34 and 52.
- In California, Blue Shield pays 25% of some spa bills; Blue Cross covers massage with a doctor's O.K.
- A quarter of spagoers are men. Some spas cater to children; others will clean your home while you indulge.

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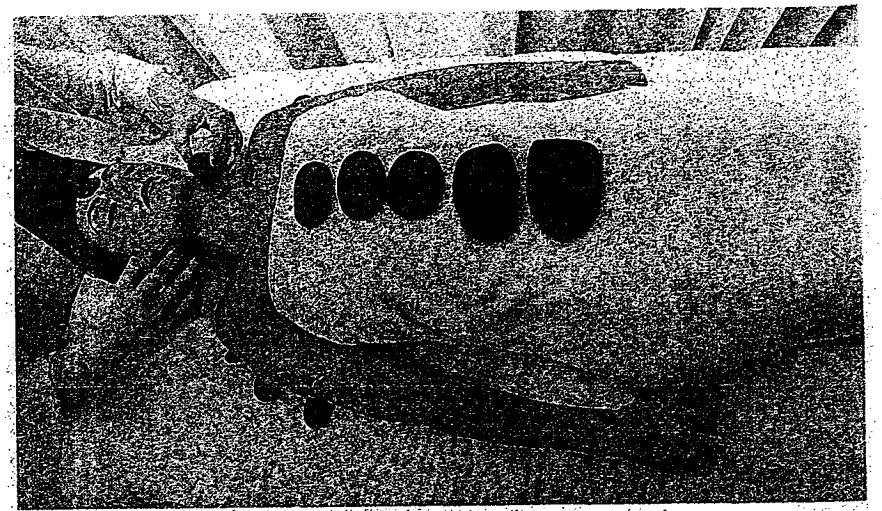
LARA JOREGAN—GAMMA LIAISON FOR TIME (2); TOP RIGHT: CATRINA GENOVESE FOR TIME

Lauder are competing as well, with growing chains of day spas across the country.

With spa reviews splashed across the pages of glossy magazines and hot spas turning up in gossip columns, one almost feels swindled by basic treatments. A massage now seems incomplete unless one is rubbed with freshly grated ginger or kneaded with heated stones (some of which are even placed between your toes) culled from Southwestern rivers. Just trying to choose the right facial can raise your blood pressure: Should it be a glycolic peel or a fruit peel? Some dermatologists have even created "medispas," doing cosmetic procedures like dermabrasions in spalike surroundings.

The fanciest day spas have become experiences, somewhere between theater and sin. Thick swaddling robes, mineral water and wine, gourmet buffets, fresh flowers and piped-in music are typical features. In Las Vegas, Canyon Ranch has opened a 61,000-sq. ft. day spa—the largest in the country—at the Venetian Resort-Hotel-Casino. Soak and get an underwater massage in a private pool filled with flowers, or stay dry and pick one of the 18 other options, like the Balinese or Indian oil rubs. For the pièce de résistance, visitors soon will be able to steam and swathe themselves in mud in a room where fiber-optic cable replicates the night sky. A soft rain from the fake night dome washes them clean.

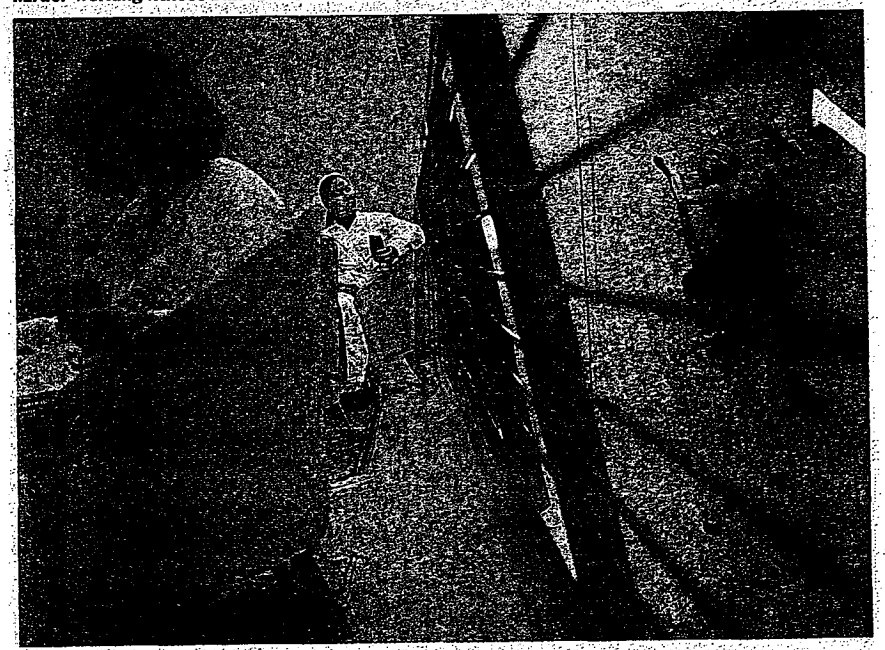


VENETIAN RESORT, Las Vegas

Left, a customer relaxes in a petal-laden aromatherapy bath before her massage. Below, clients wait for treatments while a harder-working fitness buff scales a wall

AVON SPA, New York City

In the hot stone massage, rocks carefully culled from Southwestern rivers are heated in a meat roaster and placed on the body, in the hands, even between the toes



One trouble with such high-end spas is that Eve might have a better chance of getting back into Eden than you do of getting an appointment for next week. There's a two-month wait for a signature rubdown at Houston's tony Brea spa. Eliza Petrescu, Avon's eyebrow-waxing czarina, whose customers include celebrities like Natasha Richardson, says her next open 10-min. appointment is not until March 2000. Ann Marie Gardner, beauty director and spa reviewer for the fashionista bible *W*, gripes, "I had my whole office calling. We couldn't get in anywhere on three days' notice, not even little no-name places."

And the quality of day spas can vary widely. While some are luxe, full-service retreats, others are tacky, glorified nail or hair salons with a wax room. Some discreetly mention products for sale, while others harangue customers to buy expensive wares. Many cannot live up to their extravagant come-ons, promising renewed energy and eternal youth. Yet they may do some good. A 1996 survey at the University of Miami found that 26 adults given 15-min. back rubs twice a week for five weeks showed signs of less stress, were less depressed and performed better on math tests. "Something's working," says Marcia Kilgore, the founder of Bliss. "Or this is the biggest hoax since *The Blair Witch Project*." —***With reporting by Laird Harrison/San Francisco***

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TOWN & COUNTRY
MAY 1999

BEAUTY MARK

Liquid Armani

Something new is lining the shelves of **Emporio Armani** boutiques: two stylish scents, Emporio Armani for him, and Emporio Armani for her ($38.50 each). These complementary scents are liquid translations of the Armani hallmark: simplicity on the surface, meticulous construction beneath. Both share notes of cardamom, cedar and musk. Emporio Armani for her, an eau de parfum, has a floral note of heliotrope with jasmine; the men's eau de toilette takes vetiver and infuses it with "metallic, fresh green notes" to give it a new, modern spin.

The Day Of the Spa

No time to travel cross-country for a dose of your favorite destination spa? It's a good thing, then, that such stellar names as **Canyon Ranch, Golden Door** and the **Greenhouse** are going local with quick-fix day spas that are pared-down versions of the originals. Texas' grande dame, the Greenhouse, has opened eleven very private and luxurious new day-spa locations (Manhasset, NY; Beverly Hills; Newport Beach, CA; Chicago; Boca Raton, FL; Dallas; Houston; Detroit; Greenwich, CT; Denver; and Minneapolis; call 800-515-9099). Canyon Ranch's first SpaClub —a 65,000-square-foot space with a 40-foot climbing wall, a Pilates studio, a Spinning gym and Watsu pools—has placed all of its chips in Las Vegas' Venetian Resort Hotel (702-733-5000). Finally, the Golden Door, America's first destination spa (recently purchased by Grand Bay Hotels), brings its distinct Japanese aesthetic to its CitySpas, opening throughout 1999 and 2000 in Chicago and Coconut Grove, FL, among other locations (602-953-6456).

Midlife Rx

Every seven seconds, a baby boomer turns 50, which means that about thirty-seven million women across the U.S. alone are in menopause. This is why **Estée Lauder** has introduced Resilience Lift Face and Throat Creme SPF 15 ($45–$65), a rich cream formulated to counteract changes in the skin caused by hormonal aging—when estrogen levels dip, collagen production slows, and skin tends to start sagging. The magic bullet is an amino-guanidine molecule that helps keep collagen fibers functioning. The result is firmer skin along the jawline, chin and neck. Another player in the market:

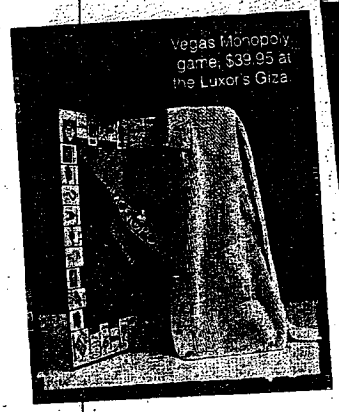
B. Kamins' Menopause Skin Cream ($102), with a moisturizing bio-maple compound extracted from Canadian maple trees. Call (888) BKAMINS for store information.

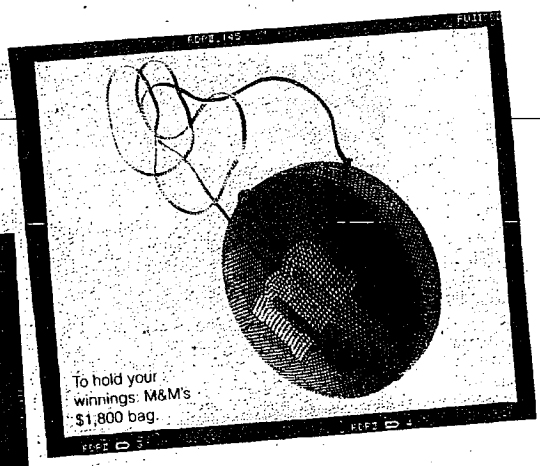
Baby, You've Arrived

They already cater to mothers, fathers, teens and preteens—but now cosmetics companies are setting their sights on a different clientele: the stork club. Babies everywhere will coo over gentle, dye-free, botanically enriched products from **Origins** ($7.50–$14) and **Bobbi Brown's Baby Essentials** ($14.50–$22.50). Treat baby's skin with massage creams enriched with sweet almond oil, vitamin E, aloe and shea butter; body washes that double as shampoos (tear-free, of course); baby oils; talc-free silkening powders; and diaper balms that use natural ingredients to provide a moisture barrier. Bottoms up.

TRAVEL HOLIDAY
MAY 1999 VOL. 182, NO. 4

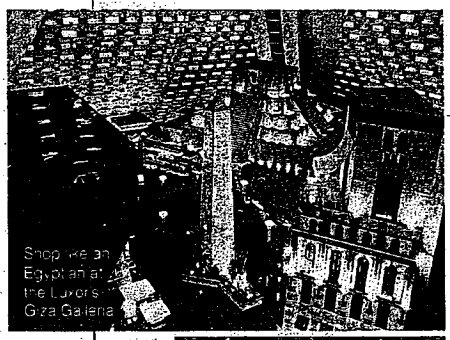
the shopper


Vegas Monopoly game, $39.95 at the Luxor's Giza.


To hold your winnings: M&M's $1,800 bag.

Estée Lauder's Dazzling, $38.50, the Forum; Chanel eye shadow, $42.

LAS VEGAS everybody's a winner


Shop like an Egyptian at the Luxor's Giza Galleria.

Coca-Cola store on S. Las Vegas Blvd.

America's new capital of luxe has been reinventing itself for more than a year with elegant new hotels, swank restaurants, even spas. Crowning it all are designer boutiques from **Chanel, Armani,** and **Prada** at the new **Bellagio** hotel. Not to be outdone, the **Venetian Resort,** with its new branch of the **Canyon Ranch Spa,** has trendy names such as **Kenneth Cole,** Brit shoemaker **Jimmy Choo,** and **Sephora,** the French cosmetics boutique. Trailblazers such as **Versace** and **Gucci** have been at **The Forum Shops At Caesar's Palace,** with its Roman-style facades, palazzos, and fountains, since the hotel opened in 1992. (You'll also find **Ferragamo,** where the spring sweater, top left, is $495.) In true Vegas style, most cash registers don't close until around midnight—so between the plush hotels and their equally plush emporiums, you have all the more incentive to try your luck at the roulette wheel. If you hit it big, pick up the Austrian crystal, M&M-shaped evening bag at the **M&M** shop (3785 Las Vegas Boulevard). Not ready to cash in all your chips? Then indulge in an $8 pound of the classic candies in silver and gold.

Stylish Debuts

Like all great shopping towns, Las Vegas has surprises, too. The Venetian's Il Prato offers beautiful imported Italian masks and marbleized paper, and, at Bally's Paris-Las Vegas Casino Resort, you'll find L'Arts de Paris, which has Impressionist paintings and sculpture, and La Cave, a French wine and gourmet shop that offers shoppers a taste of the *vin du jour*. And if you fall in love with one of the paintings you see in The Bellagio's Gallery of Fine Art, you can buy a print or even the original—they won't say how much they cost, but those Picassos and Matisses are for sale.

in the bag... ■ Chef Mark Miller has opened a branch of his Coyote Café at the MGM, where you can also buy Coyote products; pick up fire-roasted salsa ($5) or rich piñon coffee beans ($9.50). ■ Sparkle with class: Neiman Marcus (Fashion Show Mall) has elegant rhinestone hair clips for just $25. ■ And because it wouldn't be Vegas without them: personalized dice ($1.29, You Won't Believe It, 3791 South Las Vegas Blvd.) and—why not?—copies of Elvis's Tennessee driver's license ($2.98, almost any souvenir shop). *For information on visiting Las Vegas, contact the Las Vegas Convention and Visitors Authority at 702-892-0711.*

By Suzy Gershman

TRAVEL & LEISURE
April 1999

THE BIG GAMBLE

IN A BID FOR RESPECTABILITY—AND THE MONEY OF UPSCALE TRAVELERS—LAS VEGAS IS GIVING ITSELF THE WORLD'S MOST MONUMENTAL MAKEOVER

BY FRANK DECARO PHOTOGRAPHED BY GAVIN BOND

When your life as a New York style reporter is defined by martinis at the Four Seasons Hotel, gallery shows in Chelsea, and the occasional afternoon stroll through Bergdorf Goodman, a concentrated dose of bad taste is refreshing—it's that dash of paprika that Diana Vreeland was always going on about. Which is why I've always loved Las Vegas: it's a town of loose slots, female impersonators, 99-cent shrimp cocktails, "tits-and-feathers" extravaganzas, Siegfried & Roy. It knows no propriety.

Or at least it didn't used to.

Today, this gambler's paradise—once a haven of hairpieces, white shoes, and free drinks for every senior citizen who strapped herself to a slot machine—has gone up, up, upscale. The latest crop of restaurants, shops, and shows rival the best of New York and Los Angeles. They should: that's where most of them came from in the first place. (They cost nearly as much, too.)

The surprise is that the new, cleaned-up Vegas is still a hell of a lot of fun. In its quest for taste and respectability, the city hasn't forgotten why people come. In Vegas, more is still more. Bob Mackie is still Armani.

At Osteria del Circo, a restaurant in the new Bellagio hotel, for instance, dinner is interrupted by an enormous splash. Outside, geysers of water are shooting 240 feet into the night sky like fire hydrants knocked over by wayward cabs. On the loudspeaker, "One"—that singularly sensational song from *A Chorus Line*—is swelling like the spinach gnocchi in my stomach. Meanwhile, in the distance, past the aqua-spectacle, a JumboTron flashes the logos of Gucci, Prada, and Hermès. It's delicious, it's dazzling, it's disgustingly overdone. And, like every other diner in the place, I am loving every minute of it.

THE THEORY BEHIND THE NEW VEGAS IS SIMPLE: if you don't have status, buy it in the jumbo economy size. In the frenzy to be bigger and better, this city of almost half a million people is borrowing cachet from all over the world and putting its own spin on it. Uncomfortable being Six Flags Over Wayne Newton—the city's last incarnation as a family destination never did feel right—Vegas is appropriating architectural touchstones (the Doge's Palace, the Arc de Triomphe) for its newest theme hotels. It's outfitting itself in the emblems of international shopping style, and importing restaurants of national renown. All to attract the upscale travelers who wouldn't have been caught dead here five years ago.

The town's first Four Seasons just opened as a hotel-within-a-hotel on the top floors of the new Mandalay Bay Resort & Casino. Jungle-themed, the latter will house a branch of chef Charlie Palmer's New York restaurant, Aureole. But this one will have a wine tower in which sommeliers will bungee-jump to pick up bottles. If that's not impressive enough, there's also to be a poolside version of the popular Los Angeles restaurant, Border Grill. And don't forget the production of the hit Broadway revival *Chicago*, starring Chita Rivera, that took up razzle-dazzle residence in March. (The last Broadway show with a permanent Vegas company was Andrew Lloyd Webber's roller-skate-orama *Starlight Express*.)

Craving still more? Don't worry. Mandalay Bay isn't the only hot property performing successful transplants. Other new arrivals with ready-made reputations include a freestanding branch of the New York steak house Smith & Wollensky, and a Studio 54 at the MGM Grand, right where the old *Wizard of Oz* diorama used to be.

Lured by the excitement, but still hoping to distance itself from the suspicious glitz of the Strip, Ritz-Carlton is entering the market with a 526-room hotel about 15 miles northwest of town. Two Regent properties—the Regent Grand Spa and the Regent Grand Palms—will open 25 minutes from the Strip at a development called the Resort at Summerlin. It offers a 40,000-square-foot spa facility, a stand-alone casino that non-gamblers can easily skirt, and access to five golf courses.

For all the herbal wraps and championship fairways, though, the real sizzle remains on the Strip, where even old stalwarts are getting face-lifts. The Desert Inn, long associated with Rat Pack glamour, has received a $200 million renovation. Caesars has added a 1,134-room Palace Tower that looks like a high-rise Versace boutique. Meanwhile, perhaps the country's most famous spa, Canyon Ranch, will open what it calls a SpaClub at the Venetian Resort-Hotel-Casino later this year.

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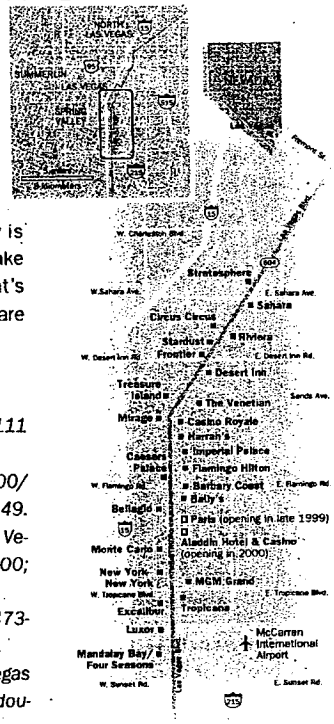
THE FACTS

LAS VEGAS



To say that room rates vary is one of the few understatements you can make about Vegas. Expect to pay less than what's listed—ask for special rates—unless there are several conventions going on.

Hotels

Bellagio *3600 Las Vegas Blvd. S.; 888/987-7111 or 702/693-7444; doubles from $159.*

Caesars Palace *3570 Las Vegas Blvd. S.; 800/634-6661 or 702/731-7222; doubles from $149.*

Four Seasons Hotel Las Vegas *3960 Las Vegas Blvd. S.; 877/632-5200 or 702/632-5000; doubles from $200.*

Hard Rock Hotel *4455 Paradise Rd.; 800/473-7625 or 702/693-5000; doubles from $75.*

Mandalay Bay Resort & Casino *3950 Las Vegas Blvd. S.; 877/632-7000 or 702/632-7777; doubles from $100.*

MGM Grand *3799 Las Vegas Blvd. S.; 800/929-1111 or 702/891-7777; doubles from $79.*

Regent Grand Palms and **Regent Grand Spa** *Resort at Summerlin, 221 N. Rampart Blvd.; 877/869-8777 or 702/869-7777; doubles from $195.* Opens in June.

Venetian Hotel-Resort-Casino *3355 Las Vegas Blvd. S.; 888/283-6423 or 702/733-5000; doubles from $159.*

Restaurants

Aqua *Bellagio, 3600 Las Vegas Blvd. S.; 702/693-7223; dinner for two $110.* Catchy combinations: tuna and foie gras, shrimp wrapped in prosciutto.

Aureole *Mandalay Bay, 3950 Las Vegas Blvd. S.; 702/632-7401; dinner for two $130.*

Border Grill *Mandalay Bay, 3950 Las Vegas Blvd. S.; 702/632-7403.* Opens in May.

Chinois *Forum Shops at Caesars, 3500 Las Vegas Blvd. S.; 702/737-9700; dinner for two $70.* Wolfgang Puck's Asian fusion.

Le Cirque *Bellagio, 3600 Las Vegas Blvd. S.; 702/693-8150; dinner for two $165.* Two words: lobster salad. Two more: Reserve early.

Coyote Café *MGM Grand, 3799 Las Vegas Blvd. S.; 702/891-7349; dinner for two $80.* Mark Miller's Southwestern watering hole.

In-n-Out Burger *4888 Industrial Rd., and four other locations; 800/786-1000; lunch for two $7.* Order a Double-Double Cheeseburger and ask for grilled onions.

Olives *Bellagio, 3600 Las Vegas Blvd. S.; 702/693-7223; dinner for two $84.* Try the flatbread pizza with prosciutto, gorgonzola, and balsamic fig jam.

Osteria del Circo *Bellagio, 3600 Las Vegas Blvd. S.; 702/693-8150; dinner for two $96.*

Prime *Bellagio, 3600 Las Vegas Blvd. S.; 702/693-7223; dinner for two $100.* Jean-Georges Vongerichten's gorgeous steak house.

Smith & Wollensky *3767 Las Vegas Blvd. S.; 702/862-4100; dinner for two $90.*

Spago *Forum Shops at Caesars, 3500 Las Vegas Blvd. S.; 702/369-6300; dinner for two $110.* A casual café and formal-but-informal restaurant.

Candy Land

At M&M's World (3785 Las Vegas Blvd. S.; 702/736-7611), you can buy M&M's to match your curtains. There are 21 colors; purple is the most popular.

Indulgences

Atlantis *Forum Shops at Caesars, 3500 Las Vegas Blvd. S.; 702/893-4800.*

Canyon Ranch SpaClub *Venetian Hotel-Resort-Casino, 3355 Las Vegas Blvd. S.; 888/288-5228.* Opens in May.

Liberace Museum *1775 E. Tropicana Ave.; 702/798-5595.* Pay respects to the world's largest rhinestone.

Buccaneer Bay Pirate Battle *Treasure Island Hotel & Casino, 3300 Las Vegas Blvd. S.; 702/894-7111.*

Manhattan Express Roller Coaster *New York–New York, 3790 Las Vegas Blvd. S.; 702/740-6969; $7.*

Nightlife

Chicago *Mandalay Bay, 3950 Las Vegas Blvd. S.; 877/632-7400 or 702/474-4000; tickets from $55.*

EFX *MGM Grand, 3799 Las Vegas Blvd. S.; 800/929-1111 or 702/891-7777; tickets from $49.50.* Starring Tommy Tune.

Jubilee! *Bally's, 3645 Las Vegas Blvd. S.; 702/739-4111; tickets from $49.50.* Eat your heart out, Showgirls.

Mystère *Treasure Island Hotel & Casino, 3300 Las Vegas Blvd. S.; 800/392-1999 or 702/894-7722; tickets $69.85.* Cirque du Soleil's original Vegas show.

O *Bellagio, 3600 Las Vegas Blvd. S.; 888/488-7111 or 702/693-7722; tickets from $90.* More cerebral than Mystère, but that's okay.

Studio 54 *MGM Grand, 3799 Las Vegas Blvd. S.; 702/891-1111; men's cover is $10 weeknights, $20 on weekends; women get in free.* Dress to the nineties.

Map by Gregory Wakabayashi

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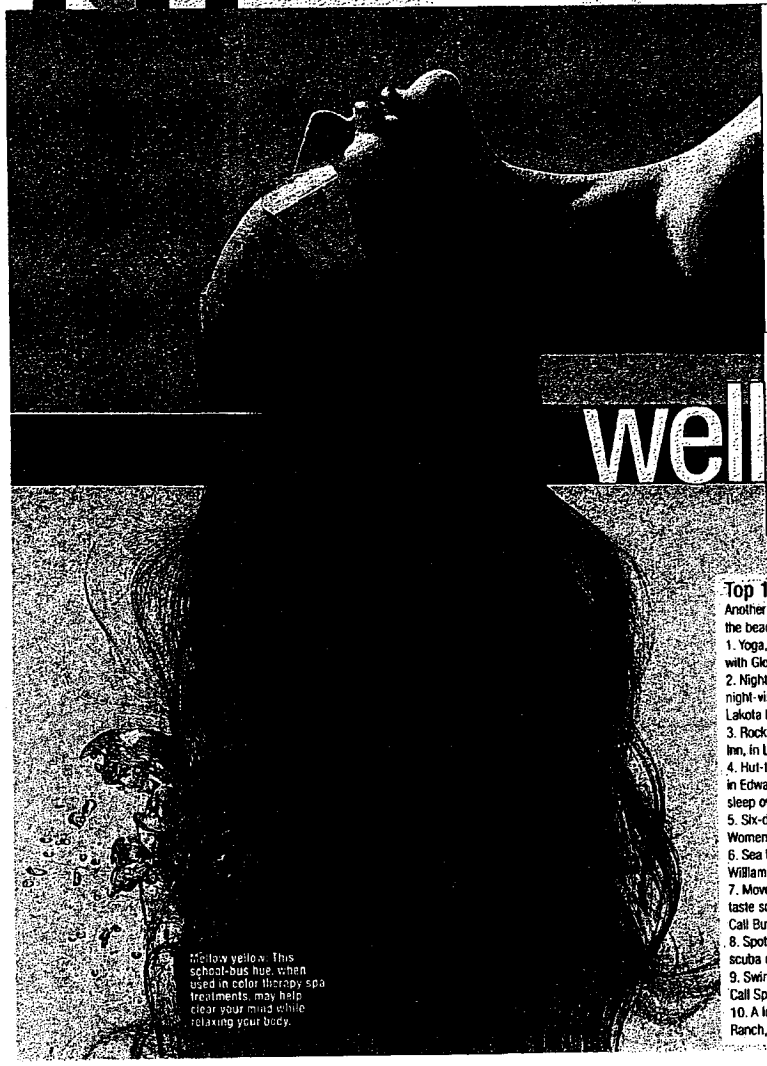
Harper's BAZAAR

MAY 1999

health

Serenity in Vegas

The perfect antidote to a night at the slots? Canyon Ranch's latest venture, SpaClub, a 65,000-square-foot day spa and fitness club at the Venetian Resort, in Las Vegas, with nearly 50 treatment rooms, and wellness consultations à la true Canyon Ranch style. Other cities Canyon Ranch is targeting for SpaClubs? New York, Boston, Atlanta and Dallas. Call 800-742-9000.



Mellow yellow. This school-bus hue, when used in color therapy spa treatments, may help clear your mind while relaxing your body.

Color Me Happy

Looking at life through rose (or blue or yellow) colored glasses may not be so bad after all, with Color Visuals' line of vibrantly hued plastic spectacles. Wear them (in one of seven colors) to balance your energy centers, or chakras (read: to destress), while soaking in a hydrotherapy bath of a matching color. One thing's for sure: They're better than bubbles. For your treatment, call NYC's Away Spa Gym (212-407-2970), at the W Hotel, or call Color Therapy (877-726-5677) to locate a spa with the treatment near you.

By Valerie Latona

wellness report

Top 10 Travel Adventures

Another summer of sticky, monotonous days at the beach? For a more exotic option, try:

1. Yoga, hiking and daily massages in Lake Como, Italy, with Global Fitness Adventures. Call 800-488-TRIP.
2. Nighttime white-water rafting (with a pair of night-vision goggles) in Vail, CO. Call Lakota River Guides, 970-476-7238.
3. Rock climbing in the Adirondacks. Call Mirror Lake Inn, in Lake Placid, NY, 518-523-2544.
4. Hut-to-hut hiking at the Lodge and Spa at Cordillera, in Edwards, CO. Hike 4000 feet, get massaged and sleep overnight in rustic cabins. Call 800-877-3529.
5. Six-day triathlon training in Winter Park, CO, with Women's Quest Fitness Retreats (303-545-9295).
6. Sea kayaking through glaciers in Alaska's Prince William Sound. Call Mountain Travel, 800-227-2384.
7. Moveable Feast biking through France (bike, taste some wine, eat foie gras, get a massage). Call Butterfield & Robinson, 800-678-1147.
8. Spotting coral and clown fish in the Red Sea while scuba diving with Aqua Expeditions (617-723-7134).
9. Swimming with dolphins off the coast of Mexico. Call Sports Travel Adventure Therapy, 203-618-0854.
10. A longhorn-cattle drive at Black Mountain Ranch, in McCoy, CO. Call 800-967-2401.

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LAS VEGAS
REVIEW-JOURNAL
LAS VEGAS, NV
DAILY 161,000
MAY 31 [illegible]

SPA TREATMENT

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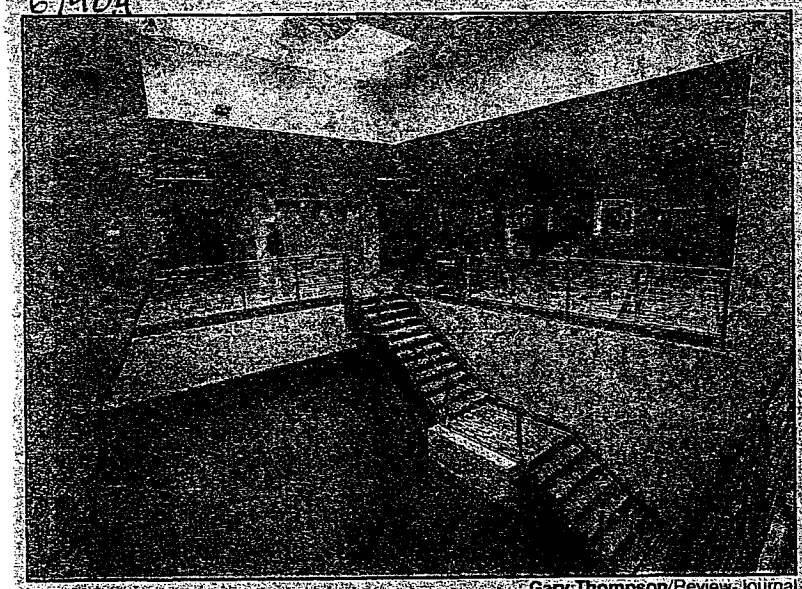

Gary Thompson/Review-Journal

Workers prepare the 40-foot rock climbing wall and restaurant section of the Canyon Ranch Spa at The Venetian on Friday. The 63,000-square-foot facility is expected to open the second week of June.

CITYBUSINESS
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MAY 28 1999

PUGET SOUND BUSINESS JOURNAL
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SAN FERNANDO VALLEY BUSINESS JOURNAL
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NASHVILLE, TN
WEEKLY 10,000
MAY 21 1999

LOS ANGELES BUSINESS JOURNAL
LOS ANGELES, CA
WEEKLY 40,000
JUN 7 1999

HOUSTON BUSINESS JOURNAL
HOUSTON, TX
WEEKLY 25,000
MAY 28 1999

Excellent customer service possible when it's a priority

SHOESTRING MARKETING

By ALF NUCIFORA
For the Business Journal

(c)1409

I normally shy away from Top 10 lists. Besides being subjective, they are normally out of date as soon as they come off the printing press.

In the case of customer service it's a treacherous exercise. Bitter experience and a fair amount of research have proven that it is hard to identify well-known marketers or brands of whom it can be said that they provide superior service and commitment to the customer in every respect.

With that caveat in mind, the following is a current list of those providers who go out of their way to make the customer happy. Only those companies truly national in scope made the list. All have been subject to multiple buying occasions on my part over an extended period of time.

1. Disney Attractions — Still the benchmark. A flawless experience in a clean, exciting environment. Variety reigns supreme and overly helpful staff carry a permanent smile as its greeting card. In spite of 25 years of experience, I have yet to identify a major customer complaint with the Disney operation.

2. Canyon Ranch — It's the premier health spa in the nation and it's easy to see why. A 3-to-1 staff-to-guest ratio with every element of the spa experience packaged and presented in a glorious yet non-intimidating style. Attentive, solicitous staff take pride in caring. Even the grounds and landscaping are a horticultural delight.

3. FedEx — Old reliable. Rarely a mistake and, if there is, it will hunt it down and dispatch the problem with haste. It's gained our trust because it's earned it. And, as good as the competition is, FedEx continually strives to do it better.

4. www.amazon.com — The site could be made easier to navigate, but the enormous selection makes up for that nit-pick. What can you say about a system that confirms the order by e-mail before you log-off? It overloads you with delivery instructions, which I like. The amazing thing is that this is a company and a marketing mechanism that is brand new. It has gone from start up to spectacular in no time at all.

5. Ritz-Carlton and Four Seasons Hotels — Both are personal favorites. Who can resist the understated opulence, not to mention the attention the small things, like the TV Guide in the Ritz-Carlton room marked to the same day's listings. In the Four Seasons, it's the bowl of imported cherry menthol mouth-freshening pastilles. The list goes on. The always heard, "My pleasure" at the Ritz, the made-in-heaven mattresses on the Four Season's beds. Everything points to a management that is obsessed with making the guest experience forgettably unforgettable.

6. Acura/Lexus/Infiniti — The Japanese have learned how to market German schtick better than the Germans. The sales people try not to be pushy. The tasteful showrooms lack the chrome and Formica of their American counterparts. And, the after-sales service has been specifically designed with customer needs and fears in mind. Yet, it is all delivered without the arrogance and hauteur of the Mercedes showroom.

7. Singapore Airlines — In a category where few can get it right, it delivers. Flawless treatment and attention to detail without the fawning attitude. Every passenger concern, from the menu to the video console, to the impeccably clean bathrooms, has been cleverly analyzed and addressed. In an environment where everybody flies to the same cities using the same equipment, attitude makes the difference and it shows at Singapore Airlines.

8. Starbucks — Somewhat trendy and certainly overpriced for what you get, but we all know that the customer will pay for consistent quality, particularly when it's a cup of Java. The food offering needs improvement, but the staff are always helpful and I love the fact that there's a store on every corner. It has created a category and maintained its pre-eminence. That's hard to do when you're growing as fast as Starbucks is.

9. Blockbuster Video — There's one in every strip center. The selection is broad and recent titles are now rarely out of stock. The stores are clean, bright, well-merchandised and you always get a greeting as you walk through the door. What can you say about a store that stocks not only my favorite videos, but also my favorite movie snack.

10. Winbook Corp. — This Ohio-based computer manufacturer makes laptops only. Product reliability is not as high as some of the major competitors, but its after-sales service should be copied by the rest.

I purchased a laptop that arrived defective and it was replaced with another that was also defective. Third time, Winbook got it right. But, what could have left a sour taste in my mouth, turned out to be the opposite — no hassles on the returns, no long waits on the phone for technical support (less than 3 minutes in over a dozen calls), always a live, knowledgeable person, willing to be helpful to a neophyte. A highly responsive pick-up and delivery service via FedEx and a simplified tracking and reporting system that kept me posted on the status of my computer by the hour. When it's time to upgrade, I am going back to Winbook.

The above companies all exhibit superiority in their customer service delivery. All share the same criteria, which help establish that superiority.

- Obsessiveness: If you don't have it, you won't last the distance and your staff will never become believers about the value of servicing the customer.
- Consistency: From product to product, service to service, location to location, it must be consistently flawless. Remember, that's what made Coca-Cola one of the world's great brands.
- Measurement: You have to seek feedback and constantly gauge your performance. It's the only way you will know when mistakes are being made.
- Training: It's a non-stop process. Like saying your prayers and brushing your teeth, you continue to do it until you die. Unfortunately, most organizations believe that customer training is a one-time event that they can acquire out of a manual.
- Aesthetics: Appearance is important. A clean, appealing, attractive environment is not only pleasing to the customer, but helps establish the sort of brand imagery that attaches itself to the best.

Alf Nucifora, a syndicated columnist, writes regularly on small-business subjects.

$1.00 Single Copy

Inside Tucson Business

April 26, 1999 A Territorial publication Volume 9, Number 5

Canyon Ranch expanding, adding Vegas site

By BRIAN SODOMA
Inside Tucson Business

Dust is flying at the Canyon Ranch Health Resort these days.

And it's a similar sight at other locations around the nation as well.

The resort is currently working on expanding its amenities at its Tucson location while adding a Las Vegas site.

"Business is good. And people are starting to take responsibility for their own health and well-being. So the fitness, wellness, relaxation vacations are becoming very popular," said Doug Wilson, project manager for the resort's expansions.

A $1.4 million Aquatics Center, scheduled to open in mid-June, is being built at the Tucson site.

The 11,000-square-foot facility will house six pools and a whirlpool, and will be comprised of two buildings connected by a glass walkway. One will be called the Watsu Dome and the other the Aqua Therapy/Fitness Building.

Both will have air circulation systems for temperature control and fresh air control, while the water is cleaned and purified by an ozone removal system with only a trace of chlorine to eliminate the smell and skin sensitivity issues.

The aquatic/therapy center will house three pools to accommodate group fitness classes, underwater treadmills, bicycles, sliders, and a pool ideal for arthritis sufferers and people with injuries.

The aim of aquatic therapy is to improve functioning in daily activities.

The Watsu Dome will also house three pools. Watsu, often referred to as a "massage in water," uses elements of Shiatsu massage, dance, stretch, music and yoga in chest-high water that is heated to between 92 and 94 degrees. The form of water therapy/exercise was pioneered 20 years ago by a shiatsu therapist who discovered his techniques could be more effective in warm water.

"Water-based therapies are the future of physical fitness and conditioning," added Wilson.

The resort is also in the process of building a new indoor golf school, which focuses almost half of its program toward physical fitness. An indoor 3,000-square-foot putting green was recently completed.

Amenities are for resort guests only, and are not open to the public. Cost per night ranges between $300 and $600 with a four-night minimum.

Expansion is also finding its way to Sin City, with the opening of the first 65,000-square-foot Canyon Ranch SpaClub at the Venetian Resort in Las Vegas. Wilson said that project is scheduled to open by the end of May.

TB Photo by Scott Weisman

Doug Wilson, Canyon Ranch project manager, surveys the construction of the resort's new aquatics center.

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SUNDAY STAR-LEDGER
NEWARK, NJ
SUNDAY 710,650
APR 25 1999

Primed for pampering

6740A

By Tobey Grumet
Special to The Star-Ledger

Photo courtesy of Golden Door

From body treatments to massage therapy, upscale resorts will rub the daily stresses away.

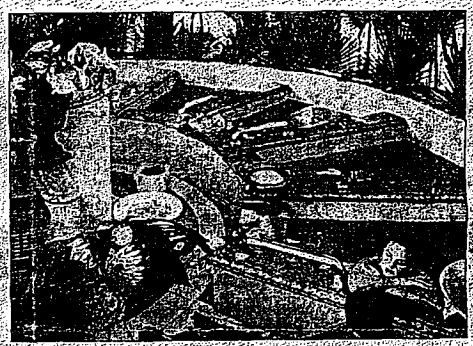
Relaxation and stress-relief are among the most sought-after pleasures. So if you're ready to become one with your body and soul, several upscale resorts around the world have raised this pursuit to an artistic level.

Rancho La Puerta

If you're interested in heading south of the border for your pampering, there's no place like Rancho La Puerta. Only 35 miles southeast of San Diego and three miles from the Tecate border gate, this exclusive resort takes up 3,000 acres of mountainous countryside at an altitude of 1,800 feet. The grounds reflect a heavy Spanish Colonial influence and among other amenities, include its weather-inspired three-walled gyms, four lighted tennis courts, nine aerobic gyms, a weight-training room, three swimming pools, five whirlpools and three saunas. Classes include yoga and relaxation exercises.

Each room includes a private garden area, and if you're really in the mood for atmosphere—you can even request a fireplace. For more information, call (800) 443-7565.

With its morning hikes and pampering services, Arizona's Canyon Ranch is a desert delight.



Hawaii's Grand Wailea Resort is a discerning retreat on Maui's south shore.

Grand Wailea Resort

Revered for its wondrous location and unparalleled weather, Hawaii's Grand Wailea Resort promises to bring tranquillity to tired senses. Located on Maui's south shore, it features the Spa Grande, the largest hotel spa in Hawaii, which includes an array of programs blending Hawaiian ancient Eastern healing, relaxing techniques and European rejuvenation therapies.

You'll find pleasures in 40 treatment rooms (many with superb ocean views), a Roman-style Jacuzzi more than 30 feet in diameter, racquetball/squash courts and a sonic relaxation room. The Spa Grande offers aromatherapy, body treatments and massage therapy—like the Hawaiian Lomi Lomi, a deep, rhythmic massage based on traditional Hawaiian healing arts. And if you're ready for some deep healing, you might try the Ayurvedic and Siddha treatments. Spa packages range from three hours to a full day. Call (808) 875-1234.

Canyon Ranch

There's more to the desert than dry air. Just ask the folks at Canyon Ranch, located in the heart of the Sonoran Desert of Tuscon, Ariz.

It's all about healing, strength and renewal at this elite getaway, surrounded by fantastic flora and lavender-tinged mountains. The spa facilities take up 62,000 square feet and showcase—among other amenities—six gyms, a yoga and meditation dome and a Life Enhancement Center.

Start your day with a soothing hike on the grounds, pop in for a mid-morning deep cleansing facial and Swedish massage, and head over for ballet class before dinner. And don't forget kick-boxing for the next day. You can get packages for four, seven or 10 days. Call (800) 742-9000.

Hotel Spas

Sonesta Beach Hotel

One of the only spa resorts in the world directly on the ocean shore, Sonesta Beach Hotel in Southampton, Bermuda, is best known for its romantic and luxurious atmosphere. You'll be charmed by its expanse of clean, pink beaches as well as the deluxe health and fitness facilities—which are strictly single sex.

Relax in a whirlpool, sauna or steam room—or head to the European-style spa for services that include reflexology treatment, Rene Guinot and Geloide facials, Swedish massage, salt-glo body rub or nutrition evaluation. Most importantly, this spa encourages you to make your own fitness schedules and move strictly at your own pace.

All rooms look out over the ocean or the bay and include a large balcony. Packages include four- or seven-night plans, regular or deluxe, and a three-night Spa Refresher. Call (800) 343-7170.

Grayshott Hall

Grayshott Hall is most certainly British, and no one can accuse the British of skimping on class. Less than an hour from London, this spa resort is the former home of poet Alfred Lord Tennyson. Is it any wonder beauty and spirituality come together so easily there? The resort consists of 80 rooms and 47 acres of the gentle Surrey countryside.

Health and beauty are the main goals there, and you'll be pleased with its state-of-the-art gym and aerobic, yoga and dance classes. As for pampering, try treatments like the cathiodermine deep facial cleansing, a Thalgo Body Mask, Clarin's Bust Treatment, or Decleor anticellulite treatment—as well as reflexology and aromatherapy. A glass-enclosed swimming pool offers a garden view. This spa only offers a seven-day package. Call (042873) 4331.

Brenner's Park Hotel & Spa

It's all about luxury and distinction at the Brenner's Park Hotel & Spa, Germany's premier spa resort, in the Baden-Baden region. You'll enjoy gourmet meals at one of three beautiful restaurants and a spa menu at all meals for calorie-counting.

The resort offers first-class fitness facilities including water exercises, exercise classes, saunas and tanning salon—and don't miss nature walks in the Black Forest. Seven-day packages are offered. Contact (800) 323-7500.

TUCSON CITIZEN
Monday, May 31, 1999

Trend$

PERSONAL FINANCE
WORKPLACE ISSUES
SMALL BUSINESS
COMPUTING

STREET TALK

Maybe we'll just wait

While the Asian financial crisis last year didn't have as profound an effect on local manufacturers as many expected, it did hit one company here hard.

Canyon Ranch, which was supposed to open a resort/fitness/spa in Bali this year, put those plans on hold.

But even though visions of a resort in paradise faded, the company has succeeded in opening in Venice, of sorts.

The Canyon Ranch Spa Club has opened a 63,000-square-foot, two-level spa at the Venetian Resort-Hotel-Casino in Las Vegas.

The facility will feature more than 120 spa services, daily fitness classes and activities, and medical and wellness consultations.

The Canyon Ranch Salon will offer hair and nail services, and a cafe will have a full menu.

Founded by Mel and Enid Zuckerman, the original Canyon Ranch opened in 1979 in Tucson.

Mel Zuckerman hopes the Las Vegas spa will give visitors a taste of Canyon Ranch and entice them to stay at one of the resorts.

TUCSON CITIZEN
Monday, May 17, 1999

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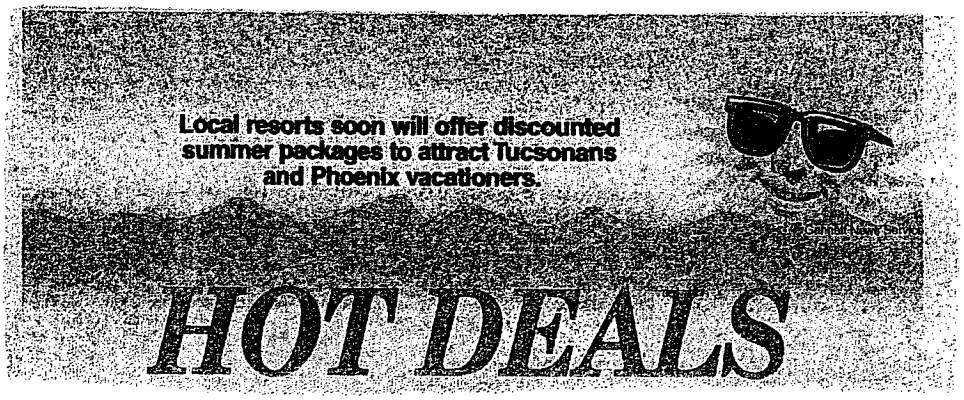


WHAT THE RESORTS ARE OFFERING

The Westin La Paloma

3800 E. Sunrise Drive
742-6000

Summer specials run from May 26 to Sept. 11.

Regular room rates start at $89 weekdays and $139 per night on weekends.

Golf packages start at $119 per person, which includes a room, 18 holes of golf for two on a Jack Nicklaus Signature Golf Course and an electric cart, range balls and a golf clinic.

Family activities include a Friday and Saturday night "Dive-In Theatre," beach bonfire, tango and sports activities. Children 12 and under eat free (some restrictions).

In-season rates start at $299 a night.

Sheraton El Conquistador Resort & Country Club

10000 N. Oracle Road
544-5000

Summer specials run from May 28 through Sept. 6.

Regular room rates start at $85 per night weekdays and $89 per night on weekends.

Golf packages include two night and two days for $218, which includes 18 holes of golf daily, club storage and entrance to the fitness centers and a 15 percent discount at the 1000 shops. There's also a two-night/two-day "his and hers" package that includes two rounds of golf and a massage, manicure and facial that runs $323.

A la carte items include Camp Conquistador for the kids. A full day is $40 and half day is $20. There's also tennis, riding and arts and crafts.

Normal rate in high season is about $240.

Loews Ventana Canyon Ranch Resort

7000 Resort Drive
299-2020

Summer specials run from May 27 to Sept. 7.

Room rate is $109 per night, seven days a week.

A "Girl Friend" getaway package is $316. This includes two Swedish massages, two facials, lunch for two, daily spa entrance, a gift certificate for future visit and one night's stay. Without the hotel room, the cost is $226.

In-season rates start at about $280 per night.

Arizona Inn

2200 E. Elm
325-1541

Summer rates run from June 1 through Sept. 15.

Room for two is $98 a night. It includes free full breakfast and an ice cream fountain selection at the pool. Normal high-season room rate is $195 per night without breakfast or ice cream.

Westward Look Resort

245 E. Ina Road
297-1151

Summer rates run from June 1 through Sept. 16.

Deluxe room accommodations start at $89 a night.

A rejuvenation package, which includes a 55-minute spa treatment for two, 25-minute treatments and one night's stay, costs $99. A horseback riding package goes for $235 and includes a room, two one-hour horse rides, two 55-minute massages and dinner at the Lookout Bar & Grill.

In-season rates start at $269 a night. The in-season rejuvenation package is $480, and it includes breakfast in the Gold Room.

Tanque Verde Guest Ranch

14301 E. Speedway Blvd.
296-6275

Summer rates run from May 14 through Sept. 30.

A special for Arizona residents is $240 a night for two people. In addition to the room, it includes meals and all ranch activities. Room rates range from $250 to $360.

In-season rates range from $300 to $460 and include all meals and ranch activities.

Omni Tucson National Golf Resort and Spa

2727 W. Club Drive
297-2271

Summer rates run from May 23 through Sept. 1.

Cost is $99 a night, which includes a $20 credit for food and beverages.

A golf package costs $209 and includes 18 holes, a room and full breakfast.

In-season room rates range from $225 to $325 a night. Green fees are $135 per person.

Canyon Ranch Health Resort

8600 E. Rockcliff Road
749-9000

Summer rates run from June 1 through Sept. 30.

Packages: four-night minimum packages start at $1,699 per person double occupancy ($1,877 single occupancy). Package includes four spa services, such as a facial, massage, personal training session and tennis lessons. It also includes a health service such as consultations and workshops in exercise physiology, foods and nutrition.

There's also a summer sampler package, which includes a four-night minimum stay and one spa activity. All other activities are a la carte. Cost is $1,357 per person double occupancy, or $1,534 for a single room.

Miraval, Life in Balance Resort & Spa

5000 E. Via Estancia in Catalina
825-4000

Summer rates runs May 26 through Sept. 16.

Packages: Stay four nights and fifth night is free. Starts at $390 per night per person. Includes three meals per day. Each night includes a facial, massage or body wrap. Some services may be traded for an 18-hole golf package. Also includes access to more than 100 classes and activities, from aerobics to Zen meditation.

There is also the "Bring a Friend For Free" package for Arizona residents only. Cost is $375 per room per night. Includes three meals, access to all classes and activities and one personal service, per night for each room.

In season, same package rate is $475 per person per night.

Hacienda Del Sol Guest Ranch Resort

5601 N. Hacienda Del Sol Road
299-1501

Summer rates run from June 1 through Sept. 15.

Rates are $59, weekdays, and $69 weekends, single or double occupancy. A la carte items include horseback riding and tennis.

In-season rate is $90.

Rio Rico Resort

1069 Camino Caralampi
(520) 281-1901

Summer rates run from June 1 through Aug. 31.

Cost is $79 a night for a patio level room with single or double occupancy, based on availability.

In-season rates are $100 per night.

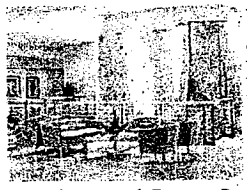
CR002307

Julie Register - your About.com Guide to:

Spas

Canyon Ranch SpaClub

Dateline: 12/19/99



We had been in Las Vegas for a few days and had quite a bit of sensory overload. Las Vegas is a gaudy, loud, and exciting city - a perfect place for the quiet contrast of a tranquil spa. Although we had already visited a couple of other spas, my husband and I looked forward to unwinding in the recently opened Canyon Ranch SpaClub at the Venetian Resort Hotel & Casino. Canyon Ranch is a highly thought of spa "brand" with their two destination spas usually in the top ranks of any spa preference poll. Canyon Ranch Health Resort (the original - in Tucson, AZ) came in #6 and Canyon Ranch In the Berkshires Health Resort (the second - in Lenox, MA) came in #2 on Condé Nast Traveler's 1999 Readers' Choice Awards. Travel & Leisure magazine's 1999 World's Best Awards, published in the September issue, site Canyon Ranch as the best spa in the United States and overall world's best spa based on accommodations, service, treatments, food and value. Needless to say, we wanted to see what made everyone think so highly of the Canyon Ranch name.

The first thing we had to do was find it. The Venetian is huge. We walked through the casino, saw the shopping mall that looks like Venice complete with the grand canal under what appears to be the open sky, the then-future site of the Canyon Ranch Living Essentials store, and the gondola rides. We eventually found the right elevators to take us to the fourth floor and the 65,000 square foot spa. The spa is found at the end of a long hallway lined with rooms marked "Spa Suite." These rooms are offered by the Venetian in conjunction with Canyon Ranch SpaClub services. Guests of The Venetian have priority access to SpaClub services.

The spa's reception area is large and bright decorated in pale earth tones of tan and beige. It opens to the 40' climbing wall, the salon, the Canyon Ranch Café, and the spa proper. Our appointments were for 2 pm. We arrived in time for lunch at the Canyon Ranch Café which opened at noon. We had a delicious and healthy lunch which included handmade chicken gyoza (165 cal, 2 g fat, 1 g fiber), grilled veggie sandwich (315, 11, 6), fruit smoothie (210, 3, 1), and homemade chocolate chip cookies (145, 5, tr).

We toured the large, supervised fitness facility which had the most inviting weight rooms and gyms I've seen. Complimentary fitness classes run every hour and include: Aerobics, Boxercise, Cardiocircuit, Meditation, Spinning, Yoga, Tai Chi, Chi Gong, and Stretching. We were sorry we didn't come earlier in the day to take better advantage of this great facility. But it was time to go our separate ways - Jeff off to the Men's Spa to change for a workout of weights and cycles and then to try the Canyon Stone Massage (80 minutes - $175) and I headed for the Women's' Spa to try the Ayurvedic Rejuvenation (80 minutes - $175).

I suspect the same designer created all the spas we visited in Las Vegas. The layout of the facilities are very similar and work quite well. The Women's Spa opened to a waiting room and check-in desk. A young woman greeted me and gave me a locker key and a quick tour of the area - vanity room for after your treatment complete with lotions, hair spray, mousse, etc., showers, locker room, wet room with large whirlpool, cold plunge pool (actually luke warm), steam room, and sauna. From this room, you enter the waiting room for spa treatments. I enjoyed a long soak in the whirlpool and time in the steam room, showered, then headed to the waiting room. This large high-ceilinged room, decorated in muted tones, held 16 chairs which were mostly occupied. Therapists came out periodically and called the name of the client. I felt more like I was in a doctor's waiting room than a spa. The chairs were comfortable enough - but didn't allow me to lean back, close my eyes and relax, so I spent most of the waiting time trying to guess who would be called next. Perhaps I just left too much time to wait in that room before my treatment. I also was terribly thirsty and was dying for a drink of water. It was nowhere to be found. There was a table set up in the waiting room that looked like it was supposed to have it, but it had not been restocked.

My turn finally arrived. I was led to a dimly-lit treatment room large enough to lay out the floor mats they use for Thai Massage. I filled out a Ayurvedic constitutional analysis form created by TARA Ayurveda (who also furnishes all of the Ayurvedic supplies) and found out that my dominant dosha is Kapha (Water & Earth). My therapist, Ted, who has treated Deepak Chopra, prepared the appropriate treatment of essential oils and herbs to help balance the doshas. He was quite informative about Ayurveda. The treatment itself consisted of exfoliation with a dry brush and massage using the prepared oils. When the massage was over, I was led to a chair and served a cup of herbal tea. It was all quite pleasant and relaxing. However, I felt a bit rushed drinking the tea. It would have been more efficient to fill out the analysis form in the waiting room to allow more treatment time in the treatment room.

Jeff's experience somewhat mirrored my own. He also commented on the lack of water to drink. I attribute the water issue to an operational glitch due to being just recently opened. Jeff's treatment consisted of a massage with heated smooth, round basalt rocks used with warm therapeutic essential oils. The massage concentrated on the back, neck and feet.

We toured the rest of the facility after our treatments and saw many things we would like to return to try.

CR002309

- The Rasul chamber looked intriguing. It is an ornately tiled steam room that intermittently steams and showers "rain" from a fiber optic "night" sky. The Rasul Ceremony (50 minutes - $125) involves self-applied mud, steam and rain followed by an application of specially blended oils in a luxurious European enveloping bed. The Rasul Ritual (110 minutes - $225) involves dry brushing the skin, an herbal soak, the Rasul Ceremony, and application of nourishing oils coupled with a relaxing massage.

- The Royal King's Bath looked inviting - a dry brushing followed by a soak in a luxurious blend of frankincense or rose and sandalwood essential oils, accented by fresh flower petals and candlelight, followed by a relaxation massage. (80 minutes - $175)

- There were two Watsu® pools, each in its own separate room. Watsu® (50 minutes - $125) uses the support of the water to take weight off vertebrae and relax the spin in ways not possible on land. Muscle tensions release as the therapist floats and dances your body through calming water. It uses a variation of pressure point therapy.

- There were two private 1,000 square foot Spa Suites designed for couples. Each three-room suite has two treatment tables, two treadmills, a private bathroom, steam shower, soaking tub, lounge area with TV, VCR and stereo, and a fireplace perfect for enjoying room service from the Canyon Ranch Café. The Beautiful Beginnings package (4 hours - $1,075 per couple) includes a classic European deep cleansing and revitalizing facial, a soak in the claw-footed bath for two, application of moisturixing goat butter creme and a cocoon tratment in the German Evelopment System, and an aromatherapy massage. What a way to spend half a day!

Canyon Ranch SpaClub offers more than 120 services and activities and more than 30 health & wellness preventive care services, including nutritional analysis, movement therapy, bone density scan, cardiac stress testing, physical therapy assessment, sports injury treatments, women's health consultations and full physical examinations. More than enough to keep you busy for a short or extended visit. The facility itself is outstanding and the therapists top notch. Even though it was

somewhat impersonal, Canyon Ranch SpaClub has the most complete fitness, well-being, and spa treatment offerings of exceptional quality of any spa I have visited. That is why the Canyon Ranch "brand" has its well-deserved reputation.

Canyon Ranch Spaclub
At the Venetian Resort Hotel & Casino
3355 Las Vegas Blvd. South, Suite 1159
Las Vegas, NV 89109
702-414-3600 in Las Vegas
or 877-220-2688 toll-free outside of Las Vegas.

Photos courtesy of Canyon Ranch

Day Spas in Nevada
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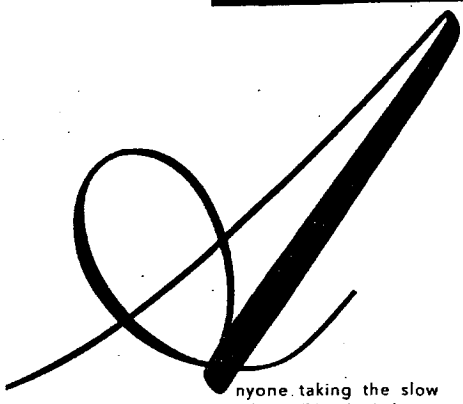
las vegas magazine
march/april 1999

VEGAS VISIONS

Upscale Entertainment Venues: Theatre, Dining and Shopping

BY LARK ELLEN GOULD



Anyone taking the slow approach into Las Vegas these days will be dazzled even before they hit town as they descend from the high desert from Los Angeles into the glittering valley. On the southern most end of the Strip the first shock is Mandalay Bay, reflecting the sun through its Y-shaped walls of golden mirrored windows with the blinding glint of a million diamonds. It's comely and if you are in a car, you will be tempted, like the mines of Solomon, to stop there. But if you keep on rolling, the pyramids of Luxor will capture your attention next with laser lights traveling up the spines of the resort, culminating in a concentrated beam to the heavens.

And as you continue to travel, you'll notice a lovely lake on the left, bolstered by carved balustrades and enhanced by hundreds of twinkling white lights as if to say this is Paris or Rome or Milan, that is, until more than a thousand water jets shoot columns of water into the air and pirouette their streams in tune to Frank Sinatra or Tony Bennett standards. Then you know you have found Bellagio.

That is definitely not Paris, for it's sitting right across the street, where the Eiffel Tower will become the new pinnacle of the Strip skyline with the Arc de Triomphe in the background, creating a grand porte cochère for the upcoming French-themed Hilton resort named after the City of Lights.

Then you'll know you're not in Venice – yet, for that is just a little further down the road where The Venetian's Doge's Palace is taking shape amid water canals and famous Venetian landmarks all presenting impressive, if not painstaking, details of the legendary city's architectural and artistic splendors.

This is the new Las Vegas: No Vegas Vic's here or behemoth curving arrows with thousands of ever-blinking yellow light bulbs to point the way to get-quick riches. This Las Vegas offers class, a diversity of experience, memory-making production shows, dining experiences on par with top restaurants around the country, and shopping that rivals Beverly Hills, Paris and Milan – with and without discounts.

"Las Vegas is a combination of how entertainment is defined," says Sheldon Adelson, chairman and CEO of Las Vegas Sands, Inc., which owns The Venetian. "Visitors see shopping, fine dining and quality rooms as that combination that they come to see. It's simply everything that Las Vegas has to offer."

The Las Vegas of the new millennium will have Broadway theater productions, top spas and will offer experiences people go to New York, Los Angeles and even Europe to find. Steve Wynn, who dropped the glove on luxury properties in Las Vegas when he opened Bellagio last year, is challenging his contemporaries again. This time the challenge is to bring real theater to town. For a man who opened the city's first top-shelf art gallery, the word is being taken very seriously. "The draw here was never the gambling," says Wynn. "It was always the show of the town – the perverse, [that which was] lacking in subtlety and taste but always, always exciting. It was the leggy girls, the 24-hour gambling and the head liners. Every pit boss was thought to be a member of the Mafia. It was always the show."

Now, Wynn notes, "you have to give people a serious reason for coming. You need to take a long, hard look at what people want and discount gaming does not do it. It's the dining, the leisure. No one says, 'I can't go another week without a craps game.' Benny Binion (who built the venerable Binion's Horseshoe in downtown Las Vegas) used to say you have to give people a chance to fool themselves." And that might be presented in the chance to live it up in Las Vegas in a luxury property offering the ambiance of some famous city in a far away place.

One such city is Venice and where best to find it without flying across the Atlantic than across from The Mirage at the center of the Las Vegas Strip. Almost like the pharaohs who built the great monuments of Egypt, each better than the next as if each leader's architectural legacies would be judged against the others in some eternal contest, Las Vegas is fast becoming a city of monumental resorts – living legends of civilization's greatest feats. So says Adelson, "Bellagio raised the bar but we're raising it a little higher." When The Venetian opens April 14, it will obliterate any memories of Rat Pack capers that have been told over and over in choruses of coffee shop conversations at the Sands. The Venetian is the "New" Vegas, not for carpet joint customers. The new Vegas is art, romance, opera, architecture and textured space. What Venice did for the Renaissance, Las Vegas is doing for the traveler eager to leave one world behind and adopt another — if only for a little while.

"The Venetian will bring a higher quality visitor and titillate the interest of the American public," says Adelson. "What we have created is substantially different from the rest of Las Vegas. There are a lot of elements that make us the only true resort. Take our Canyon Ranch Spa, for instance – 65,000 square feet in Phase I, another 40,000 square feet in Phase II. How many other properties in Las Vegas can boast a 100,000-square-foot spa all run by one of the premier operators in the world within their hotel? And then we have 15 owner-operated restaurants and the Warner Bros. Sound Stage 24 entertainment center, the first and only of its kind with screening rooms, retail and dining all within an interactive sound stage experience. And I haven't even started talking

about the art. It's everywhere; it's built into the walls, it's on the ceilings, it's sculptured into the marble. The Venetian is a total sensory experience." The 63 acres of prime real estate on the Strip that once accommodated the Sands Hotel is now blooming with waterways, towers, sculptured columns, Baroque window arches and intricate bas-relief.

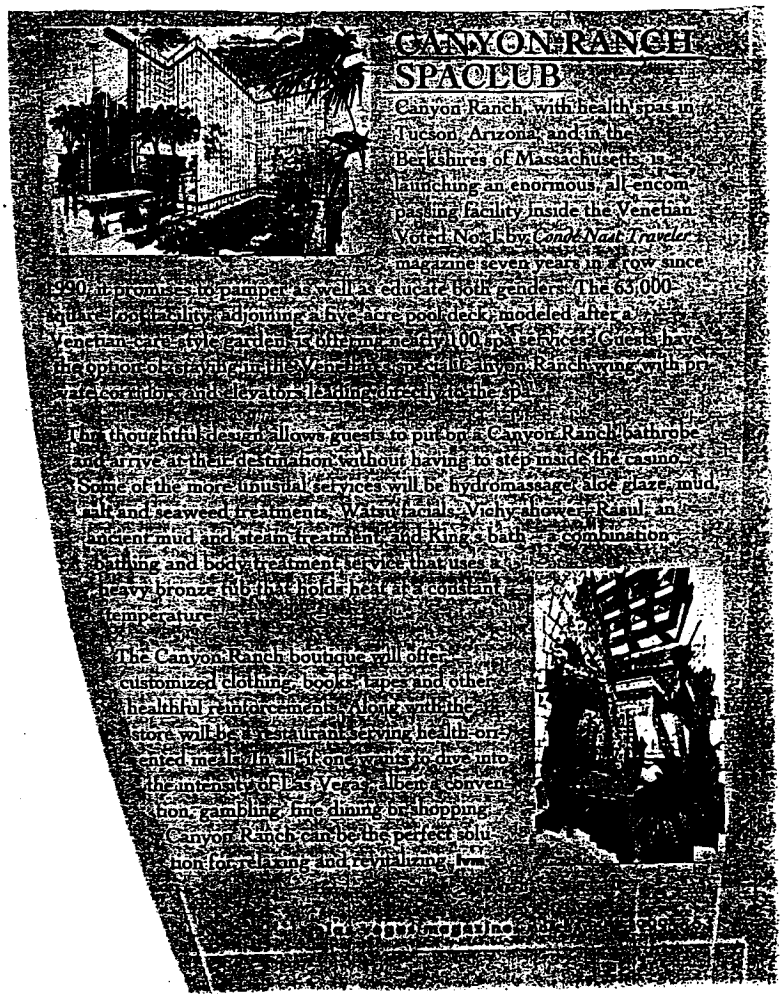
As much to scale as possible are re-creations of the Doge's Palace, Campanile Tower, the Rialto Bridge and the Bridge of Sighs, the Ca d'Oro and elements of St. Mark's Square. There will be plenty of marble here, marble from the same quarry that built the original Doge's Palace. The grand canals will flow inside and out, paralleling the Strip and making a grand entrance to the 35-story Venetian Hotel Tower.

Entertainment will abound in this inspired setting. Gondoliers will sing and pole their vessels along the quarter-mile maze of canals.

Artisans will ply their ancient crafts, jugglers and magicians will test their talents for visitors as they stare wide-eyed at the opulent works around them.

They will move over bridges and stairs to The Grand Canal Shoppes, rivaling only The Forum Shops at Caesars for transformative shopping experiences. "Shopping is one of the elements of entertainment and that's why I put in $1.2 million in The Grand Canal Shoppes," says Adelson. The Grand Canal Shoppes will present 500,000 square feet of retail and dining in "neighborhoods" cobbled and carved in the style of old Venice beneath a Mediterranean sky. All will culminate in St. Mark's Square, a vast piazza beneath a 70-foot firmament where people gather to dine, stroll and relax. The Venetian will even have its own pigeons and doves to fly over the canals.

A number of fine retail stores will be making their American debut, while others will be finding their first Las Vegas home outside New York or Beverly Hills. Davidoff Cigars, Jimmy Choo shoe boutique (who made custom shoes for Princess Diana), Jesurum, Lladro, Ripa di Monti, Tolstoys and Pal Zileri will be found amid intricately sculpted facades and fountains.



CANYON RANCH SPA CLUB

Canyon Ranch, with health spas in Tucson, Arizona and in the Berkshires of Massachusetts, is launching an enormous all encompassing facility inside the Venetian. Voted No. 1 by *Condé Nast Traveler* magazine seven years in a row since 1990, it promises to pamper as well as educate both genders. The 63,000-square-foot facility, adjoining a five-acre pool deck modeled after a Venetian-style garden, offers nearly 100 spa services. Guests have the option of using the Venetian's porte-cochere canyon Ranch wing with private corridor and elevators leading directly to the spa.

The thoughtful design allows guests to put on a Canyon Ranch bathrobe and arrive at their destination without having to step inside the casino.

Some of the more unusual services will be hydromassage, aloe glaze, mud, salt and seaweed treatments, Watsu facials, Vichy shower, Rasul, an ancient mud and steam treatment, and King's bath, a combination bathing and body treatment service that uses a heavy bronze tub that holds heat at a constant temperature.

The Canyon Ranch boutique will offer customized clothing, books, tapes and other healthful reinforcements. Along with the store will be a restaurant serving health-oriented meals. In all, if one wants to dive into the intensity of Las Vegas, Albert's convention, gambling, fine dining or shopping, Canyon Ranch can be the perfect solution for relaxing and revitalizing.

MARCH/APRIL 1999

STYLE MAGAZINE

ATLANTA

DETROIT

BALTIMORE

Viva Las Vegas!

Writer Mary Ann Treger hits the Strip to revel in the old crass and new class of this celebrated neon oasis.

For years I've denied it, pretended it just wasn't true. But this year I've decided to come out of the closet and reveal my repressed passion: I love Las Vegas.

I know this isn't the most sophisticated or cultured conversation starter. My friends will surely be shocked by the revelation, expecting much more worldly destinations such as Moscow or St. Petersburg or Vienna to capture my heart. But every now and then I like to forget my troubles and head west to this playground of dreams, a place devoted to nothing but fun, glitter'n'glitz. A place where I can lay off the history lessons and arrive with no advance research about archaeological sites or artistic offerings. Where the most famous museum in town is devoted to Liberace, reinforcing the fact that we should never take life too seriously.

A trip to this land of decadence means I can leave my conservative knit suits behind along with those boring but sensible shoes and pack my seldom-worn Wonder Bras, black lace-topped stockings and sultry stiletto heels that don't fit my casual Annapolis lifestyle. Every now and then a little naughtiness is nice, and Las Vegas is an irresistibly naughty place.

Bugsy Siegel's creation is still a virtual city of hope. Everyone is an optimist, and the talk revolves around hitting the jackpot, testing a new blackjack formula, beating the odds. Winning is an undeniable high, no less exhilarating than a hole-in-one or acing a tennis serve. But gambling is hardly the reason I return year after year.

I love Las Vegas because it's downright silly, totally outrageous, one big spoof. Where else in the world can you find a skyline dotted with replicas of New York, Paris and Venice along with a volcano, a Sphinx and a pyramid? And all this on the same street? This city of lights, a neon oasis, celebrates the invention of electricity better than any other place in the world. Every major hotel is illuminated against the desert sky, and zillions of lights swirl and flash on marquees the size of Delaware. I feel as though I've been transported to Oz, or a sequined Alice's Wonderland. Yes, Las Vegas is a totally wacky, wonderful celebration of American ingenuity, so over the top, it's topless, so to speak. In the past, just about every superlative has been used to describe Las Vegas, except one: classy. Fortunately, that's about to change.

ONCE THE MECCA FOR THE TACKIEST hotels in the world, Las Vegas is being redefined by a tidal wave of prosperity and now draws some of the finest five-star resorts. The legendary Sands, the Dunes, the Landmark and the Aladdin hotels made famous during the heyday of the Rat Pack have gone up in smoke, imploded to make way for sophisticated newcomers. Entertainment is changing, too. Wayne Newton and Debbie Reynolds still perform, but so do Eric Clapton, Janet Jackson, Sheryl Crow and even Pavarotti. T-shirt places continue to line the Strip, but ultra luxurious shops and boutiques from Chanel to Versace have moved into town with stores that look more appropriate for Rodeo Drive or Worth Avenue.

Not long ago, the odds of having a great meal were slightly less than the chance of winning $10 million on the slots. All-you-could-eat buffet dinners or surf-and-turf specials for $5.95 were the rage. Cheap meals and free booze in the casinos were part of the attraction. You'll still find them, but the current transformation also is attracting some of America's finest restaurateurs. Their new eateries cater to the newer, younger, hipper visitor. Mario Maccioni's Le Cirque, Aureole, The Palm, Smith & Wolensky from New York; Aqua from San Francisco; Emeril's from New Orleans; and Olives from Boston. Jean-Georges Vongerichten, famous for his restaurants in NYC, London and Hong Kong, recently opened Prime. Wolfgang Puck plans a Postrio similar to his trendy spot in San Francisco, and Spago and Chinois already are here. The town is sizzling.

This spring, a 424-room Four Seasons Hotel plans to open on the 35th to 39th floors of the $950 million, 3,700-room Mandalay Bay Resort and Casino. This will be the first time a Four Seasons Resort has been built actually inside another hotel. The entrance will be private but it will share the Mandalay's perks— a sand and surf beach, 11-acre tropical lagoon and swim-up shark tank. A beach in the middle of the desert? With enough money, nothing is impossible.

Later this year, a taste of healthy living will arrive in the land of decadence when The Canyon Ranch opens its first SpaClub at the new $2.5 billion Venetian Resort Hotel Casino. At 6,000 rooms the Venetian will be the world's largest all-suite resort. While every major hotel has a spa or fitness center of some kind, SpaClub will offer nearly 100 spa services and 50 treatment rooms as well as three-room Spa Suites for couples who just can't stand to be apart, even for a mud wrap or aloe glaze. Need a little elevation in the desert? Facilities will include a 40-foot rock-climbing wall. To authentically capture the essence of Venice, the hotel's developer commissioned a Venice-based historian to help replicate the city's famous landmarks, including the "Grand Canal" with a fleet of gondolas, arched bridges, waterside cafés and a Campanile Tower reminiscent of St. Marks Square. *O Solo Mio!*

TRAVEL AGENT
THE NATIONAL M AGAZINE OF THE TRAVEL INDUSTRY
ASHIP!
MARCH 1, 1999

Hotels

More Places to Spa

Hotels are responding to stressed-out travelers by enhancing their spa offerings

By Stacy H. Small

Agents looking for ways to boost their commission checks may want to steer business clients to hotels offering spa services—an increasingly popular amenity for overworked road warriors.

"I would love to increase my spa business," says Lucy Hirleman, owner of Berkshire Travel in Newfoundland, N.J. "Two of my corporate guys have recently asked about spa facilities at hotels for future travel, so I need to check out what's available in San Diego and Denver. One always stays at Hyatts and the other at Hiltons, but if it's spa facilities they want, they may need to change chains."

Hirleman says higher air fares have resulted in her clients taking one longer business trip versus two to three shorter ones. "As a result, stress is more intense," she says. "People are definitely looking for some healthy, stress-reducing things to do in between meetings."

Meeting Demand. Hotels are clearly listening to their clients' requests and responding accordingly. Prior to embarking on its massive upgrade project last year, the 20-year-old Marriott Rancho Las Palmas Resort in Palm Springs, Calif., conducted focus groups in order to determine what its guests wanted.

"A spa consistently ranked high on the list," says General Manager Frank Garahan. "A couple of years ago people considered a spa treatment a luxury. They wouldn't consider booking meetings at a resort with a spa. Today the use of spas is growing exponentially, and people are starting to wonder, 'Why haven't I done this sooner?'"

As a result, Rancho Las Palmas—where 60 percent of the bookings are from business travelers and meeting attendees—spent $6 million to build a 20,000-square-foot, full-service spa and a health-oriented restaurant called Frescas, both of which opened in January. The two-story, European-style spa features a fitness center, swimming pool, 26 massage and treatment rooms with mountain views, a full-service hair salon and a retail shop.

Another example of the growing hotel/spa trend is Pritikin's decision to relocate its headquarters and open a full-service wellness center/spa at Loews Santa Monica Beach Hotel, a posh oceanfront hotel in California that generates 75 percent of its business from high-powered entertainment executives and other corporate travelers.

Pritikin specifically designed its spa menu with business travelers in mind, according to Nicola Evans, manager of the 6,000-square-foot facility. In addition to opening early and closing late (6:30 a.m. to 9 p.m.), the spa offers such treatments as a jet-lag-reducing eye treatment and an express, half-hour facial.

The Peaks updates its spa menu often.

Even business traveler-friendly boutique hotels—such as the new Hotel Monaco in Denver and W in New York—are cashing in on the trend by opening Aveda franchises on-site. "We're getting tons of business from meeting attendees who can't resist booking a massage once they see that we're here," says Steve Libhart, co-owner of the Aveda Renaissance Spa at the Monaco.

Another clear indication of the trend is last month's opening of Canyon Ranch's first "SpaClub" in Las Vegas. Housed in the new Venetian Hotel, adjacent to the largest meeting-and-convention complex in the U.S., the 63,000-square-foot SpaClub will feature an enormous fitness facility, specialized aerobics classes, nutrition and wellness programs, and 48 treatment rooms.

The SpaClub is expected to appeal to "typical Canyon Ranch clients and nontypical Las Vegas clients," says Gary Milner, director of new business development for Canyon Ranch. "The Venetian's market will primarily be those executives who have to come to Las Vegas on business—not because they want to gamble—and their spouses, who want something to do during the day."

Eventually, according to Milner, Canyon Ranch plans to expand the concept nationwide and open a SpaClub in luxury hotels in every key gateway city, including New York, Boston, Atlanta, Houston, Dallas, Chicago and San Juan.

As is usually the case, competition for the upper echelon of travelers is motivating many older, established hotels to keep pace by expanding their offerings. Some major Manhattan hotels that have undergone significant renovations in the past few years—including the New York Palace, Peninsula, Inter-Continental and Sheraton—now boast bigger and better spa-and-fitness facilities.

In Scottsdale the Phoenician's six-year-old Center for Well Being now offers daily meditation classes and a new light-touch aromatherapy massage with custom-blended oils. Cardio classes and spa treatments are constantly added to the menu of such world-class resorts as the Peaks in Telluride, Colo., while most large chains (Hyatt, Hilton, Marriott, Sheraton and Westin) continue to announce enhancements to their on-site spa offerings at properties in key cities.

Spa Specialties. Furthermore, properties are looking for ways to make their spa treatments stand out from those offered at other hotels. For example, the Ritz-Carlton Rancho Mirage in Palm Springs is offering the signature, 90-minute Pancho Karma massage, during which two massage therapists knead hot sesame oil over a client's body while soothing New Age music plays in the background.

As more and more hotels unveil such offerings, they are definitely looking to involve travel agents in their efforts to boost spa bookings. "Improving relations with agents and increasing agent spa bookings is top priority for us," says Gayle Brady, regional director of Golden Door, which operates a destination spa in Escondido, Calif., and the hotel spas at the Peaks and the Boulders in Carefree, Ariz.

"A lot of agents are hesitant to give us the

Continued on page 42

Continued from page 40

phone numbers of their clients and let us put our personnel directly in touch with them prior to their visit, but we feel it is essential in order to best serve their clients' needs and meet their expectations," says Brady. "That does not mean we want to bypass the agent in any way, and we do pay full commissions on all spa bookings."

Looking ahead, Golden Door is planning to conduct focus groups and launch a full-blown effort to educate agents on how to better incorporate spa bookings into their mix. Says Brady: "Travel agent input is critical to our success, and we want to develop programs that work for them." TA

Market Monitor

Hot Products

WYNDHAM UPGRADE — Until June 30, American Airlines AAdvantage members can earn the "Wyndham Triple Upgrade." The offer is available to clients paying the corporate or rack rate at a Wyndham, Wyndham Grand Heritage or Wyndham Garden property. AAdvantage members earn double miles on the hotel portion of their stay, plus a room upgrade, upgrade certificate for a full-fare flight on American and a certificate for a car rental upgrade with Avis. Call 800-WYNDHAM.

MONET IN MONTREAL — The Novotel Montreal Center offers the "Hommage a Monet" package through May 9. Included are two tickets to "Monet at Giverny: Masterpieces From the Marmottan Museum" at the Montreal Museum of Fine Arts; two tickets to an exhibit at the hotel organized as a tribute by Quebec artists to French Impressionism; one night's accommodations for two; dinner at the hotel's Cafe Nicole, with wine; breakfast; and tax and service charges. The rate is about $98 for the first night and $35 for additional nights. Agents earn 12 percent commission on the first night, 10 percent thereafter. Call 800-NOVOTEL.

CR002316

SPA NEWS

OPENINGS AND RENOVATIONS

This April, the **Venetian Resort in Las Vegas** will open—and it's bound to be a grand event. Patterned after Renaissance Venice, this mega-resort (on completion of phases I and II, the Venetian will have more hotel rooms than Bermuda) will include waterways, gondolas and replicas of Venetian landmarks, as well as the first **Canyon Ranch SpaClub**. A 65,000-square-foot health spa and fitness club (and one of the largest of its kind in North America), the SpaClub will offer a sampling of the quality treatments and programs from the original Canyon Ranch properties in Tucson, Arizona, and Lenox, Massachusetts. (800) 49-4-3556 or www.venetian.com (for more information on the Venetian). (800) 975-8880, ext. 201, or www.canyonranchspaclub.com (for more information on the Canyon Ranch SpaClub).

AQUA
MADISON, WI
MONTHLY 15,000
MARCH 1999

HEALING POWERS

freeing the body in water

6740 A

There seems to be something new in aqua therapy popping up all the time. The latest trend sweeping the water is Watsu (water shiatsu), a form of aquatic bodywork which "frees the body in water."

Not to be cast off as a New Age trend, Watsu is being used in rehabilitation and therapy, and it has piqued the interest of some swim spa manufacturers. With Watsu, an instructor holds or cradles you as you float and stretch in warm pools.

The warm water is used to support your weight as the instructor massages and stretches the body in ways impossible on dry land. Some find it so relaxing, they fall asleep.

If it sounds like a great way to pamper yourself, but you don't think Watsu is offered in your area, don't fret. Las Vegas's The Venetian, to open in April, will offer Watsu in its Canyon Ranch Spa. The Venetian is one of the hotels that guests at AQUA International in Las Vegas will be staying at for the Nov. 30-Dec. 2, 1999, show.

SPA

SEATTLE, WA
6-TIMES/YEAR
JANUARY 1999

SPA NEWS

OPENINGS AND RENOVATIONS

Canyon Ranch has taken the first step in its new mission of expansion, and it's a doozy—a Canyon Ranch SpaClub in the gargantuan new Venetian Resort Hotel in Las Vegas. With all the splendor of the Doge's Palace, not to mention the canals, The Venetian features more than 3,000 hotel suites, a huge casino and The Grand Canal Shoppes mall, where the SpaClub will be located. In keeping with the colossal scale, the SpaClub will encompass 63,000 square feet of treatment rooms, gyms, a medical/wellness center, Watsu pools, a café, a beauty salon-and a 40-foot climbing wall. The SpaClub is the first of many that Canyon Ranch hopes to open around the world, in addition to more resort-amenity and destination spas. (888) 288-5228.

Speaking of Vegas, if you're looking for an escape from the all-hours casino action, **Four Seasons Hotel Las Vegas** opens on March 1 as a small, quiet and non-gaming retreat right off the strip. Of course, the "small" 424-room luxury hotel will be occupying floors 35 through 39 of the Mandalay Bay Resort & Casino, a new 60-acre resort and entertainment complex. But the restaurants, spa and meeting areas will be housed in a separate two-story building, from which a private elevator can whisk you up to your room. (702) 632-5000.

Canyon Ranch is not the only destination spa branching out: golden doors will soon be popping up everywhere. Symbols of the famous **Golden Door** spa, which was acquired a year ago by luxury chain Grand Bay Hotels and Resorts, the doors now adorn new Golden Door namesakes across the continent. First to add Golden Door Spas or CitySpas, which include the Japanese design of the original along with the signature treatments and products, was Las Casitas Village in Puerto Rico and the **Peaks Resort & Spa** in Colorado. Next up are The Boulders, Carmel Valley Ranch, The Lodge at Ventana Canyon and three Grand Bay city hotels. (800) GRANBAY.

Just in time for the snowbirds, Mexico's **Hotel Spa Ixtapan** last fall unveiled the results of a $1 million renovation that added 3,000 square feet, a new whirlpool pavilion and 33 new treatment rooms to the spa. Each of the rooms also boasts new equipment, tables and accessories, to go along with a general revamp of the whole hotel. Ixtapan (65 miles from Mexico City) is also incredibly affordable, with spa weeks starting at just $775 per person. (800) 638-7950.

If you don't mind the paradox, you can soak up Mediterranean style while gazing at the Caribbean from the new **Le Meridien Cancun** on the Yucatan Peninsula. The luxury hotel, which includes the South of France restaurant and a European spa, opened in October. (800) 311-4393.

The spa town of Karlovy Vary (Karlsbad) in the Czech Republic will again host the **Kur Spa Course**, a two-week professional spa training program from May 9 through 31, 1999. Participants learn spa principles and are also treated to daily spa treatments and visits to Marienbad and Prague. Co-sponsored by the Alamo Plaza Spa at the Menger Hotel in San Antonio. (210) 223-5772.

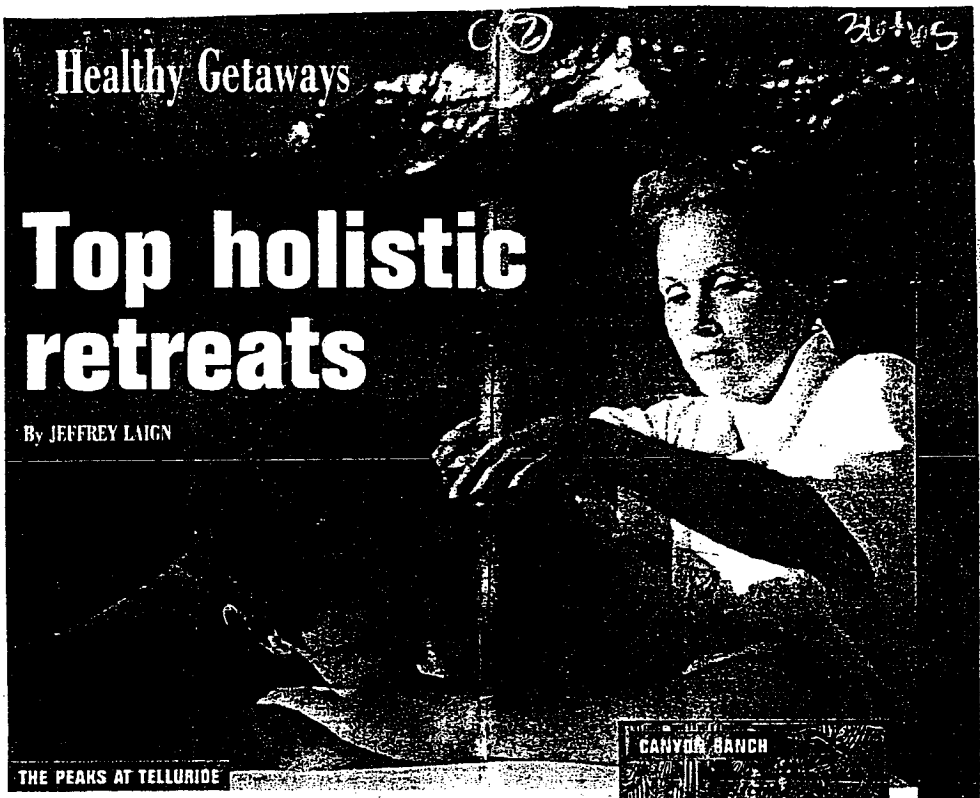
The new Optimal Aging program at **Canyon Ranch** in Tucson is offering something unique: health tests you can take at home. The packages by Great Smokies Diagnostic Laboratory test hair or fluid samples for levels of minerals, hormones and toxins; the results are waiting for you at the spa, which tailors a health program just for you. Great Smokies also offers a new consumer line of home tests called Body Balance. Canyon Ranch, (800) 726-9900; Body Balance, (888) 891-3061.

YOUR HEALTH
BOCA RATON, FL
8-TIMES/YEAR 70,000
APRIL 1999

Healthy Getaways

Top holistic retreats

By JEFFREY LAIGN



THE PEAKS AT TELLURIDE

Five years ago, Lorena Waselinko had second thoughts about taking time to attend Kirkridge Retreat and Study Center in Bangor, Pennsylvania. "An hour before check-in, I nearly checked out," Waselinko recalls.

But Waselinko stuck it out, and her soul-searching experiences at Kirkridge, she says, helped her to "clear the clutter" from her hectic life. "I felt a certain peace when I realized I could live without alphabetized spices or closets that resembled Rubbermaid ads."

Today, like Waselinko, growing numbers of baby boomers are discovering that retreats, spas and wellness centers can help to heal body, mind and spirit, as well as teach guests to take responsibility for their health and well-being. Last year, for example, spa attendance soared 70 percent over 1997, according to the International Spa and Fitness Association.

It used to be that spas were where the rich and famous went to shed pounds or stop drinking. Today, "Spas are evolving into the preventive medicine centers for the next century," says Diane Tegmeyer, author of *The Spa Lifestyle at Home* (Longstreet Press, 1997, $22.95). "Spas are about getting a prescription for life."

Think of spas and retreats as "lifestyle universities," where participants learn about healthy foods and diet; spirituality and mind/body techniques; and traditional and alternative medicine.

But with more than 1,100 spas around the country (up from 80 two decades ago), how do you choose the wellness center that's best for you? Here's a look at what some of the nation's top retreats have to offer.

Jeffrey Laign is a Your Health *contributing editor who specializes in travel and alternative health.*

CANYON RANCH

Canyon Ranch
Tucson, Arizona; (800) 742-9000

Physicians, psychologists, registered dietitians, exercise consultants and certified health educators are on hand to help rejuvenate body, mind and spirit at this renowned spa on 70 acres of picturesque desert. Canyon Ranch's one-week Life Enhancement Program is among its most popular and includes lectures and workshops on nutrition and diet management, behavioral health, and exercise and movement therapy. You also may select from a full menu of activities, including tai chi, qi gong, yoga, meditation, hiking, horseback riding and spa treatments. In addition seven gyms are outfitted with state-of-the-art fitness equipment. And evenings frequently are highlighted by lectures from noted psychologists, authors, naturalists and other experts.

Guests are housed among 180 "casitas" and suites decorated with southwestern furnishings.

Cost: Seven-night packages start at $3,640 per person, double occupancy, and include meals, use of spa and other facilities. Other rates vary according to room, season and package.

CR002321

Los Angeles Times

CIRCULATION:
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LAS VEGAS!

The "Royal King's Bath" is an example of the many treatments available at the Canyon Ranch SpaClub at the Venetian resort. Costing $175, the 80-minute program features an exfoliation treatment followed by a bath filled with the essences of frankincense and sandalwood, and then a deep-relaxation massage.

Canyon Ranch SpaClub: state-of-the-art relaxation

BY LARK ELLEN GOULD

Las Vegas is known for its "firsts": first city to put in an erupting volcano along the street; first city to crown a downtown thoroughfare with a permanent and sensory-blasting sound-and-light show; first city to put slot machines in the airport—natch.

Now, for upscale spa-goers, Las Vegas is the first site to have a full-service Canyon Ranch SpaClub to its credit.

As those familiar with the spa scene know, Canyon Ranch virtually defines the pampering experience. It has celebrated health resorts in Tucson, Ariz., and the Berkshires in Lenox, Mass., and now it's putting its mark in Italian marble at the Venetian resort by offering the first of what will become a series of high-end Canyon Ranch SpaClubs nationwide.

Unlike the facilities in Tucson and Lenox—which are sprawling, free-standing affairs with palatial lobby areas, villas, pools and dining, pampering and wellness spaces within acres of natural beauty—SpaClubs are attached to already established resorts. The SpaClub at the Venetian can be used as a day spa for nonguests, a multiday Canyon Ranch wellness experience or an amenity for hotel guests to be enjoyed as desired.

While many hotels sport more limited spaces with beauty services and spa treatments, along with exercise rooms and sauna areas, the Canyon Ranch SpaClub spreads leisurely across 60,000 square feet. It is home to a wide range of treatments, from traditional to exotic, as well as a full schedule of fitness and wellness classes, state-of-the-art exercise devices and even medical exams and acupuncture.

"Our intention is to deliver the same healthy-living programming and expert advice available at our [Tucson and Lenox locations] to people who live and work and vacation in other destinations," says Canyon Ranch founder and CEO, Mel Zuckerman. "The SpaClub gives people a taste and awareness of healthy living, Canyon Ranch style. Our goal is always to help people adopt a healthier lifestyle."

And that philosophy applies to Las Vegas, which draws a healthy number of visitors each year who eschew the smoky gaming halls and bounteous buffet offerings—at least for a time—to enjoy the city's other qualities, including the great weather and unspoiled desert environs.

Canyon Ranch offers power hikes into the surrounding

Please see SPACLUB, Page 88

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SPACLUB

Continued from Page 82
desert and options for mountain biking and other healthy sporting activities in programs that can be as regimented or as unstructured as desired. Guests can stay in special nonsmoking Canyon Ranch-designated suites at the Venetian that are only steps away from the spa area. In their rooms or in the spa they can enjoy the calorie-restricted gourmet spa cuisine for which the Ranch is famous.

Guests can embark on a multiday regimen that will have them meet with medical, wellness and program counselors, as well as nutritionists, to get a kick-start on a healthy lifestyle. Or they can just lay back and have a treatment therapist heal their chakras with a hot-stone massage.

"The Venetian is the ideal location for the first Canyon Ranch SpaClub," Zuckerman says. "It provides a rejuvenating oasis for resort guests visiting for business or pleasure, as well as for convention delegates and their spouses. It's also the perfect healthy retreat for past Canyon Ranch guests who are visiting Las Vegas. And it can give others the opportunity to discover Canyon Ranch for the first time."

Whether a guest wishes to take rock-climbing lessons on the club's 40-foot climbing wall, visit spinning classes, practice yoga stretches or get a doctor-supervised and insurance-approved medical heart or weight-loss evaluation, the SpaClub is equipped and designed to meet several needs and wishes.

Interiors of blond maple and glass in spacious and simple geometric symmetries add a lightness to the experience that is calming immediately upon entering from the hotel corridor or third-floor pool area.

A number of package programs have been devised to fit guests' individual needs.

The "Wellness Menu" includes use of the locker-room health facilities, fitness classes, body-composition analysis, healthy beverages and lunch at the Canyon Ranch Café. These are day packages that range from $235 for the

Please see SPACLUB, Page 89

SPACLUB

Continued from Page 88
"Healthy Weight" package to $460 for the "Heart Wise" preventive health-maintenance consultation and Swedish massage. (The "Heart Wise" package must be booked 30 days in advance.)

Among the single-day options are packages put together to introduce guests to the Ranch experience, starting with the "Taste of Canyon Ranch" that features massage, body scrub and signature manicure for $210. These packages also include locker-room use, all fitness classes, body-composition analysis and teas, juices and lunch.

The SpaClub also has two-day and three-day packages for refreshment, health maintenance and weight loss. The two-day, $490 "Living Fit" package offers a personalized exercise consultation and program, a consultation with a nutritionist, a sports massage and a facial, along with lunch each day, use of all facility amenities and classes. The three-day "SpaClub Workout" package features a wellness consultation, a 30-minute personal training session each day, a sports massage, a rock-wall-climbing segment, a coconut body scrub and a signature manicure and pedicure for $670. These rates do not include the Venetian room charge, although guests can stay in Canyon Ranch-designated suites with these packages.

The SpaClub features a panorama of more than 120 treatments. Among the more exotic is *Rasul*, a Middle Eastern bath ceremony that combines medicinal muds and steamed herbs in an ornately tiled steam room fitted with an intense "rain shower" that pours beneath a fiber-optic "night" sky. Variations include skin scrubbing, goat-butter-cream wraps and baths in a smoke of healing frankincense, rose and sandalwood surrounded by flower petals and candlelight.

Other unusual treatments to be found are *Watsu* baths in which bodies are pulled and stretched while floating in warm water in specially designed pools; Thai massage performed while the client is fully clothed; prenatal massage; couples massage; and *ayurvedic* treatments, based on the ancient medical sciences of India. Massages start at $95 for 50 minutes, facials at $100.

While the Venetian heads toward its goal of becoming the largest hotel in the world—with some 6,000 suites when it's complete in the years to come—the Canyon Ranch SpaClub marks its moment as the largest resort-attached spa in the Western Hemisphere "and probably the Eastern Hemisphere, too," says spa director Charlotte Bowdle.

Even so, the facility plans to add an additional 40,000 square feet for a clean 100,000 square feet total when the Venetian begins Phase 2 of its development plans, as yet unscheduled.

Besides its single-day options, the SpaClub has two-day and three-day packages for refreshment, health maintenance and weight loss. The two-day, $490 "Living Fit" package offers a personalized exercise consultation and program, a consultation with a nutritionist, a sports massage and a facial, along with lunch each day, use of all facility amenities and classes.

For more information, call Canyon Ranch SpaClub at (877) 220-2688 or the Venetian at (888) 283-6423.

Lark Ellen Gould is the West Coast bureau chief of Travel Agent Magazine and writes often about Las Vegas.

SEPTEMBER 6, 1999

TRAVEL AGENT

THE NATIONAL NEWSWEEKLY MAGAZINE OF THE TRAVEL INDUSTRY

LAS VEGAS

TRAVEL AGENT MAGAZINE SECTION THREE SEPTEMBER 6, 1999

A Healthy Development

Canyon Ranch has come to Las Vegas with the first in a series of national SpaClubs

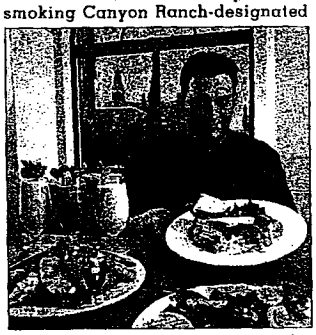
Las Vegas' "firsts" include putting a volcano along the street, crowning a downtown thoroughfare with an elaborate sound-and-light show and placing slot machines in an airport. To that list may now be added the first site of a full-service Canyon Ranch SpaClub.

Canyon Ranch, with health resorts in Tucson and Lenox, Mass., is putting its mark in Italian marble at the Venetian by offering the first of what will become a series of high-end Canyon Ranch SpaClub offerings nationwide. Unlike the facilities in Tucson and Lenox, which are sprawling, free-standing affairs with palatial lobby areas, villas, pools, dining, pampering, and wellness spaces within acres of natural beauty, SpaClubs are attached to established resorts. They can be used as a day spa for nonguests, a multiday Canyon Ranch wellness experience or an amenity for hotel guests to be used as desired.

While many hotels have limited space for beauty services and spa treatments along with a crowded exercise room and cramped locker and sauna areas, this club spreads amid 65,000 square feet to offer a wide range of treatments, from traditional to exotic, as well as a full schedule of fitness and wellness classes, cutting-edge exercise devices, beauty treatments, and even medical exams and acupuncture.

"Our intention is to deliver the same healthy living programming and expert advice available at our home destinations to people who live or vacation in other destinations," says Canyon Ranch founder and CEO Mel Zuckerman. "The SpaClub gives people a taste and awareness of healthy living, Canyon Ranch-style."

And that philosophy applies to Las Vegas, which receives a healthy number of visitors who eschew the smoky gaming halls and bounteous buffets to take the city for its other qualities: the great weather and unspoiled desert environs. Canyon Ranch offers power hikes into the desert and options for mountain biking and other programs that can be as regimented or as easy as desired. Guests can stay in non-smoking Canyon Ranch-designated suites at the Venetian that are only steps away from the spa area. In their room or in the spa they can enjoy the gourmet spa cuisine for which Canyon Ranch is famous. Guests can embark on a regimen that will have them meet with medical counselors, program counselors, nutritionists and wellness counselors to get a kick-start on a healthy lifestyle. Or they can just lie back and have a treatment therapist apply a hot-stone massage.



Canyon Ranch SpaClub serves the spa's renowned cuisine.

"The Venetian is the ideal location for the first Canyon Ranch SpaClub," says Zuckerman. "It provides a rejuvenating oasis for guests visiting for business or pleasure, as well as convention delegates and their spouses. It's also the perfect healthy retreat for past Canyon Ranch guests who are visiting Las Vegas. And it can give others the opportunity to discover Canyon Ranch for the first time."

Whether guests want to take rock-climbing lessons on the club's 40-foot climbing wall, sign up for spinning and trekking classes, do yoga or get a doctor-supervised and insurance-approved medical evaluation or lose weight, the SpaClub is equipped and designed to handle it. Interiors of blond maple and glass in spacious and simple geometric patterns add a lightness to the experience that serve to calm participants' nerves the minute they enter from the hotel corridor or the resort's pool area.

Spa Packages

A number of packages fit the specific needs of each guest. The Wellness menu includes use of the health facilities, fitness classes, body composition analysis, healthy beverages and lunch at the Canyon Ranch Cafe. These day packages range from $235 for the "Healthy Weight" prescription package to $460 for the "Heart Wise" preventive health maintenance consultation and Swedish massage.

On the Single Day menu are packages designed to expose the guest to the Canyon Ranch experience, starting with the "Taste of Canyon Ranch," which features a massage, body scrub and signature manicure for $210. These packages also include use of the locker room, all fitness classes, body composition tests, spa beverages and lunch.

The SpaClub also has two- and three-day packages for refreshment, health maintenance and weight loss. The two-day "Livng Fit" program offers a personalized exercise consultation and prescription, consultation with a nutritionist, sports massage and facial for $490, including lunch each day, use of all facility amenities and classes for two days. The three-day "SpaClub Workout" package features a wellness consul-

Continued on page 8

Continued from page 4

session each day, sports massage, wall-climbing session, coconut body scrub, and a signature manicure and pedicure for $650. Rates do not include the Venetian room charge, although guests can stay in Venetian-designated suites with these packages.

Commission Policy

Although the treatment packages themselves are not commissionable, the room charges are. However, Canyon Ranch SpaClub does offer commission of 10 percent on lodging and wellness service packages arranged and booked through the spa's group sales department. Call 877-862-0583. A minimum of 10 guests is needed to be considered a group, and meals are not included in the commissionable components. Canyon Ranch features an extended menu of more than 120 spa services. Among the more exotic is Rasul, a Middle Eastern bath ceremony that combines

Canyon Ranch is known for its luxury spa treatments.

medicinal muds and steamed herbs in an ornately tiled steam room fitted with an intense rain shower that pours beneath a fiber optic "night" sky. Variations include skin scrubbing, goat butter cream wraps and bathing in a smoke of healing frankincense, rose and sandalwood surrounded by flower petals and candlelight.

Other unusual treatments are watsu baths, in which bodies are pulled and stretched while floating in warm water; Reiki massage; prenatal massage; couple's massage; ayurvedic treatments; and seawater inhalation therapy. Massages start at $95 for 50 minutes, and facials start at $100.

While the Venetian heads toward its goal of becoming the largest hotel in the world, the Canyon Ranch SpaClub marks its moment as the largest resort hotel spa in the Western Hemisphere "and probably the Eastern Hemisphere, too," says spa director Charlotte Bowdle. The facility plans to add 45,000 square feet, bringing the total to an even 100,000 square feet, when the Venetian begins the second phase of its development plans.

For additional information, call the Canyon Ranch SpaClub 877-220-2688, or the Venetian at 888-283-6423

—By Lark Ellen Gould

VOGUE'S INDEX

beauty buzz

by Nancy Serano

inside story

Rescue Aromatherapy Nail Spa—that's Rescue to regulars—is giving the neighborhood nail joint a run for its money. Twenty-eight-year-old Manhattanite Ji Baek, RIGHT, conceived the idea of a fantasy nail spa when she couldn't find a place that filled the gap between expensive hair-salon manicure stations (wayward rolling tables, blow-dryers buzzing) and low-rent assembly-line factories ("Portable foot baths are gross," says Baek, cringing). "It's like if there were nothing between McDonald's and Le Cirque," she says. Baek designed Rescue with her ideal in mind: private rooms, blue and green hues, elevated sofa cushions, ice water, a soothing atmosphere. She uses noninvasive methods (no razors, no blades) and, to suit her nail-health-conscious clients, incorporates some French-inspired pedicure medicals techniques (for exfoliation and gentle repair) into her treatments. Rescue has drawn a decidedly high-profile crowd—makeup artists, young designers, stylists, magazine types, Wall Streeters—but the vibe is still down-to-earth. Manicure, $15; with pedicure, $45. (212) 431-3805. ☆

TIP OFF

Baek doesn't like coat-upon-coat polish: "Multicoats chip. Fast," she says. She swears by two light coats of Seche Ridge Filling Base Coat, RIGHT—that's all (available at Alcone, 800/466-7446). "Its subtle shimmer looks clean and beautiful, plus it's low maintenance and easy to touch up."

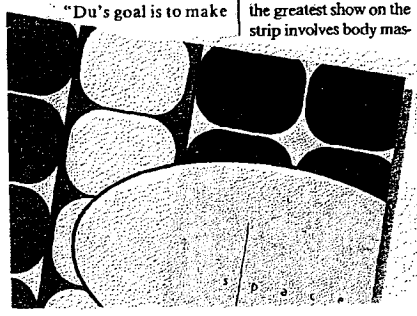
GOSSIP

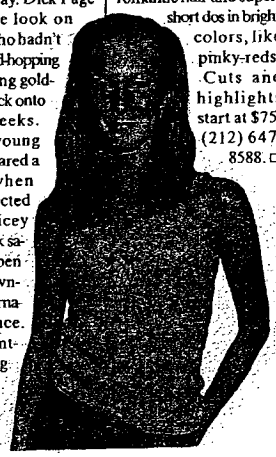
Hairstylist-entrepreneur William Williams is bringing the artists who create runway and magazine looks straight to your sofa. Williams's enterprise, Du, is a New York agency that matches big names of the freelance hair and makeup world to private clients. Appointments can be arranged at your place or at their mini (one-stylist-one-client-only) studio. "Du's goal is to make freelance artists accessible to everyone—not just models. By doing services at clients' homes, we aim to create the most personalized experience possible," Williams says. Cuts start at $150. Makeup, $100. (212) 614-1500.

● Leaving Las Vegas? Not a chance, now that the greatest show on the strip involves body massaging rather than tiger taming. Canyon Ranch is venturing beyond its destination locales (Tucson and the Berkshires) into uncharted territory this April, with the launch of its SpaClub at the Las Vegas Venetian Resort-Hotel-Casino. The mega-spa will offer exclusive body treatments like Rasul, an ancient mud-and-steam therapy, and the King's Bath, done in a heat-holding bronze tub. Plus VIP rooms for those who've hit the jackpot. See details at www.canyonranch.com

● Maggie Rizer, BELOW, worked the spring shows with a sudden deep glow that shrieked, "Tanning bed!" The truth, according to Maggie: an Anguillan getaway. Dick Page faked the look on models who hadn't been island-hopping by blending gold-tone lipstick onto their cheeks.

● Four young stylists shared a vision when they defected from pricey New York salons to open their downtown alternative, Space. "We wanted to bring relaxed energy and imaginative styling together in an open space," says Renee Serra, one of the owners. Space has been doing extremes for spring: long, romantic hair and super-short dos in bright colors, like pinky-reds. Cuts and highlights start at $75: (212) 647-8588. □





Beck: JAUTA BESEN; hair and makeup, CRAIG VANDENBRULLE for LACHAPELLE. Model, bottom right: ROXANNE LOWIT; nail polish, JOHN LAWTON.

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SELF APRIL 1999

BEAUTY FLASH

Hair dye gets a reprieve Contrary to popular belief (and past research), **COLORING YOUR HAIR DOES NOT INCREASE YOUR RISK OF DEVELOPING NON-HODGKIN'S LYMPHOMA,** the fifth most common cancer among American adults, according to a recent study reported in the *American Journal of Public Health.*

And implants are off the hook—for now A panel of four independent scientists appointed by a U.S. district judge has recently concluded that there are **NO PROVED LINKS BETWEEN SILICONE BREAST IMPLANTS AND CONNECTIVE TISSUE DISEASES (SUCH AS RHEUMATOID ARTHRITIS).**

Extra! Extra! Read all about skin Kick off Melanoma/Skin Cancer Detection and Awareness Month this May by checking out **"SKINSAVVY," THE AMERICAN ACADEMY OF DERMATOLOGY'S THIRD ANNUAL GUIDE TO CLEAR AND HEALTHY SKIN,** in the Friday, April 30, edition of *USA Today.* Learn to identify irregular moles, use sunscreen properly and more. For information, call 888-462-DERM or visit www.aad.org.

Like a baby's bottom Many beauty products promise skin as soft as a newborn's. **GLY DERM'S NEW VERNIX MOISTURIZER DOES IT BY DUPLICATING NATURE'S OWN SKIN PROTECTOR, VERNIX CASEOSA,** a creamy substance that sheathes the fetus. Best for very dry or chapped skin, Vernix, from ICN Pharmaceuticals, is available from dermatologists and cosmetic surgeons ($26 to $35).

Meanwhile, back at the ranch Imagine the perfect getaway: luxurious massage treatments, yoga classes, low-fat gourmet cuisine. Now imagine it within easy distance. This month, **CANYON RANCH, THE HIGH-END HEALTH RETREAT IN TUCSON AND LENOX, MASSACHUSETTS, GOES NATIONAL,** opening its first SpaClub at the Venetian Resort in Las Vegas. For info on future SpaClubs, visit www.canyonranch.com.

Tree-free tissues They may look cottony, but most facial tissues are made of highly processed wood fibers that dust your face with lint and can irritate sensitive skin. New **PURELY COTTON TISSUES ARE THE FIRST MADE OF, WELL, PURE COTTON, SO THEY'RE SOFTER AND UP TO 10 TIMES MORE ABSORBENT THAN NONCOTTON VARIETIES.** For more information, call 800-372-SOFT.

Feel-good hair The key to successful styling? Knowing the precise texture of your hair and working with it—not against it—says stylist-turned-author Kevin Mancuso. His latest creation, ***THE MANE THING*** **(LITTLE, BROWN AND COMPANY, $25), IS A STEP-BY-STEP GUIDE TO IDENTIFYING YOUR HAIR TEXTURE** and finding the appropriate cuts, color, style, tools and products for it.

Don't get sucked in More and more physicians are sucking out patients' fat, yet not all are experienced, according to a survey by Arthur Andersen for the American Academy of Cosmetic Surgery. The survey found that **DOCTORS WHO PERFORMED MORE THAN 132 PROCEDURES A YEAR (THE AVERAGE AMOUNT) HAD THE SAFEST RESULTS.**

Spas

Long associated with high-end resorts, the best spas have upgraded from gyms with massage rooms to full-blown, luxurious, New Age temples to spiritual and physical fitness. The variety at some of these places is astounding—salt scrubs, seaweed wraps, aromatherapy, mud baths—you name it. By the way, all of these places have attendant salons, where guests can schedule appointments separately. Be sure to book treatments well in advance.

Aquae Sulis *Resort at Summerlin, Las Vegas*

Aquae Sulis, meaning "waters of the sun," is the crown jewel in the collection of luxurious amenities offered at the Resort at Summerlin. The expansive facility has redefined the spa experience, with treatments that range from ancient massage techniques to "color therapy," which involves taking a picture of your aura to determine areas of blocked energy. All spa treatments include the "Aquae Sulis Ritual," a hydrotherapy circuit beginning with cold and hot plunges, moving to a soak in the warm thalasso pool, then to the outdoor hydrotherapy pool, and ending with a waterfall shower.

Canyon Ranch SpaClub *The Venetian, Las Vegas*

Nestled within a Venetian-style garden atop the five-acre pool deck, the 65,000 sq. ft. Canyon Ranch SpaClub is a state-of-the-art health, spa and fitness facility featuring massage, skin care and body treatment rooms, gyms and weight rooms, a 40-foot rock climbing wall, movement therapy and Pilates studios, a Spinning gym, therapeutic Watsu pools, a Canyon Ranch restaurant, a beauty salon and medical/wellness center, and an indoor swimming pool for water aerobics classes and lap swimming.

Grand Spa & Salon *Foxwoods, Connecticut*

With its panoramic views of the rolling Connecticut woods from the 9th floor of the Grand Pequot Tower, Foxwoods' Grand Spa & Salon doesn't need much of a theme—the facility has the quiet exclusivity expected in a high-end spa, with a decor that evokes an ancient Roman bath. Seven massage rooms and four treatment rooms offer a wide variety of options, including body polish, body bronzing, seaweed wraps, mud wraps and hydrotherapy. Separate men's and women's lockers, steam rooms, saunas and hot tubs are available near the three indoor pools, and a full-service salon is located in the spa lobby.

The MGM Grand Spa *MGM Grand, Las Vegas*

Overlooking the new 6.6-acre pool area and gardens, the luxurious MGM Grand Spa is a worthy addition to this largest of resorts. All massages and facials are a luxurious 55 minutes long, as specially trained practitioners work to provide rejuvenation and inner serenity. For stress relief, the spa provides Swedish, shiatsu and traditional massages, as well as reflexology foot massages and scalp treatments. More than a dozen skin programs are available to exfoliate, detoxify, nourish and rehydrate. Facials run the gamut from simple, cleansing procedures to face peels and energy activation treatments. All this to the sounds of running water and New Age music.

Oasis Spa *Luxor, Las Vegas*

One of the finest spa facilities in Las Vegas, the 12,000 sq. ft. Oasis Spa features a full range of affordable amenities, including aromatic steam baths and showers, hot and warm whirlpools, dry sauna and an extensive menu of body wraps and scrubs, all varieties of massage, facials, hydrotherapy and personal training. For the ultimate in revitalizing treatments, the Oasis Spa offers aromatic sea salt scrubs and soaks, body masques with clay, Dead Sea mud or seaweed, a botanical body buff and an exfoliating loofa scrub. Four body wraps include herbal, aroma, steam and aloe. Cleopatra never had it so good.

CASINO PLAYER
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MONTHLY 200,000
DECEMBER 1999

The Spa *Bally's Park Place, Atlantic City*

The Spa at Bally's is a highly acclaimed tropical paradise, offering facilities and services that have made it one of the most remarkable in the country. This 40,000 sq. ft., two-story facility, completed at a cost of $28 million, is often referred to as a "resort within a resort," in tribute to its popular spa package plans and state-of-the-art fitness and relaxation facilities and services. The spa features a lush whirlpool park, an indoor pool, sauna and inhalation room, treatment rooms, multi-sport courts, an aerobics studio, a weight resistance center, cafe, pro shop and a sun deck. The Spa also offers health and fitness services such as one-on-one workouts, complete fitness assessments and health consultations.

The Spa and Salon *Beau Rivage, Biloxi*

No trip to Beau Rivage would be complete without spending a few hours (if not the whole day) in this exquisite, 20,000 sq. ft. facility, easily the most extensive in the state—and probably in the entire Southeast as well. It's the ultimate experience for "rejuvenating body and spirit," as they say, whether it's with a massage or spa treatment, while relaxing in the lush garden solarium, or while getting a makeover at the salon.

At the spa, professional masseuses offer a vast selection of massage, skin therapy and European body treatments, in addition to steam, sauna, whirlpools, private showers, lounges, vanity amenities, a full juice bar, an aerobics room overlooking the pool and the latest Cybex exercise equipment for toning, shaping and cardiovascular workouts.

The Spa and Salon *The Mirage, Las Vegas*

Comfort and service in the European spa tradition, combined with the latest fitness, health and beauty programs, are available exclusively to Mirage guests at The Spa and Salon, consistently voted top spa in Las Vegas by *Casino Player* readers. Upon entering the skylit Grand Court, guests are surrounded by trees, foliage and hanging vines that create an environment of pure relaxation. The Court allows access to separate men's and women's spa facilities, an exercise room and a full-service beauty salon.

The Spa and Salon *Treasure Island, Las Vegas*

While Treasure Island's spa is lovely, its packages set it apart from the competition. Nearly every treatment offered at The Mirage is offered here, at a better price. For as little as $99, guests can enjoy a day of indulgence that includes a half-hour massage, a half-hour facial, a manicure and a paraffin hand treatment. An additional $80 adds an hour facial and massage, a manicure and pedicure, and paraffin foot and hand treatments. Unlimited use of the spa facilities, including whirlpools and steam rooms, is included in the package prices. Guests may also schedule a variety of spa and salon treatments from an a la carte menu, including aromatherapy wraps, back treatments, and lash tinting.

The Spa at Caesars *Caesars Palace, Las Vegas*

Another great addition to the Empire in the new Palace Tower is the 23,000 sq. ft. Spa at Caesars, a completely state-of-the-art retreat for fitness, pampering and rejuvenation. With 28 treatment salons, guests can indulge in some highly specific, even unusual body treatments—some of which are not even widely available in the United States. Ayruvedic rituals from India, for example, use herb-infused oils, and exotic Hawaiian, Javanese and Balinese therapies are accompanied by island music and performed by aestheticians clad in sarongs. There are also Moor mud baths, seaweed body masks, sea salt treatments and loofahs.

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The Spa at Harrah's *Harrah's, Las Vegas*
The spa at Harrah's is one of the best-kept secrets on the Strip. The beautiful, marble-swept facility offers pampering luxury at its best, with a wonderful fresh juice bar, perfect after a workout, and a state-of-the-art gym overlooking Harrah's swimming pool. For treatments, the spa is tough to beat, both in service and price. In addition to massages, wraps and facials, the spa features a private hydrotherapy room, complete with a candle and cool compresses.

The Spa at the Desert Inn *Desert Inn, Las Vegas*
As expected from this country club of a resort, the Spa at the Desert Inn is of very high quality. Over 20,000 sq. ft. of marble fountains, statues, floor-to-ceiling windows overlooking the gardens and sun-lit private rooms create a tranquil background for a myriad of body treatments, including five massage techniques, facial treatments, desert clay body wraps, aromatherapy salt glow, balneotherapy with Moor mud and thalassotherapy. There are also two loofa rooms with Vichy showers, six whirlpools, six hydrotherapy tubs, two Finnish saunas, and two Turkish steam baths.

Spa Bellagio *Bellagio, Las Vegas*
The Spa Bellagio offers luxurious body care in the European tradition. Guests of the Spa may choose from a variety of treatments, including a complete range of massage therapies, aromatherapy, deep-tissue massage and Swedish massage. Also available are hydrotherapy services, facials, body treatments and Vichy showers. An exercise room features a full line of state-of-the-art equipment by Cybex, complemented with delightfully attentive service. Separate men's and women's facilities provide steam rooms, saunas, whirlpools and a lounge where guests can enjoy fresh fruit.

Spa Mandalay *Mandalay Bay, Las Vegas*
Located at the beach level of the resort, Spa Mandalay overlooks the lush, 11-acre tropical garden at the heart of Mandalay Bay. The state-of-the-art facility includes 26 treatment rooms, with services ranging from classic and traditional massages; scrubs and wraps to Ayurvedic rejuvenation therapy. With its cascading waterfalls, Jacuzzis and whirlpools, the spa has separate men's and women's facilities, along with several saunas and steam rooms.

TRAVEL AGENT
NEW YORK, NY
WEEKLY 53,300
DEC 6 1999

Shifting Gears From the Gaming Tables To the Massage Tables

Clients can take a break from games of chance and rejuvenate in the city's great spas

When in Las Vegas, clients should do as the Romans did thousands of years ago: luxuriate. Caesars Palace forwarded this concept when it opened, in 1966, offering palatial-size whirlpool suites where, for an extra few dollars, someone would come along and peel a grape for you. Guests went to Caesars Palace if they "wanted to be treated right," and there was usually a friend of a friend who could get them whatever they needed or wanted.

No longer do visitors have to "be someone" or know someone to get the works in Las Vegas; one only needs to know where to go to luxuriate—which would be any one in a collection of world-class spas that have made their mark and stand out among the city's offerings.

Innovative Treatments

The latest spa to open in Las Vegas is Aquae Sulis at the Resort at Summerlin. The 40,000-square-foot spa brings an unparalleled selection of treatments and relaxation methods, most of which are not found outside certain remote locations in Europe and India (or anywhere else at all). These include an innovative treatment called the cavitosonic chamber, where, after an intense bath-therapy treatment, guests "chill out" in a special room that emits negative ions. In addition, an outdoor "watsu" pool provides a forum for intimate yoga stretches within soothing body-temperature water.

Adjacent to the watsu pool, a massage hut for daylight and candlelight body treatments provides privacy for outdoor services. A spa feature designed specifically for Aquae Sulis is the chamber water system. This outdoor wading area focuses on the ways that water can both relax and heal the body. According to Mindy Terry, the spa's director, the point of the system is to allow the body to be at peak receptivity for whatever treatment follows.

Of course, state-of-the-art fitness equipment, swimming pools, whirlpools, cold plunges and saunas can be found at the spa. In addition, an extensive menu of bath therapies, massages and ayurvedic treatments given by practitioners trained by special Indian masters and using authentically procured and mixed herbs are available.

Caesars Palace spa offers a revolving climbing wall for athletic guests who enjoy a challenge.

"Basically, I was told to go around the world and find the best and most incredible treatments I could, and bring them here to Aquae Sulis," says Terry. "So I did." For more information about the spa, call 877-869-8777.

Canyon Ranch at the Venetian has opened a 60,000-square-foot facility, with another 40,000 square feet planned when phase two of the Venetian's building plans get under way. One can go for a single treatment, spend the day, purchase a three- or four-day all-over treatment plan, or stay in special Canyon Ranch suites to get the full effect of what the spa has to offer. The suites are located close to the spa facility and are the only rooms at the Venetian where Canyon Ranch spa cuisine is delivered by room service.

The spa features an extended menu of more than 120 services. Among the more exotic is Rasul, a Middle Eastern bath ceremony that combines medicinal muds and steamed herbs in an ornately tiled steam room that is fitted with an intense rain shower that pours beneath a fiber-optic "night" sky. Variations include skin scrubbing, goat-butter cream wraps, and bathing in a healing smoke mixture of frankincense, rose and sandalwood in a candlelit environment surrounded by flower petals.

A Taste of the Exotic

Other unusual treatments involve indoor private watsu rooms, in which bodies are pulled and stretched while floating in warm water; a variety of massages, including Thai (recipients are fully clothed), Reiki, prenatal and couples'; ayurvedic treatments; and seawater inhalation therapy. Massages start at $95 for 50 minutes, and facials start at $100. Call 888-283-6423.

Caesars Palace has revamped its spa area and opened a salon below it. The Spa at Caesars is a 23,000-square-foot facility that includes a Zen relaxation and meditation chamber, a fully equipped fitness center with virtual-reality spining and climbing tours, a portable climbing wall, aerobics classes and yoga, as well as 28 treatment rooms. There are separate, Turkish-inspired whirlpool rooms for men and women. Eucalyptus and cedar saunas are permeated by meditative music in preparation for upcoming treatments, which include reflexology workouts and the Ultimate Synchro Experience, which lasts 50 minutes and involves two masseuses synchronized to each other and the music. Shiatsu is offered, as well as Swedish and aromatherapy massage, and ayurvedic treatments.

Continued on page 14

Continued from page 12

The new salon features a manicure/pedicure station, where patrons sit in massage chairs. All hair stations have a private television. Call 800-634-6661.

Meanwhile, the Grand Spa at MGM has also undergone a makeover. It bills itself as an "experience for the body, mind and soul," with treatments ranging from stress-relief massages to body scrubs, facials, and purification and body treatments. The Para Fango treatment, a body wrap that consists of wax and sea mud, detoxifies the whole body. The Milk and Honey exfoliation uses the two ingredients to treat sensitive skin, while the Collagen Sheet improves the skin's elasticity.

The best deal is the Grand Spree. The treatment, which lasts three and a half hours, includes exfoliation, a scrub and polish, body shampoo, 30-minute Swedish massage and 30-minute facial, as well as a manicure and a pedicure—all for $175. For more information, call 800-929-1111.

Desert Spa

Desert Inn completes the list as one of Las Vegas's top spas. The property has long been known for its full-service European spa, one of the first to offer such amenities on the Strip. That element, in addition to the entire hotel (which received a $200 million makeover), has seen much attention in recent years. Today the ornate facility provides upgraded treatment rooms, indoor and outdoor pools, Turkish steam baths, Finnish saunas and copper soaking tubs, as well as robes, slippers, stereo headphones and spacious rooms—all adorned with Italian marble statues and Greek columns. Call 800-634-6906.

For more information, call the Las Vegas Convention & Visitor Authority at 702-892-0711 or visit the Web site (www.lasvegas24hours.com).

—By Lark Ellen Gould

CR002330

TRAVELAGE WEST
SAN FRANCISCO, CA
WEEKLY 38,200
NOV 22 1999

Canyon Ranch Health Resorts

Date: June 7 and Dec. 17, 2000 (Berkshires). March 19, August 27 and Nov. 16, 2000 (Tucson).

Highlights: Canyon Ranch Health Resorts in Tucson, Ariz. and Lenox, Mass. are offering agents a 50% discount on four-day stays in Tucson and three-day stays in The Berkshires. Facilities include full-service spas voted best spa seven times by the readers of *Conde Nast Traveler* magazine. Includes accommodations, all meals, one spa service per agent, taxes, gratuities, transfers, use of all resort facilities, and access to more than 40 fitness activities a day. First time visitors only.

Rate: Agent rates, 50% off rack rates, are per person, per night and depend on room category. Companions welcome at same price. Call for specific prices.

Contact: Canyon Ranch reservations, 800-742-9000. **TA**

AMERICAN WAY
CELEBRATED LIVING
PUBLISHED FOR AMERICAN AIRLINES FIRST CLASS PASSENGERS

PURSUITS

Pamper Yourself

These top spas help you take much-needed vacations from life

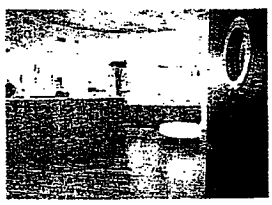
Today's spas have moved beyond the fat farms of yesterday. They are sanctuaries — getaways from the stresses of life — that not only help you relax, but help you look and feel better, too. While most any day, destination, or resort spa will offer basic pampering, our picks go one step beyond, with unique treatments, prime locations, or exceptional service. Follow our advice and prepare to say, "Ahhh." ~ Tiffany Franke

LAKE AUSTIN SPA RESORT

Tucked away in the Texas Hill Country, this restful resort explores the relationship of nature, mind, and body by offering unusual spa activities such as watercolor classes, astrology readings, and live music. Kayaking, canoeing, and sculling take advantage of nearby Lake Austin, and in the demo kitchen, chef Terry Conlan cooks up delicious, healthy meals with vegetables and herbs from an on-site garden. Airy suites have private meditation gardens and relaxing porches. *Lake Austin Spa Resort, 1705 S. Quinlan Park Rd., Austin; (512) 372-7300*

CANYON RANCH SPACLUB AT THE VENETIAN

With its health resorts in Tucson and the Berkshires consistently winning awards, the Canyon Ranch name is synonymous with the best in destination spas. Recently, the company brought its message of healthy living to a day-spa concept at Las Vegas' Venetian hotel. The 63,000-square-foot facility offers a full range of services, equipment, and classes. Also on-site is the Canyon Ranch Café, which features gourmet spa cuisine. *Canyon Ranch SpaClub at The Venetian, 3355 Las Vegas Blvd. South, Las Vegas; (702) 414-3600*



BLISS SPA

The name says it all, doesn't it? After the 105-minute Swedish and Shiatsu massage, billed as a "virtual countdown to butter," you'll be re-energized, relaxed, and recharged — in a state of bliss. This celebrity-favored Manhattan day spa — Uma Thurman and Julia Roberts are regulars — has some of the most unique treatments and carries its own line of beauty products. On Macho Mondays the staff concentrates on the guys. *Bliss Spa, 568 Broadway, Second Floor, New York; (212) 219-8970*

CR002332

Condé Nast Traveler
CLEOPATRA'S
TRAVEL STOP

THE BUSINESS TRAVELER

A facial with your fax, sir?

Hotels add spa options to coddle corporate guests

By Stacy H. Small

WHEN TIFFANY RAIF CHOOSES A hotel, price is ultimately the deciding factor. But it's not the only thing the Los Angeles–based advertising executive and frequent business traveler keeps in mind. "Whenever possible, I pick a place that has a spa," she says. "Traveling is tiring, so I try to stay where I'm able to squeeze in a massage. I'm much more productive when I feel good."

Raif is not alone. In response to growing demand from corporate clients, hotels are enhancing their spa offerings—and gearing them to time-pressed business travelers. "People are more stressed-out than ever and have more money to spend," says Sally Cooper, a spokeswoman for The Phoenician in Scottsdale, Arizona, which fills 60 percent of its rooms with business travelers. "We find they're more willing to pay for a massage and other stress reducers."

Spa treatments are no longer considered a luxury but are an effective way to cope with stress

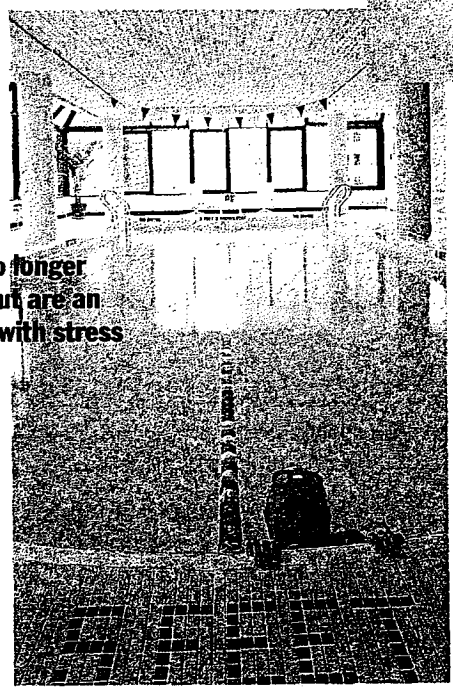
Indeed, more than three out of four business travelers surveyed in 1997 by Health Fitness Dynamics Inc. (HFD), a consulting firm in Pompano Beach, Florida, said that they chose one hotel over another because it had a spa—up slightly from a 1992 survey. One reason for the trend, says HFD owner Patty Monteson, is that spa treatments are no longer considered a luxury but are accepted as an effective way to cope with stress.

Spa facilities are popping up at business hotels around the country. Several newly renovated Manhattan hotels—including the Palace, The Peninsula, and the Sheraton New York—all boast bigger and better spa and fitness facilities. In Las Vegas, Canyon Ranch is opening a SpaClub facility at The Venetian, a new resort that calls itself "the city's first true business hotel." And the Pritikin Longevity Center & Spa, the pioneering Southern California clinic renowned for its strict diet and exercise regimen, has relocated to the Loews Santa Monica Beach Hotel, which caters to executives in entertainment and other fields.

Even business traveler–friendly boutique hotels, such as the Monaco in Denver and the W New York, are cashing in on the trend by opening spa franchises on-site. "We get tons of business from meeting attendees who can't resist booking a massage once they see that we're here," says Steve Libhart, co-owner of the Renaissance Aveda Spa at the Monaco. "They sneak up and say, 'Can you get me in and out of here in an hour?'"

Pritikin has specifically designed its spa menu with business travelers in mind, says manager Nicola Evans. In addition to opening early and closing late, it offers such treatments as a jet-lag-relieving "eye-lift" and an express half-hour facial.

Meeting organizers are also incorporating spa treatments into their programs, sometimes even supplanting more traditional leisure activities, such as golf, says Frank Garahan, general manager of Marriott's Rancho Las Palmas Resort & Spa in Rancho Mirage, California, which recently opened a 20,000-square-foot spa and a health-oriented restaurant. "A few years ago, a spa wasn't that important to the people who book meetings," he says. "Today they're wondering, Why haven't I done this before?" ❑



A revamped spa at The Peninsula in New York lures tired travelers.

Anita Williams

Ticker Tape Nearly 7 in 10 U.S. companies require employees to use corporate credit cards for expenses.

CR002334

TRAVELAGE WEST
SAN FRANCISCO, CA
WEEKLY 38,200
DEC 13 1999

Relaxation Ranch

Canyon Ranch SpaClub, a 65,000-square-foot facility inside the Venetian Resort

By Stephanie Green

Las Vegas has never been a relaxing vacation destination. The neon lights, discordant casino noises, 24-hour, seven-day-a-week atmosphere and the scent of avarice that permeate the city all contribute to a climate of hyperactivity, stress and on-the-go exhaustion.

Thus, the new presence of Canyon Ranch SpaClub — a seven-time winner of the best spa honor by *Conde Nast Traveler* magazine — is a much-needed addition to Sin City.

Recently I had the pleasure of spending a day at the spa — a 65,000-square-foot facility inside the Venetian Resort Hotel Casino.

The SpaClub is a first for the Canyon Ranch organization, which celebrates its 20th anniversary this year. Two other facilities are full-service health resorts: Canyon Ranch Health Resort in Tucson, Ariz. and Canyon Ranch in the Berkshires Health Resort in Lenox, Mass.

The lobby of Canyon Ranch SpaClub

The rust-and-white-colored marble walls leading into the spa give off a soothing, warm glow.

The main lobby area of the spa is open and airy, providing a spectacular view of the massive, 60-foot-tall multicolored rock-climbing wall that is the focal point.

To the left of the entrance is the Canyon Ranch Cafe. A wing of rooms in the corridor adjacent to the spa are available to hotel guests who prefer easy, direct access to the spa.

> The menu of services available is simply staggering, including more than 120 spa services and a plethora of health and wellness treatments and fitness activities and classes.

The menu of services available is simply staggering, including more than 120 spa services and a plethora of health and wellness treatments and fitness activities and classes.

A Day at the Ranch

After a night of too little sleep and too much partying, I was thirsty for a day of pampering. After an exquisite, full-body Swedish massage, performed by a knowledgeable massage therapist, every muscle in my body was completely relaxed.

Moving onto lunch at the Canyon Ranch Cafe, my companion and I dined on fresh hummus, crostini and a Chinese seven-vegetable salad. The cafe serves gourmet but healthy, tasty food. Calories, fat and fiber grams are listed beside the entrees. Each of our dishes had less than 10 fat grams.

Healthy living is the theme here, so don't expect to find any sodas on the menu. Many people go to the resorts in Arizona and Massachusetts to lose weight and get back in shape.

Kristen Wise, sales manager for the SpaClub, explained the unique emphasis that Canyon Ranch puts on health and wellness.

"We are trying to teach people preventive medicine before something goes wrong," she said. "We want people to think about things."

After lunch, we took a break in the Eucalyptus-scented steam room — which cleared out my clogged sinuses — and moved on to the whirlpool, cold dip and sauna.

Continued on page 68

Canyon Ranch

Continued from page 66

Next, it was onto the refreshing, sensuous, ultramoisturizing king's bath ($125). It was given in one of two private, apartment-style, Canyon Ranch spa suites, reserved for VIPs, high-rollers, clients and celebrities requesting privacy.

I didn't question the forces that brought me into this exclusive room; I just reveled in receiving the royal treatment.

The spa suite included a living-room area, a workout room, a bathroom and a fully equipped service room with steam room, claw-footed bathtub, shower, massage table and a German envelopment bed.

First, my therapist drew a warm bath filled with primrose oil, milk and seawater that had been dehydrated but retained the trace minerals.

The white, ornate, claw-footed bathtub was filled with light, teal-colored water and had aromatic candles glowing above it, next to a bouquet of flowers.

The therapist left the room, leaving me alone to soak in the tub. Next, it was time for a body wrap in the German envelopment bed.

After I lay down in the bed, the therapist wrapped me in a plastic sheath laced with lanolin to create a moist heat, applied goat butter to moisturize and put another warm lanolin cloth over me.

Finally, she wrapped a plastic layer around my entire body, turned on the bed, which started bubbling with warm water, and lowered me down into the heart of it. I lay there for about 10 minutes or so, cocooned in warmth.

The philosophy behind the treatment is that the goat butter has lots of fat that nourishes the skin, while the heated body cocoon allows moisture to soak into the skin by holding body heat.

Spa Services

- Signature service options include the Royal King's Bath, featuring a dry brushing, a bath in a claw-footed tub containing water mixed with frankincense or rose and sandalwood essential oil and accented with flower petals and candlelight, ending with a massage ($175).
- Massage options include Swedish (the most popular treatment at Canyon Ranch), Shiatsu, Watsu, prenatal, reflexology, Reiki and aromatherapy. Prices range from $95 to $280 (couples).
- Body cocoons are performed in either an envelopment bed or a heated ceramic cocoon. ($110.)
- Fitness classes and physical activity options include hiking and biking at Red Rock recreational area, indoor rock-climbing, aerobics, spinning, boxercise, strength training, stretching, chi gong, meditation, yoga, tai chi and personal fitness training.
- Medical and wellness services include a medical doctor on call at all times for spa guests, full medical examinations, nutritional analyses, weight consultations, physical therapy, exercise physiology, movement therapy, bone-density evaluations and cardiac stress tests.
- Salon services include hair care, manicures, pedicures, nail care and facial waxing.
- Other spa services include balneotherapy (the science of the bath), ayurvedic treatments that use oils and herbs, conditioning body scrubs, facial treatments, treatments for the sun and refining body treatments.

The facility is very private, and never seemed crowded.

Many treatment packages are available and include the use of all the spa facilities, lunch at the cafe, body composition analysis and fitness classes. Packages are available in single or multiday lengths. Options include wellness, bridal, corporate and more.

Services can be purchased separately or in packages. A SpaClub passport provides access to all of the spa's facilities and includes body composition analysis and fitness classes.

Canyon Ranch SpaClub is open to the public for bookings, but Venetian guests have priority.

Alcohol, cellular phones and smoking are not permitted. Guests must be at least 18 years old. All gratuities except for salon services are included.

Currently, packages that combine a hotel stay at the Venetian are not available but are a possibility in the near future.

Call 877-220-2688 or 702-414-3600.

Web site: [www.canyonranch.com]. **TA**

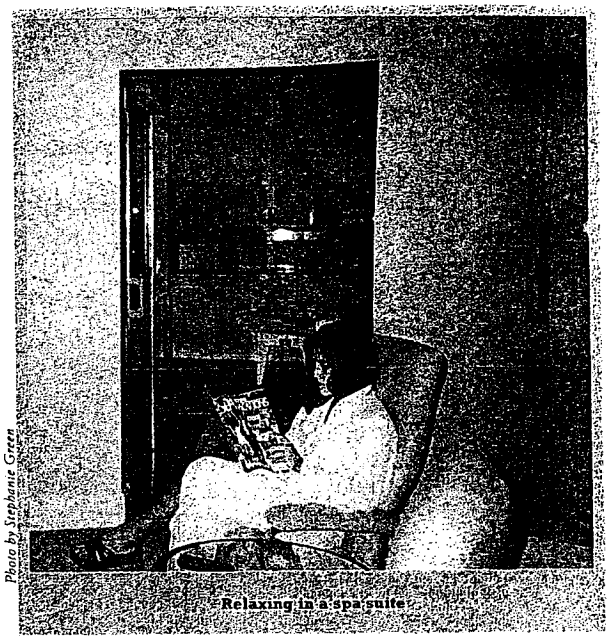


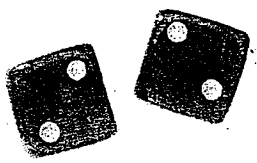
Photo by Stephanie Green

Relaxing in a spa suite

Stephanie Green, *TravelAge West* associate editor, relaxes in a King's Bath cocoon in a German envelopment bed.

High-Rolling Hiatus

The Rat Pack partied hard here, but nowadays spas are the new deal in Vegas. Swell gal **Ilene Rosenzweig** and her pal fashion designer **Cynthia Rowley** improve their odds with rubouts of a healthy kind



CR002337

"We should have come next weekend!" Cynthia says as we cab from the airport to the Strip, past a billboard advertising an upcoming Tom Jones show at the Hard Rock Hotel. This week's big attraction is Don Rickles at the Desert Inn. We are both a little tense.

Cynthia gave birth to a baby girl six weeks earlier, and to a fashion show—she's a designer—two days ago. I don't have excuses that good to explain the cinder blocks I have where my shoulder blades used to be.

The girls need a getaway and this is it: a spa weekend at Canyon Ranch in one of the newest, swankiest hotels in Las Vegas—The Venetian.

Neither of us has ever been to a spa before—or to Vegas. Now is our chance to kill both birds. Spas are going up in Vegas like wedding chapels. Every new hotel's got one, from the opulent Roman baths at the Mandalay to the spa over by the Eiffel Tower at the Paris.

Strange, considering that this is one of the most fabulously unhealthy places in America, a twenty-four-hour catering hall to every conceivable form of decadence. But Las Vegas is also America's makeover capital, a never-never land of reinvention ever since the gangster Bugsy Siegel dreamed of a neon oasis called the Flamingo in the middle of the desert and started doing business poolside and taking elocution lessons to lose his Brooklyn accent.

Strolling The Venetian's marble floors, Rosenzweig and Rowley channel their inner winners.

Vegas offers the same fantasy a spa does—the promise of instant renewal. And today, instant renewal is big business. The spa industry is booming, with seemingly every beauty salon offering massage and aromatherapy; destination-spa brands such as The Greenhouse, Golden Door, and of course Canyon Ranch have opened satellites in cities across the nation. In Vegas alone, six highly hyped spas have opened in the past year or so. Besides Canyon Ranch at The Venetian, there's the Mandara at the Paris, Aquae Sulis at The Regent (40,000 square feet!), and spas at the Four Seasons, Mandalay Bay, and the Hard Rock.

POLLS REPORT THAT NEARLY HALF OF all resort-goers take spa facilities into account when they decide where to stay. Most interestingly, the age of spa guests is getting younger—unlike even a decade ago, when most were of retirement age, today twenty-seven percent are between thirty-one and forty-four years old. (Thirty-four percent are between forty-five and fifty-four.) More than half of spagoers say that of all the reasons they go—pampering, stress reduction, weight loss—relaxation is the main one. Which makes Canyon Ranch the perfect retreat for nonspa stress cases like Cynthia and me. I've always dreaded padding around those luxe sanitariums in a robe and slippers, with a bunch of blissed-out herbalists comparing colonics. Cynthia has never even had a facial. Both of us figured a dose of detox would go down easier with a spoonful of action.

So we get to The Venetian. It's mobbed with tourists carrying tote bags that say things like TUPPERWARE, MAKING IT ALL POSSIBLE, and with hotel employees/actors prancing around in Renaissance costumes. The relentless bing, bing, bing of the slot machines bounces off the gilded vaulted ceilings. Not relaxing. Desperate to cram in some spa time before dinner, we hurtle past the gelaterias and pizza vendors in the Italian-themed food hall and up to our room. We call for manicures, preferably pale French ones like Sharon Stone's in *Casino*. But our peevishness mounts as we get stuck on hold, an eternity of maddeningly tranquil opera music, only to learn that they're all booked. Inspired by a flashback of Sharon hurling her chips in the casino in a blind rage, I march down to the salon.

I am immediately calmed by the quiet and by the clean, warm scent of beauty products and the look of blond wood. I ask the receptionist if anyone can see me.

"When?"

"Now." I pull out a wad of cash and say that I'm willing to pay extra. She disappears and returns with good news. I peel off a ten and thank her.

Feeling like a big shot, I tell the manicurist that I want French tips. No dice—tips take time. She suggests some of the silver glitter nail polish that she says she's wearing underneath her rubber gloves. Starting to loosen up, I concede, tip her a ten-spot too, and thank her for squeezing me in.

Outside, I see Cynthia's already in her terry robe and plastic slides, looking pleased that she's lined up a couple of treatments for us. A paper I.D. tag on her wrist says OASIS, POSSIBILITIES, HEALTHY, INVIGORATING.

They fasten one on me, too. This, apart from keeping out freeloaders, is meant to focus your "intention" for the spa visit. Mine comes to me right away. I've played in casinos in Puerto Rico, Monte Carlo, Portugal, and even Lublin, Poland. Sometimes I managed to walk away with a few more chips than I started with, but I'd always go to the table feeling like a loser, nervously meting out chips like a small-timer, feeling cheap. Maybe a spa weekend in Las Vegas would be my chance to change my mojo. I wanted to discover my inner high roller, to learn to swagger into *(Continued on page 293)*

Places & Prices

For another way Vegas is cleaning up its act, see page 248.

CR002338

(Continued from page 239) the casino like 008, Bond's younger sister, with the (rosy) cheek of a winner.

IN THE WAITING ROOM, WHICH has the corporate comforts of a frequent-flier lounge, studly practitioners are going in and out. Yoshi, a Japanese guy with a ponytail, comes to collect me for the spa world's new de rigueur treatment, the hot-stones massage. He blows on the rocks to cool them a little before sliding them around my body in long, lovely, slippery movements. It's sexier than a "Purifying Seaweed Body Cocoon"—another of the spa's eighty-plus services. Feeling hot and powerful, I notice I'm in treatment room fifteen and resolve to make it my lucky number at the roulette table later. In the locker room, my legs all moodily, a pretty girl named Layla offers to powder my feet. Between appointments I call the concierge, and he gets us a reservation at one of the hyped restaurants in town, Picasso, which boasts a museum-quality collection of works by Pablo himself. Cynthia comes out, pupils dilated, and says a number came to her during the Ayurvedic treatment—we're getting transcendental!—but before she can tell me what it is, the facialists come to collect us for our "Remarkable Renewal."

Patricia, my facialist, asks me about the redness of my cheeks and corrects my misinformed belief that it is a youthful blush. She says it's a case of broken capillaries, a sign of bad circulation and stress. Do I exercise a lot without cooling down? Umm, yes. While she applies a detoxifying mud to my spine and feet, wrapping me in blankets, I resolve to take lots of vitamin C, as advised. *Flow* becomes my mantra as *I* flicker in and out of consciousness. Cynthia is so into her first facial that she wants to buy the mitts and booties to wear at home, and wonders aloud about her husband: "Would Bill do this for me?"

WE SHOWER AND CHANGE INTO strappy sandals and slinky dresses and head out for a nine o'clock dinner reservation. But not before some unscheduled cardio. We've got rock climbing in the morning, and like idiots, neither of us packed workout clothes or sneakers. So before dinner, we race to the Niketown in the Forum at Caesars Palace, next door to the Bellagio, site of the promised Picasso. No problem, we think. Little do we know that the real exercise in Vegas is hiking. At 8:50, dodging the cocktail-toting chicks with the *I Dream of Jeannie* ponytail extensions, we pick up speed through the mall.

"Weight on toes," Cynthia coaches, cruising past me in her rhinestone thongs. At Niketown, she grabs silver spinning sneaks with black Velcro straps. I go for an orange pair that clashes hideously with my powder-blue dress, emboldened by the fact that in Las Vegas, no one looks stylish. It's 9:15! We lope through the Bellagio, and outside Picasso switch shoes again and try to towel the shine off our faces. The place is swank: plush carpets, good crystal, and women loaded with pricey hardware in expensive-looking cleavage. Fountains shoot walls of water outside the windows, and inside, "fifty-two million dollars' worth of art," the maitre d' rattles off. After taking in our sweaty mugs, he seats us near the vestibule, where we have a view of fifty-two dollars' worth of cutlery rattling at the service station.

One glance at the menu makes it clear that low-fat spa cuisine is not an option. It's a multicourse prix fixe. Little bits of caviar on potato pancakes arrive, langoustines—sweet and roasted—poached oysters with a bit of butter sauce and more caviar, and, most extraordinary of all, the succulent sautéed foie gras.

"This is like the hot oil on the head," says Cynthia, comparing the meal to her Ayurvedic treatment. "Only I'm eating it."

We take the sautéed cucumber strips and make a heart out of them, with an arrow through it, as a message to the chef. The waiter recommends a Mongadio white wine. This is the rare meal where I don't want to indulge in my usual tacky habit of drinking cocktails the whole time, because I know it will ruin it. It's the kind of dinner where conversation is forgotten, replaced by groans of pleasure. At least there were no carbs! Unless you count the petits fours with gold leaf—a nice Vegas touch.

But it's 11:45 and we've got a roller coaster to catch! (Vegas is full of rides.) We skip coffee and go for a more natural buzz at New York–New York: the last two on board before the ride closes for the night! "That was a bit of crack," says Cynthia, after the 360-degree loops and stomach-deadening dips. All wound up, we hike home up the Strip, which is not the movie Vegas I'd imagined. No one looks like Peter Lawford. A quick peek at the miserable scene in a dance club named Studio 54 knocks the wind right out of us. We try hitching, but no one stops. We wait for a cab, taking turns with one of us in line, the other splayed on a nearby suitcase cart. When we finally get one, we discover that we were only one hotel away from home. Morons! But wait, we forgot to gamble. I drop a quick hundred bucks, losing consecutive hands of blackjack, too dizzy and tired to remember if I'm supposed to hit on sixteen.

THE NEXT MORNING, AS WE STUMble down the spa stairs at 8:30 for rock climbing, I discover the most effective and all-natural cure for a hangover. Fear. And competitiveness, which begins the moment Cynthia's spotter says that her ridiculous spinning shoes are great for climbing. The last time we faced three stories of sheer cement rock was at an amusement park in upstate New York. She was seven months pregnant then, and her husband wouldn't let her belay. Now she has her chance, both to climb and to abuse me on the way up. "I'm going to get a cup of coffee," she yells down. "See ya later, sucka!"

Wrists trembling, we skip the spa breakfast and make for the slot machines. I've never played the one-armed banditos before, but I work 'em like a Nautilus, hitting biceps, tris, delts—all the major muscle groups—and pouring in more and more coins until I get my heart rate up into the aerobic zone. Suddenly, Cynthia gets a triple bar! Piles of golden coins come rushing out. We're rich! Until we cash out and blow it all—on a couple of triple-scoop ice-cream cones, strolling through The Venetian shopping arcade, complete with canals, gondoliers, and a fake sky so blue and bright we wish we'd worn sunglasses. A man in pantaloons approaches and introduces himself as Casanova. Cynthia's getting casino fever. "We've only been in the real world for a total of fifteen minutes in an entire day," she says. "I want to go outside."

> Paul suggests that I double my bet. Instead, on some crazy impulse, I push the whole stack out and bet it all

NOW IF THIS WERE CANYON Ranch's Arizona location, we could explore a nature trail or some such thing, but in the 110-degree Nevada heat, outdoorsy activity is limited to hailing cabs. So we compromise and go shopping, rationalizing that it is an essential part of any luxury-spa experience. We head into the Las Vegas wilderness in search of fabulous vintage Vegas clothes.

"We're going off the Strip!" I cheer as we alight at Retro Vintage Couture in northwest Vegas and duke the cabdriver twenty dollars to come back for us in an hour. Money loses meaning in this town, and we start on a spree.

Purple aviators for Cynthia! A yellow leather coat for me, kind of like the lemony dress coat Elizabeth Taylor wore as the chorus girl in *The Only Game in Town*. We load up bagfuls of things we'll never wear back home. Floor-length hostess skirts, a crocheted and beaded halter top, a python-print slip with a daring slit. I get a windbreaker from the 1976 Mint 500 desert race for my boyfriend. Cynthia picks up a denim dashiki for Bill. The fact that we are "taken" doesn't stop a couple of cute retro guys there from flirting with us. I ask them where the after-hours action is in town. They invite us to Peppermill's Fireside Lounge later that night. Sure, we say, right after Siegfried & Roy.

A LITTLE OVERHEATED, WE RETreat to The Venetian's pool, which Cynthia likens to "lying around in your swimsuit in a parking lot." We join supine guests inhaling menthol cigarettes and steaming plates of fried chicken. Feeling faint, I opt for the spa café a few feet away and order a lemonade and tasty veggie rolls: poached lettuce filled with julienned carrots, onions, and peppers with a soy dipping sauce. But my heart isn't in it. The pull of dark, bad, cheesy Vegas is waiting out over vegan Vegas. With one night left to devour as much of the city as we can, I put on my new python skirt. Cynthia wears a strapless red dress to attack the Mandalay's glut of trendy restaurants and their gimmicks, from the Communist-themed Red Square to the four-story glass-and-steel tower of wine at Aureole, equipped with a sexy steward who fetches the bottles wearing a harness. None of it competes with the marvel of the casino's own $17.95 all-you-can-eat buffet: crab legs, smoked salmon, three kinds of burritos, prime rib, Caesar salad, apple pie, and a couple of low-fat macaroons for the road. Afterward, we duck into a bar with smoke and fire coming from the tables, where a man with a toupee and a tan is buying. His name is Leo. We know this from the gold bracelet on his wrist that spells it out in diamonds.

Appropriately, Leo owns a spa, in San Diego, and invites us to come for a visit. Friendly to a fault, Leo is warm for my form. When Cynthia gives him a disapproving look, he asks if we're lesbians. She tells him yes, and yanks me outta there.

NEXT, DRINKS AT THE FIRESIDE Lounge, an "old Vegas" joint reclaimed by the kids, including our two cuties from the retro shop. The cocktail here is a Big Gulp–size knockout called a Scorpion. Waitresses in long black spaghetti-strap dresses with hip-high slits inform us that the real scene starts at 4 A.M., when the pimps and drag queens roll in. Unfortunately, we're already late for Siegfried & Roy. Out of dough again, I refuel at the ATM, and though Cynthia is waiting, dash into the Silverado casino to lay down a chunk of change at the roulette table on fifteen, my magical stone-therapy room number. Denied, denied, denied, denied.

"The table musta been rigged," I whine to Cynthia en route to Siegfried. "The same number—thirty-one—turned up on three out of four spins."

"What?" she asks, eyes bugging. That was the number that came to her when the hot oil was dripping on her third eye. We ride in silence.

THE REST IS A BLUR OF TIGERS and trapezes, until my training session at eight on Sunday morning. I like the physiologist because she gives me a routine that can be done with "active rests." I am about to go back to the room when I decide to take a last crack at the casino, determined to turn around my lifelong losing streak. I put on a lucky outfit: a sleeveless satin cherry-print shirt that is vintage Cynthia, and a ladybug barrette.

The blackjack table is filled with guys who look like they've been there all night—and not because they're winning. I order a Bloody Mary and sniffle into my cocktail napkin because of the frigid AC. The guy on my left asks if I'm okay.

"Yeah," I say, "just crying on the outside."

He laughs. "I love this girl. Give her an ace."

I'm showing a king and, sure enough, the dealer hits me with an ace for blackjack. Woo hoo! I start acting friendlier. The guy's name is Paul.

Still unsure of when to hit or stick, I consult the handy reference book hiding in my lap and reread the part on basic blackjack strategy. "If the dealer's showing six or less . . ."

Paul catches me. "Are you actually reading a book at the table?"

"Actually, I wrote it."

He turns over the cover. *Swell: A Girl's Guide to the Good Life*, he reads out loud, then he proposes marriage. "This is my wife! She just doesn't know it yet."

I keep winning until two minutes before I have to meet Cynthia and leave for the airport. I have a pile of chips bigger than any I've ever won before. One more hand! Paul suggests that I double my bet. Instead, on some crazy impulse, I push the whole stack out and bet it all.

Until this moment, I've always approached gambling too practically, too controlled, too cautiously. I could never really connect with the gambler's spirit of risking everything against all odds. Maybe there's some weird link between the Zen spa spirit, where work and money and the material world recede, and the Vegas spirit of uninhibited excess. I need wholesomeness to open up to deep decadence, to discover the redemptive pleasure of going all the way. At least insofar as betting a hundred bucks counts as going all the way.

The dealer hits me with a queen. Heart rate zooms. Paul shouts to the dealer, "Give that girl an ace!"

And she does. ❑

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In Las Vegas these days, you're as likely to see someone slumped over from exhaustion at the gym as sobbing over their losses at the blackjack table. Today's visitors—especially baby boomers—seem to want to gamble with their money but not with their health and physique, prompting half a dozen spas to open here in the past few years. Rates vary, but most resorts charge guests about $20 for exercise, steam, and sauna facilities, with treatments sold à la carte.

The **Canyon Ranch SpaClub** at the all-suite Venetian is a tasteful, downsized version of the Canyon Ranch spas in Massachusetts and Arizona. Staff are predictably knowledgeable, and the service impeccable, with dozens of no-joke fitness classes, including spinning, yoga, and indoor rock climbing. Take away those kinks from the flight with a hot-stone massage, or shoot the moon by reserving one of the spa suites, which have largish treatment areas with steam rooms, a claw-footed tub, and massage tables (888-283-6423; www.venetian.com; doubles, $109–$699; 50-minute massages from $95; ♿).

The **Spa Mandalay** at Mandalay Bay is huge—about 30,000 square feet—but it offers fewer treatments than Canyon Ranch. It's best for its menu of rejuvenating facials tailored to counteract the beating your face will take in the desert (877-632-7000; www.mandalaybay.com; doubles, $119–$249; 55-minute massages from $85; ♿).

On the first floor of the Hard Rock Hotel, the minimalist **RockSpa and Salon** stands apart from the crowd for its therapeutic body wraps, which employ thermal mineral waters, algae, and mud. An intriguing antidote in a desert city whose annual rainfall is about four inches (888-473-7625; www.hardrockhotel.com; doubles, $59–$299; one-hour massages from $85; ♿).

The **Four Seasons** doesn't charge extra for guests to use the workout facilities, which overlook a peaceful fountain. Since the hotel has only six treatment rooms (more are scheduled to be built in 2001), it's the Mini-Me of Vegas spas but worth visiting for the couples room, where aestheticians give you an aromatherapy massage in tandem, then run a therapeutic bath in the deep tub and leave you to soak (877-632-5000; www.fourseasons.com; doubles, $225–$600; one-hour massages from $115; ♿).

The **Mandara Spa** at the Paris has a clinical feel, but it's spacious and has unusual treatments, such as the 30-minute Solaire exfoliating body rub that uses grape seed and caviar extracts for maximum tanning potential (877-796-2096; www.paris-lv.com; doubles, $100–$230; 50-minute massages from $90; ♿).

At **Aquae Sulis** at The Regent, even trendy Ayurveda is old hat compared with Siddha Vaidya, an even more ancient Indian system of medicine that uses herbs and oils to stimulate bodily functions. The Regent is off the Strip, so allow 15 minutes or more driving time. With 36 treatment rooms, even nonguests have a good chance of getting an appointment, which is never a given these days in this boomtown (877-869-8777; www.regentlasvegas.com; doubles, $195–$295; 50-minute massages from $100; ♿).

–Dana Dickey

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Spa-hopping in Vegas

BY ANNE DIMON

Private Spa indulgences at the Four Seasons

Can a spa enthusiast find pockets of peace and pampering in this high energy, gaming city? You bet.

Renewal, reflection and rejuvenation are not exactly words that spring to mind when one thinks Las Vegas. This former 'city of sin', a theme park of clamorous casinos, smoky lounges, and sequined showgirls, seems the most unlikely destination to find a peaceful sense of self. A setting that encourages greed while elevating excess to an art form is truly an odd backdrop for establishments that promote wellness of body, mind and soul. Nevertheless, it seems that spas, along with designer boutiques and celebrity chef restaurants, are the trump cards in the latest reinvention of the surreal desert city.

A Four Seasons delight

This spa enthusiast begins her three-day getaway at the new, 425-room Four Seasons Hotel. A calm, intimate setting of finely crafted furnishings, rich fabrics, original art and exotic collectibles, the Four Seasons sets the tone for a reflective spa experience. The only non-gaming property on the Strip, the environment is blessedly quiet. In fact, the only indication of destination is the striking view from guest rooms thirty floors above ground-level — the Strip, cutting through the dessert like a river of glittering lights.

Located on the main floor, The Spa at the Four Seasons is, like the hotel itself, small by Las Vegas standards, but big on personal service. Pale yellow walls and marble floors establish a pristine environment. There are just six treatment rooms, plus one private VIP room. Massage and facials are the specialty. Health Club Manager, Karen Swartz, says the spa's objective is "to provide basic treatments with the usual Four Season's service".

After a bone-relaxing Swedish massage that has therapist Angie paying special attention to the muscles in my neck, there's time to relax around the adjacent landscaped pool. Shaded by tall palms, attendants walk around offering water, spritzers, orange slices and cold eye compresses. There are lounge chairs dressed in fat pads and about half a dozen cabanas for privacy, quiet naps or escaping the relentless desert sun.

On to Mandalay Bay

It's only a short walk through a connecting corridor to Mandalay Bay, but it's a world of difference. You feel and hear it. The 3,300-room tropical-themed mega resort and casino has 15 restaurants, a number of entertainment outlets, and what hotel staff say is the best pool on the strip. Eleven acres include a wave pool, lazy river ride and sandy beach imported from California.

Relaxing at the Mandalay Bay

It's 9 p.m. by the time Spa Mandalay, one of the most spacious spa facilities in Las Vegas, can fit me in. With a nod to the feet, I settle on a reflexology treatment. Before beginning, therapist Amy explains that reflexology, an ancient Chinese medicine, is based on the belief that energy zones (or meridians) travelling through the major organs of the body can be stimulated by massaging or applying pressure on corresponding points located on the foot.

The body is snug between crisp white sheets. An eye pillow infused with camomile, lavender and rosemary helps induce relaxation. The feet poke out at the end of the bed and Amy's strong hands go to work. Suddenly, pain. This is suppose to be relaxing, Amy says the pain I'm experiencing could be stress or the miles I've logged touring this mammoth hotel.

Typically, there's some discomfort with reflexology, but not pain. The benefits came later: deep, relaxing sleep followed, next morning, by a new zest and enough energy to walk the several miles up the Strip to Caesar's Palace.

Into Caesar's domain

Here, there's a choice of a waffle or terry robe and sandals sized to fit, instead of the usual one-size-fits-all. I'm booked for an 80-minute Bindi Herbal Body Treatment described as "a divine herbal treatment at the heart of the Ayurvedic (an Indian philosophy designed to balance emotional, physical and mental well being) rituals".

First, a 'full-out-the-form' analysis identifies me as having a *vata* constitution — the tendency to overbook one's life. Next, a gentle rub-down with a mixture of oils, helps calm, balance and ground. A herbal wrap of Bindi herbs exfoliates, detoxifies and nourishes the skin. A specialist in Ayurvedic treatments, Melissa then massages the 12 points of the face that relieve stress. It works.

Expanded from eight to 24 rooms in 1998 at a cost of US$6.8 million, Caesar's two-level spa includes a juice bar where spa-goers relax before and after treatments sipping tea and diet drinks such as White Lightening and Super Carbo Punch. As with all of the top spas, there are complimentary edibles such as fruit, nuts and pretzels.

Caesar's is where you'll find the most international menu of services. For instance, Hot Lava Mud wraps and Balinese treatments such as the Javanese Lalur. I experienced the exotic Javanese Lalur (which massages the body with rice and spices and washes it with cold yogurt) on the Indonesian Island of Bintan and it was, shall we say, delicious.

Spa cuisine at the Canyon Ranch

New show-girl debuts.

The latest newcomer to the Las Vegas spa scene is Canyon Ranch, the full-monty of spas and a leader in destination health resorts. ➡

Located at the new Venetian Resort-Hotel-Casino, the Canyon Ranch Spa Club is a two-level, state-of-the-art facility. It offers a full-service spa; numerous daily fitness classes and activities, including a 40-foot indoor rock-climbing wall plus seasonal hiking and biking in nearby Red Rock recreational area; a medical/wellness centre; a salon for hair design plus esthetic services; and an all-day Canyon Ranch café serving spa cuisine. The Spa Club is open from 5:30 a.m. to 10 p.m. every day.

Three more treasures:

Work out at Bellagio

The Spa at the Bellagio, overlooking the hotel's Botanical Garden, is the most beautifully appointed of the Las Vegas spas. Walls of sand-coloured grass cloth, shell motifs, shell-inspired artwork, and

continued on page 10

Meditation at the MGM Grand Spa

Spa-hopping in Vegas FROM PAGE 9

tiny shells imbedded into frames and wall borders carry through on an Italian seashore theme.

The luxurious Grand Spa at the MGM Grand Hotel, with its calming Asian theme, is the most tranquil. Here, an angel called Arleen gave me the best pedicure I've ever had — an Omni Pedicure named after the Omni chair which massages the various zones of the back while deft hands care for the feet. The Grand Spa's new aromatherapy system sends revitalizing eucalyptus and mint scents to the fitness centre; calming lavender throughout the spa.

My spa getaway wraps up (pardon the pun) at the landmark Desert Inn, still fresh from a 1997 $200 million facelift and expansion. In the revamped spa, Corinthian columns and a recessed hand-painted ceiling offer a hint of ancient Greece. I slip into

Surrounded by luxury at the Desert Inn Spa

one of the spa's six hydrotherapy tubs for a detoxifying Moor Mud bath, then follow with a revitalizing Aroma-therapy Salt Glow at the adept hands of Daphne. Robed in what feels like new skin, I am relaxed to the core.

Yes, there are pockets of peace in this effervescent, slightly less than wholesome desert city. And, while this spa-hopping getaway didn't leave much time for getting rich (or poor) in the casinos, this body, newly scrubbed, massaged and polished, feels like a million. ≈

PLANNER

Signature Vacations, the largest Canadian tour operator to Las Vegas, offers three-, four-, and seven-day packages year-round from Vancouver and Toronto, and in the winter season only from Calgary, Edmonton, Saskatoon, Regina and Winnipeg. Air-only is available from all departure points.

You'll pay between $80 and $95 for a 50- to 60-minute massage, $60 to $100 for a facial. Exotic treatments run $150 and up. Combo-packages are available at most spas. To use the spa facilities (workout rooms, wet areas) without booking a treatment costs around $20 a day.

To avoid disappointment, book spa appointments in advance of your visit.

Four Seasons Las Vegas, (877) 632-5000; Mandalay Bay, (877) 632-7000; MGM Grand, (800) 929-1111; Caesar's, (800) 634-6001; Desert Inn, (800) 634-6909; Canyon Ranch Spa Club, (877) 220-2688. Call the Las Vegas Convention & Visitors Authority at (800) 332-5333 or visit www.lasvegas24hours.com.

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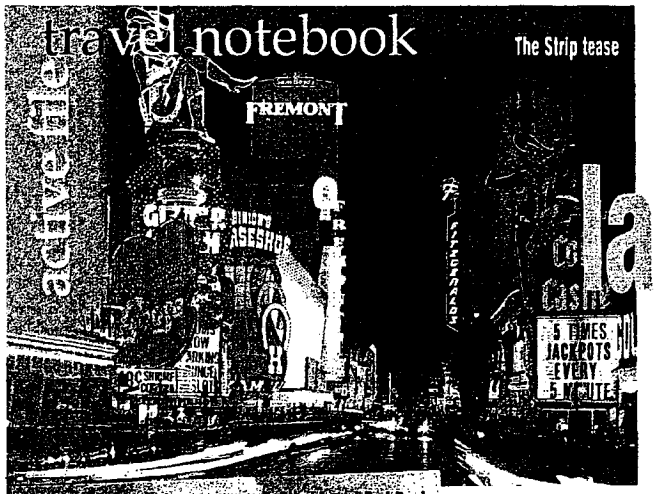
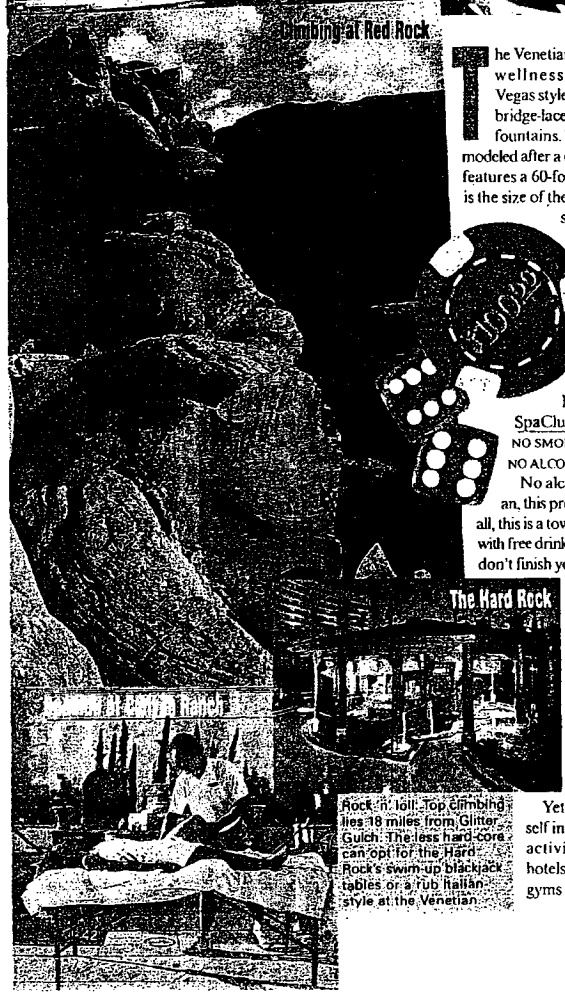
travel notebook



vital las vegas!

Elvis has left the steam room: Sin City's latest attractions walk on the healthy side. By Mary Billard



Rock 'n' loll: Top climbing lies 18 miles from Glitter Gulch. The less hard-core can opt for the Hard Rock's swim-up blackjack tables or a rub Italian style at the Venetian.

The Venetian Resort camouflages its wellness message in typical Vegas style. Outside the hotel lies a bridge-laced lagoon surrounded by fountains. The marbled entrance is modeled after a centuries-old palazzo and features a 60-foot dome. The pool deck is the size of the Piazza San Marco. Yet something is woefully amiss. It is quiet and serene—no clanging slot machines, no cheers from crap tables. Then things get really weird. Approaching the check-in desk for the hotel's Canyon Ranch SpaClub, I spy a sign that reads NO SMOKING, NO CELL PHONES, NO ALCOHOL.

No alcohol? For a Vegas veteran, this prohibition is a shock. After all, this is a town where bettors are plied with free drinks around-the-clock. If you don't finish your cocktail at dinner, the waitress gives you a "to go" cup. What's more, Las Vegas may be the last public place in America where smoking, even cigars, is not only allowed but celebrated. The point in Sin City is to *introduce* toxins to the body, not to sweat them out.

Yet Vegas is transforming itself into a hot spot for physical activity and health. Upscale hotels have luxurious spas and gyms stocked with lush towels and marbled lockers that offer New Age treatments. At the Hard Rock Hotel and Casino (702-693-5000), the cocktail waitresses look like refugees from a fitness pageant and the pool features swim-up blackjack tables. The scene is beyond happening; if you're over 30, you aren't.

If the cleansing spa culture feels incongruous, perhaps the rush of extreme sports is more in sync with the risk-taking mind-set here. But as with a lot of Vegas, most of the sports are unreasonable facsimiles of the real thing. Indoor skydiving and rock climbing make perfect sense in a place where an ersatz Eiffel Tower sits across the street from a mechanical volcano. The GameWorks entertainment facility (702-432-4263) next to the MGM Grand features row upon row of simulated sports. You can drive a Formula One in the Indy 500, mountain-bike down a cliff or scale the Surge Rock climbing wall, which, at 75 feet, is the tallest free-standing indoor wall in the world. For $10, any neophyte can bag this peak.

Ironically, the real thing exists 30 minutes away at the 196,000-acre Red Rock Canyon National Conservation Area (702-363-1921). Just 18 miles west of town, its slabs of spectacular (yes) red rock have long been a mecca for climbers. Now hotel concierges can arrange trips, making hiking, mountain biking and rock climbing as accessible as a table at Spago.

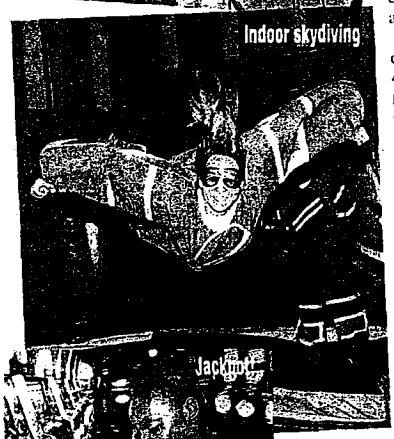
If you stay at the Regent Las Vegas (702-869-7777), Red Rock is even closer. This two-year-old complex rests at the foot of the canyon and is the centerpiece of a 54-acre planned community, with two hotels, three golf courses, a 40,000-square-foot spa and, of course, a casino.

This is where my journey into sporting

travel notebook

Indoor skydiving and rock climbing make sense in a city where an ersatz Eiffel Tower sits across the street from a mechanical volcano.

GameWorks climbing wall


Indoor skydiving

Jackpot!

Pick your thrill: Tackling the 75-foot Surge Rock, the world's tallest free-standing climbing wall; body flying; hitting the slots; or breaking a sweat at the Regent's gym.

The Regent Las Vegas

Vegas begins. I sign up with Sky's the Limit, a climbing school and guiding service (800-733-7597), for a $169 half-day learn-to-climb program. In my countless trips to Vegas, the closest I've been to nature is the restaurant rain forest at the Mirage. Here, red sandstone cliffs jut into a bright blue sky, a dramatic backdrop worthy of a John Wayne Western. I have to remind myself it's real.

I start with bouldering; next thing I know I'm harnessed, scaling a 90-foot rock wall behind my guide, fumbling with safety gear called friends and aliens. When I take a step and it holds, a freaky adrenaline surge kicks in. I start considering the two-week course. In Vegas, addiction is always a heartbeat away.

My never-before-used rock climbing muscles need a little relief. I head to the Regent's 40,000-square-foot Aquae Sulis spa (Latin for "waters of the sun"). The treatment options are endless: I can be doused in ionized seawater, exfoliated with crushed grapes or soothed by sound therapy. The spa director suggests a Siddha Sumug facial. The green, earthy-smelling concoction "uses 250 herbs and takes three weeks to make," she says. "The herbs have to be harvested by men, and only after the first monsoon." She cautions that the spa can't always get the amounts needed. I feel as if I'm talking to a scalper with tickets to a heavyweight bout and I have to commit or lose the offer. One ounce costs $50; the facial is $150. I'm in.

Next comes a body treatment based on Siddha Vaidya, an ancient herbal medical system from India's Indus River valley. The treatments have been passed down through the ages on palm-leaf manuscripts, only to land in Vegas. The spa director warns me that the Sandalwood Body Wrap could "induce profound emotional or spiritual responses." It feels good. The therapist rubs me down with two brushes to stimulate the lymphatic system, muttering something about white blood cells. Very scientific. We've come a long way from a *shvitz* and a rubdown by a guy named Vladimir.

At Canyon Ranch SpaClub (877-220-2688), I'm on more familiar ground—I've been losing the same five pounds at Canyon Ranch in Tucson for more than a decade. The Venetian incarnation offers the same exotic treatments as the Arizona mother ship, with at least one exception: the Rasul Ceremony. For $125, couples spread medicinal mud on each other under a ceiling of fiber-optic stars, which then "rains" on them (This is known as a shower in the rest of the country). The coup de ahhh: side-by-side massages.

Some will find SpaClub to be a sanctuary; others will run for the nearest sports book. I book a $95 Thai massage. It promises to make me more flexible and free up my joints, and I can stay fully clothed. I enter a large room and lie down on a padded floor. The therapist apparently thinks I am an acrobat from Cirque du Soleil, since he proceeds to stretch me like a contortionist, an exercise he calls assisted yoga. It feels great, once it's over.

By this time, I am coming to the perhaps inevitable conclusion that "Spa Vegas" is simply an extension of the city's hedonistic excesses. Canyon Ranch SpaClub even has its equivalent of the high roller's penthouse: two private suites with their own TVs, cardio equipment and steam rooms. Four hours costs $1,000, which includes four treatments. (Remember, it's Vegas dollars, not real money.)

One evening, I take a break from the rush of the tables for the rush of "body flying." Located behind an outdoor mall off the Strip, Flyaway Indoor Skydiving (877-545-8093) features a huge padded cylinder in which you're held aloft by a 120-mph stream of air blasting out of an electric motor and a DC-3 aircraft propeller in the floor. After paying $35, divers take a safety training class that includes an educational video demonstrating dos (do extend arms in front, legs in back to create maximum surface area) and don'ts (don't fall flat; instead, curl up into a ball and land on the side cushions). Undaunted by the "element of risk," I sign away my legal rights and those of my heirs. I get nervous only when an instructor notes reassuringly, "No one has ever died."

My classmates include two nationally known skydivers and a BASE jumper who spent the day before in Moab, Utah. "Have you ever been scuba diving?" one of the skydivers asks me. "Yes," I say, relieved. "Well, it's nothing like that," he says, laughing.

Wearing my flight suit, goggles, helmet, earplugs and gloves, I open the door to the tunnel. I feel a sense of complete focus and anticipation, not unlike the moment when a baccarat dealer is about to reveal his or her hand. After a tentative start, aided by the instructor, I levitate some 15 feet from the ground. The feeling of weightlessness as I am blasted up the cylinder is otherworldly. Fifteen minutes later, I want to go again. It's all about adrenaline in a town that will turn you upside down and empty out your pockets, one way or another. •

CR002344

SELLING STRATEGIES

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WASHINGTON, DC
MONTHLY 30,000
MARCH 2000

BY RUTH HILL

Betting On Shoppers In A Gambling Town

Dice Aren't The Only Thing On A Roll In Las Vegas

IMAGINE A SHOPPING dream in which you pursue longed-for acquisitions along a classic French boulevard in Paris, in Venice's Grand Canal shops and in the ancient marketplaces of Tangier, Bombay and Marrakech — all in the same day.

The good news is that you can make your fantasy tangible without virtual reality technology. Just head for the Strip in Las Vegas.

Gucci's impressive "palace" at the Forum Shops.

In case you haven't noticed, the town where plastic dice clocks used to define local retail now has lots of upscale shopping. And more is coming. Emporia like Chanel, Armani, Escada and Versace are redefining the reasons people go to the Nevada desert, site of this year's ASTA World Travel Congress.

The opening last year of several major new resorts, including The Venetian Resort & Casino and Paris Las Vegas, raised the bar considerably on the shopping scene. And year 2000 promises even more showmanship.

They're not just bringing the world's biggest retail names to the new centers. Builders are calling on Hollywood special effects people and theme park technologies to put "wow" in their venues.

A Retail Roll

The $18 billion spent by Las Vegas tourists last year, not including gaming, was equal to New York and San Francisco combined.

Italian And French Arrivals

Last year's retail openings included Paris Las Vegas' Rue de la Paix shopping complex with its Parisian atmosphere in an array of authentic French boutiques like a garden shop, wine and cheese boutique and toy store. At The Venetian, The Grand Canal Shoppes replicate a quarter mile of Venice's famed Grand Canal. Stone walkways and open-fronted shops with gilded (though not necessarily Italian) names like Ann Taylor and Mikimoto stop shoppers in their tracks. The focal point is St. Mark's Square, where cafés and live performances entertain shoppers.

"Vegas is no longer just a gambling destination," says Scarlett Ammons, president and owner of Dallas International Travel in Dallas. "It's there if you want it, but there's so much more there now." Ammons said she is telling her clients about all the fancy shopping options, the elegant new Canyon Ranch SpaClub and the plethora of upscale gourmet restaurants in the city.

"It's so easy to get in and out of Vegas, too," continues Ammons. "We found room rates incredibly cheap. You can get fabulous outfits for less than the same clothing would cost in Paris itself. You can also feel like you're on a cruise when you're in Vegas now, because you unpack once and you get the experience of being in France, Italy and New York all at the same time."

Stats Tell Story

To believe that Vegas is on a retail roll, one need only look at the stats.

According to George Conner, senior vice president of retail properties for Colliers International in Vegas, the $18 billion spent by Las Vegas tourists last year, not including gaming, was equal to spending in New York and San Francisco combined. While destinations such

CR002345

as Southern California and Orlando tout higher visitor numbers, none of them has a higher concentration of tourists than the four-mile stretch of Las Vegas Boulevard, Conner says.

"The demand for retail now is so great we have 10 tenants for one space," Conner adds. "It's very much a landlord's market right now."

The Forum Shops at Caesars Palace with their ancient Roman classical theme is the center Vegas watchers credit for launching the themed upscale shopping trend a few years ago. Located in the heart of the Strip, The Forum has sales that averaged over $1,200 per square foot at the end of last year. That's three times the national average of $350-$400 per square foot.

More than 100 stores have doors in this center, where names such as Louis Vuitton, FAO Schwartz and Emporio Armani draw Hollywood celebrities and about 20 million other people each year.

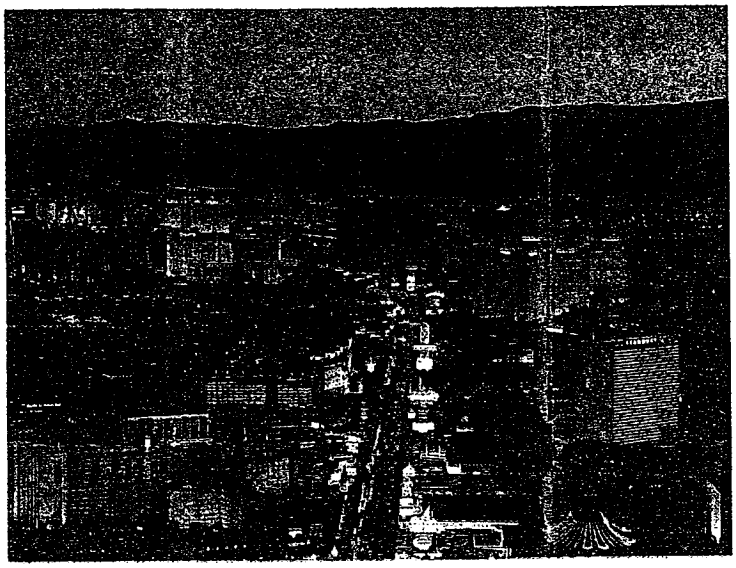
Shopping isn't the only draw. There are restaurants and the Atlantis entertainment feature that incorporates a 50,000-gallon saltwater aquarium. And just like the rest of the town, it's a 24-hour kind of place. Access is 365 days a year, for 24 hours. Shops and restaurants are open from 10 a.m. to 11 p.m. weekdays, and until midnight on weekends.

Alan Feldman, vice president of public affairs for Mirage Resorts, says the shops in Bellagio, his company's newest site in Vegas, outperform the Forum Shops.

"Vegas is hot for shopping," says Feldman. "Within a year every major retailer in the world will be here."

What's Coming

As if the city turns on the adage that it's only as good as its next opening, Vegas shoppers are eager for this year's opening of the newest mega-resort, the 2,600-room Aladdin Resort & Casino, with its Desert Passage shopping centerpiece.



Heavy demand for retail space in Las Vegas means there are 10 tenants for every spot.

Paul Beirnes, director of marketing for Desert Passage, says the concept incorporates merchandise as part of the entertainment, challenging retailers to market the merchandise as a souvenir of a grander experience. San Diego-based TrizecHahn Development Corp., which built Fashion Show Mall, the first high-end center in Vegas in the early 1980s, is developing the project.

By spending $300 million, Desert Passage developers will transport visitors to some of the world's most exotic regions, from Spain through Africa and on to the Arabian Sea and India. As an entire city within a city leads travelers through 500,000 square feet of exotic marketplaces.

"We decided we would be the 'grand slam' of all retailers, and create an experience that breaks the mold," says Beirnes. "You won't find faux marble painted drywall. We have created an exact replica of the 1,800-year-old streets of Tangiers and Bombay, from hand-carved wooden walls to the wrought iron doors."

Set designers from the blockbuster movie "Titanic" are creating a 155-foot-long freighter inside Desert Passage that will be moored in a North African seaside village. Sound effects that will recall a Disney theme park attraction will fill the atmosphere with fog, rain, thunder and winds. Beirnes calls the "new" Vegas the pinnacle on today's "experience economy" that began a couple of decades ago with themed restaurants. The message for travel agents in all this, he says, is that the days of Vegas all you can eat buffets for $1.99 per head have taken a back seat to the finest upscale retailers and restaurants.

"The city has reinvented itself," says Beirnes. "You can still find the buffets, but there is less of a desire to visit them now."

Showcase Mall, Nordstrom

Later this year, Paris, Tangiers and Rome will be joined by the Grand Canyon when The Showcase Mall opens an expansion of 43,000 more square feet of retail space. That $33-million project will have a 22,000-square-foot canyon-theme shopping area. A stone sidewalk will carry shoppers off the Strip and into the mall expansion.

Shoppers will hear special effects like waterfalls, a lightning storm and flash floods against a canyon backdrop. Developers are bringing in 60 tons of textured cast rock to mimic the rugged walls of the Grand Canyon. Shoppers will cross areas on rope bridges and sit in a helicopter hovering at the second floor level.

It's not clear yet whether one of America's most successful retailers — Nordstrom — will add any additional glitz to its traditional formula when it opens shop for business in a 225,000-square-foot store in 2001. Nordstrom will anchor the first retail mall in the country to link two casino resorts with a major fashion department store. The project will join the Luxor Hotel and Casino with the Mandalay Bay Resort and Casino.

ASTA recently added an extra day to the program of its 70th World Travel Congress in Las Vegas. The show will run from Sept. 24-29, and offer a new option for attending a few days of the show at a reduced rate.

Ruth Hill is a freelance travel writer.

CR002346

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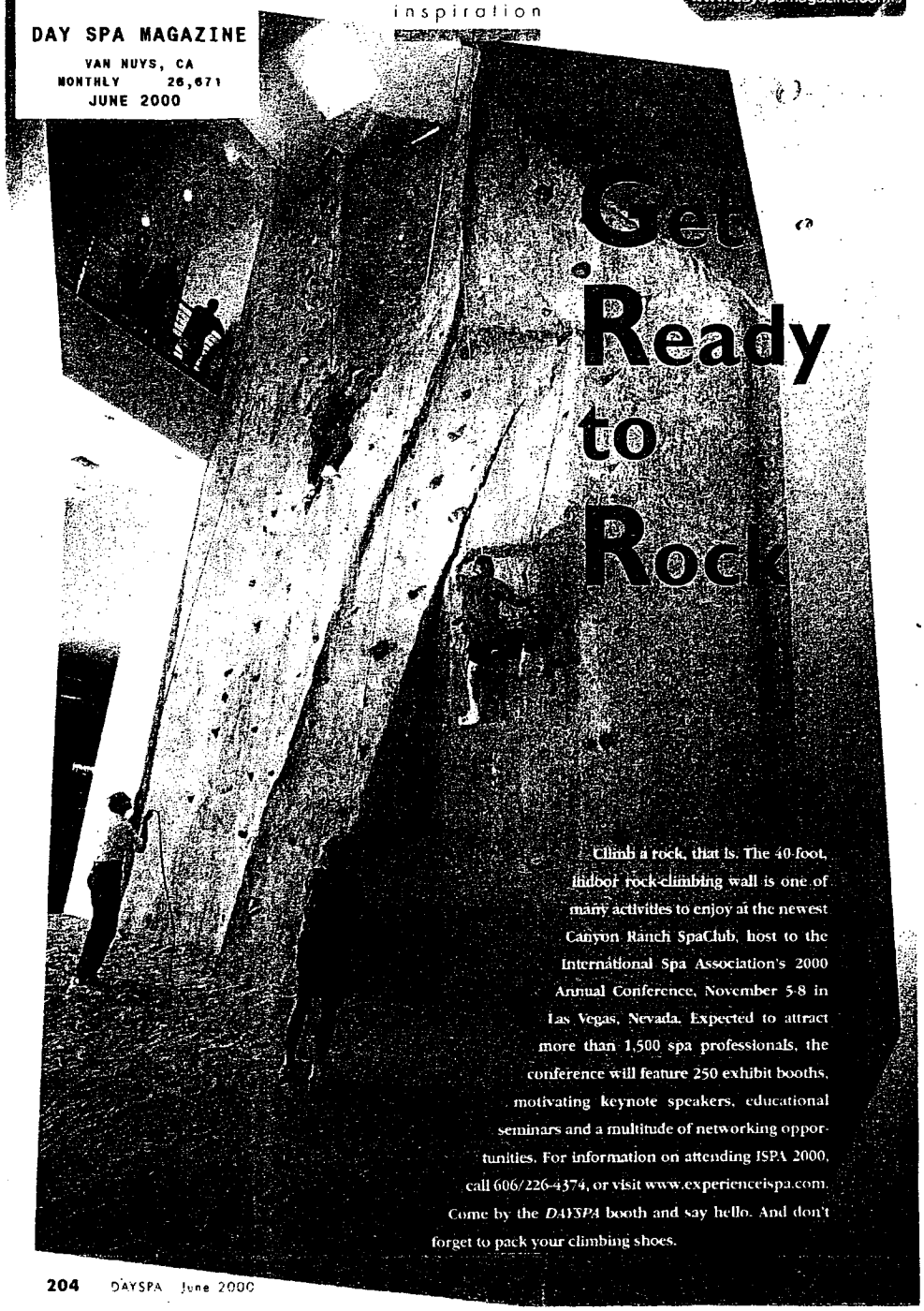

Get Ready to Rock

Climb a rock, that is. The 40-foot, indoor rock-climbing wall is one of many activities to enjoy at the newest Canyon Ranch SpaClub, host to the International Spa Association's 2000 Annual Conference, November 5-8 in Las Vegas, Nevada. Expected to attract more than 1,500 spa professionals, the conference will feature 250 exhibit booths, motivating keynote speakers, educational seminars and a multitude of networking opportunities. For information on attending ISPA 2000, call 606/226-4374, or visit www.experienceispa.com. Come by the *DAYSPA* booth and say hello. And don't forget to pack your climbing shoes.

CR002347

M&C (MEETINGS & CONVENTIONS)
SECAUCUS, NJ
13-TIMES/YEAR 80,154
FEB 1 2000

LaDolceVita

Canyon Ranch opened its first-ever SpaClub in the Venetian Resort•Hotel•Casino, offering treatments to soothe overwrought conventioneers and those needing rejuvenation following excessive merriment at the roulette wheel. The 65,000-square-foot health facility features nearly 100 spa treatments, including aloe glaze, herbal wraps and hydromassage, or visitors can tackle the indoor rock-climbing wall. Canyon Ranch SpaClub welcomes groups; the center can accommodate as many as 300 guests each day. Healthy, gourmet cuisine is served in the Canyon Ranch Café. The SpaClub also offers fitness classes and a wellness center with doctors and nutritionists on staff. (702) 414-3610

LAS VEGAS
REVIEW-JOURNAL & SUN
LAS VEGAS, NV
SUNDAY 220,000
JAN 30 2000

Saying 'nice to meet you' — and 'I Do'

On Tuesday two complete strangers from Germany will meet for the first time at the Venetian and get married. The couple were set up by a German radio station — are we paying attention here? — and the altar will be the first place the two will set eyes on each other.

I think someone needs to say this out loud: Has the world's romantic desperation reduced the population to relying on disc jockeys and television shows to find soulmates? Or, who knows, maybe the most romantic thing these days is to meet and marry a stranger in a 24-hour time slot ... just put your hopes in Cupid Hans and Cupid Franz from German radio and trust that they're looking out for your best interests and not their own ratings.

Either way you look at it, the brave couple have committed to going through with it. The two will fly over from Germay on separate flights on Monday, stay in different rooms on different floors of the hotel and have absolutely no contact until the final moment when they take their vows.

In pure game show fashion — which, in case that rock you're living under doesn't get good reception, is all the rage — the radio station, Germany's "94.3 der Supermix," narrowed down the two finalists from an applicant pool of approximately 500 willing participants.

Kate Maddox

After a "careful screening process," which apparently involved polygraph tests and personality profiles, the DJs picked the lucky pair. And, like most game show winners, an all-expense paid trip — this one to the wedding capital of the world — is part of the reward. Also included in the package is hair and make-up for the bride, courtesy of Canyon Ranch at the Venetian, and a romantic post-nuptial get-to-know-your-new-spouse dinner at Lutece, the hotel's newest fine-dining restaurant.

CR002349

Blockbuster Issue: More dresses than ever before!

FOR THE BRIDE by Demetrios

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Spas
De-stress
to look
your best

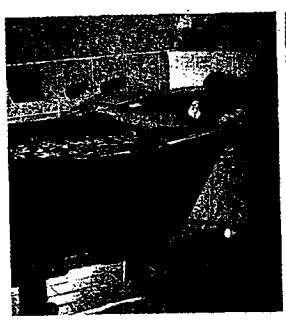
Lost In Spas

Nobody ever said getting married would be stress-free. So, when the going gets tough, smart brides grab their moms or maids-of-honor and escape to a spa for a day, weekend, or an entire week. The results are just sensational! by Patricia Canole

It's ten days before your wedding day and your gown still needs a few more alterations. Your seating arrangements need to be submitted to the banquet manager in 24 hours and you need a bridal attendant to replace the one who got called out-of-town the weekend of your wedding. Suddenly, you feel a chronic anxiety attack coming on!

Sound familiar? Well, don't panic. Plan a getaway and relax at a spa. In fact, many brides and mothers (or grooms and members of the bridal party) are setting aside a special time to pamper themselves before the big day arrives. Here is the ideal place for a bride to come and slim down, tone up, eat light, relax, rejuvenate, and renew. In addition to the traditional beauty treatments offered at most spas (facials, massages, manicures and pedicures), a growing number of these "healing havens" are focusing more on programs that help restore mind, body and spirit to the peak of well-being. These therapeutic treatments are especially appealing because they're geared toward helping the bride look and feel great, as well as teaching them a healthy way of life.

So, will it be a day, weekend, or week-long stay? To help you with your spa selection, here are some of the best spas that are guaranteed to help you regain your composure before hosting one of the biggest parties of your life.



CANYON RANCH SPA CLUB

Las Vegas, NV

Healthy living has hit the Vegas Strip. Like its sister spas in Tuscon, AZ and Lenox MA, this facility is enhancing well-being through fitness, healthy eating, relaxation and renewal. Situated in The Venetian, the Spa Club offers more than 120 spa services including massage and therapeutic bodywork, hydromassage, herbal wrap, mud, salt, aromatherapy and seaweed treatments. The "Wedding Radiance" Package ($360) combines special treatments for the bride to promote a serene, confident feeling. A definite-must: The Coconut Buff, a recipe for heaven on earth! 3355 Las Vegas Blvd. South, Las Vegas, NV; 877-220-2688.

CR002350

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What's On
THE LAS VEGAS GUIDE

WHAT'S ON
LAS VEGAS, NV
BI-WEEKLY 148,000

ISSUE: 0006
ISSUE DATE: MARCH 7, 2000 - MARCH 20, 2000

Sports & Fitness

Back at the Ranch
Feel the tension leaving your body as magic fingers massage your worries away at Canyon Ranch SpaClub at The Venetian.

While you're there treat yourself to a pedicure, manicure, skin-care treatment or even a new hair cut.

Pause from the pampering to enjoy healthy snacks and beverages at the Canyon Ranch Cafe. It's well-stocked with soothing green, black and herbal teas. There's also sandwiches and salads. The spa is open daily from 6:30 a.m. to 10 p.m. For more information, call 702-414-3600.

Spas

Bally's *702-967-4111, ext. 4366* — Complete health spa & workout facilities. Circuit training equipment available from Life Fitness, whirlpools, sauna and tanning beds. Panthermal treatments available for women only. Facility fee is $20 for guests and non-guests. Massage by appointment. Hours are 6am-7:30pm daily.

Caesars Palace *702-731-7776* — Complete spa and health club facilities for men and women, including steam room, sauna, whirlpool, massage, exercise room, solarium and lounge. Located on the second floor of the Palace Tower. Spa hours are 6am-8pm daily, and treatments also available from 8am-6pm daily. Guests only on Fri.-Sat.; public is welcome Sun.-Thur. based on availability.

Canyon Ranch SpaClub *The Venetian 702-414-3600 or 877-220-2688* — This 65,000-sq.-ft. facility is a luxurious health and fitness oasis with complete beauty services, including hair styling, manicures, pedicures and makeup consultations. Choose from 120 spa services. Open daily from 5:30am-10pm.

Harrah's *702-369-5007* — Work out on Lifecycles, Cybex equipment, step machines, pool & sundeck, treadmills, men's & women's Jacuzzi, steam room and saunas, massage available by appointment. Open 6am-8pm daily. Facility fee: $15.

Imperial Palace *702-731-3311, ext. 3685* — Coed gym facility has cardio and weight equipment with TV's in each workout area. There are separate saunas, steam rooms, showers, lockers, towels and toiletries. Complimentary fruit, coffee and juice. Spa services include tanning, massages, body wraps and masks; packages also available. Open daily 7am-7pm. Facility fee: $10 for Day Pass (free with spa service over $25).

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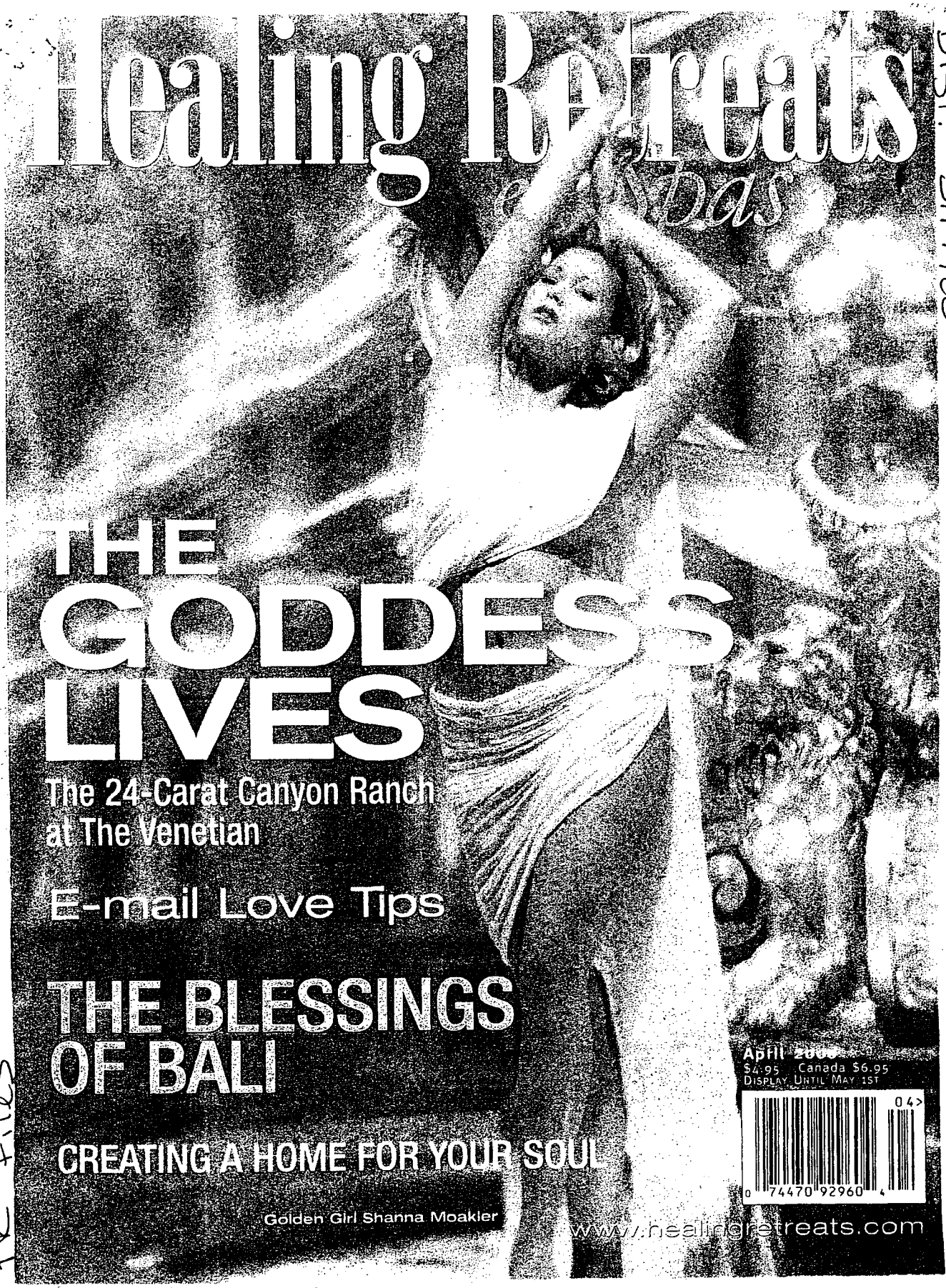
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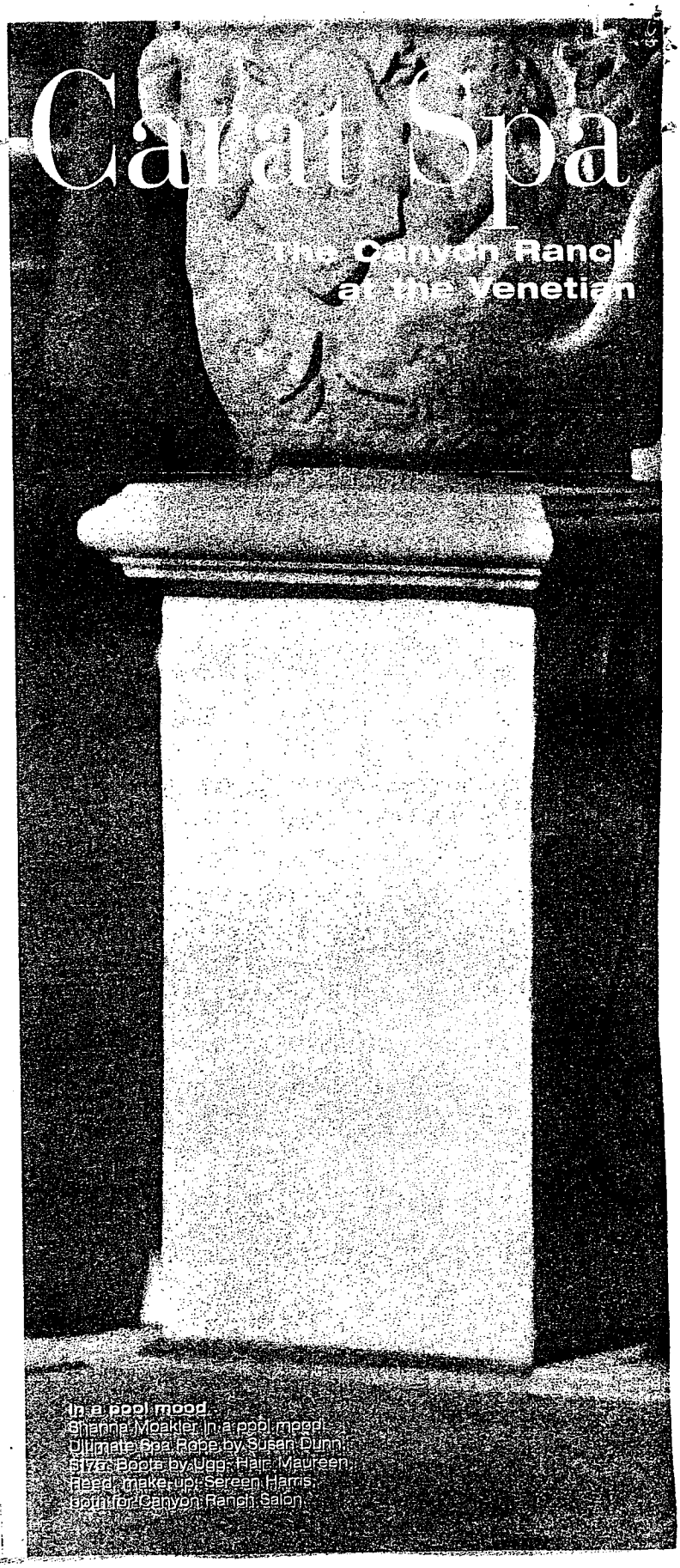
The 24-Carat Spa

The Canyon Ranch at the Venetian

Las Vegas is the only city anywhere with ten world-class spas within one hour's walk, and the Canyon Ranch Spa Club is the latest dazzling jewel in Vegas's glittering crown. Located at the Italian Renaissance-themed Venetian Resort-Hotel-Casino, the Spa Club maintains that healthy, outdoorsy Canyon Ranch feel deep within the Venetian's gold-and-marble halls. With more than 120 spa services—from therapeutic bodywork and Watsu to nutrition, cardiac stress testing, and a 40-foot indoor rock-climbing wall—Canyon Ranch at the Venetian takes the spa lifestyle into the twenty-first century with smarts and good taste.

But what to wear while you're there? In Vegas layers are important as the temperature in a two-minute walk can skip from 107° in the shade to a cool 72° on the casino floor. On the following pages, models Shanna Moakler and Mandie Taketa disport themselves in Susan Dunn's easygoing robes, pants, jackets, and stretchy tops that make a no-sweat transition from poolside to ringside and beyond.

For more information on Canyon Ranch at the Venetian, call the Spa Club at (877) 220-2688, or visit www.canyonranch.com. For information, pricing, and stores for Susan Dunn, call (877) 789-5325, or visit www.susandunn.com.



In a pool mood. Shanna Moakler in a pool mood! Ultimate Spa Robe by Susan Dunn; $170; Boots by Ugg; Hair: Maureen Reed; make-up: Sereen Harris; both for Canyon Ranch Salon.

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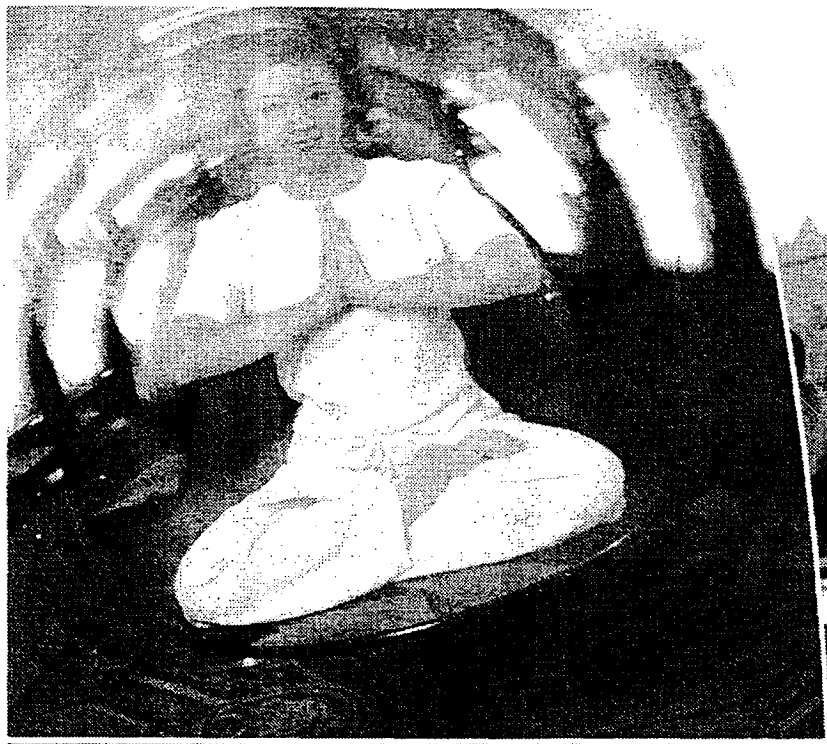
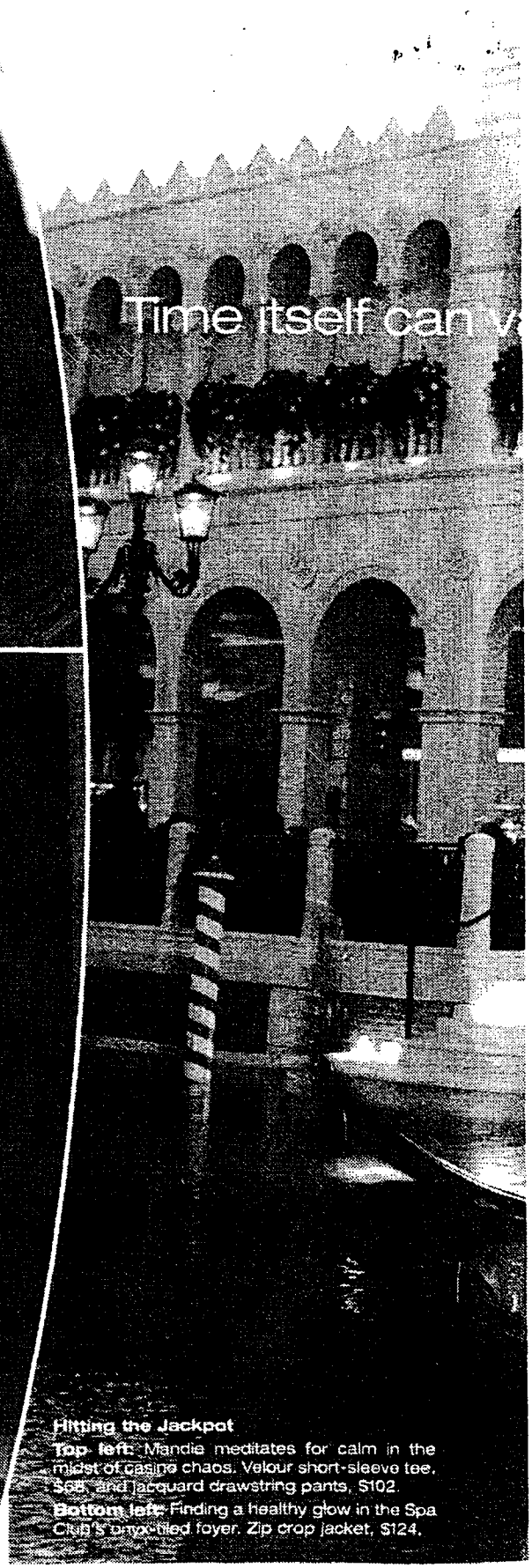


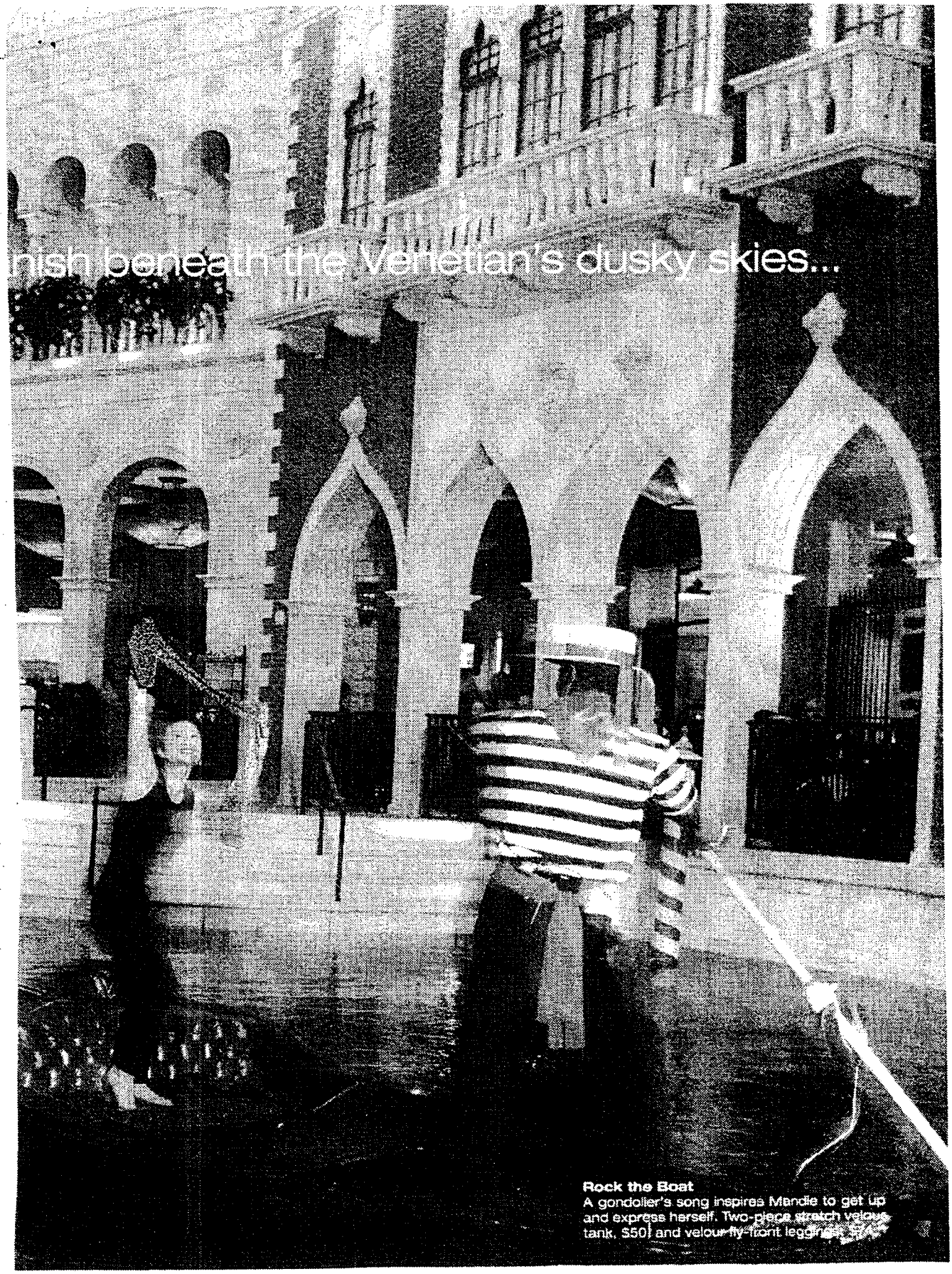


Time itself can v

Hitting the Jackpot

Top left: Mandie meditates for calm in the midst of casino chaos. Velour short-sleeve tee, $68, and jacquard drawstring pants, $102.

Bottom left: Finding a healthy glow in the Spa Club's Dmyotiled foyer. Zip crop jacket, $124.



Rock the Boat
A gondolier's song inspires Mandie to get up and express herself. Two-piece stretch velour tank, $50; and velour fly-front leggings, $[illegible]

CR002357

THE TRAVEL INDUSTRY'S ONLY NATIONAL NEWSPAPER

TRAVEL WEEKLY

VOLUME 59 ■ NUMBER 33 ■ MONDAY, APRIL 24, 2000

Canyon Ranch SpaClub offers a stress-free oasis

Senior editor Phyllis Fine checked out the Canyon Ranch SpaClub at the Venetian Resort Hotel during a recent business trip. Her report follows:

LAS VEGAS — To me, visiting Las Vegas is a super-stressful experience — for reasons ranging from the casinos' noise and bright lights to the fact that I'm always there on business.

The hefty $15 to $20 daily rate that most Las Vegas hotels charge for admission to their (usually no-frills) health clubs doesn't help either.

I never thought I'd experience peace of mind and body along with video poker and business meetings until, between sessions at the Institute of Certified Travel Agents Forum in Las Vegas late last year, I sampled classes and services at the Canyon Ranch SpaClub at the Venetian Resort Hotel.

The result? I was a lot more relaxed, able to concentrate on business when I needed to and to let go when I didn't.

In fact, Canyon Ranch executives chose the location of their first SpaClub (a scaled-down version of their destination spas in Tucson, Ariz., and Lenox, Mass.) very intentionally. "Where better to provide this oasis that allows people to slow down and recharge than a city that never closes?" asked Roxanne Housley, Canyon Ranch vice president of sales.

The Venetian was chosen because there was a "consistency" between what executives of this luxury property wanted to offer (an atypical Las Vegas experience, including healthful snacks in the rooms) and the Canyon Ranch philosophy, said Housley.

So the 65,000-square-foot SpaClub opened in June 1999, shortly after the Venetian itself debuted.

'Where better to provide this oasis that allows people to slow down and recharge than a city that never closes?' — Roxanne Housley

Here is what my individual experience was like: Several hours after I landed in Las Vegas, I checked in to the Spa Club for the first session I had booked — pilates.

I had always wanted to try this exercise system, but didn't know much about it, and I was not encouraged to find myself led into a room with a device that screams "medieval torture chamber."

But Lynne Pray-Raugh, my coach for this hour of individual training, patiently led me through a series of yoga-like stretching and strengthening moves.

Pray-Raugh also taught the yoga class in the next hour, which also turned into a private session. Later on, I got a Thai massage, a combination of gentle rocking and assisted stretching.

By the end of the day, I was a noodle!

The next morning, I woke up early, still on East Coast time, but I felt much more relaxed and energized than on any previous Las Vegas trip.

My shoulders, which had been hurting because of a repetitive stress injury, felt great, and I remembered that Pray-Raugh had told me that pilates, which helps you relearn how to move your body correctly, would be excellent therapy for me.

I realized that I had been exposed to something that could provide long-term positive benefits — exactly the kind of life-changing experience that I imagined happens all the time at Canyon Ranch's destination spas and wasn't a remote possibility at any other Las Vegas health club.

It was not just the mind-boggling variety of pampering services, which ranged from the esoteric (the rasul ceremony, an "ancient Middle Eastern ritual that combines medicinal muds and steamed herbs") to the more familiar (20 kinds of massage) that sets the SpaClub apart.

A massage in progress at SpaClub.

There are also more than 30 preventive care medical services offered, including cardiac stress testing, physical therapy assessment, sports-injury treatments and full physical examinations.

Come to Las Vegas and ... get healthy?

It's a radical concept, to be sure. But after more massages, several aerobics classes and a treadmill workout, I had to say I've never left the gambling mecca feeling so good.

Canyon Ranch SpaClub currently offers 24 packages that agents can book in advance along with a stay at the Venetian.

Some feature medical services, such as the Healthy Start, which includes a consultation with a physician as well as a session with an exercise physiologist to custom-design an fitness plan and a Swedish massage — all for $300.

Another example, Fitness With Finesse, includes a nutrition or exercise physiology consultation, a sports massage and a manicure for $335.

Canyon Ranch SpaClub at the Venetian
3355 Las Vegas Blvd.
Las Vegas, Nev. 89109
Phone: (877) 220-2688

CR002358

FOR THE BRIDE BY
DEMETRIOS
NEW YORK, NY
QUARTERLY 152,254
APR-JUN 2000

Lost In Spas

Nobody ever said getting married would be stress-free. So, when the going gets tough, smart brides grab their moms or maids-of-honor and escape to a spa for a day, weekend, or an entire week. The results are just sensational! by Patricia Canole

CANYON RANCH SPA CLUB
Las Vegas, NV
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CR002359

Las Vegas Sun

SECTION E

Wednesday, April 26, 2000

Accent

CHARGE IT, PLEASE.

Muriel Stevens

An essential visit to Essentials

Canyon Ranch Living Essentials Boutique at the Grand Canal Shoppes at the Venetian is the coolest shop. The pleasure begins at the door with a view of the waterfall cascading down the back wall. In front of the waterfall sits a crystal vase filled with fresh flowers. This beguiling vignette is but a hint of the treasures and pleasures to be found here.

Living Essentials is the first of its kind for Canyon Ranch Spa, said Retail Manager/Buyer Alice Mary Bergendorff. "It is the flagship for additional boutiques that will eventually be built across the country. The goal is to set industry standards for health, wellness and retail."

Canyon Ranch Spa Club at the Venetian (an elevator adjacent to the boutique goes to the Spa Club) is another first. This mini version of Canyon Ranch offers spa treatments, a hair salon, a fitness program and a cafe that's open to the public. The award-winning Canyon Ranch Spas in Tucson, Ariz., and Lenox, Mass., the boutique and the Canyon Ranch Spa Club at the Venetian are owned by Mel and Enid Zuckerman, who developed the Tucson property 20 years ago.

Like most boutiques, Living Essentials is not large, but it offers a marvelous selection of products that promote health and wellness, gift items and many surprises. With Bergendorff as my guide I got to see everything.

When I marveled at the interesting selection, the charming buyer of wondrous things said, "Everything we sell must benefit body, mind and spirit. Helping the environment is another goal, and we are dedicated to giving back to life by our donations to charities (St. Jude's Ranch for Children is one of many). We're affordable, too. Prices start at $5."

There are so many unusual things here. Some are exclusive to the shop. Opal-like recycled glass jars in different sizes are filled with bath salts that are harvested from an ancient sea discovered 3,000 feet below the landscape in Canada. There are handsome sterling silver and gold aromatic jewelry, pendants and aromatherapy nightshirts with a pocket sized to house the scent — a gift package version is available.

There are cunning aroma bears ($35) dressed in exercise gear "for the kids and the young at heart," and the most beautiful therapeutic packs I've ever seen that can be heated in the microwave or chilled in the freezer. Prices for the blue, damask-covered scented soothers begin at $20 for the eye pack; healing oils and candle prices start at $10; aromatic essentials for the feet — scrubs, soaks and such — are $10 each.

The home section is captivating. Included are laundry softener fragrances that go in the rinse cycle; sets of three lavender-scented dryer sachets (fabric softener) that each last through 8-10 washes; and the ultimate luxury — lavender sheet spray — make the bed and spray the sheets with the light, lovely scent. Sweet dreams, not included. "Where do you find these enchanting things?" I asked Said Bergendorff: "When I go on a buying trip I'm like a bloodhound, seeking not only the unusual, but products that benefit customers." The Italian-made reflexology sandals that I bought ($40) have an insole that's said to simulate the acupressure points of the reflexology chart. Clothing items are made of the finest natural fabrics.

Living Essentials, an irresistible shop.

Muriel Stevens' *shopping column appears Wednesdays. Her dining column appears Fridays. Reach her at muriel@lasvegassun.com or 259-4080.*

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PUBLISHED MARCH 14, 2000

Las Vegas: Spa city

Cleaning up in Las Vegas is a sure bet—thanks to new, world-cl spas

By Meesha Halm

Every few years, Las Vegas reinvents itself—from honky-tonk, to convention mecca, to family-friendly theme park, to playground for the rich and famous. Today, the image of Vegas is clean—squeaky clean, that is.

Vegas's n fitness ce country's

Upscale resorts are opening world-class spa facilities, and even the Strip's older properties have spent millions renovating their spa facilities in an effort to keep up with these Joneses. Whether you hit th after hours at the blackjack table, or pamper yourself after a convention wit afternoon of treatments, make sure that on your next trip to Vegas you boo at one of the following hotels sporting state-of-the-art spas.

And if the price tags for these resorts are too rich for your blood, don't desp spas allow nonguests to purchase a day pass (and waive this entry fee if y for a treatment). So go ahead, indulge—you're guaranteed to feel like a winner afterwards.

Fit for a king: The Venetian Resort

Vegas became a spa destination in earnest last summer when the highly acclaimed Canyon Ranch SpaClub opened a two-story, 63,000-square-foot outpost in the equally sprawling Venetian Resort. Take advantage of one of the more esoteric treatments, such as hot stone massage, seaweed body cocoons, or the King's Lulur Bath—a candle-lit ritual (once reserved for Javanese royalty) that combines a 1-hour Balinese-style massage with a scrub fashioned from turmeric, yogurt, and exotic oils, followed by a soak in a massive copper tub filled with fresh rose petals and milk. Grab a bite afterward at the health-oriented Canyon Ranch Café.

Fit for a ki treatment Ranch is t ritual for J royalty.

DAY SPA MAGAZINE
VAN NUYS, CA
BI-MONTHLY 26,671
APR-MAY 2000

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Spa owners keep clients coming back by introducing innovative new services.

Courtesy Canyon Ranch SpaClub

The Royal King's Bath gives a regal touch to the Euphoria treatment at Canyon Ranch SpaClub.

pre

"The beautiful thing about the tub is that the copper helps maintain the water temperature."

Euphoria

Canyon Ranch SpaClub

Las Vegas, Nevada

The tub is the attraction in this completely enchanting service developed by a therapist trained in ayurvedic philosophy. A soak in this 1,800-pound copper tub, called the Royal King's Bath, is incorporated into three separate treatments on the menu at Canyon Ranch SpaClub in Las Vegas, Nevada.

The Euphoria experience starts with the client on a table in a reclined position, where warm compresses steeped in sage oil are applied to her face. "The purpose of this is to get the client to relax," explains Jenny Helling, massage manager. "Next, the therapist blends herbs and dried lentils into a warm, runny paste and applies it to both the front and back of the body. After it dries, the therapist removes the paste with a warm washcloth for a gentle exfoliation."

Next, the client steps into the Royal King's Bath and soaks by candlelight in warm, soothing water infused with essential oils of rose and sandalwood.

"The beautiful thing about the tub is that the copper helps maintain the water temperature, so we can leave a client there to soak for a while without her getting cold," says Helling. "However, you want to be careful not to let a

Rasul Ritual

Canyon Ranch SpaClub

Las Vegas, Nevada

At the Canyon Ranch SpaClub in Las Vegas, Nevada, clients can step back in time by entering the Rasul treatment chamber for a luxurious purification ritual originally designed for the sultanas of India.

Courtesy Canyon Ranch SpaClub

A client relaxes beneath the starry array of the Northern constellations in the Rasul chamber at Canyon Ranch SpaClub.

"According to tradition, women going through purification would cover themselves with mud and sit in a steam room," offers Jenny Helling, massage manager. "The experience can be enjoyed alone or with a partner."

The client begins her ritual with a gentle dry brushing and herbal soak. She then enters the dome-shaped Rasul chamber, which is ornately decorated with hand-painted ceramic tiles and trimmed in 24-carat gold. The ceiling is done with fiber optics to replicate the Northern constellations, and even includes a 24-carat gold star. A steam cauldron in the center of the room diffuses the aroma of herbal lavender, and quiet music plays in the background.

"On one side of the chamber is a selection of medicinal muds in different colors and textures.

"On one side of the chamber is a selection of medicinal muds in different colors and textures and with a variety of combinations of ingredients. Clients apply coatings of mud to each other," explains Helling. "The different muds are for different parts of the body: white for the face; gray for the back; blue for the arms; yellow for legs. Clients then relax in the two tiled, heated chairs as the aromatic steam softens the drying mud. Next, clients exfoliate elbows and knees using natural salts."

The ritual ends with a warm rain falling from the night sky, rinsing the clients. A final shower washes away any last bits of mud. The treatment concludes with self-application of nourishing oils and lotions.

Time: 110 minutes **Cost:** $225

CR002363

TACKLING THE 10 TOUGHEST BLACKJACK HANDS

THE BEST OF GAMING

May/June 2000

www.chancemag.com

Putting the Man Back in Manicure

"There is only one temple in the world and that is the human body. Nothing is more sacred than that noble form."—Novalis (an 18th-century German poet), quoted on the wall of the Canyon Ranch SpaClub at The Venetian.

by Christopher Piehler

When I stepped into the men's locker room at the Canyon Ranch SpaClub, the attendants seemed glad to see me. Extremely glad. They offered me fruit and lemonade and took every opportunity to call me Mr. Piehler. Two of them asked me where I was from and what I did as they led me to my locker and explained the keyless lock system. While I appreciated the courtesy, I couldn't help but wonder why they seemed so starved for action. So I conducted a poll among Canyon Ranch employees. According to the acolytes at this temple of health, the answer was simple. 70 percent of their customers are women. This forced me to ponder some tough questions. Why wasn't there more of a masculine presence at the Ranch? What were all those women doing in there? And could I do it all and come out feeling like a man?

To get into the habit of feeling both coddled and manly, it helped to have a kick-ass suite in The Venetian, which has some of the nicest rooms in the world. The bed was king size, the bar was marble and there were five TVs. What with the massive Jacuzzi tub, the two-headed shower and the scads of toiletry products, I could've concocted a decent spa right there in the marble-and-mirror paradise of my own bathroom. I could've followed my treatments by gazing down on the tranquil expanse of The Desert Inn golf course laid out below me as if I were the captain of the Goodyear Blimp. Real men don't cower in their rooms, though—they get out there and take on the world.

Just as I had completely surrendered to Jennifer, she set me up. Using some sort of metal spike, she began to poke at my face.

But first, they eat the spa breakfast from room service: fresh-squeezed orange juice, muesli and fruit, a bran muffin and tea with milk and honey. From there it was on to Canyon Ranch, which despite its bucolic name is located on the fourth floor of The Venetian. Decorated in earth tones and filled with soothing piano tunes or New Age music, the Ranch was populated almost entirely by women who entered and left looking (to my untutored eyes) exactly the same as they had when they came in, except they were smiling.

After changing into a white cotton robe and some sandals with special rubber massaging nubs on the bottom, I hung out for a few minutes in a lounge eating fruit (not so macho)

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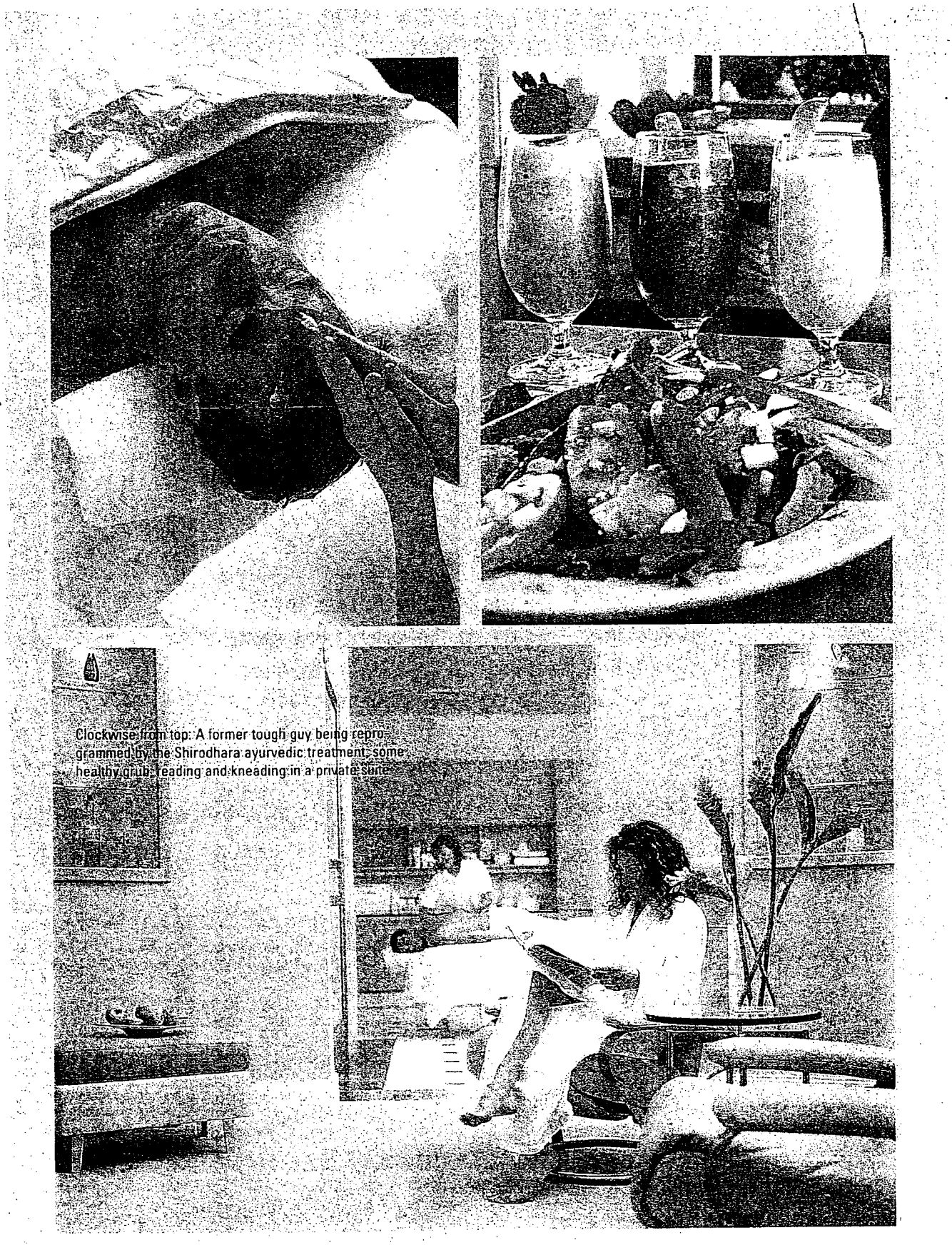

Clockwise from top: A former tough guy being reprogrammed by the Shirodhara ayurvedic treatment; some healthy grub; reading and kneading in a private suite

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The Lular King's Bath treatment (seminude woman not included)

and watching Tiger Woods devour yet another PGA field (*muy macho*). Then Jennifer, my facialist, came and led me through a catacomb to a treatment room where sitar music was playing and a sandalwood-scented candle was burning. She had me lie down on a table, covered me with a sheet and turned on a device that sprayed warm steam to open my pores. Then she applied various scrubs to my face. At first I was a high-impact customer, asking what each of the individual goops did. This was my job as a man—to find out and understand the function of things. After a couple of minutes, though, I just settled down and enjoyed the feeling of it—the warm steam, the cool moisturizers, the hot towels, the scents of cinnamon and chamomile.

Just as I had completely surrendered to Jennifer, she set me up. It started innocently enough. She put some nutrient-rich seaweed gel on my feet and hands, then wrapped them in plastic wrap and what felt like really tight oven mitts. With a cool, comforting patch over each eye, I was completely vulnerable, and she started the torture portion of the morning. Using some sort of metal spike, she poked at the areas of my face that contained blemishes or excess oil. It felt like getting several booster shots all over my face. On the plus side, pain is macho (right?) and I could feel the toxins leaving my body, certain that they wouldn't be coming back. My reward was a facial massage that soothed my achin' face and left me as relaxed as a bowl of pudding.

To keep myself from getting too soft, I followed my facial with a workout at Canyon Ranch's fitness center. While the gym I belong to at home consists of three small floors crammed with sweaty actors yelling into their cell phones so they can be heard over the thumping of techno music and the groans of weight lifters with biceps so huge they can no longer wash their own hair, the one at Canyon Ranch was a quiet haven of immaculate StairMasters, elliptical machines and treadmills, each draped with a sugary white towel. Cushiony ab rollers sat at the head of bouncy exercise mats, enticing me to do a few more crunches.

Some of the equipment was a little *too* new, though. The computerized Nautilus machines ask you to enter a variety of extremely personal information before they will let you lift anything, and then beware! Your range of motion is defined by your first lift, and if you don't go as far on any subsequent effort, the machine displays a message that says INCOMPLETE.REP and beeps at you like a petulant microwave oven. Call me old-fashioned, but I'd rather have some hyperpumped guy named Tony tell me that I'm softer than cooked spaghetti than have a machine beep at me because my bench press came two microns short of its optimal distance. After a bit of work with some honest-to-goodness barbells, I had earned a little lunch.

The Canyon Ranch Cafe is the kind of healthy eatery found in most cities, but in Vegas it sticks out like a broccoli floret in a jar of beef jerky.

I didn't have to go far. The Canyon Ranch Cafe is the kind of healthy eatery you can find in most American cities, but in Vegas it sticks out like a broccoli floret in a jar of beef jerky. The drink specials of the day were carrot, orange and carrot/orange juice, and many of the entrees (get this) contained no meat at all! Not wanting to enter into some sort of cult-like vegetarian trance, I went with the chicken stir-fry with julienned vegetables. To drink, I had an orange juice. For dessert, there was tea with milk and honey (again) and a taquito with strawberries and bananas in a light caramel sauce, garnished with big, fat, fresh blackberries. I could feel the vitamins and minerals coursing through my veins. I was ready for my massage.

Of course, it wasn't just any rub-and-karate-chop routine—this was a sports massage. What that meant I wasn't quite sure, but it had a pleasingly rugged ring to it. Ted, my sports masseur, started off by asking if there was anywhere I

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felt particularly sore. I told him my shoulders were stiff and he applied self-heating seaweed packs to loosen them up. He also threw packs on my feet for good measure. (With all this seaweed I was beginning to feel like a large piece of sushi.) As Ted worked me over, I thought that maybe it was called a sports massage because it was as much a workout for him as it was a relaxation for me. But Ted, unlike the sneaky Jennifer, had no surprises in store. He simply found the places that were tight and made them loose. How long it took I can't quite say, but by the end I felt like I had spent a long day on a sunny beach.

I felt right at home, then, on the sand at the base of Canyon Ranch's 40-foot climbing wall. Climbing, on the face of it, may not seem like a macho sport. There's no contact, no head-to-head competition and no opportunity to drink beer. It is, however, a gear-heavy endeavor, which makes it quite attractive to that manly side. What with the cool shoes, the brightly colored harness with plenty of straps to tighten and the special knot you use to tie in, the preparation is a logistical joy.

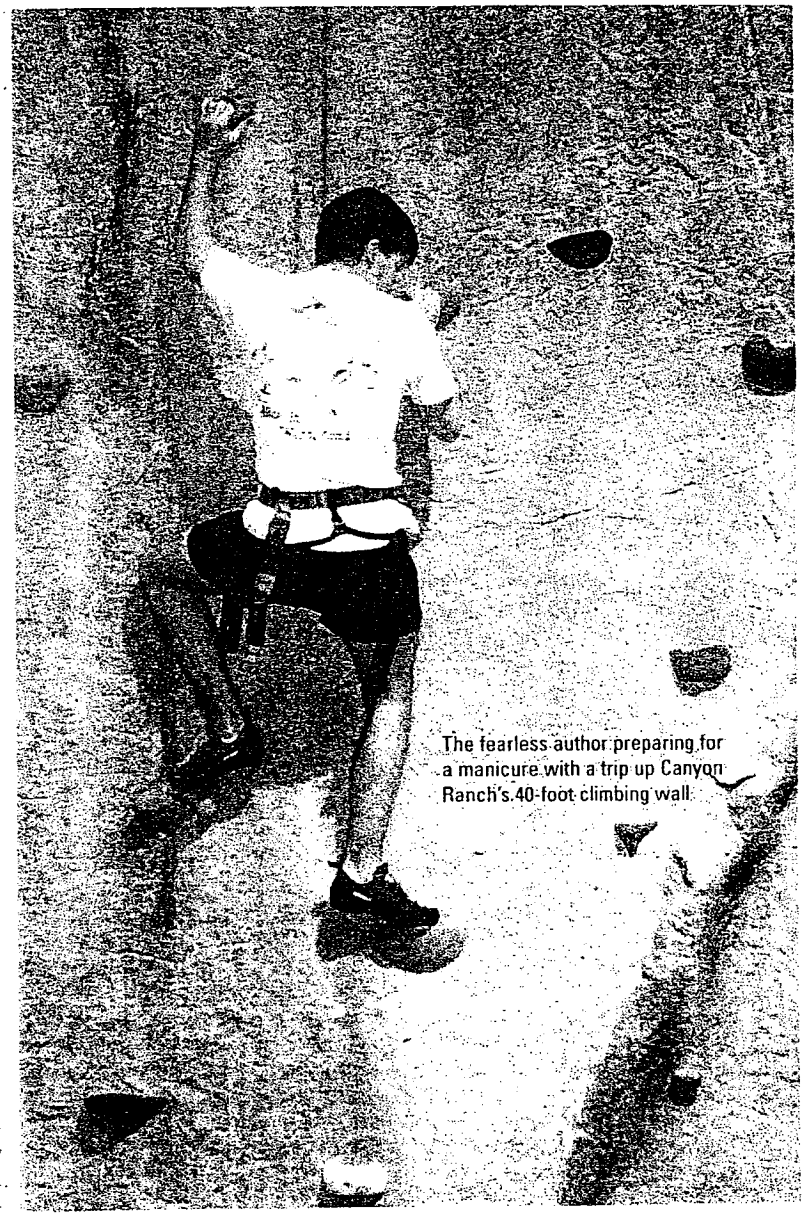
At Canyon Ranch, climbing is also a spectator sport—the top of the wall juts out in between the front desk and the waiting area for the salon, so there were plenty of curious onlookers watching me move from one hold to the next with the quiet dexterity of a gibbon. With the ultra-toned Clark belaying and encouraging me, I conquered the easier routes on the wall with only a modicum of upper-body soreness. When it came to the overhang (where the wall curves backward so the climber is nearly parallel to the ground) I was spent. As is usual when a climber is tired, I slipped off the wall as gracefully as I could, but I did swing a bit, inspiring a gratifyingly loud scream from one of the members of the gallery. After half an hour or so on the wall, my arms were unfit for anything more strenuous that picking up a bottle of water. My hands were scraped and stiffened into claws, and my fingernails looked like a badger had gnawed them. What I really needed was a manicure, so I strolled over to the salon.

Of course, I had never actually had a manicure before. Would there be some sharp mystery tool like the one for the facial? My sense of being a clueless virgin was deepened when Lisa, my manicurist, asked me sweetly, "Have you ever had one of these before?" It got worse when I whipped out my gnarled paws and she said, "Oooh, you have nice hands." While I blushed and stammered and told her I bet she said that to all the boys, she got down to business.

For those who don't know, the procedure is simple. First, Lisa evened out my nails with nail clippers, then brought over a bowl filled with warm milky liquid and multicolored beads. She explained that the liquid was to soften the cuticles. Conditioned by my day to expect minerals everywhere, I asked Lisa what nutrients were in the beads. "Oh," she said, as if I'd tried to eat one, "they're just to play with."

Then out came the cuticle clippers and the cuticle pusher, which looked like leftovers from a medieval medical kit. But the clipping and the pushing didn't hurt that much, and after a nice buffing my nails (for some reason, the left thumb more than the others) were shiny enough that I could use them to signal airplanes if I ever got lost in the wilderness.

As the sun set on Canyon Ranch (it didn't really, but they were closing and told me I had to get out), I knew that I would be back to conquer that damn climbing wall someday. And if they wanted to give me a manicure—or even a facial—while I was there, I knew I could take it. ♠



The fearless author preparing for a manicure with a trip up Canyon Ranch's 40-foot climbing wall.

CR002367

JANUARY/FEBRUARY 2000

Travel Today

The Venetian

With all of the new hotels opening in Las Vegas, The Venetian is the one that packs its punch with biggest "WOW" factor. Simply put, The Venetian Resort-Hotel Casino is a mega-resort with world-class dining, exquisite shopping, luxurious suites and the selected spa packages offered by the Canyon Ranch Spa/Club. Whether you've been to Venice or not, you will truly feel all the glory and splendor of this magical European city brought to life in Las Vegas.

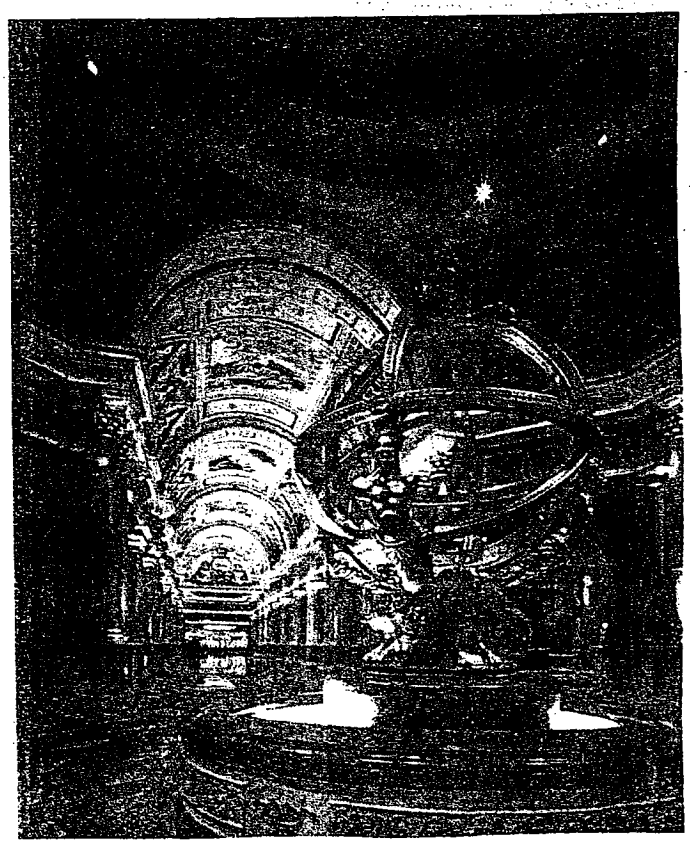
The Venetian is one hotel that still believes in a grand entrance. Their magnificent piazza is enhanced with gorgeous art reminiscent of the Sistine Chapel, leading you into the casino.

Equally as impressive experience is riding a gondola through the Grand Canal, surrounded by a spectacular mix of shops and cafes. Floating through the canal made us feel like we were really in Venice as we watched live performances by costumed carnival revelers.

Every room at The Venetian is a luxury suite, offering the best of everything. Amenities include marble foyer entrance, private bed chambers with sunken living room and entertainment center. The Venetian is the only strip hotel to boast a world-class full service spa as part of their facility. Mel Zuckerman, Canyon Ranch founder and CEO says, "The Canyon Ranch SpaClub will give people a taste and an awareness of healthy living and take the traditional day spa and health/fitness club concept one step further." Called a "Health and Fitness Oasis", the facility is designed to renew, relax and rejuvenate through exercise, classes, healthy cuisine, massage/body treatments and wellness services. Best yet, guests can arrange for "a spa package" where their suite is located on the same floor as the spa services.

I indulged in the "Personal Refresher" package that included conditioning body scrub, Swedish massage and signature manicure. My husband set aside one day for his Men's Medley, which included Canyon Ranch sports massage, men's metamorphosis and manicure.

From magnificent surroundings to the ultimate in pampering, our experience at the Venetian was simply unparalleled! *For reservations or information, call The Venetian at 888.283.6423*



TRAVEL WEEKLY
NEW YORK, NY
THURSDAY 50,511
JUN 29 2000

VISITOR NUMBERS IN 1999 INCREASED BY 16% OVER 1998

Survey says industry enjoyed healthy growth in '99

6704

BY KIMBERLY SCHOLZ

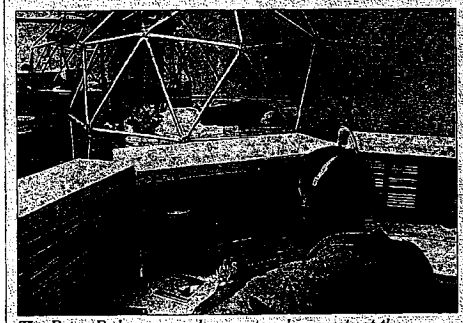
NEW YORK — Spa business is growing by leaps and bounds, according to the 1999 member survey conducted by the International Spa Association.

The survey shows the number of spa visitors increased by 16% compared with 1998, with an average of 33,000 annual visits per spa, translating to about 90 visits per day.

The industry now totals $12 billion and is estimated to grow to $27 billion by 2004.

The spa business is changing in the U.S., where it is becoming more and more important for hotels and resorts to feature spa facilities.

In fact, in a recent survey by Pompano Beach, Fla.-based Health Fitness Dynamics, which plans and manages spas for hotels and resorts across the country, 81% of resort and hotel guests reported they chose a property because it featured a spa.



The Betar Bed uses sound waves to relax guests at the Sanibel Harbour Resort & Spa in Fort Myers Beach, Fla.

"We are in the spa business," said Holly Porter, director of Hyatt Resorts' Spa Hyatt division. "You have to be."

The Spa Hyatt division encompasses all of the company's spa facilities in the U.S. and the Caribbean. The division hopes to feature 18 resorts by 2002.

The last 18 months also saw the emergence of the branding of two spa names: Canyon Ranch, with the launch of the Canyon Ranch SpaClub, and Golden Door, with the re-branding of several spa facilities as Golden Door spas.

The Canyon Ranch SpaClub at the Venetian Resort in Las Vegas is Canyon Ranch's first full-service spa and fitness facility outside of its own destination spas in Tucson, Ariz., and Lenox, Mass.

Nearly two years ago, Patriot American Hospitality, the owner of Grand Bay Hotels & Resorts, purchased the Golden Door Spa in Escondido, Calif., along with its name.

Patriot wanted the name to be associated with Grand Bay properties, so a plan was incorporated to make all Grand Bay property spas into Golden Door resort spas.

The firm also has urban spas in the planning works.

Another trend in the industry is the use of indigenous ingredients in treatments.

These days, more and more spas are tailoring treatments to their region.

Several resorts offer high altitude massages to combat the effects of the altitude; others offer apres ski treatments to soothe sore muscles.

A popular treatment across the board is a hot stone massage, using smooth, volcanic river rocks that are heated in water.

The industry now totals $12 billion and is estimated to grow to $27 billion by 2004, according to the International Spa Association.

The rocks are then placed on the body in a pattern to heat muscles in preparation for a deep-tissue or Swedish massage.

Other unique spa treatments include the following:

• The Betar Bed at Sanibel Harbour Resort & Spa in Fort Myers Beach, Fla. The treatment uses sound waves from selected music and relaxing lighting to ease tension away.

• Aura imaging at Aqua Sulis spa at the Resort at Summerlin in Las Vegas. The treatment involves photographing and analyzing the guest's aura and then choosing an appropriate spa treatment to balance the body's seven "chakras," or points of physical or spiritual energy on the body, according to yoga philosophy.

The treatment is completed by an "after" aura photograph to see the effectiveness of the chosen treatment.

• Raindrop Therapy at the Arizona Biltmore Spa in Phoenix. Using an American Indian technique, the treatment involves dropping nine essential oils, such as soft raindrops, over the entire body in a specific sequence and working the oils into the body and muscles.

• The Color Energy Bath at the Fontana Spa at the Abbey Resort in Fontana, Wis. This treatment uses the energy in each of the seven colors of the spectrum.

The guest chooses a specific color, based on the personality trait/energy he or she wants to experience.

A bath is then drawn in a whirlpool tub using the chosen color in the water and an essential oil that coincides with the specific energy.

CR002369

RECOMMEND MAGAZINE
MIAMI LAKES, FL
MONTHLY 60,000
JUNE 2000

Showtime Las Vegas

LUXURY HOTELS AND SPAS ARE ALSO PART OF THE SHOW

LISA SIMUNDSON

Spa & Luxury Options

Extravagance and Las Vegas have always gone hand in hand, from opulent high-roller suites to lavish stage shows. That tradition continues today, with more casino resorts adding luxurious touches like world-class spas and premium in-room amenities. Last June, **The Venetian Resort** opened Canyon Ranch SpaClub, a 65,000 sq.-ft., two-level facility considered among the largest of its kind in North America. More than 120 offerings include fitness activities for all levels, massage and body treatments, medical and wellness services, spiritual growth opportunities, exercise physiology, physical and movement therapy, nutrition counseling, skin care and beauty salon services, and healthy gourmet cuisine. Additionally, Canyon Ranch recently opened its first stand-alone boutique, Canyon Ranch Living Essentials, at the Venetian's Grand Canal Shoppes.

A single-day spa package that includes fitness classes, body composition analysis, one meal, use of the fitness center and more, starts at $200 pp. Bridal packages and programs that include a private 3-room spa suite are also available. **(877) 220-2688.**

The Spas of Las Vegas • Meet Walter Thomason • Fine Dining

Casino Player

The Magazine for Gaming Enthusiasts

MARCH 2000

Comfort Zones

From crushed pearls to aura analysis, the spas of Las Vegas offer the most exotic, sensual array of treatments imaginable

by Melissa Cook

While much has been made of the "New Las Vegas," one amenity has largely gone overlooked. Yes, Vegas is quickly becoming a culinary capital in its own right. And, yes, the shopping easily rivals New York, Beverly Hills, Paris and London. But did you know that Las Vegas also offers some of the finest health spas in the nation?

The fact is, in recent years, resorts both on and off the Strip have pulled out all the stops to deliver the most pampering, unique, transporting treatments and state-of-the-art fitness centers, making Las Vegas a premier destination not just to revel, but to relax. Whereas spa menus on the Strip used to cover little more than Swedish and sports massages, you can now find ancient rituals from such exotic places as Bali, India, China and Japan. And for those who wish to stay on their exercise regimes, you can now enjoy personal trainers, kickboxing, yoga classes and scaling rock walls. You can even surf the Internet while you pedal a bike to nowhere.

It seems every other society in the world has known the benefits of spa treatments for centuries, but somehow, Americans are just now catching on. Exercise aside, there is more to a day at the spa than simply primping. Aromatherapy, hydrotherapy, massages, facials and body wraps all work in concert to restore the body and mind to peak performance. Natural elements such as muds, herbs and seaweed purify and rehydrate abused skin. Aching shoulders are not only soothed by penetrating massages, toxins stored in muscles are actually released and

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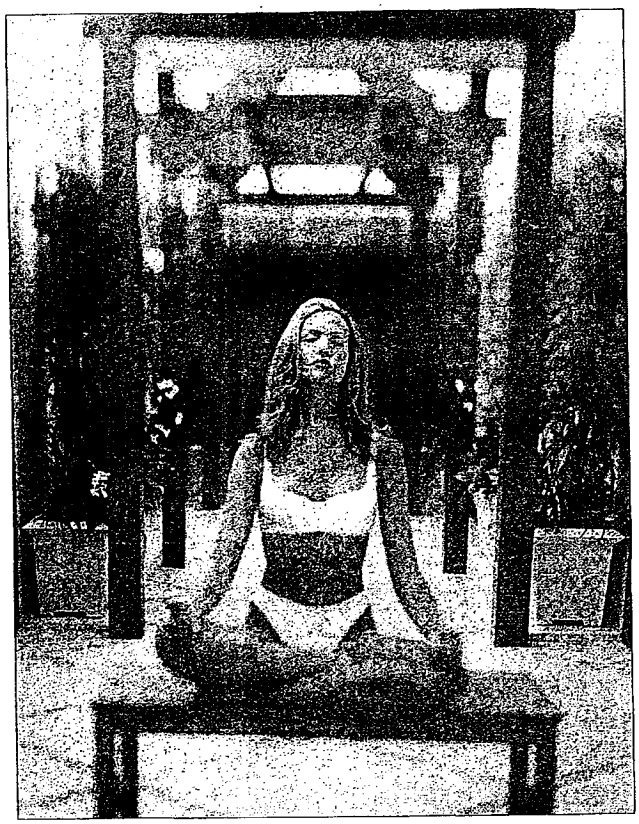


Asian minimalism is a hallmark of the MGM Grand Spa

flushed from the body. Blood circulation is promoted. And, of course, stress is relieved—no minor detail considering how stress can ravage the body, affecting everything from the digestive track to the immune system.

Whether you're looking to combat the dry desert air, recuperate from an all-nighter at the tables, or just treat yourself to something special, you will find a host of holistic options within the tranquil walls of Las Vegas health spas.

For the Novice

If you've never been to a spa, there are a few things you should know.

As appointments fill up well in advance, you'll want to book your day at the spa as early as possible to ensure that you receive the treatments you want at the times you want them. You can call any of the spas and have them fax their menu to you; attendants at the spas can answer any additional questions you may have. Consider scheduling your appointment at the same time as you book your reservation. Don't wait till you arrive at your hotel.

Though the fitness centers are coed, the spas are split. Upon checking in, you'll be given a locker, robe and sandals. You'll want to remove all your clothing and jewelry, and go with just the robe. Modesty may be a factor for some, especially when it comes to using the hot tubs, but trust me—any shyness you may experience will melt away within minutes. This is the norm, no one cares, and you just can't experience the full benefits of any treatment in a swimsuit. You should note that you can, in most cases, specify whether you want a male or female technician. If gender makes a difference to you, let the attendant know when you book your appointment.

With few exceptions, gratuity is not included in the price of a treatment. It's difficult to say exactly what is the appropriate amount to leave, as treatments vary radically. Compare what you'd tip your manicurist or hair stylist to the amount of effort and service dedicated to your treatment, and tip accordingly. I'll generally tip $10 to $15 for an hour massage, and more for more involved treatments. Also, don't forget the attendants. Generally speaking, one attendant will check on you between treatments, offer to bring you juice or water, even bring you cool cloths in the hot tub or sauna. They work hard to make sure you don't have a thing to worry about during your stay, so showing your appreciation with $5 to $10 is a nice thing to do. You can leave your tips when you check out, either in gratuity envelopes (available at the desk) or by charging them to your room or credit card.

You'll want to arrive at the spa at least 30 minutes prior to your first appointment. This allows you plenty of time to change, check out the facility, soak in the hot tub or take a steam. The more time you give yourself to unwind prior to your treatment, the more effective your treatment will be. Also, it's customary to rinse off in the showers prior to your treatment, so allot at least five or 10 minutes for that.

You don't need to worry about bringing a huge cosmetic bag with you. The spas provide everything from shampoo, conditioner, razors and shaving cream to hairdryers, gels, curling irons and mouthwash. And speaking of shaving: Ladies, if you're having a body treatment that exfoliates (especially with salt), *do not shave* beforehand. The burning will send you leaping off the table!

Finally, be sure to drink plenty of room-temperature water during and after your stay at the spa. Sitting in the sauna, steam room or hot tub can dehydrate you, and water is also needed to help flush toxins out of your system. You want it to be room-temperature because your body is able to absorb it more quickly than cold water.

Sampling the Spas

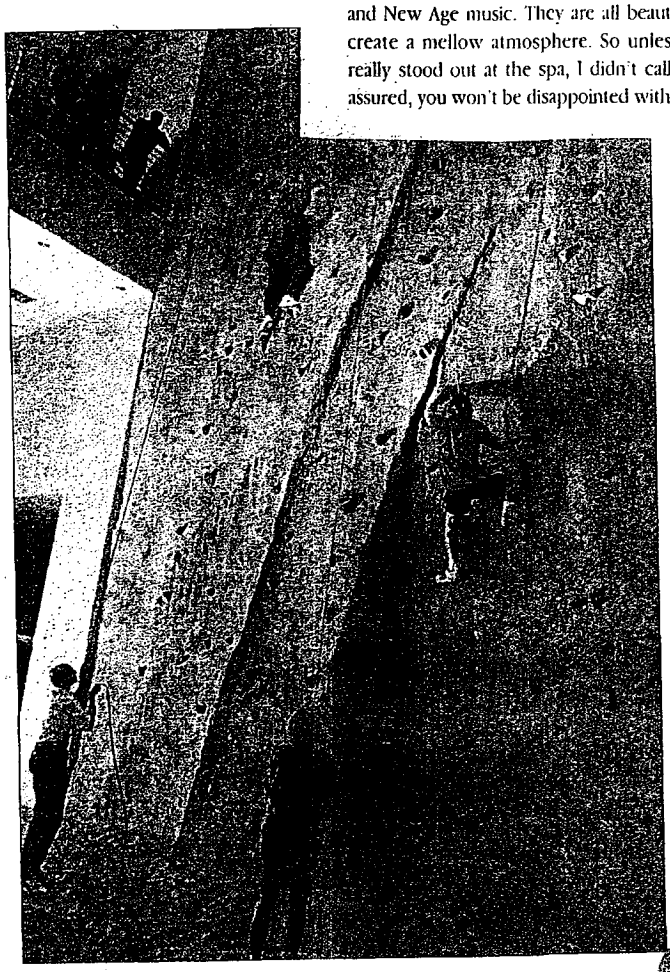
Okay, you know the benefits and you know the basics. Now it's time to explore some of your options—and there are plenty.

But don't worry. I've sacrificed myself for your benefit, selflessly checking out a wide range of unique treatments at some of the best spas on and off the Las Vegas Strip, and I'm here to report what I've discovered.

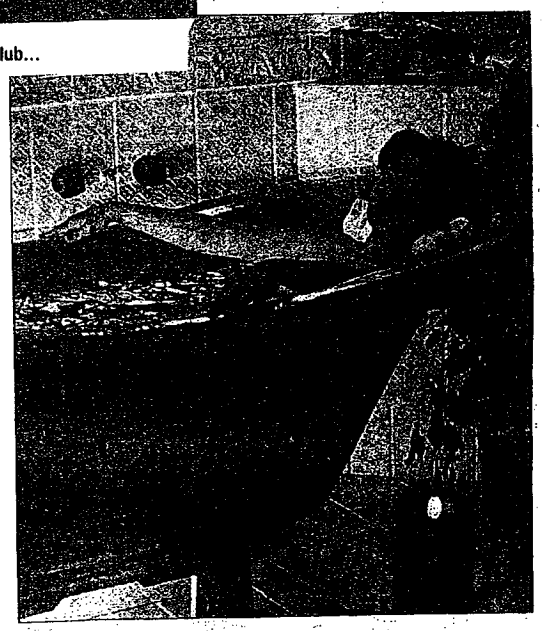
Believe me, it wasn't easy. I've been scrubbed, buffed, steamed, wrapped and rubbed. But the worst part was having to endure the dirty looks of my coworkers while I

explained I wouldn't be in the office because I *had* to get another massage.

One final note: In the 10 spas listed below, you'll find I did not go into a tremendous amount of detail on how they look. That's because most spas employ the same decor choices: muted colors, light woods, recessed lighting, marble sinks and New Age music. They are all beautiful, and designed to create a mellow atmosphere. So unless something unique really stood out at the spa, I didn't call attention to it. Rest assured, you won't be disappointed with any of them.



Climb 40 feet of rock at Venetian's Canyon Ranch SpaClub...



...and then relax in a copper tub filled with a blend of milk and primrose oil

Canyon Ranch SpaClub

The Venetian

Canyon Ranch, with locations in Tucson, A and Lenox, MA, is easily one of the mc famous names in the spa industry. It h been named "Best Spa" by readers of *Con Nast Traveler* magazine seven times, and recognized the world over as a premier des nation for health and well-being. So when announced it would be opening its first Sp Club at The Venetian in Las Vegas, sp enthusiasts sat up and took notice.

And what a facility it is.

It spans 63,000 sq. ft. over two leve offers more than 120 services, fitness class and excursions to Red Rock, a 40-foot indo rock-climbing wall, and its own restaura the Canyon Ranch Café. Once you enter th SpaClub, you quickly forget there's a casi and hotel attached to it.

Providing overall health and fitness is th goal of Canyon Ranch. The spa employ physicians, nutritionists, exercise physiol gists, and physical therapists. Consultation and lectures by health educators are sche uled daily, covering everything from stre management to quitting smoking.

Wanting to experience all facets of th SpaClub, I began my day with a consult tion from an exercise physiologist. Th one-hour session included a discussion o my personal weight and fitness goals ar my (decidedly sedentary) lifestyle. I w: then treated to a body composition asses ment, for which my skinfold was measure and my body fat was calculated.

From here, the physiologist designed workout routine for me, showing me exe cises I could do at home and answering ar questions I had. I was given a copy of m composition, along with a series of par phlets outlining the recommended exercise

Following my consultation, I decided t climb that wall. Forty feet, straight up, wit nothing but tiny hand and foot holds t yank, pull, and scramble my way with. I w: roped into a harness, which was attached t the same physiologist down on the floo This, he assured me, would prevent me fro falling. In truth, you can't go anywhere. you slip off the wall, you simply find yourse sitting comfortably in mid-air. Knowing thi

however, does not calm the nerves.

About halfway up, my legs and arms were shaking uncontrollably. I truly thought I was done for; in fact, I shouted as much to my coach. He gently encouraged me, supporting my weight while I took a small break. Suddenly, a surge of energy hit me, and, completely determined, I clawed my way to the top.

It was a phenomenal feeling. For someone as unathletic as I am, it was an accomplishment to be proud of.

Feeling triumphant, I broke for lunch at the Café, which was surprisingly well-priced. Everything on the menu is healthy, but the selection includes pizzas, lamb, chicken and a string of desserts you'd swear were sinful. The Café is open for breakfast, lunch and dinner, and you'll see people dressed in everything from business attire to workout clothes. A tip: don't miss out on one of their fresh-fruit smoothies. Many are listed on the menu, but they'll blend just about any combination you want.

The women's spa is unbelievably large, with a lounge that is downright cavernous. Here, guests waiting for their treatment can recline in oversized chairs. I actually dozed off in one of the chairs, and awoke to find a thoughtful attendant had covered me with a large towel.

It's nearly impossible to choose just one treatment at the spa. A host of packages are available for just this reason. They start at

$200 for a European Edge facial and Swedish massage, and go up from there. Lunch in the Canyon Ranch Café is included, as is gratuity.

After browsing the 27-page menu, I opted for the 110-minute Euphoria treatment, a Canyon Ranch signature service. Using Ayurvedic blends of herbs, the treatment begins with a full-body exfoliation. You are then moved to the "King's Bath," a large copper tub in which a blend of milk and primrose oil is added to the warm water. Here you soak, surrounded by flickering candles, while sipping herbal tea. After your bath, more herbs and oils are used to massage any lingering tension.

Euphoria, indeed. If you can stand up after the treatment, you're doing well.

Taking it Home

The problem with experiencing a day at the spa—the sounds, the smells, the completely self-indulgent pampering—is that you want to experience it again and again. For most of us, this just isn't financially possible. But there are ways to take the experience home with you, without breaking your bank account.

Nearly all of the spas feature their own retail outlets. In addition to skin care lines, you can generally find aromatherapy items, lotions, candles and music priced affordably.

Invest in a diffuser (you can find them for as little as $10) and, if you smell something in the spa that you love, ask about it. Typically, it's a blend of essential oils that can often be purchased on the spot. You just place a couple of drops in the diffuser, light the candle, and soon your entire room will be filled with the spa's aroma. Lotions and fragrant soaps are another inexpensive treat, guaranteed to bring back the spa sensation.

The most important thing you can take from the spa, however, won't cost you a dime: it's the knowledge that sometimes, a little selfish pampering can change how you view the world around you. Whether you believe in balancing chakras, adjusting your aura or relieving what ails you through pressure points, the fact is, when you steal some time to take care of yourself, you feel better. And that's what the spa experience is all about. ♠

FEBRUARY 2001

WHERE

LAS VEGAS

RELAXING ROMANCE

Looking for a romantic excursion to celebrate Valentine's Day with your sweetie? Then visit the Canyon Ranch SpaClub at The Venetian and start off with a four-hour stay in one of the spa suites—a private paradise for two. The two-room suite will comfortably accommodate a couple as one enjoys a service and the other lounges in the adjacent room equipped with a fully stocked bathroom, a fireplace, a television, a steam room and a shower.

Once inside, indulge in a Canyon Ranch SpaClub signature service, such as the Rasul Ceremony. The couple will first apply medicinal muds and steamed herbs that are based on Middle Eastern traditions to each other's bodies. Next, they will enter an exotic, tiled steam chamber built exclusively for the SpaClub. Perched on individual thrones, couples will feast on the room's dimming light display as toxins are exhumed from the skin. Next, a torrential rain flows from the heavens and the mud is rinsed off. Finally, the service is completed with the application of body oils appropriate for your particular skin type.

Celebrating alone this Valentine's Day? No problem. Spoil yourself with a choice from the selection of treatments available on the SpaClub's service menu. Experience the Euphoria treatment. As the name implies, this euphoric body experience starts with an exfoliation from head to toe, which is followed by a candlelit soak in a copper king's bath. Afterward, the guest is escorted to a massage table to finish with a relaxing massage using essential oils.

The 65,000-square-foot, two-level health spa is the third Canyon Ranch facility to date, and has the capacity to offer many unique treatments. One such service is available in one of the two therapeutic Watsu pools. There is also a superb fitness facility, a 40-foot indoor rock-climbing wall, the Canyon Ranch Café, the Canyon Ranch Living Essentials store and a beauty salon. Of course, if traditional services are what you desire, the SpaClub has them, as well. All services include day use of the general facilities. The Canyon Ranch Spa is open daily from 5:30 a.m.-10 p.m., with services available from 8 a.m.-8 p.m. Reservations are recommended. 414-3600.

—Tamara Allison

JANUARY/FEBRUARY 2001

THE SPA PROFESSIONAL'S CHOICE

american spa

IN TOUCH / tips and trends

over the top: superdeluxe skincare, award-winning spa lunch, anti-aging masks, journey to bliss foot treatment, limo and lunch, royal bath, and more 17

Over the Top

royal treatment

Providing lavish luxury fit for a king, the Canyon Ranch SpaClub at the Venetian in Las Vegas has imported the extravagant Indonesian beauty ritual known as the Lulur King's Bath. The 110-minute treatment combines Balinese-style massage, a stimulating light touch massage that incorporates a variety of strokes including thumb walking and skin rolling, with a turmeric, yogurt, and exotic oil scrub. The $250 ritual is finished with a regal soak in a warm bath filled with flowers.

private quarters

When quality pampering time is a must, couples turn to Canyon Ranch for a luxurious experience like no other. At the Canyon Ranch SpaClub at the Venetian resort in Las Vegas, high-rolling spa-goers place their bets on the 1,000-square-foot private Spa Suite. The wellness room is comprised of two treatment tables, cardiovascular equipment, a tub fit for a king (or queen), steam shower, powder room, and lounge featuring a fully equipped entertainment center, fireplace, and dining space. Couples are invited to enjoy the suite for a total of four hours, receiving four treatments of their choice, choosing from such services as the European Edge Facial and Canyon Ranch Body Cocoon. The package also includes full use of spa facilities, a discounted rate on use of the gym and fitness classes, and a sumptuous lunch. Priced at $1,000, the experience has gamblers trading in their chips for four hours of bliss.

BODY BASICS

again. The classes frequently start with a simple hand massage with the couples seated and facing one another. By the end of class, the two are usually talking, smiling and holding hands."

• Do it at home. "Your home is your sanctuary, a place where you feel safe," says Franco Dahm. But don't do the massage in bed; it's too soft. Pile blankets on the floor, or, if you have a futon, give a massage there. (Just don't use the heirloom sheets, as some oils can stain.)

• Set the mood. Soft music is relaxing and quickly gets you in the right frame of mind. Dim the lamps and light some candles. Turn the phone off and, if you have kids, send them to Grandma's or explain that this is Mommy and Daddy's time to be alone.

• Keep it quiet. Talking can be disruptive. You'll be more relaxed if you set a no-talking rule. Communicate only through touch—unless touch is painful and needs to be adjusted.

• Use the right oils. "Essential oils of clary sage, jasmine, rose, sandalwood and patchouli traditionally are all believed to have certain aphrodisiac qualities," says Lorentzen. You can find massage oils with these scents or create your own. Mix several drops of an essential oil with one tablespoon of unscented massage oil. "You don't ever want to just pour oil on the person," says Lorentzen. "Warm it first by pouring a little bit into your hands and rubbing them together before applying to your partner's skin."

• Speak up if it hurts. "Different parts of the body require different pressure," says Lorentzen. "The back of the knees can be very sensitive, for example, so when you're massaging the calves, lighten up on the pressure as you're moving up the legs." And everyone is different. There's no right or wrong way.

• Save sex for later. "Touching often leads to sex, but it doesn't have to," says Lorentzen. By making massage a distinct and separate activity, your focus will be on relaxing and surrendering rather than giving and acting.

romantic spas

If you don't have time to do a home massage this Valentine's Day, book a romantic couples massage session (prices range from $150 to $300) at one of these day spas:

New York City. Away Spa at the W Hotel: (212) 407-2970; www.theawayspa.com

Tampa. Saddlebrook Resort & Spa: (800) 729-8383; www.saddlebrookresort.com

Sante Fe. Ten Thousand Waves: (505) 982-9304; www.tenthousandwaves.com

Las Vegas. The Canyon Ranch Spa Club: (877) 220-2688; www.canyonranch.com

Los Angeles. Two Bunch Palms, The Natural Hot Springs Resort and Spa: (800) 472-4334; www.twobunchpalms.com

San Francisco. Lavender Hill Spa: (800) 528-4772; www.lavenderhillspa.com

Seattle. Ummelina International Day Spa: (800) 663-4SPA; www.ummelina.com

Hawaii. Anara Spa; Hyatt Regency Kauai: (808) 742-1234; www.hyatt.com/usa/kauai/hotels/hotel_kauai.html

Stroke by Stroke

The best area to begin a massage is the back and shoulders, which hold a great deal of the tension and stress from everyday activities. Next move your strokes to the arms, buttocks, back of the legs and the feet. Finally, work your way back up the body and end by massaging the scalp. Then ask your partner to turn over gently so you can work on the front of the body—in the same direction (from the chest to the stomach and then to the arms, thighs, calves and feet), ending with a massage of the face.

There are five basic movements of massage you should use—in this order.

1. Rocking: While your partner is lying down, *gently* push back and forth on his back to rock him from side to side. (Use his tailbone as a kind of handle for the heel of your hand, which should start the motion.) This rhythmic movement can help de-stress your sweetie and get him in the mood for a massage. Skip this step and go right on to Step 2 if your partner has any back problems.

2. Stroking or Gliding: Slowly glide your hands (open palms face down) up and down your partner's skin—like a mother would stroke a child's skin. The main purpose of this movement is to soothe your partner. Stroking also creates friction, which helps to warm up the skin. And because this movement is so easy to learn, you can use it if you forget the other hand techniques.

3. Kneading: To begin, place your palm on your partner's skin (start on the shoulders or back), stretching your thumb out in almost a 90-degree angle from your palm. Then place the index finger (and fingertips) from your other hand above and diagonal to your thumb. Glide your thumb up on the skin while simultaneously pushing the index finger (and fingertips) from the other hand down. Repeat several times. Then, moving along the body, push your thumb up again and continue the motion in a steady windshield wiper-like manner. While kneading, you should be pinching the skin (very gently) between the thumb and fingertips. This may take some trial and error—and some oil to help your hands glide easier—but once you get the hang of it, it will become second nature.

4. Pressing: Use your fingertips (and particularly your thumb) to gently press into the skin. This technique is especially appropriate for the scalp and face, which are more delicate than other larger areas of the body. Gently press your fingertips into the forehead and glide them across the brow; down along the nose, around the top of the cheekbones and alongside the jawbone. (Avoid putting too much pressure around the eyes, as this area is very sensitive.) And don't forget to massage the earlobes; they're one of the most sensual parts of the body.

5. Knuckling: When working on muscular areas like the calves or the thighs, you can make your hands into fists and apply gentle pressure from the knuckles into the muscles. Continue to move your knuckles over the area in gliding movements (similar to the above step). You should do this three to four times—up and down the area.

Keep in mind that you can improvise, using a combination of techniques, based on what your partner needs—or desires. Whatever kind of massage you give, it's certain to yield wonderful results. "After massage, couples usually interact on a completely different level," says Lorentzen. They're less stressed, not as tense and communicate better. "They are more in tune with each other," she says. "It's interesting to watch the transformation people go through. Massage is sometimes even more effective at reuniting couples than therapy."

Valerie Latona is a beauty editor and regular contributor to *Vegetarian Times*. She'll be enjoying another couples massage with her husband this February 14.

ASTA AGENCY MANAGEMENT
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JANUARY 2001

What's In A Name?

As Spas Proliferate, Do You Know The Differences?

Text by Eleanor M. Wilson
Illustration by Sharon Watts

The meteoric rise of spa vacations signals to agents that this segment of travel can no longer be categorized as strictly for the elite. Spa vacations are among the top five hot sellers in ASTA/Fodor's Hot Spots Survey, but things are changing so rapidly in the world of fitness and well being that 'spa' is fast replacing 'all-inclusive' as our industry's most misused word.

'Spa' is an abbreviation of the Latin *solus per aqua*, meaning health by water. For centuries, the faithful have 'taken the waters' at famous European mineral spas such as Baden-Baden and Bath. Over time, this practice of staying healthy or returning to a healthful state has brought us destination spas, resort spas, health ranches, wellness centers. With such a variety of terms, agents are finding it difficult to know just where to send clients for exactly the right experience.

Whether it's called spa or wellness center, pampering, fitness and beauty treatments remain the base. But now, an equal part of the menu covers improvement of the mind, and spirit along with lifestyle alterations.

Tremendous growth in spa visitors has triggered a rush among top hotel chains to incorporate highly recognizable 'destination spa' names into their operations. For example, Elizabeth Arden's Red Door Spa just opened in the Seaview Marriott Resort in New Jersey, the first of many in Marriotts across the United States and Caribbean over the next five years.

Canyon Ranch Health Club, consistently heading the top spa polls each year, has ventured into the hotel field with a huge two-level SpaClub on the fourth floor of The Venetian resort in Las Vegas. The facility includes a two-story climbing wall and two three-room spa suites for private couples treatments.

The prestigious Golden Door name now graces spas in Wyndham Hotels at The Peaks in Telluride, Colo.; Las Casitas in Puerto Rico; and Arizona's The Boulders. A Golden Door Spa at Anatole in Dallas should be ready in a year. Will Wyndham provide wellness centers? Mike Welly, senior vice president of resort operations for Wyndham Hotel Corp., whose parent company owns Golden Door, explains: "To run a wellness center, you need highly trained medical people, and that is not yet a part of what we are doing. This doesn't mean we won't add wellness centers at some point. Customer needs are altering so dramatically, we are constantly looking at new ways to meet demands."

Spas: Tips For Clients

- Begin a mild exercise routine the month befor a destination spa vacation.
- Plan what you want to accomplish. Work wit your agent on a corresponding package.
- Book hikes, sports and active pursuits in morn ing hours when you are freshest.
- Massages are best appreciated in late afternoon Reserve in advance since those slots fill up first.
- Pack appropriate clothes for planned activities i.e. hiking boots for wilderness trails.
- Drink plenty of water and liquids during th active part of your day.
- Some spas provide laundries. Deluxe spas often provide the basic outfits to be worn.
- After treatments, take advantage of the spa indoor or outdoor lounges. Sip a cooling juice relax and let the therapy complete its magic.

Round Hill, Jamaica, recently debuted Bunty's Cottage Wellness Center on its spacious resort grounds.

"A Wellness Center adds another dimension to our resort," says managing director Josef Forstmayr. "Aromatherapy is gaining new proponents every day as its revitalizing effects become better known. Bunty's Cottage stresses the holistic nature of services so clients can restore balance to their lives through healing therapies, beauty and tranquility treatments."

An Individual Property's Approach

Swept Away Negril in Jamaica, an all-inclusive resort highly regarded for its 10-acre Sports Complex, dares to do things differently amid changing trends. The beachside resort itself is an abundant private garden, with walkways wandering to unseen two-story units. Its 134 rooms with large porches offer every amenity but televisions (TVs will be included in the 150 new units expected to be ready this winter). Water activities, pool and public buildings are concentrated along Negril's famous stretch of sand. Fitness and aerobics rooms, racquet and squash courts, tennis, basketball, a lap pool, jogging track, restaurant and spa facilities make up the Sports Complex across the street, where a much larger spa is being added.

General manager Jeffrey Boland believes guests should set their own pace. "This is a vacation resort with emphasis on exercise," he says, "but we offer that as a choice, along with relaxation, fun and healthy outdoor activity. No one is pushed into any of our programs."

The Canyon Ranch SpaClub on the fourth floor of The Venetian resort in Las Vegas; Sandals Resorts has facial packages for both men and women.

During a free fitness assessment, strict attention is paid to any medical conditions a visitor might have. Body calculations determine the degree of exercise participants can withstand, and a personal trainer sets up a regimen. Nutrition is stressed through a Spa Menu that details calorie count and fat content. Guests wishing to lose weight are advised that 1,200-1,500 daily calories plus exercise will do the trick; for those not so inclined, regular menus are lavish. September's 'Wellness Month' brings in experts who conduct hour-a-day sessions on breathing, energy, acupuncture, reflexology, aromatherapy and hypnosis.

Charting Changes

Ambience and a certain exotic tone have gained their own levels of importance in selling the spa experience. Note the increase in outdoor massage venues, attention to couples treatments, expansion of aromatherapy to the very elaborate: i.e., Bali-inspired Rice & Spice Ritual (Cap Juluca, Anguilla), Royal King Bath (Canyon Ranch Health Resort), Matrimony Fruit Bath in a Couples Wet Treatment Suite (Ritz-Carlton Rose Hall's Wellness Center, Jamaica), or Kuyam at Spa Ojai (California), which begins with self-application of cleansing clays. Also:

* Children as potential spa clients have caught the attention of management at The Ritz-Carlton in San Juan, Puerto Rico. "My

Spas: Tips For Agents

- Take the ISPA training seminar. It could be profitable as well as a safety measure.
- Sell resort spa packages to assure commission. Most spas do not pay commissions on individual treatments.
- Ask if a spa is a member of ISPA or Spaview. This assures a high level of standards.
- Qualify your client's degree of dedication to treatments. Then choose a resort category to fit that level.
- Review specific spas thoroughly at www.spaview.com, or the resort/spa Web site.
- Does the spa accept day visitors? If so, do in-house guests receive priority scheduling?
- At smaller resorts offering spa treatments, ask about lockers and changing facilities. Not all clients are comfortable walking through public areas in spa robes.
- Does the spa have showers? Clients will appreciate this convenience, especially after certain massages or aromatherapy treatments.
- Check out T.A.G., Canyon Ranch's Travel Agent Getaway program at a 50 percent discount.

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CHANCE
THE BEST OF GAMING®
www.chancemag.com
March/April 2001

The Best of Vegas

The 5th Annual Golden Spade Awards

It seems like just yesterday that we awarded our very first Golden Spade. To say that Las Vegas has changed since then would be an understatement, and as we all know, there's no room for such things in Sin City. How different is Vegas now? Back then, New York-New York was the new kid on the block—in the past few years we've seen Bellagio, The Venetian, Mandalay Bay, Paris Las Vegas and the new Aladdin transform the Strip from its days as a "family-friendly" resort into a destination for gourmet gamblers, the types who want not just the games but the world-renowned restaurants, astounding production shows, high-powered headliners and even in-house art museums that only the new Vegas could offer all in one place. To pay homage to the constantly changing pageant that is Las Vegas, we assembled a panel of writers, editors, readers and Vegas experts. They voted for their favorites. We tabulated the ballots. Here are the winners, each with a few choice quotes from those who chose. Ladies and gentlemen, we proudly present the 5th Annual Golden Spade Awards.

Best Spa

Canyon Ranch SpaClub at The Venetian

Canyon Ranch out-relaxed the competition with the sheer number of options it offers. Sure you can work out in the spotless gym, sit in a sauna then get a "virtuoso massage," but you can also get a variety of facials, salt scrubs, body cocoons and salon services from haircuts to manicures. (Not to mention getting coated in "healing mud" during the Rasul Ceremony.) The 40-foot climbing wall and Canyon Ranch Café were the low-cal icing on the cake.

This year, our panel's pick for Best Spa was the Canyon Ranch SpaClub at the Venetian, which offers health services, salon services, a health food restaurant and world-famous spa treatments including the Lulur King's Bath, pictured at left.

MARCH 2001

WHERE
LAS VEGAS

THE ULTIMATE LAS VEGAS

Our annual compendium of the best, the most excessive, the cheapest, the most useful, the most interesting, the most outlandish, and the just plain quirky stuff in and around the city.

TOP SPAS

1. **Canyon Ranch SpaClub,** The Venetian (414-3600).
2. **Aquae Sulis,** The Regent Las Vegas (869-7777).
3. **Spa by Mandara,** Paris Las Vegas (739-4111).
4. **The RockSpa,** The Hard Rock Hotel (693-5554).
5. **The Grand Pool and Spa Complex,** MGM Grand (891-3077).

NATIONAL GEOGRAPHIC
March 2001
TRAVELER

HEALTH

SMART TRAVELER

More than Massage

New spa offerings abound. Try walking around in circles.

Blame it on the economy or a post-millennial fixation on stress elimination, but the spa boom, a $5.3-billion industry in the U.S. alone, continues unabated. Some 10,000 spas are expected to open worldwide in the next four years, including Canyon Ranch at Sea cruises, billed as the world's first floating health resort. Spas are also reaching out to more people. At the Ocean Point Resort in southern Florida, there are even massages for babies. For those weary of the standard spa fare, we've assembled some alternatives.

A couple indulges in the Rasul Ceremony at Canyon Ranch.

■ **Canyon Ranch SpaClub at the Venetian, Las Vegas, NV** The **Rasul Ceremony** is a steam room-meets-body painting extravaganza that starts with a series of exfoliations followed by the application of five different mineral muds to the body. Throw in a 24-karat gold steam cabinet stocked with lavender, a warm rain shower under a "night" sky (fitted with fiber-optic stars), an aromatherapy oil rub, and hot herbal tea, and you've packed a full week's spa experience in a mere 60 minutes. **Cost:** $150. **Caveat:** After the treatment, you may need to scrub hard to remove mud pigments from the skin.

■ **The Golden Door, Escondido, CA** Based on the Buddhist tradition of walking meditation, the **labyrinth** operates on the notion that literally walking in circles can help clear the mind and solve problems. Unlike a maze, the labyrinth does not confront the walker with forks in the road or dead ends—the path is clearly marked, meant to encourage spiritual contemplation. **Cost:** included with stay. **Caveat:** Those who go in convinced it's a silly New Age exercise will probably come out thinking it's a silly New Age exercise.

■ **The Chopra Center for Well Being, La Jolla, CA** The luxurious Ayurvedic treatment—**pizichilli**—is said to cleanse the body's energy channels. For 70 minutes, two therapists massage and bathe you in a continuous stream of warm herbalized oil. **Cost:** $235. **Caveat:** It'll take several shampoos to get all the oil out of your hair.

■ **The Spa Without Walls at The Orchid at Mauna Lani, Big Island, HI** The **Hawaiian Rejuvenation** treatment uses native remedies, starting with a gentle body exfoliation with honey, turbino sugar, kukui nut oil, and fresh aloe vera. A body wrap, facial, and scalp and foot massage follow, employing essential oils culled from the side of the Hualalai volcano. The treatment ends with a lomilomi massage, once used to prepare ancient warriors for battle. **Cost:** $200. **Caveat:** Nut oil is used so those with nut allergies should take heed.

■ **Two Bunch Palms, Desert Hot Springs, CA** Go back to the womb with **Wassertanzen.** Conducted in small heated pools, this treatment uses elements of shiatsu, dance, and aikido. The therapist gently moves you underwater (while you hold your breath), working and massaging your body and inducing an otherworldly, sleeplike state that is supposed to open the mind and heal the body. **Cost:** $145. **Caveat:** Since swimsuits are optional, discuss your preference with your practitioner. —*Melissa Kirsch*

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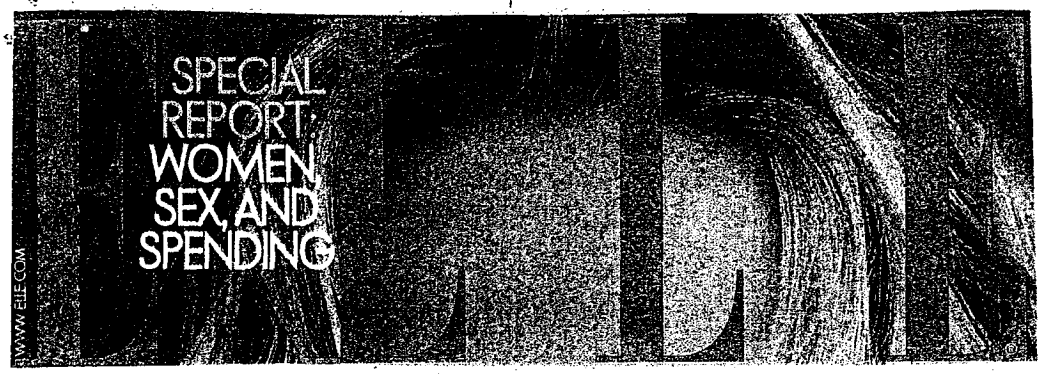


April 2001

BEAUTY

European facials, aromatherapy massages, lavender scrubs—every girl loves a blissful treatment. But can the new do-it-yourself home versions live up to the luxury of the spa? To settle the score, Vanessa Penna gets pampered by the pros while Nancy Serano tries some home improvement

what women WANT

As T.S. Eliot so famously wrote, "April is the cruellest month," and after one of the coldest winters on record, taxes, and fashion week, we were in need of serious pampering. So Vanessa booked appointments at spas all over New York and beyond. Meanwhile, Nancy massaged her own feet and covered herself—and her entire bathroom—with mud. Guess who got the better end of the deal?

SUGAR SCRUB

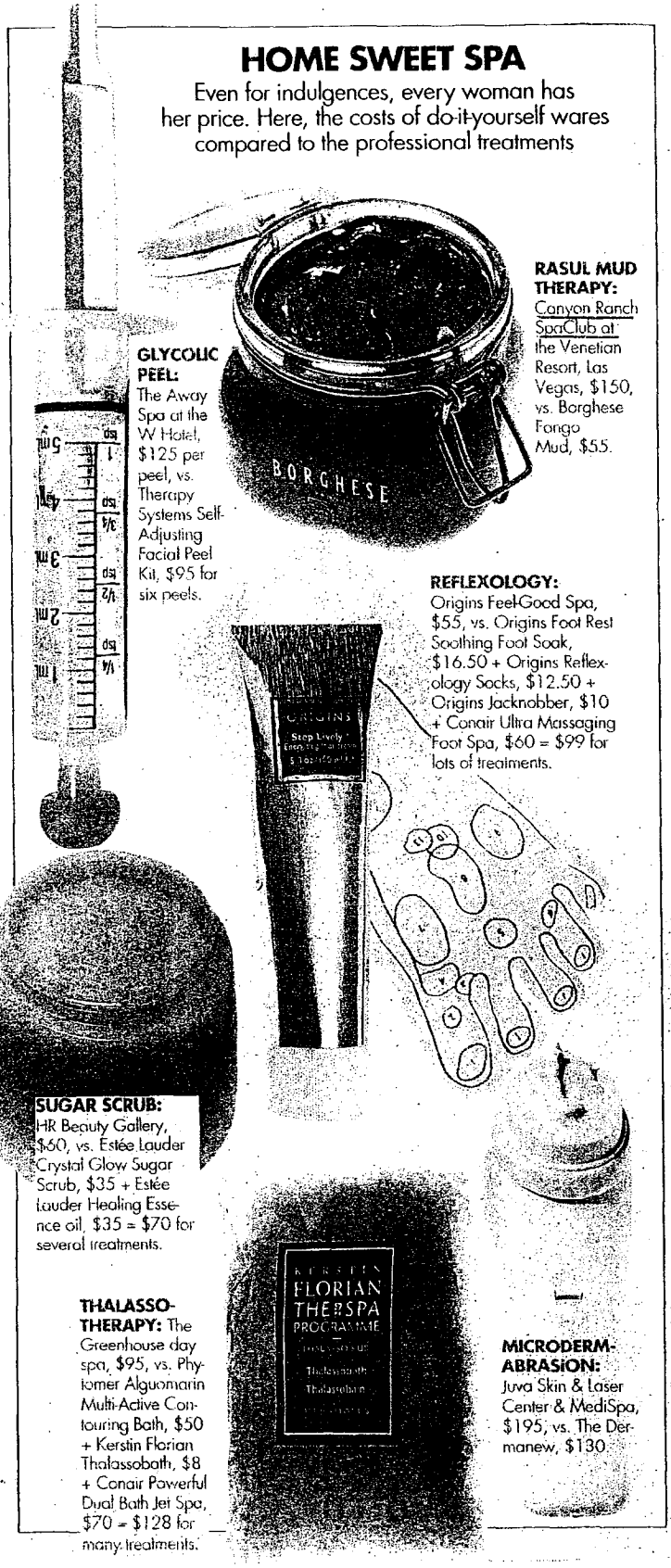
Vanessa Penna: I cringed as I walked into the spa at Helena Rubinstein's HR Beauty Gallery in SoHo, realizing I'd forgotten to shave my legs that morning. Hoping my technician wouldn't notice, I hopped on the table in the tiled treatment room. She began by rubbing my body with shower gel and then rinsing it with the Vichy shower, a long rod with six showerheads. Next, she scrubbed my limbs for fifteen minutes with coarse sugar grains, which, she explained, are better exfoliants than salt because they aren't drying. After a final rinse, my skin did feel silky, and I loved being able to take a shower on my back. But I couldn't rationalize paying for what amounted to a hose-down.

Nancy Serano: In the shower, I massaged a handful of Estée Lauder Crystal Glow Sugar Scrub, part of its spring Private Spa Collection, over my thighs, arms, derrière, and as much of my back as I could reach, then rinsed off the gooey mint-colored granules. Pretty uneventful. After towel-drying, I dribbled Estée Lauder Healing Essence oil on my superexfoliated body. My skin was positively begging to be touched! Two days later, it still felt like velvet. I plan to sugar-scrub every week or so from now on.

REFLEXOLOGY

VP: I put about as much stock in reflexologists as I do in psychics, so I asked Chris, my therapist at the Origins Feel-Good Spa, if she really would be able to cure my ailments just by pressing my big toe or heel, as practitioners claim. She said she couldn't promise anything, but at the very least, the treatment would make my feet feel incredible. When my own snoring woke me up forty-five minutes later, I knew Chris had worked her magic. Deliriously relaxed, I padded back to the changing room, cursing myself for having worn ridiculously high heels.

NS: My roommate stared at me like I was nuts as I covered our living-room carpet with towels, filled the Conair Ultra Massaging Foot Spa with steaming water, and dumped Origins Foot Rest Soothing Foot Soak and massage tools onto our coffee table. "I'm preparing for my self–foot massage," I said defensively. Apathetically at first, I started kneading my feet with the massager, following the pressure points printed on the soles of the Origins Reflexology Socks I'd donned. But soon enough, a tingling began moving up my legs. I kneaded away with >



abandon. Next, I rolled my arches on the massager knobs and jets in the foot spa *(ahhhh)*, slumped into the couch, and vegged to the sound of woodwinds piping from the New Age CD I was playing. The verdict? The foot spa will have a permanent place next to our couch.

RASUL MUD THERAPY

VP: Since Las Vegas is all about excess, I had to try the Rasul treatment at the Canyon Ranch SpaClub at the Venetian Resort during my vacation there. Rasul is an ancient Middle Eastern ritual that women performed before a romantic evening. My session began with a tickling, dry-body brushing by my therapist, Tom, followed by an herbal soak in a warm tub. Next, I was seated in a sexy *Aladdin*-esque tiled chamber with a domed ceiling that resembled a night sky, with fiber-optic stars. "Will you be doing the treatment alone?" Tom asked as he handed me a plateful of colored muds. Since I didn't know it was even legal for a couple to get naked in a spa, I hadn't brought my beau, and I was left rubbing the muds on my nude body myself. As a cauldron puffed aromatherapeutic steam, I sat, semiconscious, for half an hour. Suddenly, I felt a warm sprinkling coming from the domed "sky" that eventually turned into a downpour, causing the muds to slide off. The treatment ended with a massage, making it worth every blissful penny.
NS: Rasul requires a rain-forest shower, a steam room, and a man. Seeing as I have none of these, it was tough to replicate the treatment in my dinky bathroom. I slopped some Borghese Fango Mud on myself, sat on the tub floor, let steaming water run down the drain, and tried to envision the ornate Rasul room—and Limp Bizkit's Fred Durst slathered in tribal mud. I could see how it might be kinky to recline for thirty minutes next to one's body-painted amour, but my session was neither relaxing nor romantic: I felt like drying caulk.

MICRODERMABRASION

VP: Because this superexfoliating treatment involves a machine that pelts aluminum-oxide crystals against your face, I headed to the Juva Skin & Laser Center & MediSpa in Manhattan, where doctors are on hand. Sumona, my aesthetician, told me she'd turn the machine up to 35 to 40 millimeters so I'd really see results. As she dragged the wand across my skin, I felt a sensation similar to a cat licking my face, though it stung slightly around my eyes.

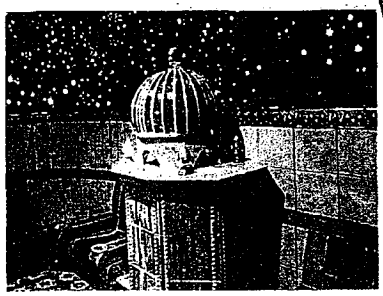
Sumona finished by performing fabulous facial acupressure with moisturizer, explaining that while microdermabrasion is efficient at unclogging pores and minimizing lines, it can be drying. Though I was still crunching crystals in my mouth when I left, my skin was rosy and blackhead-free.

NS: Microdermabrasion is best done under the supervision of dermatologists and aestheticians, so I was suspicious, to say the least, of a do-it-yourself version. Nevertheless, one night, I whipped out the Dermanew, a hand-held vibrating device with a circular sponge. (Now, *that* seemed kinky.) I dabbed the Dermanew Crème (active ingredient: aluminum-oxide crystals) on my forehead, nose, cheeks, and chin and, using the buzzing tool, rubbed the grainy cream in circular motions. The vibrations didn't seem to serve any purpose except to make the crystals feel hot and my skin sting. After I rinsed my face, my pores were somewhat less clogged and my skin felt softer. But let's face it: A vibrating sponge isn't *really* microdermabrasion. It's . . . well, a vibrating sponge.

GLYCOLIC FACIAL

VP: It's not a great idea to do two deep facial exfoliations in one week, but I went anyway to the Away Spa at the W Hotel for a dose of 30 percent glycolic acid two days after my microdermabrasion. Janet, my facialist, warned me I might feel some burning, but I urged her on. Even though she left the solution on for only two and a half minutes, it was agony: I literally had to sit on my hands so I wouldn't wipe it off. Later, Janet calmed my skin with a moisturizing mask, but my week's worth of extreme pampering had finally taken its toll. Days later, my face peeled and I broke out in a pimply rash. Note to self: There *is* such a thing as too much of a good thing.

NS: The Therapy Systems Self-Adjusting Facial Peel Kit took five minutes. I washed my face, rinsed, applied pretreatment lotion, then smeared on the glycolic gel and left it for three minutes. The gel stung a bit (the instructions warned it would), but I took that to mean it was working. When it dried, it felt as if Saran Wrap was pulled tightly over my face. I rinsed and looked in the mirror. My cheeks had a fresh, pink radiance (and still did a day later). Granted, this over-the-counter glycolic peel is less potent (30 percent glycolic and pH-balanced to reduce abrasion) than one administered by a doctor (around 70 percent), but perhaps after doing all six treatments (one per week, maximum) in the $95 kit, my skin would achieve greater results. I'm willing to give it a shot.



Lighten up: Rasul mud therapy chamber (left); L'Occitane Aromachologie Relaxing Scented Candle

RASUL REQUIRES A RAIN-FOREST SHOWER, A STEAM ROOM, AND A MAN. SEEING AS I HAVE NONE OF THESE, IT WAS TOUGH TO REPLICATE IT ALONE IN MY DINKY BATHROOM.

THALASSOTHERAPY

VP: Since by this point I'd stripped in front of almost every aesthetician in the city, I unabashedly lay on the table in the buff so Georgette, my technician at the Greenhouse day spa, could give me a dry body brushing and then paint the slimming spirulina seaweed mask (said to detoxify the skin) on every body part, breasts included. Instead of following with a soak, as is usually done in thalassotherapy, Georgette wrapped me in a plastic thermal wrap and an electric blanket. When she unraveled me, I was covered in sweat—evidence, she said, that I was flushing out toxins and water weight. She then washed me off with the Vichy shower and slathered on a heavenly scented lotion. Later that night, however, I noticed a fishy smell on my skin. It could have been the toxins exiting my body—or just the stench of seaweed.

NS: I had to do this in the tub because wrapping myself in sheets, fajita-style, sounded complicated. My tub wasn't bath-ready, so I started my treatment by scouring it with Ajax, which soured my mood. But when I filled it with hot water, cranked up Radiohead, and planted candles around my sink, I relaxed. The Phytomer Alguomarin Multi-Active Contouring Bath prescribed three capfuls of seaweed, but given that it's said to have slimming effects, I poured half the bottle in the tub, doused my body with the rest, and topped off the bath with a handful of Kerstin Florian Thalassobath salts. I eased in, pleased not to have been electrocuted by the Conair Powerful Dual Jet Bath Spa hanging over the tub's edge, which was erupting chartreuse bubbles, like boiling split-pea soup. I drifted off, imagining myself dissolving to a trimmer size, but my bliss was cut short when a peeved neighbor started banging at my front door to inform me that the bath had leaked green "sludge" into the second- and first-floor apartments. This would *not* happen at a spa, I thought, rinsing off my Kermit-colored skin. After showering, I put on my pajamas, which, alas, fit the same way they had the night before. □

BRIDE'S MAGAZINE
NEW YORK, NY
BI-MONTHLY 400,000
APR-MAY 2001

HONEYMOON file

LAS VEGAS

DESERT SPARKLE

Much more than feathers and flash, showgirls and slots, Las Vegas has morphed into the ultimate global village. After all, why bother with a passport and shots when you can visit Paris, Venice, Egypt, and Morocco—or the lost city of Atlantis—without leaving the Strip?

The fantastical alternative worlds created at Vegas's new breed of resorts go far beyond glitzy neon facades. They come replete with restaurants ruled by celebrity chefs, designer boutiques, world-class spas, and sophisticated shows that won't make you blush.

Las Vegas still has casinos in spades—and diamonds, clubs, and hearts—but now you can stake your entertainment bets on more than baccarat and one-armed bandits. And even if you don't hit any headliner jackpots while you're in town, long runs like the *Blue Man Group* at the Luxor, or Cirque du Soleil's surreal aquatic extravaganza at the Bellagio—appropriately titled O (get it, sounds like the French word for water, *eau*)—are a sure thing. During the day, get your adrenaline up with a free-fall on the Stratosphere Tower's Big Shot ride, or just lounge around drinking Deep Space Wine with extraterrestrials at Quark's Bar and Restaurant in Star Trek: The Experience, at the Hilton.

As for the city's famed grazing grounds—aka buffets—they are by no means a thing of the past. The crowds queue up for everything from *mu shu* pork to cherry pizza at the Rio's huge international buffet. But the hottest tables are at the city's chic, romantic dining rooms, where you can choose the nouveau Asian dazzle of Wolfgang Puck's Chinois at the Forum Shops at Caesars Palace or Charlie Palmer's swank way with steak at the Four Seasons Hotel. Bon appétit!

—EDIE JAROLIM

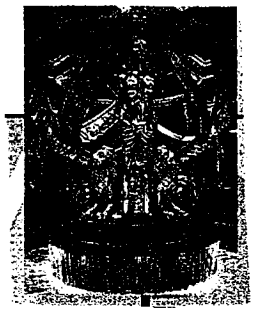
EXCESS AND THE CITY

Once upon a time, splurging in Las Vegas meant going back to the buffet for thirds or blowing a wad of dough at black jack. These days, Sin City offers far more sophisticated and creative ways to part you from your cash.

Conspicuous consumption is raised to an art form at such resorts as Bellagio, where the likes of Chanel and Prada vie for your attention; the Venetian, with shops like Jimmy Choo, English sandal maker to Carrie and Miranda; and the Aladdin Resort's Desert Passage, interspersing tony boutiques like BCBG, Sur la Table (and its high-fashion housewares), and Hugo Boss with exotic open-air marketplaces.

Along with top-notch shopping and fine wining and dining, elaborate pamper palaces abound. Canyon Ranch SpaClub at the Venetian features the Lulur King's Bath, derived from a 40-day prenuptial ritual created for royal Indonesian brides. Here it's available to everyone and takes a mere 110 minutes—and it's okay if you've already tied the knot. At the Regent Las Vegas Resort's Aquae Sulis Spa, you can float together through a stimulating hydrotherapy course, with stations ranging from a spritzing chaise lounge to a column of tiny "champagne" bubbles.

THE VENETIAN



Bali Hai, the Strip's spectacular new $32 million golf course, will call to you—at least if you're a duffer duo (or a sucker for old show tunes). The course has a South Pacific theme—aquamarine ponds, volcanic-rock outcroppings, Polynesian cuisine at the Pacifica Restaurant—in addition to three beach bunkers, seven acres of water, 4,000 palm trees, and 100,000 tropical plants. But who's counting?

Prefer one of Mother Nature's grand gestures? Sundance Helicopters can swoop you into the Grand Canyon for a champagne picnic. You'll hover over Hoover Dam and Lake Mead before returning for a bird's-eye view of the Strip. Or hike a gorge closer to hand: Spectacular Red Rock Canyon is just 20 minutes from town. Sky's the Limit can guide you to ancient Indian petroglyphs, or help you scale the heights with an intro to rock-climbing.

If you're channeling Jack Kerouac with *On the Road* fantasies, Resort Rental Car has your number. Va-room into the desert on a Harley or gun your Corvette's engine down Las Vegas Boulevard. —E. J.

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SPA MANAGEMENT
MONTREAL,PQ, CN
MONTHLY 27,811
MARCH 2001

12740 CANYON RANCH

DAVID RYMARK APPOINTED SPA DIRECTOR AT CANYON RANCH SPACLUB

Gayle Brady, Vice President of Spa Operations and Development for Canyon Ranch, announced the appointment of David Rymark to the position of Spa Director for Canyon Ranch SpaClub, a 65,000-square-foot health spa, wellness and fitness facility located in The Venetian Resort in Las Vegas, Nevada.

Rymark joined Canyon Ranch's Tucson, Arizona corporate offices in 1997 in the position of Development/Operations Analyst. He was involved in the planning and development of Canyon Ranch SpaClub, the company's first day spa property. Rymark then held the position of Operations and Management Analyst at Canyon Ranch SpaClub upon its opening in June 1999.

Before joining Canyon Ranch, Rymark was Project Manager and Operations Analyst at The Hospitality Group, a national hospitality-consulting firm in Denver. While there, Rymark managed consulting projects with major hotels and resorts including Caesars Palace Las Vegas and Doral Resort and Spa in Miami. Prior to that, Rymark was with The Raphael Hotel Group, a hotel management firm in Chicago, where he served as Front Office Manager and Food & Beverage Director at two full-service hotel properties. Before that, Rymark was a Consultant/Analysis, for The Alter Group, a national commercial real estate development organization in Chicago.

LES NOUVELLES ESTHETIQUES (AMERICAN EDITION)
CORAL GABLES, FL
MONTHLY
MARCH 2001

New spa director at Canyon Ranch

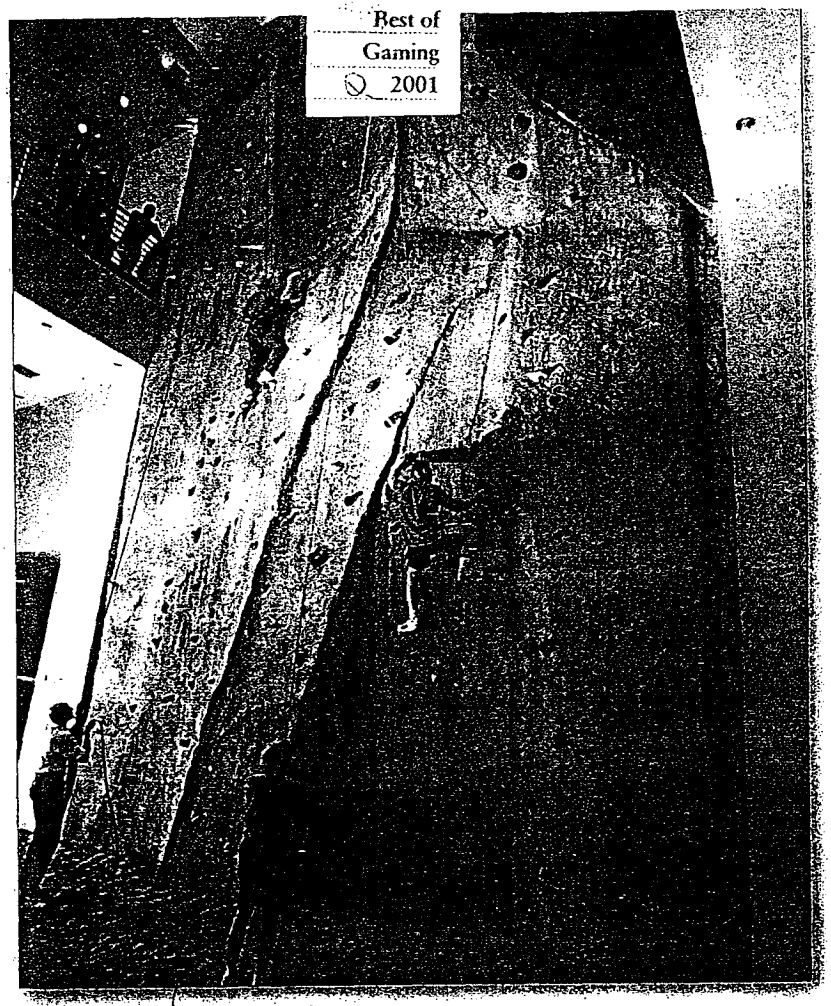
Canyon Ranch Spa Club in Las Vegas, Nevada, recently announced the appointment of David Rymark as its spa director. Rymark has been with Canyon Ranch since 1997 when he joined their corporate offices in Tuscon, AZ, in 1997, as a development/operations analyst.

The award-winning spa, located at the Venetian Resort, is a 65,000-square-foot health spa that includes a wellness and fitness facility. Fitness activities and classes for all levels are offered there, as well as massage, body and skin care treatments; exercise physiology; physical therapy; movement therapy; nutrition and wellness counseling. Spa Club also operates The Salon at Canyon Ranch, a full-service beauty salon, the Canyon Ranch Cafe, serving spa cuisine, juices and smoothies, and Canyon Ranch Living Essentials, a boutique.

For more information, please call (520) 749-9000.

CASINO PLAYER
LAS VEGAS, NV
MONTHLY 3
JULY 2001

Best of Gaming 2001



Canyon Ranch SpaClub, Venetian

Best Health Spa

You may have gotten away from it all, but your muscles aren't cooperating. Or perhaps you can't get your mind off the deadline you left back at the office. That can mean only one thing: It's time to de-stress yourself. Head to one of the health spas below, steam yourself, sauna yourself, get a massage and a seaweed wrap, and leave the cares of the world where they belong—back home. Want to build a vacation around the spa? No problem. First place winner **Canyon Ranch** at the Venetian has its own hotel floor and restaurant, a completely cocooned and pampered world within all the glitz and neon. Can this really be Las Vegas?

Las Vegas

❶ Canyon Ranch SpaClub, Venetian
❷ The Spa, Caesars Palace
❸ Spa Mandalay, Mandalay Bay

Atlantic City

❶ The Spa, Bally's Atlantic City

Tunica

❶ Bellissimo Spa, Grand Casino Tunica

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HONEY
NEW YORK, NY
10-TIMES/YEAR
AUGUST 2001

surface
(BEAUTY REPORT)

AUGUST 01 CELEBRITY SPA GUIDE 2001

***HONEY'S* ALL-STAR ROUND-UP OF THE COOLEST DAY SPAS AND RELAXING RETREATS FREQUENTED BY YOUR FAVORITE CELEBS**
Whether it's Mya, who ranks New York City's Bliss Spa as top-notch, or LA's Skin Spa regular Jada Pinkett Smith, we've got the red-carpet-ready roster covered. Check out 30 of the hottest spots for facials, manicures, massages and more so you can get ready for *your* close-up. By Mia Stokes >

LAS VEGAS
27. Canyon Ranch Spa Club at the Venetian Resort
(702) 414-3600
Vibe: Take a gamble on high-end pampering in this opulent spa.
Try it: The Royal King's Bath ($190). Pamper yourself like a queen with a treatment that begins with a dry-brush exfoliation. It's followed by a candlelit soak in a bronze tub filled with essential oils and flower petals and ends with a signature massage.
Lela Rochon, Vanessa Bell Calloway

BEATING THE ODDS WITH GLYCONUTRIONALS

mdmagazine

AUGUST 2001

SPA Wars

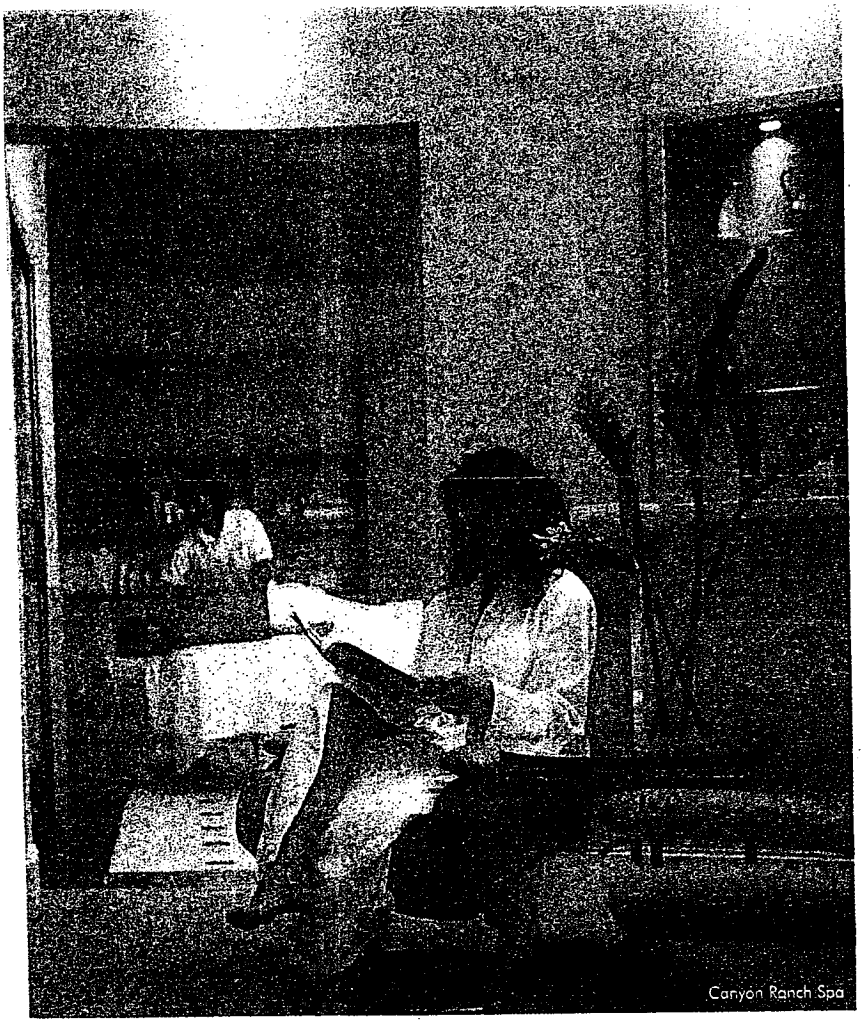
The human touch gets hot in Glitter City

by stork ellen gould

No longer the quarry of die-hard dice throwers and wedding parties in search of a cheap buffet, Las Vegas now caters to the Ketel One crowd – those who care which vodka goes into their drink, what sheets go on their bed, and what products touch their skin. Las Vegas is pulling to the premium patron who wants to be wined, dined and pampered with some of the best that money can buy. And in a city that reinvents itself regularly with can-you-top-this megaresorts, spa wars were destined to follow.

Most of the premium hotels now sport major spas and fitness facilities that can compete with any diva day program on Rodeo Drive or Fifth Avenue. Las Vegas has come a long way from sending long-legged cuties to the guestrooms of well-heeled patrons looking for a muscle-relaxing prelude to their party. Body treatments are serious business in Vegas with certified massage therapists, both men and women, usually trained through an arduous academic curriculum or rigorous holistic treatment program. Therapists are as likely to render hot stone treatments and Ayurvedic applications as they are to render a sports massage or a deep-cleansing facial.

And in the tradition of opulence so ubiquitous amid the resort frontage


Canyon Ranch Spa

lobbies and casinos about the city, the spas in the town are not lacking when it comes to enveloping their patrons in sheer luxury and pure escapism within walls of imported marbles and flowing fountains.

BODY BELLISIMO

At Bellagio, the Spa at Bellagio retains the clean and refreshing ambiance engendered by the sunbathed Conservatory and Botanical Gardens next door. The 25,000-sq.-ft. facility buzzes with activity, often celebrity centered, with private changing and treatment rooms, 15 massage rooms, six facial rooms, and wet and dry saunas. But no spontaneous spa-goers wanted. Guests must reserve appointments in advance and book a room in the hotel if they want to use this pampering palace. Patrons should try a Deluxe Massage ($110) that is a Swedish massage of medium pressure that incorporates an intense scalp massage in the process. They can finesse it with a deliciously detoxifying seaweed wrap for $120. New to the spa is the Le Stone therapy, which is considered the most exotic. (702) 693-7472.

CLEOPATRA'S CURE

The Spa at Caesars Palace is no simple affair. As part of the $600 million Palace Tower project that went up in 1998, the spa was given plenty of attention. It brings a 23,000-sq.-ft. Roman villa-themed facility that includes a Zen relaxation and meditation chamber, a fully equipped fitness center with virtual reality spin and climb tours, aerobics classes, yoga and 28 treatment rooms. Both gender sides have a domed marble Jacuzzi room that looks like something one might find in Istanbul. Eucalyptus and cedar saunas permeate with meditative music in preparation for upcoming treatments. Those treatments include reflexology workouts that stimulate major nerve trunks to the Ultimate Synchro Experience that lasts 50 minutes and involves two masseuses synchronizing rubbing movements in time to each other and the music. Shiatsu is offered as well as Swedish and aromatherapy massage. Ayurvedic treatments complete the list with a soothing hot oil drip that focuses on the "third eye." Treatments start at $95 for 50 minutes. And after all treatments, guests can recover on the salon's poolside terrace overlooking what is appropriately labeled Garden of the Gods. (702) 731-7776.

LADIES OF THE CANYON

Canyon Ranch SpaClub at the Venetian allows guests to spend the day or a few at the only multi-day (and commissionable) spa program in Las Vegas. Guests can enlist in a wellness program to eat well, lose weight, get in shape and be pampered or just take in the best of the ranch pickin's. They can learn to rock climb on an indoor 40-foot wall ($95/hr.) or meditate away in the Middle Eastern Rasul chamber where four types of healing mud penetrate the body in an aroma steam chamber, ablaze in a firmament of stars from the northern sky ($170 for one, $295 for two). They can top it off by an emotion-replenishing aromatherapy massage ($110). The Canyon Ranch SpaClub is easily the largest spa facility in Las Vegas and perhaps the most professional. Canyon Ranch is known by spa and exercise

CR002393

experts the world over for its intense wellness programs at its home establishments in Phoenix and Lenox, Massachusettes. At the Venetian, the facility spans nearly 70,000 square feet with workout clinics, a fully comprehensive and cutting edge gym, Watsu pools and even acupuncturists on duty. The spa offers Canyon Stone massage, pre-natal massage, couple's massage, Ayurvedic treatments, inhalation and Balinese foot massage or therapeutic seaweed wrap.

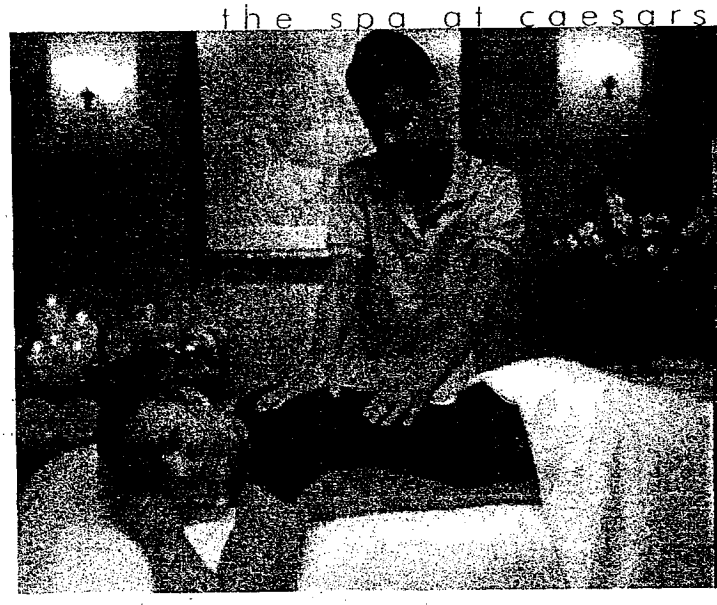
Guests of the hotel can have the massages in their room for an added $25 as well. The spa at Four Seasons Las Vegas recently tripled in size, adding 11 treatment rooms and an eclectic menu of body therapies and treatments. The spa offers not only a personal trainer ($45 an hour) but personal one-on-one sessions with a yoga expert for $115. (702) 632-5302.

($80). Immersion in peppermint is a refreshing body treatment ($115), as is the botanical body buff ($40), all topped off with a eucalyptus steam. (702) 730-5724.

MANDALAY MANNER

Spa Mandalay invites guests to step out of the desert sun and into a south seas chamber of skin pleasures if only to

the spa at caesars



bellagio spa

mud packs, balneotherapy baths and cocoon wraps – some 82 programs in all. (702) 414-3606 ext. 3600.

NOT FOUR THE MASSES

Four Seasons Las Vegas maintains its elan of exclusivity in its spa facilities with an elegant and very client-focused pampering operation. The Four Seasons Specialty Massage ($115) is a deep tissue treatment that lasts an hour and centers attention where it is needed. For $60, clients can have an aromatherapy scalp treatment, a

SIMPLY LUXURIATING

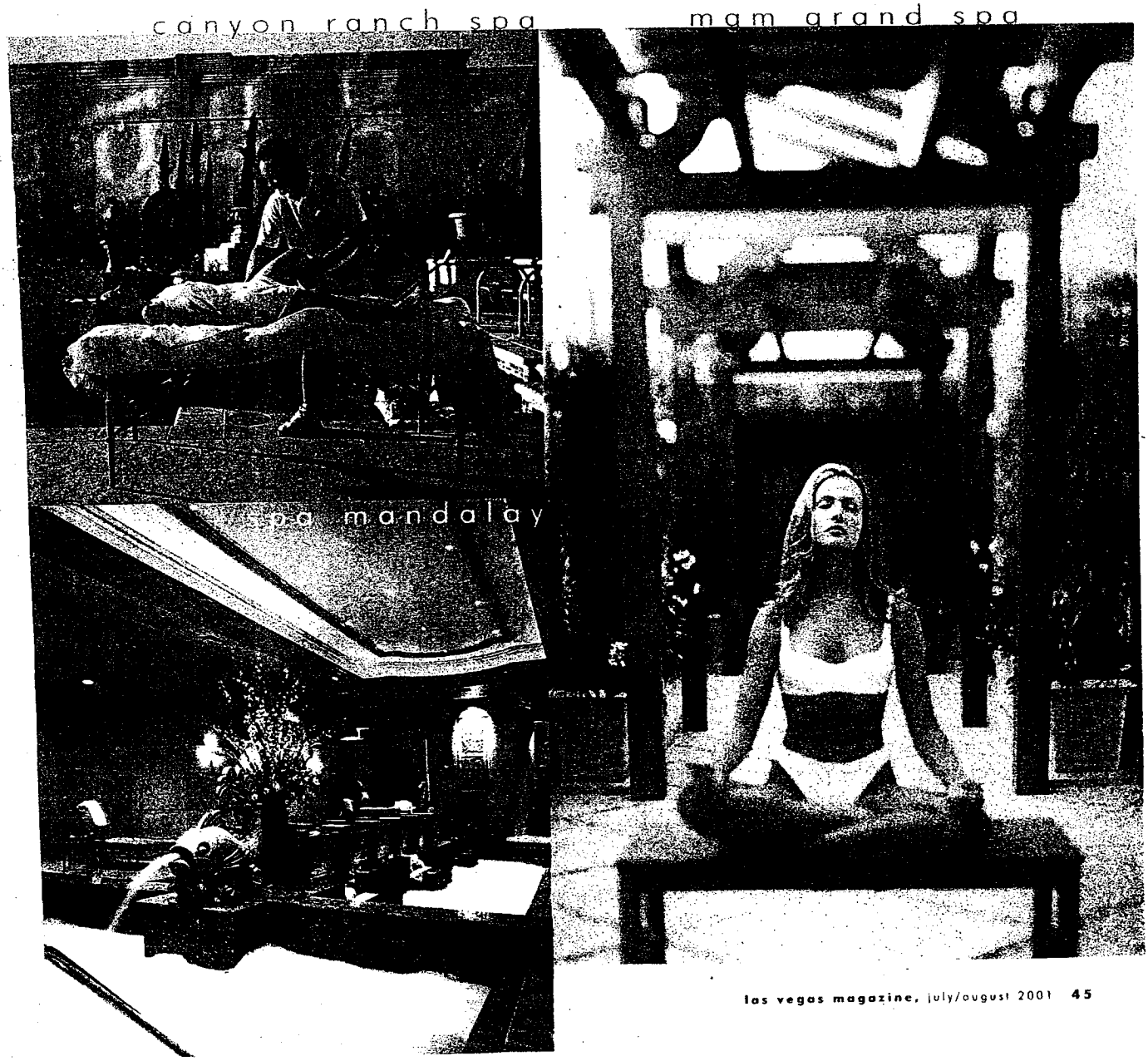
The Oasis Spa at Luxor is a perfect stop for the desert weary, especially when it comes to showering. They can have their choice of aromatic outpours, from peppermint to mango to ylang-ylang and drown their stress in soothing waterfalls pouring into a steaming Jacuzzi. Aveda products are used in facials, massages and Ayurvedic balancing treatments ($90). Or clients can go a little Oriental and hit the Dead Sea Facial with a mud and mineral mask from the lowest water body in the world

indulge in the Algae Salt Glo ($105), the Volcanic Dusk Mask ($105) or the Orange Peel Body Buff ($50). The hot stone massage ($130) lets smoothed basalt rocks do the work and rough out the edges that fingers cannot find. The magnetic elements in the stones, mixed with divine heat and perfect pressure, leave the body in a tingling stupor for hours. The spa is a busy place that requires booking early so call well ahead. Guests relax in overstuifed chairs around the spa waiting for their treatments or soaking in the experience. (702) 632-7300.

CR002394

FACE IT

MGM Grand Spa comes as a welcomed addendum to a day's exploration of Vegas icons – a journey that will inevitably lead to the secret Zen-like sanctuary tucked away in a corner of this megaresort. Guests can take their time here and meditate amid the inner gardens, sculptures and waterfalls before going in for their Chi Yang Energy Facial ($115), a treatment that seeks to extract negative energy from the body and replenish it with "chi" or life force. Products employ extracts from China but finish off with a vitamin A potion from France and special moisture ingredients from Italy. The spa offers treatment packages according to guest needs. The Grand Spree ($200) lasts 3 1/2 hours and includes body scrubs and moisture treatments, massage, facial, manicure and pedicure and use of the fitness facility. The Pamper Plan ($140) runs two hours with massage, facial, body scrub and use of the gym. An aromatherapy package ($200) brings three hours of aroma massage, aroma facial, aroma pedicure and use of the gym. A For Men Only package ($195) is three hours with massage, scalp treatment, gentlemen's facial, pedicure and use of the gym. (702) 891-3077.



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URBAN OASIS

The Spa at New York-New York Hotel & Casino brings relaxation in a New York-minute to Las Vegas with a Swedish massage or deep tissue massage that lasts a half-hour to an hour and 15 minutes ($50 to $110) aromatherapy oils optional. But guests should start with a milk bath, a toxin-releasing mud/clay bath, or a relaxing aromatherapy soak ($15) and finish off with an exfoliating fruit-extract body polish ($80). (702) 740-6955.

OOOH LA LA

Spa By Mandara at Paris Las Vegas may tantalize spa-goers by such options as a Caviar Facial and Champagne Scrub. This cavern of calm in the shadow of the – well, Eiffel Tower shooting up 50 stories over the Strip, brings a certain *je ne sais quoi* to the pampering process. Guests can detox in a green tea wrap and scrub for $110 or get ready for the sun with Solaire ($55), a treatment that preps the body for a San Tropez tan with butter, Champagne and the seed of the grape. Or they can take a perfectly decadent tanning session with a loofah scrub and tanning application that bronzes the body while their scalp and feet get a rub down. If Paris is for lovers so is the Amoreaux package ($185 per person) that offers an exfoliation before a private aromabath for two, enjoyed with an assortment of French pastries and finished off by an Aromatique Massage. *Bon appetit!* (702) 946-3322.

REST ASSURED

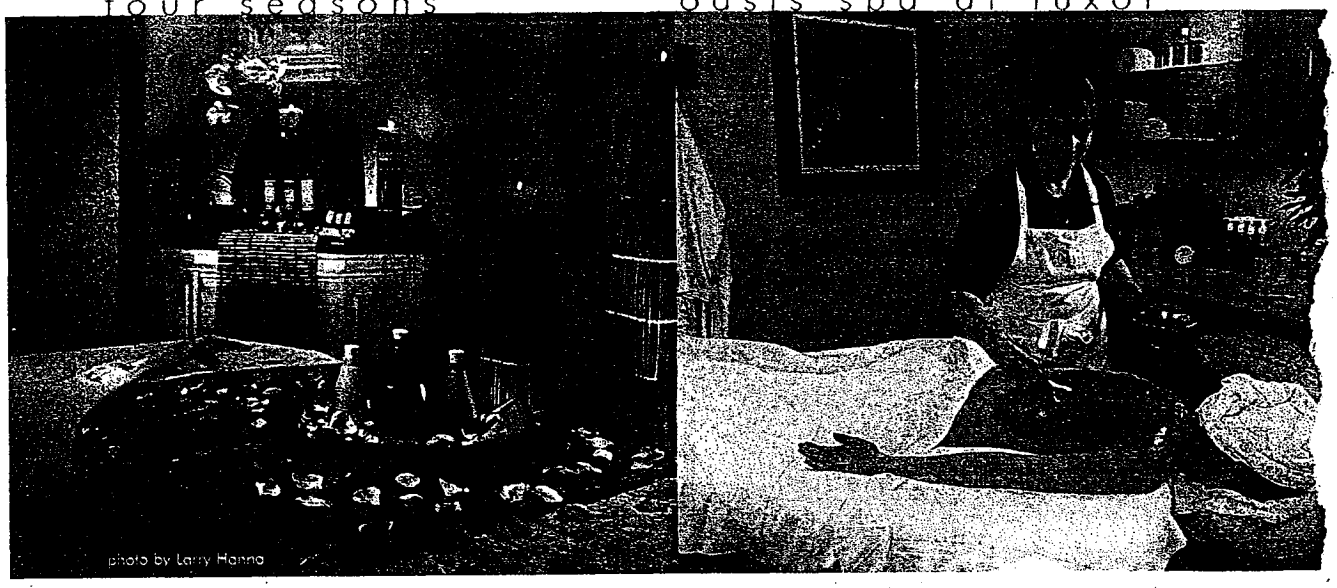
Aqua Sulis at the Regent Las Vegas was built on wishes and dreams. Spa directors here were offered the assignment of a lifetime: Wander the world in search of the most interesting and effective spa treatments and put them to work in Las Vegas. The result? Items like the cavitosonic meditation chamber, complete with negative ion air, and sound vibration meditation headphones. Then there is the great outdoors where an outside water therapy pool with four different chambers focuses on various areas of the body with specialized water jets. Guests should not leave out the color therapy treatment that includes before and after pix of their aura ($100) or Napa Valley Grape Crush wrap (80 minutes, $165), or even the take no-prisoners, deep tissue massage ($125). After walking up and down the Strip in search of bigger and better buffets, they might want to try the Reflexology Massage with Renform mud on the feet ($125). All treatments are complemented by indoor Jacuzzi soaks and outdoor dowsing in shoulder-massaging waterfall Jacuzzi chambers, followed by elixir moments that will have them sipping warm potions designed to fire up their chakras. (702) 869-7807.

COMING SOON:
STEINER SPA AT THE ALADDIN

One of Europe's top pampering companies, Steiner Leisure Limited, is putting in a $13.5 million spa facility at the Aladdin adjacent to the prestigious London Club gaming suite. The 32,000-sq.-ft. facility will offer its clients the level

the spa at four seasons

oasis spa at luxor



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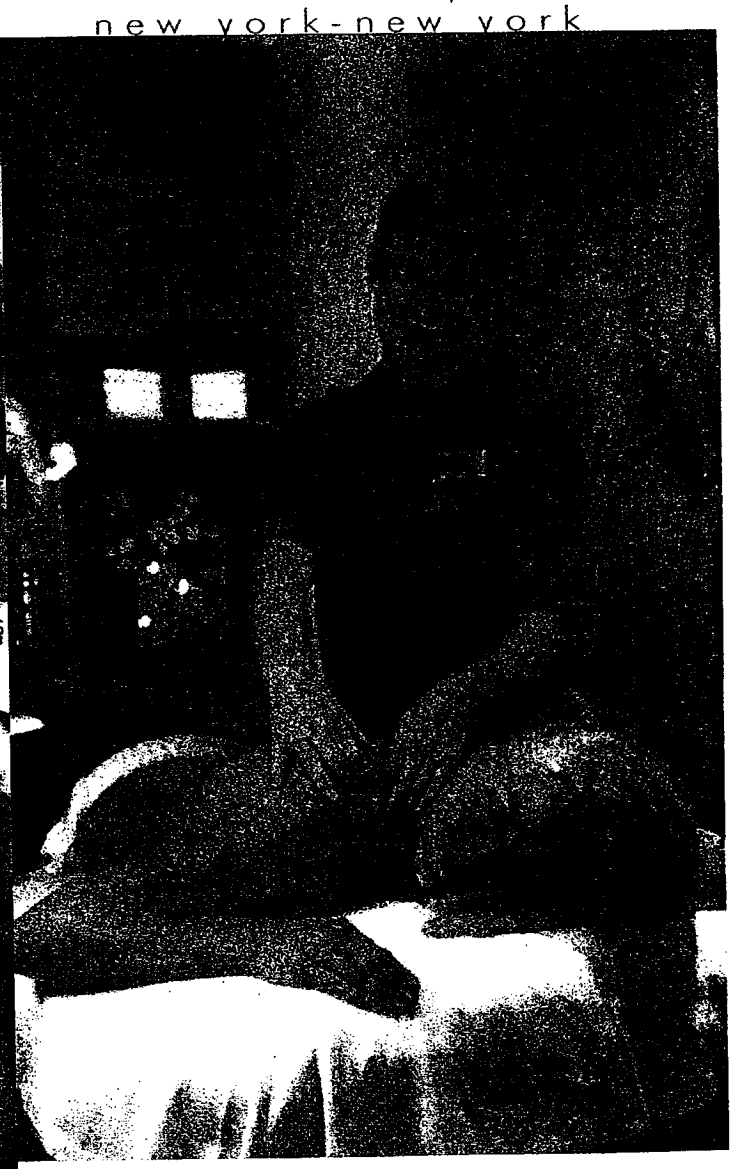
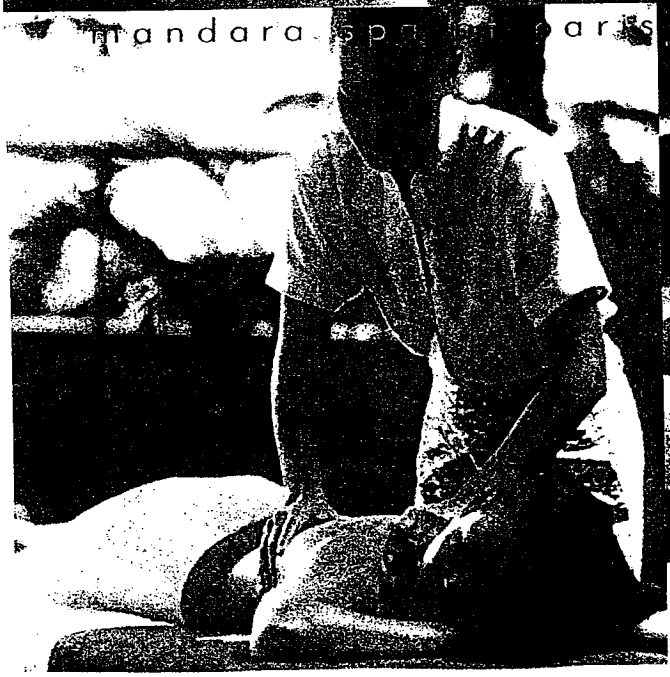
of luxury and service it currently provides on more than 100 cruise ships, including Crystal Cruises, as well as such top scale destination properties as the Atlantis Resort on Paradise Island in the Bahamas. It will include a variety of treatment rooms, salons, VIP suites, fitness facilities and relaxation chambers all enhanced by water features, courtyards and skylights.

The spa's opening is slated for mid- to late 2001 and the menu of treatments will include Hawaiian lomi lomi massage, Chinese Tui Na, Thai massage, Balinese massage, Indian ayurvedic treatments, Middle Eastern mud and beauty treatments, Swedish massage, reflexology, Japanese shiatsu and Reiki. Therapists are trained to reach a "sixth sense" in their dispatching of treatments, intuitively working to touch and heal the areas that need attention. For beauty treatments, patrons will indulge the Japanese Silk Protein Compress extracted from natural silk cocoons and placed over the face to rehydrate. Tahitian elements are interwoven with such treatments as the Exotic Lime and Ginger Salt Glow, the Lular Powder, Balinese Boreh Hot Spice and Coconut Rub and the Indonesian flower bath with blossoms of ylang-ylang, Arabian jasmine, Osman-thus and vanilla. Yum! lvm

aqua sulis at the regent las vegas

the spa at new york-new york





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ONTARIO Edition
November 2001 • Vol. 6 • No. 10
Travel Services

Gamble on a Vegas spa to revitalize and rejuvenate

BY ANNE DIMON

In a former life, Las Vegas may have been the last place one might look to find a respite for body, mind and soul. But the ersatz desert city, a master at reinventing itself, has done it again.

Over the last several years as demand for spa services boomed, the Vegas strip has come to offer some of the best, full-service hotel spas you'll find anywhere in the world. Better still, there's an entire collection of spas (almost as many as there are hotels) congregating on the six-mile Vegas Strip and just waiting to pamper a body looking for solace from this harried, often crazy, stressed-out world.

Since my own Vegas spa-hopping holiday last year, spa business on The Strip has been brisk. In response to the overwhelming demand from clients, Four Seasons tripled the size of its spa, and until September 11 (the day that rocked the world and the travel industry) business at the Canyon Ranch Spa Club "had exceeded expectations in every area," according to spa director David Rymark. "September," he says, "was shaping up to be our best month ever." In the aftermath of the tragedy, business took a deep dive but by month's end it had rebounded to about 60 to 70 per cent of average weekend bookings. Spa enthusiasts are a fearless lot.

Canyon Ranch

The two-year old Canyon Ranch Spa Club is a modern mega spa located on the fourth floor of The Strip's very grand Venetian Hotel. At 65,000 square feet, the two-level, 50-treatment room facility is possibly the largest hotel spa in North America.

From its menu of more than 100 treatments, one of the more exotic specialties is the Rasul, a Middle Eastern ritual that takes place in an ornately designed steam chamber. Created especially for couples, it is a cleansing ceremony that includes the self application of five different muds, an intermittent steam shower mixed with aromatherapy herbs, and a fibre optic "night sky" that rains down on the couple to signify the end of the treatment.

Another specialty is the Royal King's Bath. This treatment begins with a dry brush exfoliation, followed by a candle-lit soak in a solid bronze tub filled with aromatherapy oils and flower petals, then finalized with a full body message. Fit for a king or queen, indeed. Visitors can design their own individual packages which include complimentary lunch in the Spa Club café and a Spa Club passport which gives you access to exercise facilities and a wide range of classes including kick-boxing, Tai-Chi and Yoga.

The Spa at the Resort at Squaw Creek
Olympic Valley, California

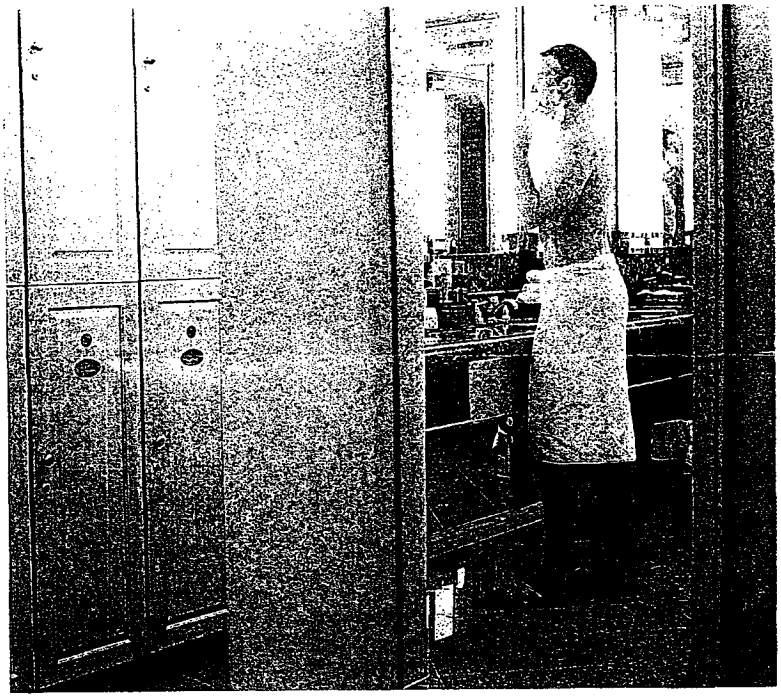
This spa would have made the list even before a pricey expansion earlier this year. It already had location (the Sierra Nevada Mountains, Lake Tahoe), a sumptuous resort, and a golf course lined up in its "plus column." Now, with more services to offer, it's indisputably top-notch. The Spa offers a selection of ways to rejuvenate your face including an M.D. Skincare Alpha-Beta Peel, where alpha-hydroxy acids immediately improve the skin's texture. First-timers will probably be more comfortable indulging in The Gentlemen's Facial. During this treatment, aestheticians pay close attention to men-only skin issues, such as problems from shaving and dehydration.

M.D. Skincare Alpha-Beta Peel: 25 minutes, $125; Gentlemen's Facial: 50 minutes, $80
400 Squaw Creek Road; (800) 403-4434 or www.squawcreek.com

The Centre for Well-Being
Scottsdale, Arizona

Disrobing intimidates spa-goers the most – especially first-timers. Non-exhibitionists may want to try Table Thai Massage at The Centre for Well-Being at the Phoenician Resort. Buddhist monks developed Thai Massage more than 2,500 years ago as a sacred ritual practiced on a mat or futon, but Centre for Well-Being therapist Joel Sheposh has brought it off the floor and onto the table. The treatment involves slow, deep pulls and stretches performed by the therapist's hands, elbows, knees, and legs. But here's the ... rub: Since therapists push and pull clients in so many less-than-discriminating directions, clients are asked to wear exercise clothes.

Table Thai Massage: 80 minutes, $165
6000 East Camelback Road;
(800) 843-2392 or
www.centreforwellbeing.com



The Spa Internazionale
Fisher Island, Florida

That the private Fisher Island is accessible only by air or water contributes to an "away from it all" feeling. That the island offers access to recreation contributes to a hard-to-define guy-friendliness. What guy wouldn't be tempted to visit a spa for a long weekend if he could golf or fish in between treatments? This spa near Miami offers a luxurious escape with its all-inclusive, three-night Spa Package, which includes aromatherapy massages, seaweed body masques, and Island Salt Glows.

Three-Night Spa Package: Includes seven "Personal Spa Services," accommodations, three meals daily, unlimited exercise classes, airport transportation, and use of a golf cart for on-island transportation, $3,840
One Fisher Island Drive; (800) 537-3708 or www.fisherisland-florida.com

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2001

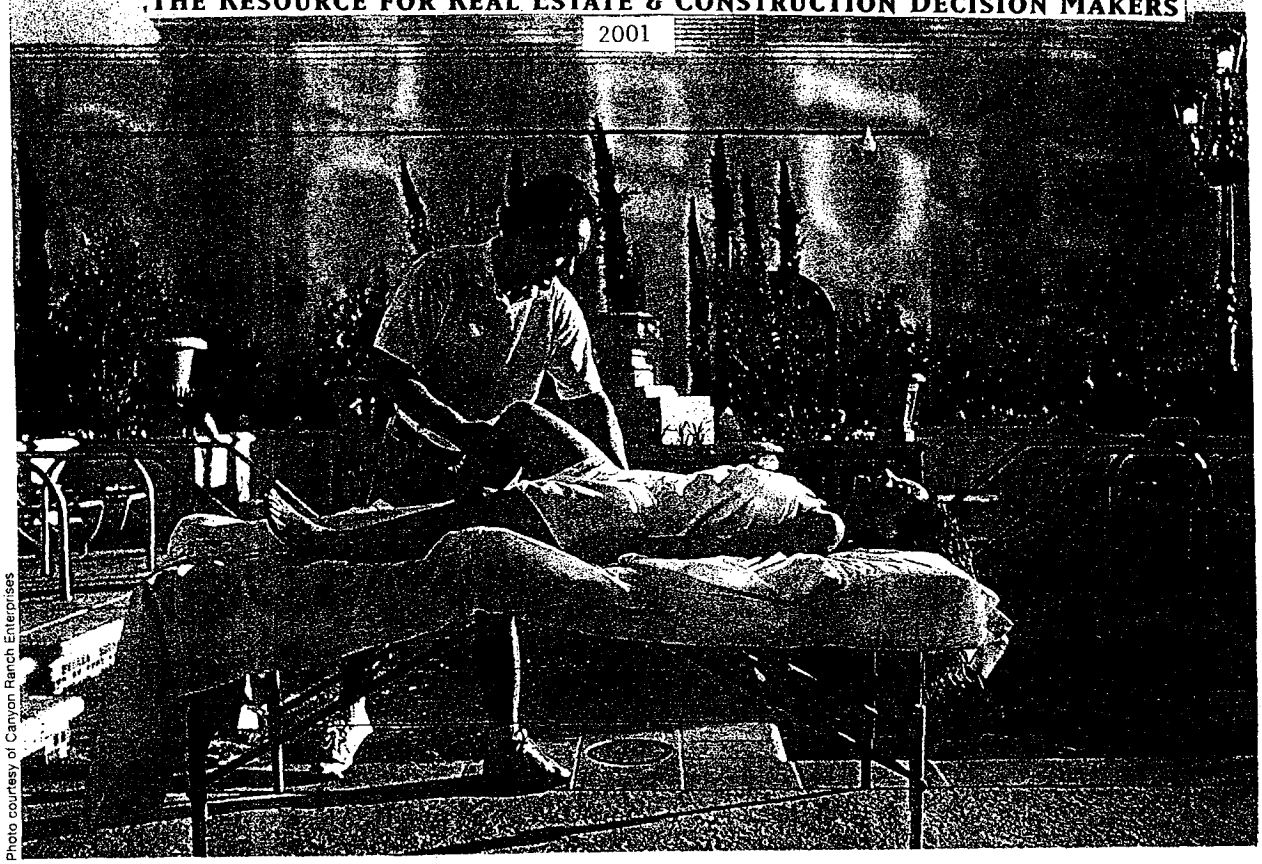

Photo courtesy of Canyon Ranch Enterprises

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PAHOR AIR CONDITIONING, INC.
HVAC Systems
Pahor Air Conditioning has been serving Las Vegas since 1938 as a full-service mechanical contractor, specializing in commercial projects.

SIEMENS BUILDING TECHNOLOGIES, INC.
Facility Management Systems
Partnering with customers to improve energy efficiency and total facility performance; including turnkey installation, training and campus-wide support services

Canyon Ranch SpaClub at The Venetian

The world-class Canyon Ranch SpaClub at The Venetian now offers relaxing amenities within the confines of an extraordinary hotel, said Gary S. Milner, director of new project development for Canyon Ranch.

"Its scope includes a spa, café, salon and fitness center designed to meet the desires of The Venetian Hotel's guests," Milner added. "As a whole, the hotel, including the spa, is one of the largest construction projects in the U.S. We chose the site because it's the premier hotel in Las Vegas. We added a world-famous brand to The Venetian's collection of great brands, providing a facility and services previously unavailable in Las Vegas. This created a brand extension visited by 200,000 guests per year."

Dan Thomas, R.A., project architect for TSA of Nevada, LLP, the project's architect, said the sophisticated and elegant spa provides a refuge for hotel visitors as well as "an interesting contrast to a lot of the spas that are attached to casinos within Las Vegas. Canyon Ranch [spas] have always been a destination, much more than just a day spa. This is its first venture into a partnership with a

facility such as The Venetian Casino Resort Complex. Canyon Ranch is an organization that has always prided itself on an integrated approach to health and fitness."

Quotable Notes

"As a whole, the hotel, including the spa, is one of the largest construction projects in the U.S. We chose the site because it's the premier hotel in Las Vegas. We added a world-famous brand to The Venetian's collection of great brands, providing a facility and services previously unavailable in Las Vegas. This created a brand extension visited by 200,000 guests per year."

— Gary S. Milner, Canyon Ranch

Lou Primak, vice president and project superintendent for the Las Vegas office of Clark & Sullivan Constructors, Inc., the project's general contractor, said the construction was unique for two reasons. The first was the high level of finishes used within the facility, such as entry vestibule columns made of virtually translucent marble from Italy that cost $150 per square foot. "We backlit that marble with fluorescent lighting, creating a glowing effect as you walk into the spa." He said the other reason was simply "the fact that we were a contractor on a significant project within a significant project."

Thomas said one goal of the tenant was to connect the facility to the surrounding desert terrain. "Sandstone columns flank backlit onyx panels in the marble entry lobby, which opens up to a central hall featuring a 40-foot-high rock-climbing wall in a skylit well with a stainless steel stair connecting the upper and lower levels. The gymnasium and fitness rooms are located on the lower level, including weights, exercise machines, fitness evaluation, dance studios and classrooms. Suites radiate around the upper lobby, including a full-service beauty salon, locker rooms and a café serving Canyon Ranch's distinctive menu of healthy gourmet cuisine.

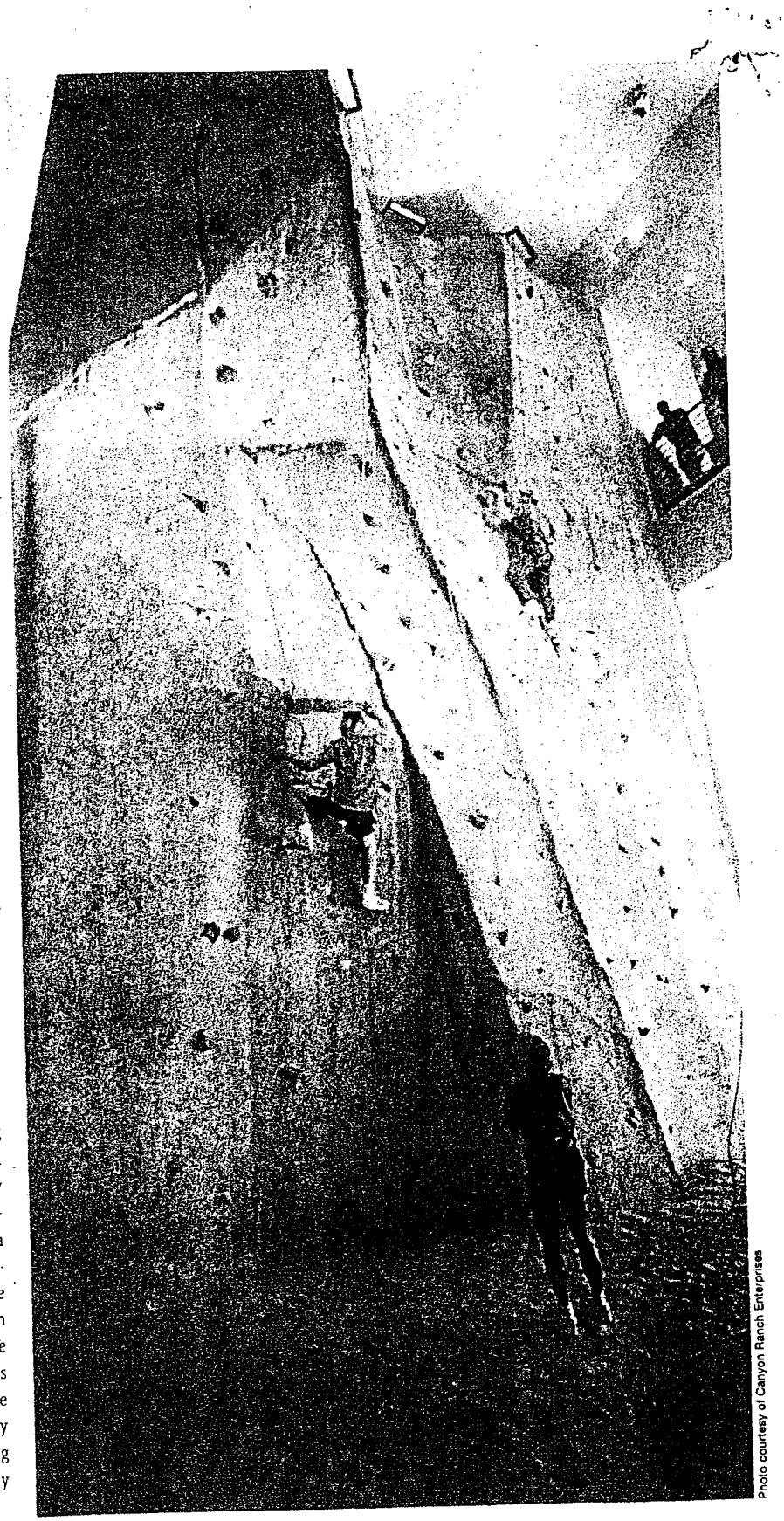

Photo courtesy of Canyon Ranch Enterprises

Photo courtesy of Canyon Ranch Enterprises

Concept To Completion

The Need:
Adding a world-class spa facility to a new, premier hotel in Las Vegas

The Challenge:
Maintaining a tight construction schedule on a facility being built within the confines of another facility that was undergoing simultaneous construction

"Beyond the locker rooms are the skylit spa and Jacuzzi suites, relaxation lounges and individual treatment rooms. These offer services ranging from facial treatments and massage therapy to luxurious hydrotherapy treatments and exotic European therapies, such as Rasul mud baths and Watsu® relaxation pools."

The suites were finished in subtle variations of stone, marble, wood and tile. While all areas of the spa had some similarities, elements were incorporated into each suite to help impart its own identity. Overall, Thomas said, "We tried to go with natural fibers and natural finishes as much as we could." The spa's palette incorporates marble, sandstone and onyx. The marble use varied in hue, including alabaster, green, red and brown.

Natural fiber carpets and wallcoverings accent the spaces and provide acoustic treatments. The central lobby is a receiving area, sending visitors in various directions, while the locker rooms serve as a buffer between this busy zone and the quiet, subdued treatment zones.

Restaurants and nightclubs occupy the spaces below and adjacent to the club, thus making acoustic separation a primary concern. Part of the design involved acoustically separating each of the treatment areas.

"There is an inherent conflict between the relaxed and quiescent spaces of the Canyon Ranch SpaClub at The Venetian and some of its noisier neighbors in Las Vegas," Thomas said.

It also features the only skylights in the Venetian complex as part of the connection to the environment that makes this place especially relaxing. The beauty salon takes advantage of the high windows facing the pool deck to provide natural lighting for makeup and hair. A theatrical-style lighting system provides direct and indirect lighting throughout, with multiple settings to create a variety of atmospheres.

As with all projects, timing was important.

"Schedule was extremely critical. We, for all intents and purposes, started the project in January 1999 and finished it in June 1999. We accomplished this by working around the clock and we had a design/assist-type relationship with Dan Thomas and TSA of Nevada, LLP. They would come up with the concept and we would suggest alternative means and methods to get the concept they wanted with less expensive materials. We were able to use our experience to help value engineer the project and still accomplish the same effect they were looking for — to establish a world-class spa facility," Primak said.

Thomas said one of the challenges of the project was that, after specifying a given material, a substitution would arrive in its place, necessitating a fast change to the initial plans. "Very often, we were making very quick decisions out there, sort of shooting in the dark," he said. "The rate of decision-making was amazing. It was very hands-on. We all had to be out there to make it work. The officer for Canyon Ranch was out there three days a week and I was out there two to three days a week."

If possible, he added, commissioning the facility was even more intense than the construction process. "The deadline for opening was not something we had control over. The

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Venetian was scheduled to open and they definitely wanted the star tenant in place."

This was further complicated by the fact that Canyon Ranch was not involved in the initial design process of the master plan, which called for a 25,000-square-foot health club. When Canyon Ranch came on board, it was difficult to carve an integrated space out of the existing infrastructure.

. Other issues included the logistics of building within a 3,000-room, billion-dollar hotel that was under construction, Primak said. The spa's construction involved building six pools inside the existing building after the exterior walls and concrete floors were in place.

Milner said the spa's project team, including Thomas, Primak and Canyon Ranch representatives W. Robert Smith and Doug Wilson, worked well with one another and the hotel's construction team. "Everybody understood and maintained the difficult timeline and did whatever it took to maintain it."

Thomas said the spa club, which is set on the north end of the hotel complex, is strategically located so it can serve the current hotel facility as well as any future expansion. The spa club's planned expansion will incorporate a stronger exterior presence on the pool deck and a direct connection to the lobby and retail areas planned as part of the hotel's second phase. "The success of the Canyon Ranch SpaClub at The Venetian has generated interest in another branch facility serving the new hotel annex located on the south side of the complex." ■

— A.S.

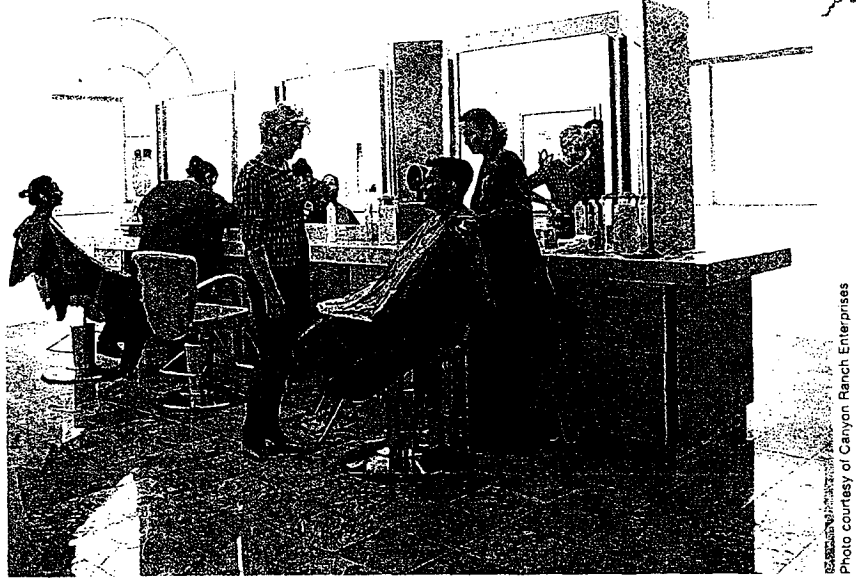

Photo courtesy of Canyon Ranch Enterprises

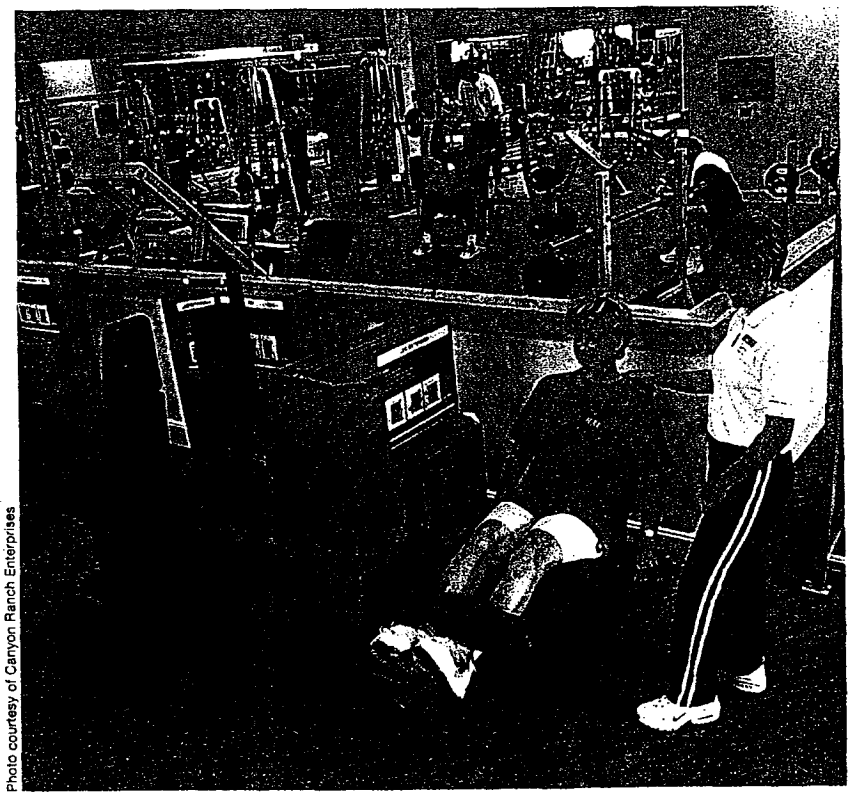

Photo courtesy of Canyon Ranch Enterprises

Facts & Figures

Name:
Canyon Ranch SpaClub at The Venetian

Location:
Las Vegas

Owner:
The Venetian Hotel, Las Vegas

Type of Project:
Construction of a spa within new hotel

Developer:
Canyon Ranch Enterprises

Architects:
TSA of Nevada, LLP, a subsidiary of The Stubbins Associates, Inc., Las Vegas; WATG, Newport Beach, CA (concept architect)

General Contractor:
Clark & Sullivan Constructors, Inc.

Funding Source:
Venetian Casino Resorts

Law Firm:
McDonald Carano Wilson McCune Bergin Frankovich Hicks

Size:
Approximately 65,000 square feet

Construction Time:
October 1998 - June 1999

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NEW YORK, NY
MONTHLY 402,000
APRIL 2001

When a massage isn't enough: The New Indulgences

April '01

Spas are finding ways to give jaded sybarites something to restore their faith in sensual pleasure. Here, eight treatments that explore the boundaries of self-pampering.

After five minutes of undivided attention from two sets of skilled hands and 20-odd hot rocks, you'll find yourself floating in a space somewhere between relaxation and euphoria.

Twenty stones, four hands, one body
We're warning you: After you've had two therapists knead and stroke your body with heated river stones, you won't want to go back to the mundane one-therapist massage. During the initial moments of the hour-long Rock Your World treatment at Dream Spa & Apothecary, situated in a charming, 200-year-old house, you may feel a little self-conscious. Are the masseuses elbowing each other over your cellulite? Smirking about your tan lines? And what's doing what, exactly? But after five minutes of undivided attention from two sets of skilled hands and 20 odd hot rocks, you'll find yourself floating in a space somewhere between relaxation and euphoria. 1220 Post Road East, Westport, Connecticut; 203.454.3454; www.dreamdayspa.com

Presto! Leaner limbs!
The Pressotherapy Boots at Ajune offer an unusual leg-slimming experience—the most recent product of the ongoing European obsession with cellulite. Picture thigh-high waders that inflate like blood-pressure cuffs. Imagine them constricting and relaxing section by section, like a pair of plastic pythons, during a 20-minute session. Ajune advises a series of 10 weekly sessions for optimal results. The incentive? A vision of yourself skipping out on slender, giraffelike legs. 1294 Third Avenue, New York; 212.628.0014; www.ajune.com

Walk all over you
Being a doormat isn't always such a bad thing. During the Deep Shiatsu Barefoot Massage at the Grand Wailea Resort's Spa Grande in Maui, a nimble therapist holds on to adjustable ceiling rods to control the amount of pressure applied, so that your pleasure never gets too close to pain. 3850 Wailea Alanui Drive, Wailea, Hawaii; 808.875.1234; www.grandwailea.com

The mud and the stars
The exotic, 60-minute Rasul treatment—based on Moorish traditions—at the Canyon Ranch SpaClub in Las Vegas puts you (and a partner, if you like) in a dimly lit, circular, tiled room where you rub creamy mineral muds and sea salt over your body as soothing music and scented steam fill the room. Then comes the relaxation: You lounge on a tiled throne and gaze at a ceiling covered with pinpricks of light that mimic the night sky. Try to name the constellations, or just nod out while the steam and mud do their thing. When the lights come up and warm water falls from the ceiling to signal the end of the treatment, you'll be ready—if not willing—to rejoin the 21st century. Venetian Hotel, 3355 Las Vegas Boulevard South, Las Vegas; 877.220.2688; www.canyonranch.com

Meal + massage
There's no place like home when New York–based Healing Hands comes to your door to treat you and your mate to Spa Night. First, a chef arrives to prepare and serve a three-course dinner. (Order different items from the extensive menu so you can try each other's.) While the dishes are whisked away to be washed, two massage therapists appear and set up for dual hour-long massages. As you come out of your hazes, an aromatherapeutic bath is being drawn; all you need to do now is get yourselves off the tables and stagger in. 866.HEAL.001

On pins and needles
The Acupuncture Face-lift at the Sea Change Healing Center may make you look like you're starring in a horror film, but by improving your circulation as well as helping to minimize fine lines, this treatment could be just what the doctor ordered. Based not only on Chinese acupuncture, but also on Japanese shiatsu and Western neuromuscular massage, it works by pressing different therapeutic points on the body. (The pins penetrate one centimeter into the skin.) Although the process looks painful, it's surprisingly calming, and you may end up falling asleep on the table—needles and all. 31 West 26th Street, New York; 212.889.7300

Rose's turn
Welcome to the den of Zen. Everything at the Greenhouse Spa exudes minimalism—until you experience the ultra-opulent Chantecaille Floral Facial. First, you're spritzed with rosewater and slathered with rose massage oil. Next, of course, comes a thorough shoulder-and-back massage. Then rose petals mixed with a face mask are delicately placed, one by one, on your face and neck: as they work their magic, an aesthetician rubs your hands and feet until you feel astonishingly relaxed. With all that pampering and the sweet scent you leave with, you'll feel as fresh as a...daisy? 127 East 57th Street, New York; 212.644.4449; www.greenhousespa.com

Floating island
Feel like curling up in the fetal position? On Manhattan's Upper East Side, you'll find a more satisfying (and less embarrassing) alternative at the Sports Club/L.A. Splash spa. The spa's Deluxe Splash Wrap has imported the innovative Soft Pack System from Europe: You're placed on a platform, wrapped from neck to toe like a giant burrito and lowered into a bath, where you stay cozy and dry while you float suspended comfortably in warm water. The treatment lasts nearly an hour, but it takes only about 10 minutes to forget the meaning of the word "stress." 330 East 61st Street, New York; 917.286.9700

—Jane Larkworthy, Daryl Chen, Dahlia Devkota, Janet Ozzard and Susan Welsh

BODY BONUSES
The latest crop of aesthetic treatments can find you with two sets of hands on your back (previous page), painless pins in your head, and oils, oils, everywhere.

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NewsRoom

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Meeting News
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September 4, 2001

Volume 25; Issue 13

New resort spas proliferate in a city surrounded by desert. (Las Vegas).

Lenhart, Maria

Along with fine dining, great shopping and dazzling entertainment, add spas to the growing list of non-gaming amenities that are helping reinvent Las Vegas as a well-rounded meetings destination.

"Casino hotels in Las Vegas are looking at more ways to generate non-casino revenue, and they see spas as part of the overall package they want to provide," said Christina Ampil, director of hospitality for PricewaterhouseCoopers in New York, which recently completed a study of the U.S. spa industry.

Many hotels view the new spas as an important amenity, not only for high-end leisure guests but also for the meetings and incentive market that has become increasingly important to Las Vegas. "We view the spa as one of three essentials for our group business," said Veronica Kirstner, director of sales for the Regent Las Vegas in Summerlin, Nev. "We find that most groups want golf, a visit to the Strip and the spa."

Demand for spa use among groups has been so high that the Four Seasons Las Vegas, which opened in 1999 with a small spa, recently tripled the size of its spa facilities. The expanded spa now includes 16 treatment rooms, an enlarged steam room, a relaxation room with mood lighting, expanded locker rooms and new water treatments.

"In particular, we find that our incentive business wants to give spa treatments as gifts for attendees and their spouses," said director of marketing Kathy Van Vechtin.

A major new spa is at the 2,567-room Aladdin Resort & Casino. The brand-new 32,000-square-foot, $13.5 million spa is operated by Steiner Leisure Limited, which operates spas on more than 100 cruise ships and at the Atlantis-Paradise Island resort in the Bahamas.

Located on the hotel's mezzanine level, the Elemis Spa at Aladdin is designed with indoor courtyards and skylights and offers such amenities as water and massage treatments, aromatherapy, a beauty salon, steam rooms, personal training and a fitness center.

While most Las Vegas spas feature exotic treatments from around the world, many also include some treatments associated with the Southwest. Especially popular is hot stone massage therapy, a treatment that originated in Arizona and involves the placement of heated stones on the body for a soothing effect

The following are some of the other spa facilities currently available in and around Las Vegas:

Canyon Ranch Spa Club

The largest spa in Las Vegas, Canyon Ranch, located at the Venetian Resort Hotel Casino, is the first hotel spa to be operated by Canyon Ranch, a company known for its destination spas in Arizona and Massachusetts.

With a menu of more than 120 services, the mammoth spa offers an array of massage treatments that include classic Swedish, Thai, hot stone and Watsui. Signature treatments include Rasul, where meeting-guest participants relax in a tiled steam chamber for a combination of mud, herbal and water treatments. Other amenities include a cafe, 40-foot rock-climbing wall, classes in spinning and cardiokickboxing, nutrition counseling and personal training.

Aquae Sulis

With a Latin name that means "waters of the sun," it may not be surprising that the spa at the Regent Las Vegas specializes in water treatments, including a Roman-inspired hydrotherapy circuit that features hot and cold plunges, therapy pools, steam and sauna treatments and a waterfall shower.

Along with 36 treatment rooms, the spa also offers nutrition and exercise classes, a fitness center, and a program of outdoor activities that includes hiking, off-road cycling, horseback riding and rock climbing in the nearby Red Rock Canyon National Conservation Area.

Spa Mandalay

Adjacent to the Mandalay Bay resort's 11-acre lagoon area, this 30,000-square-foot spa features eucalyptus steam rooms, saunas, a 3,000-square-foot fitness center, tanning salons, hot and cold plunge pools and several lounges and juice bars. Among the signature treatments are the Ala' Ea Salt Gl exfoliating body treatment and a mud bath called the Volcanic Dust Mask.

MGM Grand Spa

Decorated in earth tones, the 30,000-square-foot spa provides a tranquil atmosphere with the sounds of running water and meditative music.

The Grand Spa features saunas, steam rooms, whirlpools, relaxation lounges, and more than 30 treatment rooms, including two 1,100-squarefoot suites. A fitness center includes virtual-reality climbers and computerized circuit-training equipment. Among the signature treatments are fragrant scrubs using tropical ingredients and a profango body treatment using Australian mud and paraffin.

Spa at Caesars Palace

The 23,000-square-foot spa is part of the palatial Garden of the Gods, a 4.5-acre recreation area added in 1997 that includes marble statues, swimming pools, fountains and landscaped courtyards. The spa offers 28 treatment rooms and services that include massages, oxygen replenisher facials, thalassotherpay, sea salt treatments and seaweed body masks. A 6,500-squarefoot fitness center includes a rockclimbing wall and studios for yoga and aerobic exercises.

Spa Bellagio

A two-story spa built of sand-colored marble, the spa at the Bellagio resort features huge Jacuzzi tubs, redwood saunas, a eucalyptus steam room, oversized treatment suites, hydrotherapy baths, a relaxation lounge and a fitness center. Among the signature treatments is the Floral Garden Body Wrap, which uses lavender, chamomile and rose petals.

Mandara Spa at Paris Las Vegas

This 25,000-square-foot spa features a rooftop swimming pool and 24 treatment rooms appointed with Balinese hard-wood massage tables and silk coverings.

Treatment areas also include six Grand Suites, each with an oversized whirlpool tub, private lounge and personal attendant. Operated by Balibased Mandara Spa, a company with more than 40 spa locations in Asia and the Pacific, the Paris spa has some treatments such as the Green Tea Body wrap that feature an Asian influence.

Spa at Hyatt Lake Las Vegas

Signature treatments at the spa, which has a Moorish theme in keeping with the architectural style of the resort, include a clay wrap and body treatment called the Harem's Blend. The spa includes nine treatment rooms, a fitness center, steam and sauna rooms and a full-service beauty salon.

---- Index References ----

Company: PRICEWATERHOUSECOOPERS (MALTA); PRICEWATERHOUSECOOPERS (EL SALVADOR); PRICEWATERHOUSECOOPERS (JAMAICA); PRICEWATERHOUSECOOPERS (PHILIPPINES); PRICEWATERHOUSECOOPERS (URUGUAY); PRICEWATERHOUSECOOPERS INTERNATIONAL LIMITED (CYPRUS); PRICEWATERHOUSECOOPERS INC (ZAMBIA); PRICEWATERHOUSECOOPERS INC (MALAWI); PRICEWATERHOUSECOOPERS (DENMARK); PRICEWATERHOUSECOOPERS (ARUBA); PRICEWATERHOUSECOOPERS; PRICEWATERHOUSECOOPERS (MALAYSIA); PRICEWATERHOUSECOOPERS (COLOMBIA); PRICEWATERHOUSECOOPERS (BELGIUM); PRICEWATERHOUSECOOPERS (BARBADOS); PRICEWATERHOUSECOOPERS INTERNATIONAL LIMITED (TANZANIA); PRICEWATERHOUSECOOPERS INC (SWAZILAND); PRICEWATERHOUSECOOPERS (SOUTH AFRICA); PRICEWATERHOUSECOOPERS INC (MAURITIUS); PRICEWATERHOUSECOOPERS. (HONG KONG); BELLAGIO LLC; CASINO AND CREDIT SERVICES INC; PRICEWATERHOUSECOOPERS (HUNGARY); PRICEWATERHOUSECOOPERS (ARGENTINA); PRICEWATERHOUSECOOPERS INC (BOTSWANA); PRICEWATERHOUSECOOPERS SP ZOO; PRICEWATERHOUSECOOPERS (GUATEMALA); PRICEWATERHOUSECOOPERS (BRUNEI); PRICEWATERHOUSECOOPERS INC (UGANDA); MEADE MALONE AND CO; PRICEWATERHOUSECOOPERS (PANAMA); PRICEWATERHOUSECOOPERS (TRINIDAD AND TOBAGO); PRICEWATERHOUSECOOPERS (UKRAINE); PRICEWATERHOUSECOOPERS (SWITZERLAND); PRICEWATERHOUSECOOPERS (CHAD); PRICEWATERHOUSECOOPERS INC (NAMIBIA); PRICEWATERHOUSECOOPERS (COSTA RICA); PRICEWATERHOUSECOOPERS (IVORY COAST); PRICEWATERHOUSECOOPERS (CROATIA); PRICEWATERHOUSECOOPERS (SAINT LUCIA); PRICEWATERHOUSECOOPERS INTERNATIONAL LIMITED (CAMBODIA); PRICEWATERHOUSECOOPERS (BULGARIA); PRICEWATERHOUSECOOPERS AUDIT (RUSSIA); PRICEWATERHOUSECOOPERS (INDONESIA); PRICEWATERHOUSECOOPERS (BRAZIL); CASINO GUICHARD PERRACHON ET CIE; PRICEWATERHOUSECOOPERS (NICARAGUA); PRICEWATERHOUSECOOPERS (ROMANIA); PRICEWATERHOUSECOOPERS (CAMEROON); STEINER LEISURE LTD; CANYON RANCH ENTERPRISES INC; PRICEWATERHOUSECOOPERS INC (ZIMBABWE); PRICEWATERHOUSECOOPERS (CAPE VERDE); VENETIAN CASINO RESORT LLC; PRICEWATERHOUSECOOPERS LLP

Industry: (Gaming Industry (1GA25); Entertainment (1EN08); Travel & Tourism (1TR07); Resorts (1RE44); Casinos (1CA80); Hotels (1HO42))

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NewsRoom

SAN JOSE MAGAZINE
SAN JOSE, CA
MONTHLY 20,000
NOVEMBER 2001

GETAWAYS

Are you game for a good time in the desert? Don't just roll the dice

Vegas, Baby

DEBRA BOKUR

Whatever your definition of a good time — whether it's a tall, cool blonde or a hot fist of cards — you can find it in Vegas. In the end, that's the very best thing about this town: It's absolutely anything you want it to be.

VITAL STATS

The lights in Vegas are as bright as they ever were. And there are more of them every year. Here's what you need to know.

WHERE TO INDULGE: SPAS

Canyon Ranch Spa Club at the Venetian Resort Hotel & Casino. Climbing wall, massage, skin and body treatments. 3355 Las Vegas Blvd. South; 888.283.6423 or www.venetian.com.

Hyatt Regency Lakes Las Vegas Resort brand new spa and fitness center. 101 Montelago Blvd., Henderson; 800.2331234; www.lakelasvegas.hyatt.com.

Oasis Spa at the Luxor. The only 24-hour spa in town, with complete fitness facility. Luxor Hotel and Casino, 3900 Las Vegas Blvd. South; 800.288-1000 or www.luxor.com

Spa by Mandara at Paris Las Vegas. Custom scrubs, wraps, massage and cardio fitness center. 3655 Las Vegas Blvd. South; 888.266.5687 or www.paris-lv.com.

Spa Mandalay at Mandalay Bay Resort and Casino. Fitness facility, over-sized steam rooms, whirlpools, cold plunges and Swiss showers. 3250 Las Vegas Blvd. South; 702.632.7777 or www.mandalaybay.com.

The Elemis Spa at the Aladdin Resort & Casino. Hydrotherapy, aromatherapy massage, facials, hair and skin treatments, fitness facility. 3667 Las Vegas Blvd. South; 702.736.0111.

PRIVATE CLUBS
DALLAS, TX
BI-MONTHLY 226,462
FEB-MAR 2002

SEE THE WORLD IN ONE TRIP TO VEGAS

You don't have to go to Rome to do as the Romans do. Nor, for that matter, must you fly to Egypt, France, or Italy to taste a slice of life in these far-flung locales. They are all waiting for you in Las Vegas.

In this ever-evolving desert playground, another new monolithic theme hotel always seems to be popping up. Faced with more choices than a $10 buffet, here is a handy list of spots not to miss.

SPAS

Let's face it, Las Vegas can be draining. Realizing this, most of the major hotels now have full-service spas to help you rejuvenate — so you can do it all over again the next night. The Oasis Spa at Luxor is conveniently open 24 hours a day (except from 11:30 p.m. Tuesdays until 6:00 a.m. Wednesdays). In addition to offering a smorgasbord of delicious massages, the Grand Spa at the MGM Grand also has a signature line of scrubs called Body Cocktails that smell just like the real thing: Pina Colada, Kahlua, Cosmopolitan Cranberry, Peach Daiquiri, and Margarita Salt Scrub. Going far beyond mere pampering, the 65,000-square-foot Canyon Ranch SpaClub at the Venetian offers everything from cocoon body wraps to nutrition counseling to a rock climbing wall.

DISPLAY & DESIGN IDEAS
ROSWELL, GA
13-TIMES/YEAR 18,038
SEP 1 2001

6/1404

Making living essential

Canyon Ranch floats into the wellness market with Living Essentials flagship store

By Alison Embrey

In the midst of dry sands and an arid desert climate, the Canyon Ranch Spa Club at The Venetian Resort in Las Vegas offers patrons a cool and serene atmosphere. Canyon Ranch, a world-class provider of health resort services, now has a growing new market. The resort group has taken its brand a step further by launching the company's first foray into the retail market as a companion to the spa and fitness center. Living Essentials, Canyon Ranch's flagship health and beauty boutique located inside the Grand Canal Shoppes at The Venetian, captures the mind, body and spirit with its placid elegance and clean design.

"We saw an opportunity to expose our brand through retail," says Gary Milner, Canyon Ranch project director for Living Essentials. "Las Vegas brings in a lot of foot traffic and exposure to potential clients. We just reacted to a prime retail opportunity." The 1200-sq.-ft. boutique offers Canyon Ranch products and educational tools that reflect the philosophy of the Canyon Ranch Spa Club, while simultaneously creating an identity of its own. "We laid out a very brief vision of the project, and the design team came in and created an entire brand. We bought the entire concept and are now in the process of applying the brand corporate-wide," Milner says.

MOVK, the New York-based architecture and design firm chosen for the project, wanted to create a strong identity for the boutique because Canyon Ranch had not previously taken an approach toward branding, says Mark Oller, AIA, principal of MOVK. "We wanted to act on the spa's holistic approach to wellness. A botanical motif emerged as an etched abstraction of an aloe plant, known for its restorative and healing properties, and we developed it as a simple icon that was reinforced in the packaging and brand products," Oller says. The aloe plant is also etched into frosted glass panels that form the door handles at the entrance to the store.

The Canyon Ranch Living Essentials store welcomes customers with an open, inviting environment with color schemes, materials and textures evocative of the Southwest desert. Wood, stone and water combine with white and sage tones to immerse customers in a sense of naturalism. "We wanted to speak through simplicity with a juxtaposition of sensuality and tactile feeling—and respect the horizon line of the desert at the same time," Oller says. "We used the desert as a metaphor for balance and life. We wanted the simplicity of the store to be antithetical to the glitzy glamour of Las Vegas."

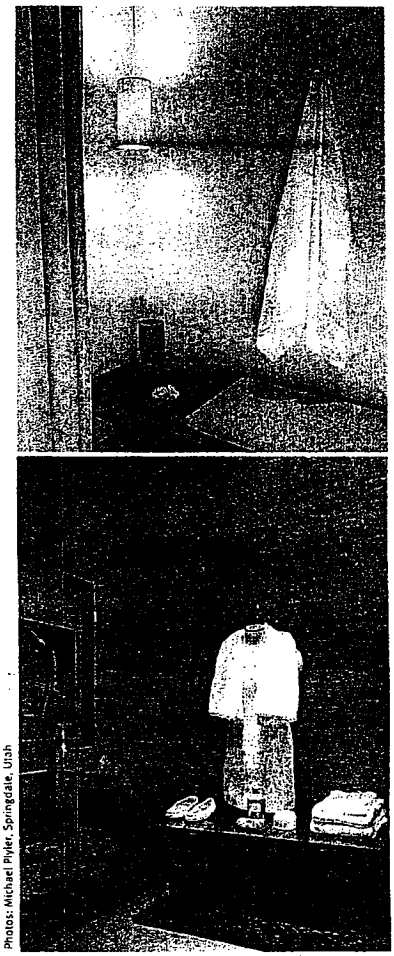
Oller and team took Canyon Ranch's basic wellness approach of mind, body and spirit and evolved them into three brand attributes—reflection, sensuality and light. Reflection emphasizes the importance of the mind; sensuality is a positive reaction of the body; and light corresponds to the spirit, Oller says. MOVK took great care translating the three aspects into the store through visual cues, even down to fresh flower petals, mohair pillows and stone clothing hooks in fitting rooms.

The store appears to have a floating effect, as the linear cabinetry lining the perimeter of the space hovers a few inches above a bed of softly lit river stones that outline the edge of the floor. "The river stones give an ephemeral, floating quality to the store," says Oller. "The stones provide a minimal modernism that pays respect to Japanese design elements and speaks to the natural quality of the brand and products as well."

The lighting reflects the open, tranquil setting that defines the Canyon Ranch brand. Quaint, Japanese-style hanging lanterns decorate the fitting rooms. The ceiling flows through the space illuminated by gentle, pocketed lighting. "Lighting is by no means a dominant element in the space, but without much direct light, we managed to create some drama around the edge of the store," says Oller. "The lighting had to be subtle, because it essentially evokes the brand's calming spiritual aspects that we wanted the store to emit."

The exquisite architectural millwork and fixtures combine rectilinear patterns and natural wooden texture to add to the organic feel of the space. Las Vegas-based Collings Inc. manufactured and installed all of the Living Essentials interior work. "We brought MOVK's creative design to life," says David Collings, president and CEO of Collings Inc. "What was something beautiful on paper became something you could touch, feel and see—we just followed the lead and brought the final pieces of the puzzle together."

In the rear of the store, a circular wall containing a 13-ft.-high waterfall marks the "Zen" area—the visual magnet that pulls customers through the store. The learning center, where customers can buy educational health and wellness tools, and wood-paneled cashwrap flank the Zen area on either side. The area is centered below a lit dome in the ceiling that narrates the space as a central feature. "The waterfall brings in both a tranquil sound and a natural texture into the space," Oller says. "Water coincides with restoration and peacefulness—it defines the Zen area as the heart of the store, both thematically and physically." DDI



Photos: Michael Plyler, Springdale, Utah

Top: The wellness approach follows customers into the fitting rooms, where flower petals augment the sensual look of charming lanterns and natural stone clothing books. Bottom: Wood-paneled wall coverings maintain the au natural *theme of the wellness boutique.*

PROJECT FILE

CANYON RANCH LIVING ESSENTIALS AT THE VENETIAN RESORT
Grand Canal Shoppes
Las Vegas

IN-HOUSE DEVELOPMENT TEAM
Canyon Ranch
Tucson, Ariz.
Gary Milner, project director
Robert Smith, project director
Doug Wilson, project manager
David Rymark, project manager

DESIGN TEAM
MOVK
New York
Mark Oller, AIA, principal
Victoria Kirk, principal
Loren Camilleri, graphic design

ARCHITECT
The Stubbins Associates
Cambridge, Mass.

MECHANICAL ENGINEER
AE Associates
Greeley, Colo.

ELECTRICAL ENGINEER
MSA Engineering
Las Vegas

CONTRACTOR
Taylor International Corp.
Las Vegas

GLASS
Bendheim Architectural Glass
New York

FABRICS
Donghia
New York

FLOORING
Prince Street Technologies, Ltd. (carpet)
Cartersville, Ga.
Intertile (stone)
San Leandro, Calif.

LIGHTING
Lightolier (display)
Fall River, Mass.
Reggiani (display)
Milano, Italy
Architectural Cathode Lighting Inc. (cold cathode)
Huntington Park, Calif.

MILLWORK
Collings Inc.
Las Vegas

UPHOLSTERY
Ann Baderian Ltd.
New York

WALL PANELING
PermaGrain
Newtown Square, Pa.

WATERFALL
Harmonic Environments
Fort Lauderdale, Fla.

Information in the Project File is provided by the design firm and/or retailer.

Opposite: The "Zen" area features a circular, wood-paneled cashwrap, lit ceiling dome and 13-ft. wall-inset waterfall designed to attract customers to the rear of the store.

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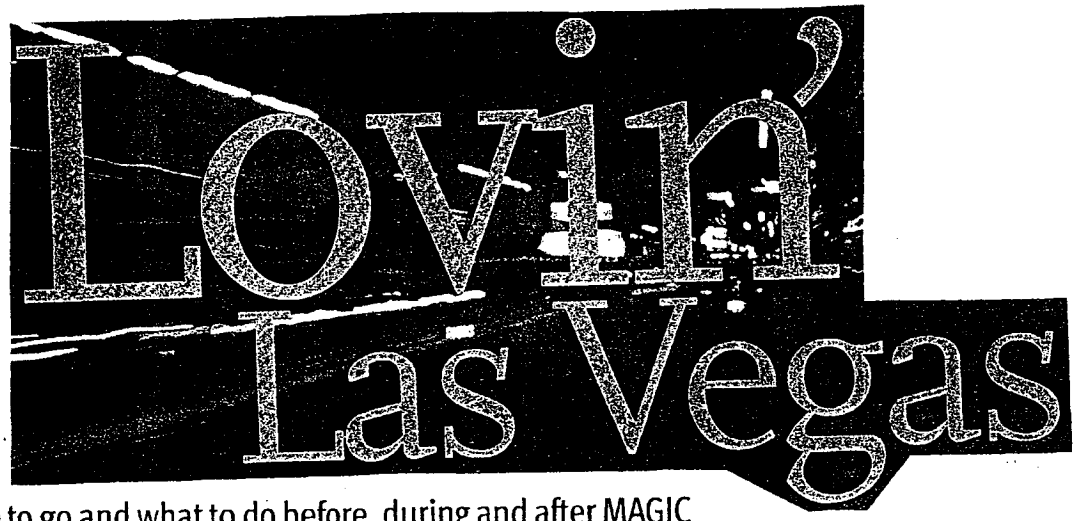
NEW YORK, NY
WEEKLY 24,000
AUG 20 2001



Where to go and what to do before, during and after MAGIC

By HOPE WINSBOROUGH

Poor Atlantic City. It must be hard to live in the iconic shadow of the one and only Las Vegas. When it comes to distilling all that's wonderful and weird about the U.S. of A., Vegas is an ultra-sensory tribute to everything from glitz to camp, class to tack.

And that's true now more than ever. In addition to 24-hour gaming and all-you-can-eat shrimp buffets, these days Vegas offers hip boutiques, fine art, top-notch restaurants and world-class recreation. When the Bellagio swung open its $1.6 billion doors in 1998, the Strip dazzled anew — thanks to hotel impresario Steve Wynn's clever combo of chefs, shops and shows. Several high-stakes players then jumped into the ring, and over the past few years a host of changes, additions and revamps mean there's a whole lot more of Las Vegas to love.

Sweating it Out

If you'd rather get physical than fiscal, try kicking back at **AQUA SULIS**, a state-of-the-art spa tucked into the Regent Las Vegas on the northwest side of town. The menu of body treatments includes plenty of New-Agey options like a cavitosonic meditation chamber (complete with negative-ion air and sound-vibration meditation headphones), color therapy treatment (with before and after shots of your aura; $95), and the take-no-prisoners Russian Massage ($125). 877-869-8777; Regentlasvegas.com.

For a mere $25, you can visit Canyon Ranch — the **CANYON RANCH SPACLUB**, at The Venetian, that is. This Vegas incarnation of the Arizona-based spa has 50 treatment rooms and offers nearly 100 spa services. But it's more than a day spa; there's an amazing fitness facility with spinning classes, boxercise, yoga and a climbing wall. *Condé Nast Traveler* recently named it one of the top 10 resort spas in the U.S., and it's a great way to get rid of post-show stress.

If what you need, however, is an escape from fluorescent lighting, cruise 20 minutes west to **RED ROCK CANYON NATIONAL CONSERVATION AREA**. It's a great place to bike, hike, rock climb or just cruise the one-way, 13-mile scenic drive through the canyons. For more information (including maps), call 702-363-1921. Or schedule some tee time. **THE DESERT INN** (the Rat Pack's old digs and former lair of Howard Hughes) boasts the only golf course on the Strip, but Las Vegas has 26 public or semi-private courses and 11 private courses. It's best to

CHICAGO TRIBUNE
CHICAGO, IL
FRIDAY 664,584
AUG 17 2001

MAGAZINES

Bite-sized tidbits on the week's trends, politics and celebrities

By James Warren
Tribune staff reporter

In honor of CNN's new, revitalized, factoid-filled Headline News, it seems only fair to offer bite-sized takes on this week's world of magazines. My apologies for not including sports scores or celebrity birthdays.

Speaking of celebrities (there's an adroit, TV-like segue), Aug. 20 **People** ("His Fight to Get Sober") and Aug. 20 **Us** ("Ben's Secret Battle") are rather similar takes on actor Ben Affleck going into booze rehab. A critical component of the genre, the utterly banal and unidentified quote, is on wonderful display in Us, with "a source" telling the weekly, "If someone agrees to go to treatment, they know they have a problem."... Another Hollywood tale of fame and excess is found in September **Talk**, where "West Wing" creator Aaron Sorkin offers a somewhat more complicated, self-destructive account of his drug excess, and high-handed treatment of colleagues, than has been the conventional line on his travails. ... If searching for hipness, be informed that consumerism-crazed September **Lucky** declares that Thai massage leaves you relaxed, stronger, more limber, even taller, and is thus "the rage at spas across the country," including at the Canyon Ranch SpaClub at the Venetian in Las Vegas, where it's a mere $125 for 50 minutes. ... The September issue of maniacally cutting-edge fashion bimonthly **Jalouse** pays homage to the late Austrian-born designer Rudi Gernreich, who gained international attention with his 1964 topless bathing suit and arguably had an enduring influence on fashion (a retrospective of his work will be staged soon at the Institute of Contemporary Art in Philadelphia). ... September **On** has a potentially helpful effort on the best college-application Web sites, including collegeboard.com, collegelink.com, collegenet.com, collegeview.com and embark.com. Still, this notes that some college administrators are short of exhilarated with a seeming flood of applications via the Web, claiming it's now harder to figure out which students are actually serious about their school.

All right, the new, new, new Headline News is unavoidable. So, please, be informed that an 81-year-old woman in Kazakhstan has died of a spider bite and the miniscule weather map suggests it will be dry somewhere today.

Elsewhere, Summer **Dissent** has a good back-and-forth on the state of the Democratic Party between Ruy Teixeira, a fellow at the Century Foundation, and Tom Edsall, an ace political reporter at the Washington Post, with the latter accentuating the marked grow in support among well-educated, white professionals who are liberal on abortion, school prayer and other so-called "culture war" issues. Most interesting may be Edsall's musing on the potential political impact of the growth in the percentage of Americans owning stock, especially if the economy heads south and workers' views of their corporate employers change and they begin to have far greater mistrust in the business sector. ... The "special" third anniversary issue of **Gear** goes the somewhat tired route of the celebrity guest editor, in this case talk host Craig Kilborn, who exploits his momentarily lofty perch to assign himself a phone interview with actress Rachel Ward, who clearly doesn't have a clue who he is. It's also worth iconoclastic pro basketball owner Mark Cuban's grousing about the state of the National Basketball Association. "Do we have a director of marketing?" he wonders.

And Aug. 17 **Commonweal** crafts a nifty profile on prolific British social anthropologist Mary Douglas, now 80, whose "Purity and Danger: An Analysis of Concepts of Pollution and Taboo," which is in part a look at macabre ritual murders among the Dinka of East Africa, was one of only four books written by women which made a 1995 list of the 100 most influential books since World War II compiled by the Times Literary Supplement.

AMERICAN
Health & FITNESS
FOR MEN
FEB/MARCH 2002

Travel Fitness USA Style

Last issue, travel writer Hal Peat profiled Europe's action capitals – this time he spotlights where to shape up right here at home.

LAS VEGAS

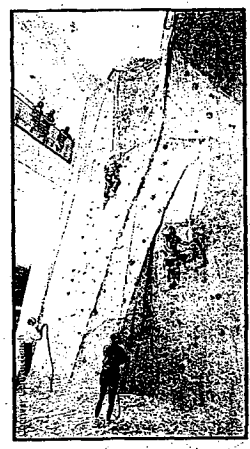
Where else in the world can you travel between ancient Egypt, New York, Paris and Venice in just a couple of minutes? Over the past decade, Las Vegas has evolved into the ultimate, global adult fantasyland, transforming the Strip into an extraordinary collection of casinos and internationally themed resort hotels in the middle of the Western desert. A town of extreme contrasts, this glitzy city offers a variety of fitness opportunities that go way beyond the different themes in its resort entertainment. Its mountains, deserts and lakes promise an adrenaline rush like no other.

Spa services help you beat the wear and tear.

WORKING OUT

Indoors

Vegas' on-site health clubs pattern much of their themes after the resort location. The city has worked hard to create deluxe fitness centers that cater to every need and training regimen for visitors



from around the globe. Canyon Ranch Spa Club at The Venetian is one of the newest and largest – a full-service, premiere-class club at a leading Strip resort. This two-level, 65,000-square foot facility offers every amenity and level of fitness activity, from massage and body treatments to wellness services, physical therapy and nutrition counseling. There are two Watsu pools, a gym and weight rooms, a cycling gym and locker rooms equipped with large whirlpools, saunas and steam. In addition, the two private Spa Suites for visiting couples, come complete with treatment tables, cardio equipment, a steam shower, private bathroom and luxurious soaking tub, as well as a lounge with TV, video, fireplace and dining area. You might consider this the ultimate combination of health and high living. Did I mention the 40-foot indoor rock-climbing wall? Where else but in Vegas, right?

Another guilt-free and welcoming feature is the onsite Canyon Ranch Café, surely one of the healthiest and creative spots to eat in town. Drawing from the most wholesome cuisines of Asia to the Mediterranean, you can

maintain the international mood with fare prepared strictly from organic ingredients. For lunch, try the grilled ahi tuna sandwich or grilled salmon teriyaki.

LAS VEGAS ACTIVE FILE

Canyon Ranch Spa Club – Venetian Resort, 3355 Las Vegas Blvd. South, Ste. 1158. Tel: (877) 220-2688 or (702) 414-3606; www.canyonranch.com

Rebel Adventure Tours – Tel: 1-800-817-6788; www.rebeladventuretours.com

GameWorks – Showcase Mall, 3769 Las Vegas Blvd. South. Tel: (702) 432-4263

Mountain T Ranch – 140 Kyle Canyon Ranch, Mt. Charleston. Tel: (702) 655-8025

Las Vegas Ski & Snowboard Resort – Winter season skiing/boarding in nearby Mt. Charleston. Tel: (702) 385-2754

Las Vegas Convention & Visitors Authority – Tel: (702) 892-0711; www.lasvegas24hours.com

LAS VEGAS SUN
LAS VEGAS, NV
TUESDAY 40,000
NOV 20 2001

There are plenty of ways to keep holiday weight gain at bay

By Jerry Fink
LAS VEGAS SUN

The weight-watcher's war zone is on the horizon.

The annual battle of the bulge begins before Thanksgiving and ends after New Year's.

Marching into the front lines are those of us who are too weak-willed to yell "incoming" and duck for cover when a tray of fudge is launched our way.

Or to sidestep those pumpkin-pie land mines.

Or are too blind to see enemies walking in our midst, disguised as friends.

"I'm a strawberry, a fruit. I'm good for you. Eat me," the double-agent beckons.

"But you're dipped in chocolate," replies the wary soldier.

"But fruit is good."

"Chocolate is bad."

"Not if you eat just one."

And the struggle is on. You eat one and don't feel any fatter, so you eat another and soon you are in a sugar fog. Your face is smeared with chocolate, the strawberries are gone, and you're chasing those treats with cheesecake and washing it down with eggnog.

Before the war is over on Jan. 1, you are among the waddling wounded.

But don't despair. There is hope. A good soldier is a trained soldier, able to recognize the merciless calories sniping at us from their hiding places in fondue pots and bowls of dip.

A number of health professionals offer advice about how to prepare yourself for the six-week siege that includes skirmishes on many fronts — in the home, at office parties and (especially in Las Vegas) in the buffet line, all of which are headquarters for an elite army corps of calories.

"You have to be realistic," said dietician Mary Dunaway of the Anders and Dunaway Nutrition Consultants firm in Las Vegas. "Sometimes people go to a Christmas party or a family gathering and expect to not overeat.

"The trick is to be selective. Focus more on quality, not quantity."

That's easy, until you stumble upon a Boston cream pie.

"You have to have a game plan," Dunaway said. "If you know you are going to a party, find out what the menu is in advance."

If you know in advance there will be a three-layer chocolate mousse cake or a carrot cake with cream-cheese frosting topped with pecans, you can mentally prepare yourself to avoid them.

"You need to have a game plan," Dunaway said. "Take small portions. Eat little bites. Eat slowly. Chew gum."

Alcohol is the equivalent of chemical warfare.

"It's a concentrated source of empty calories," Dunaway said. "Limit your alcohol intake. Drink club soda or water instead."

Every soldier needs a buddy in the foxhole. "Go (to the social gathering) with a partner, someone who knows your game plan," Dunaway said.

Curb the appetite

Susan Meacham, chairwoman of University of Nevada, Las Vegas' Department of Nutrition Sciences, is a general in the war against the bulging waistline.

"Before going to a holiday function, have a normal meal at home, so the first focus when you come through the door is not the table," Meacham said. "The foods (on those tables) are typically high in fat. Have a salad and soup before you leave home.

"Be conscious and aware at all times. Take a small plate, and fill it once. Go for the carrots."

And drink a lot of water.

"People don't drink enough water anyway," Meacham noted. "The feeling of fullness (from the water) will curb the desire to hover around the table."

Meacham said going to a gathering doesn't have to be dull.

"We don't call any foods forbidden," she said. "A few chips are not going to be the overall cause of disease, it's if we eat too many of them."

Have a chip, but gorge on green-pepper wedges, carrots and fresh-snapped peas. And don't smother the veggies in dip.

"You have to train yourself not to dip the carrots in ranch dressing," she said. "Carrots themselves have sugar."

As long as you make the right choices, buffets and social gatherings are not lethal to the waistline.

"With a conscious approach you can keep your portion sizes reasonable, which means small," Meacham said. "And we don't have to have a desert. We can go back for another serving of salad or fresh fruit and still maintain our normal calorie intake."

Self-control is the key.

"Even though many of us know what we're supposed to do, the practical matter is that control during the holidays is difficult," Meacham said. "Food is intertwined with social activity."

She said people forget that the reason they are getting together with family and friends is for social interaction, not eating.

"Replace alcohol with water," Meacham said. "One or two glasses of wine is great, and there is no reason you shouldn't have them. Indications are they are healthy and relaxing. But after that you start adding on calories and lose track of whatever else you've been eating.

"So after a glass or two of wine, switch to a nonalcoholic drink or water, and you still have the feeling of social interaction but you don't lose track of what you are eating."

Pre-planning can't be stressed enough, Meacham said. Plan to increase the amount of exercising you do to compensate the added food intake. Plan not to give into the social pressure of overindulging.

Healthy cafe

Frank Canez, chef at the Canyon Ranch Cafe, is an expert on healthy eating. It's what the restaurant in the Canyon Ranch Spa Club at The Venetian is all about.

"What people are forgetting is that eating is more about the flavor and the experience," Canez said. "This is a time of year when tables are bountiful and people have a tendency to get in as much of the bounty as possible."

Canez said people could take a lesson from the menu at his restaurant, which is open to the public, not only to spa patrons.

"Our menu is kind of an Asian and fusion menu, a little of everything," he said.

Canez said the recipes used for menu items strike a balance between fat, fiber, vitamins, minerals and other essential elements our bodies need.

"We offer nutritionally balanced meals, not depriving them of flavor," he said. Asian chicken stir-fry and salmon teriyaki are popular items.

"Our healthy breakfast is one of our biggest draws here," Canez said. "One of the things on the breakfast menu is French toast with no eggs or milk in it."

A lot of people seek out the spa during and after the holidays.

"It's a frantic time of year," Canez said. "A lot of people feel guilty about celebrating the holidays with so much food — but healthy food doesn't have to be boring. You don't have to just have carrot sticks and alfalfa sprouts."

Take notes

Personal trainer Liz O'Sullivan advises people to take control of eating habits before the holidays.

"Small, daily steps will create a lifestyle transformation in three weeks' time," she said. "Within 12 weeks there will be a physical transformation."

To attain such transformations, O'Sullivan said, start a journal.

"Draw a line down the middle of a blank sheet of paper and, on a daily basis, write down on one side of the paper what you plan to do in terms of eating and exercise, and on the other side what you actually do," she said.

O'Sullivan said seeing the plan on paper helps a person to avoid making the same mistakes over and over.

"When you aren't getting the results you desire you can make the appropriate changes," she said. "You see your strategy in writing.

"Our mind plays tricks on us. We think we are eating well and exercising, but then we see it on paper and we see we did not eat as well as we thought we ate or exercise as much as we thought we did."

The journal, O'Sullivan said, is a way to monitor progress.

"You aren't going to lie to yourself," she said. "Write down every glass of wine, every piece of peanut brittle."

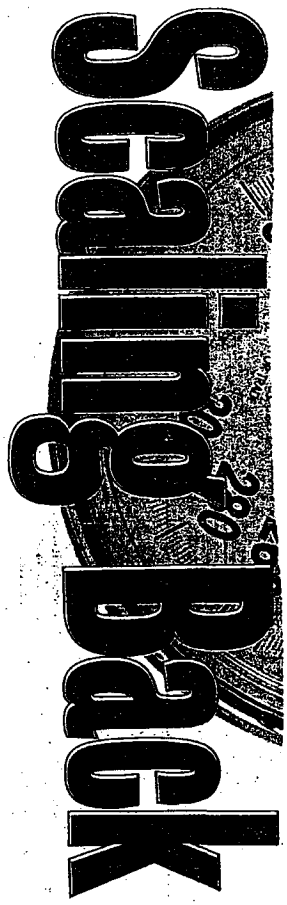
O'Sullivan said people should eat five or six small meals a day.

"Don't go three hours without some sort of nutrition ... If you do, when a lot of food is placed in front of you, you will eat whatever is available," she said. "What happens when people deny themselves of food for more than three hours, their metabolism slows down and the body then is prone to store fat and the energy level goes down.

"Eat small, frequent meals and your stomach will be shrunk and you will be able to think rationally when you make food choices. Keep ahead of the edge of hunger so you can make sensible choices. The hardest thing for dieters to recognize is that starving yourself and going without food is the quickest way to gain weight.

"Remember," she said, "if you fail to plan, then you plan to fail."

Jerry Fink is an Accent feature writer. Reach him at 259-4058 or jerry@lasvegassun.com.



CR002416

SPORTS ILLUSTRATED WOMEN
OLYMPIC GAMES 2002

COOL DOWN

WORKOUT'S OVER. RELAX. BREATHE. HAVE A SNACK.

RESTORATION, BUT NOT ALL REST

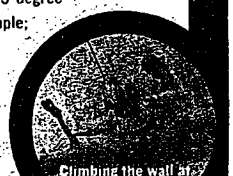
WORK OUT AND THEN GET THE KINKS OUT AT THESE SIX SPAS

FOR COUPLES BY ROBERT MORITZ

EXFOLIATING SCRUBS, MINERAL BATHS and Royal Thai Honey Steam Wraps are always nice, but they feel even better after a day of climbing, golfing or kayaking. These six romantic spa getaways make it as easy to meet your athletic needs as they do to indulge your yearning to be kneaded.

The Romance rub for couples at the Banyan Tree spa

BANYAN TREE PHUKET This Thailand spa offers a dizzying menu of Eastern and European rejuvenation therapies straight out of *The Joy of Cooking*—Royal Thai Honey Steam Wrap, Cucumber and Ginger Body Cleanser, Javanese Lulur (Indonesian massage followed by an exfoliating spice scrub and yogurt rubdown)—all in your own personal villa with pool and garden. Need a shot of adrenaline? The jungle resort's seven-acre Quest Adventure area includes a challenging rope course and a 75-degree climbing tower. (Prices start at $420 per night per couple; 6676-324374, www.banyantree.phuket.com)

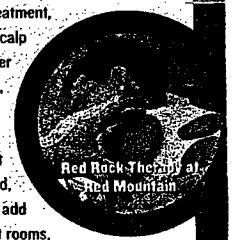


Climbing the wall at Canyon Ranch

CANYON RANCH SPACLUB Located in the bustling Venetian Hotel and Casino in Las Vegas, the SpaClub is nevertheless a temple of serenity. In addition to his-and-hers treatment tables, a soaking tub and a steam shower is a Rasul chamber where couples lather warm clay onto each other, bake until hard under a simulated night sky and rinse off under cascading water. There's even a 40-foot climbing wall, should you find yourself in a sporty post-mud-bath mood. ($160 per person for Rasul chamber, spa packages range from $155–$560; 877-220-2688, www.canyonranch.com/SpaClub/index.asp)

OCEAN CLUB Like the Banyan Tree, the Ocean Club in Paradise Island, Bahamas, offers a romantic, private-villa approach to healing stressed-out urban refugees. The eight new spa suites are some of the largest in the Caribbean, allowing couples to enjoy body treatments and eat together without encountering sweaty strangers wearing terry-cloth robes. You and your paramour can stroll through the villa's private garden and do your best *Blue Lagoon* reenactment under an outdoor waterfall shower. When you're ready to rejoin the other guests, the Ocean Club features tennis courts, a seaside golf course and free bike rentals. (Rooms start at $695 per night; 888-528-7157, www.oceanclub.com)

RED MOUNTAIN ADVENTURE SPA You don't have to spend a romantic spa weekend wrapped up in seaweed like a human California roll. Red Mountain, in southwest Utah, offers low-key outdoor excursions, like a kayaking tour on Lake Powell and a hike through Zion National Park, along with regimens like the ancient Anasazi Adobe Purification treatment, the Mountain Mint Salt Glow and the Red Mountain Revitalizer treatment, which includes, among its other unique features, a scalp massage with cimburi bark extract. (Rates start at $199 per person per night for a three-day stay; 800-407-3002, www.redmountainspa.com)



Red Rock Therapy at Red Mountain

THE SPA AT NORWICH INN This Connecticut spa is just what Ralph Lauren ordered for the overworked, chino-wearing couple. Imagine a romantic country inn, add an 18-hole golf course, gourmet dining and 32 treatment rooms, and you've got a good mental picture of The Norwich. The spa combos are the way to go with packages like Sweet Surrender—spa foot and collagen-paraffin treatments and Norwich Native Flower Wrap. ($695 per person for a two-night package; 800-275-4772, www.thespaatnorwichinn.com)

TWO BUNCH PALMS Palm Springs, Calif., is practically synonymous with spa culture. The Two Bunch grotto pool, fed by natural hot springs, played host to Al Capone in the 1930s. Tim Robbins in *The Player* and a Who's Who of Hollywood royalty in between. Float side-by-side in a private mineral-water pool for water shiatsu, in which therapists stretch and massage your bodies into a state of semi-weightless bliss. And when you're ready to put those muscles back to work, the nearby Joshua Tree National Park offers some of the best desert hiking in the country. ($140–$465 per night midweek; 800-472-4334, www.twobunchpalms.com)

A private mud bath at Two Bunch Palms

CR002417

Dist. 1/18/00

VOGUE
DECEMBER 1999

beauty E.R.

Spas pioneering the clinical beauty frontier

NEW YORK CITY

Ajune.
(212) 628-0044: An on-site dermatologist performs Botox and collagen injections, chemical peels, and velocity resurfacing; Pilates and nutritional counseling are just some of the additional offerings. From $90 for facials to $400 for Botox injections.

The Townhouse Day Spa at the Beauty Enhancement Center
(212) 439-0080: Plastic surgeon Fredrick Valauri's skills run the gamut from laser resurfacing, liposuction, and Dermalogen injections to an exclusive cellulite treatment. From $95 for a classic facial to $2,500 for 20 cellulite treatments.

The Greenhouse
For information/locations, call (516) 643-2954: Get a daily dose of Texas's famous destination spa. The menu includes eyelash tinting and facials; dermatologists from the Laser and Skin Surgery Center of New York perform Botox injections, liposuction, and sclerotherapy. From $100 for acupuncture to $2,000 for eight laser hair-removal sessions.

NEW JERSEY

DePasquale, The Spa, Morris Plains
(973) 538-3811: Plastic surgeons Michael Valdes, M.D., and Richard Marfuggi, M.D., perform liposuction, chemical peels, and laser hair removal. Recover with the DePasquale experience: Soak in a Japanese steeping tub, followed by a rain shower and a massage. From $25 for Derma Analysis to $1,000 for dermabrasion.

COLORADO

The Aspen Club & Spa, Aspen
(970) 925-8900: This all-inclusive club offers everything from chiropractic therapy and acupuncture to physical therapy and basic beauty treatments. From $95 for a glycolic facial to $185 for the High Altitude Massage.

NEVADA

Canyon Ranch SpaClub at the Venetian, Las Vegas
(877) 220-2688: Medical services include bone-density tests, full physical exams, and women's health assessments; traditional services include a myriad of facial, massage, and pedicure offerings. From $100 for a European Edge facial to $425 for a bone-density evaluation.

CALIFORNIA

Santa Monica Institute of Laser and Esthetic Surgery, Santa Monica
(310) 998-0040: Cosmetic dermatologist Karyn Grossman, M.D., opened the institute with partner and plastic surgeon Steven Teitelbaum, M.D., and they provide everything from soup to nuts: basic facials to full facelifts. From $100 for light chemical peels to $5,000 for full facial laser treatment.

CR001976

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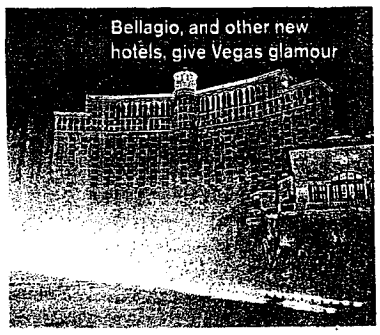
more

FEBRUARY 2000

TOP 10 IN TRAVEL FOR 2000

Are you looking for high adventure? High style? Both at once? To help you make the most of your well-earned vacation time, more has chosen the ten most rewarding destinations and hotels to visit this year. The places range from exuberant (Las Vegas) to exotic (Bhutan) to serene (Caribbean resorts). Each has something unexpected and alluring to offer, as you'll see in the listings below. By William Sertl



Bellagio, and other new hotels, give Vegas glamour

Las Vegas

Vegas has been retooled for grown-ups with a sense of play—and a sense of humor. Last year's building boom saw the addition of several palatial hotels, making the Grande Dame of the Desert into the world's most sumptuous theme park: the Paris, with a 50-story replica of the Eiffel Tower; the Venetian, with a Canyon Ranch SpaClub, a replica of St. Mark's Square and 65 boutiques accessible on foot or via gondola; Bellagio, housing high-fashion names like Chanel and Armani; and Mandalay Bay, with a tropical theme. Dining is equally upscale, with branches of America's best restaurants, run by high-toned chefs like Wolfgang Puck, Jean-Georges Vongerichten and Emeril Lagasse. Will success spoil Las Vegas? Hey, in this town, glitz never tarnishes, it only gets shinier.

RECOMMEND®
HELPING TRAVEL AGENTS SELL TRAVEL
FEBRUARY 2000

Canyon Ranch (above) offers health consultations and therapies at all three of its locations. The Ponte Vedra Inn & Club (above right) offers Old Florida luxury off the northeast coast, with activities available for all ages. And the Oaks at Ojai in California (right) offers a full slate of spa amenities and treatments, along with newly renovated accommodations.

Destination spa demand is rapidly expanding and developing excellent revenue potential for agents. To maximize sales, however, spa managers suggest you become familiar with the latest treatments and services so you can match clients to the type of spa experience they'll be eager to repeat. We've highlighted a variety of services available at the spas listed below, most of which are eager to offer you whatever sales support you may need.

One of the newer spas in Las Vegas, **Canyon Ranch Spa Club at The Venetian** offers the same service, health consultations, and many similar programs to the **Canyon Ranch Health Resorts** in Tucson, Ariz. and Lenox, Mass. Corporate and bridal packages are available, as well as specialized packages. *Desert Oasis*, a 2-day package, includes a body scrub, facial, makeup creation, shampoo and style, manicure, fitness classes, body composition and analysis, lunch each day and more for $380.

The Tucson property offers *TA Getaways* at a 50 percent discount, including seminars, one massage, meals daily and more. Discounts available June 7-11 and Dec. 17-21. **(800) 742-9000.**

ATLANTA JOURNAL
ATLANTA, GA
FRIDAY 189,332
NOV 10 2000

ATLANTA CONSTITUTION
ATLANTA, GA
FRIDAY 330,885
NOV 10 2000

NEWS ABOUT THE NET: 11.10.00

* **Webcast links Pace teacher to 'Kate'**
* **Madonna concert a virtual success?**
* **Mrs. Brady hosts 'Girlfriends' Night In'**

➤ **SAVE TIME ONLINE:** All stories and URLs in this column are one click away on **ajc.com/enews**

(WEB)CASTING CALL: Pace Academy theater teacher George Mengert wasn't able to attend Thursday's student production of "Kiss Me Kate" — but, as everyone knows, the show must go on. Online, in this case. Mengert, a 30-year veteran of the Buckhead private school, developed a blood clot in his left leg during rehearsals this week; he was in stable condition Thursday at Piedmont Hospital. Tech-savvy students, teachers and parents quickly figured out a way to make sure Mengert didn't miss a single chorus of the Cole Porter musical: They Webcast the show directly to the 58-year-old teacher's room. Jim Sutherland, his son James and computer instructor Jim Dietz hooked up a camera at the school to a desktop computer near Mengert's room and tested it Wednesday. "Dr. Mengert has been a mentor to so many kids," says Sutherland, who was tapped as camera operator and whose son is appearing in the production. "The kids worked their tails off on this thing, and they just didn't want him to miss it." Mengert says there's theatrical irony to the situation: "I was the last person at the school to get a computer, and now I'm indebted to this technology so I can watch the show from the hospital."

VIRTUAL GIRL: Tickets for pop goddess Madonna's first live British gig in seven years are scarcer than heh's teeth. But fans of the 42-year-old U.S. superstar (right) need not despair, because the concert at London's Brixton Academy on Nov. 28 will be broadcast live on the Internet (a first for the Material Girl). The concert could challenge the 3-million-viewer world record for an Internet audience held by the Webcast of Paul McCartney at the Cavern in Liverpool, England, last year. "We have done this kind of thing before and are becoming progressively better at it, so we hope to be able to avoid too much congestion," an MSN spokeswoman said.

www.msn.co.uk/madonna

FLO'S PLACE: Actress Florence Henderson will have a lot more than "Wessonality" going on this weekend. On Saturday, the ex-"Brady Bunch" mom will be hosting "Girlfriends' Night In," an interactive event to be Webcast from the Canyon Ranch spa in Tucson, Ariz. Viewers will be able to discuss women's health issues, from osteoporosis to sexuality, and tips for preparing healthy cuisine. Registered viewers also can use an interactive tool that calculates their calcium intake and join in for live yoga and exercise classes. Also, if you're worried that a friend or relative may be at risk for osteoporosis, you can send them a "Bone Mail" reminding them to get a checkup. Registration is under way; the event begins at 8 p.m.

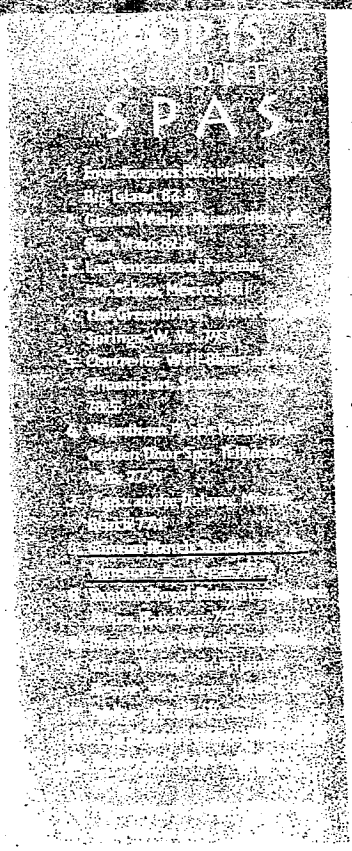
www.women.com

CONDE NAST TRAVELER
NEW YORK, NY
MONTHLY 1,000,000
APRIL 2000

READERS PICK THE TOP 74 SPAS

SPAS ARE BOOMING, BUT WHAT MAKES ONE GREAT? OUR FIRST-EVER SPA POLL DETAILS THE BEST IN NORTH AMERICA AND THE CARIBBEAN, WHILE ALISON HUME GOES TO GREAT LENGTHS TO RELAX

PHOTOGRAPHS BY GAVIN BOND



3. Canyon Ranch SpaClub at The Venetian, **Las Vegas**
69.2 74.4 87.2 92.3 71.8 74.4 71.8 75.8
This Vegas all-suite resort re-creates sixteenth-century Venice—gondolas and all—right on The Strip. "You can walk everywhere from this central location," shop on the Grand Canal, or take yoga in the fourth-floor spa. Canyon Ranch's first day spa is on a grandiose scale—65,000 square feet of treatment rooms, exercise space, a café, and a 40-foot rock-climbing wall. It offers many activities and "quality treatments" similar to those at its namesake Arizona and Massachusetts locations, but "if you are expecting the same experience, you might be disappointed." The staff, while "trained well," are "a little less friendly." Since every room is a suite and has both a bedroom area and a sitting room, many guests rave that the rooms are "the biggest in Las Vegas." Starting this spring, the spa will offer hikes in nearby Red Rock Canyon.
$109–$399; 3,036 suites; 702-414-4100.

distributed 4.25.00

SHAPE MAGAZINE
WOODLAND HILLS, CA
MONTHLY 923,000
MAY 2000

3. Viva Las Vegas

Canyon Ranch SpaClub, The Venetian Resort, Las Vegas, Nevada

Feeding Las Vegas' one-armed bandits does as much for your biceps as it does your bank account. So what's there to do during the daytime in Sin City — beyond the Liberace Museum? Get into showgirl shape at Canyon Ranch SpaClub. The new day spa at the opulent Venetian Resort boosts the Strip's health quotient from bust to blackjack. Arizona-based Canyon Ranch modified its destination-spa program little to fit the short-term formula, offering spa-goers the immersion-for-a-day experience with wellness consultations, fitness classes and pampering body work. Staff physicians, dietitians and exercise physiologists provide bone-density exams, nutritional analyses, fitness assessments and the like. Get your heart rate pumping with daily classes from Boxercise to qi gong. Or scale the spa's 40-foot indoor rock-climbing wall. Soothe body and soul in a Watsu pool, an herbal "King's Bath" or under mud in Rasul, a Middle Eastern pre-bridal ritual featuring a sultan-worthy steam room. You'll be busy, but don't miss a meal. Canyon Ranch Café curbs the calories — 375 for the grilled salmon teriyaki — without shorting the flavor. By sundown you'll be casino-game. Just remember, craps is chancy; this spa investment is a sure bet. Single-day packages start at $210. Call (877) 220-2688. — *Elaine Glusac*

(continued on page 198)

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FITNESS
NEW YORK, NY
MONTHLY 775,000
MAY 2000

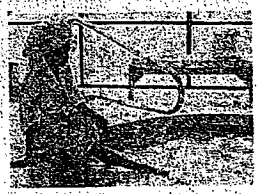
Mind•Body•Spirit Destinations

Canyon Ranch Health Resorts

Tucson, Arizona and Lenox, Massachusetts

Canyon Ranch SpaClub

Las Vegas, Nevada



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JULY 2000

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Best Health Spa

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In Las Vegas, the new wave of megaresorts have raised the bar on Strip spas. Canyon Ranch, easily one of the most famous names in spas, has been named "Best Spa" by readers of *Condé Nast Traveler* magazine seven times, and is recognized the world over as a premier destination for health and well-being. So, when it opened its first SpaClub at the Venetian in Las Vegas—a 63,000 sq. ft., two-story facility with more than 120 services, fitness classes, seminars, a 40-foot indoor rock-climbing wall, and its own restaurant—*Casino Player* readers and spa enthusiasts alike sat up and took notice. It is, quite simply, in a league of its own.

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Canyon Ranch SpaClub, Venetian

Atlantic City
The Spa at Bally's, Bally's

Tunica
Bellissimo Spa & Salon, Grand Casino Tunica

Gulf Coast
The Spa at Beau Rivage, Beau Rivage

Native American
The Spa, Foxwoods

Canyon Ranch SpaClub at the Venetian challenges as well as it pampers

GLOBE AND MAIL
TORONTO,ON, CN
WEDNESDAY 308,000
JUN 14 2000

The healthy side of Vegas

These days no Las Vegas developer would think of building a hotel and casino without including a state-of-the-art spa on the property.

FRANN HARRIS
Special to The Globe and Mail
Las Vegas

Las Vegas is changing. How could it not be? After all, it's America's fastest growing city, with some 6,000 new residents arriving each month. It's also among the most popular among tourists: Last year, 34 million guests paid a visit. And more than ever, many people don't go to the casinos at all — or barely. They go to golf, see the shows, explore the desert, eat at award-winning restaurants.

And, increasingly, to rejuvenate themselves at the spas.

Presumably no one could be happier about this state of affairs than Sulis Minerva, ancient Roman goddess of the spa, whose strength derived from the curative powers of her waters.

Since the fall of Rome, spas have frequently been paired with casinos to amuse royals, nobles and artists. Today, there are casino-spas in such European centres as Baden-Baden, Aix-les-Bains and Bad Ragaz. It was only a matter of time until the trend hit Vegas.

Not that spas are an entirely new phenomenon here. But these days, no developer would think of building a hotel-casino without a spa. The Bellagio, the Hyatt, the Paris, the Regent, the Venetian — all were built within the past few years, and all have super-luxurious spas.

Here's a look at three state-of-the-art facilities I visited on a recent weekend in the city.

First up was the new **Regent Las Vegas** and its **Aquae Sulis spa.** I was skeptical that the spa's camera, even one costing $10,000 (U.S.), could capture my aura on film. Nevertheless, I posed before the Biofeedback Imaging Colour Spectrometer and it processed a Polaroid showing a huge orange-yellow aura that made me look like a star in *Hair*.

The colour therapist said my chakra needed balancing and whisked me off to the computerized HydroTone tub, where she put me in an indigo wellness bath. She also gave me rose-coloured glasses to wear, and cordless headphones to hear New Age music. Before long I was reclining in the warm pulsing water, oblivious to everything in the room except purple bubbles.

A post-bath Polaroid revealed that green was now the main colour of my aura, the "growth colour," according to the computer printout. To help me grow, or at least stretch my back a bit, I moved to another room for a cranial-sacral treatment. Eighty minutes of traction and pressure later, the tension in my neck was gone.

Feeling lighter and better, I shuffled down the softly lit hall for a session of Ela Kizhi, part of the Siddha Vaidya system of well-being developed 7,000 years ago in the Indus River Valley. Through the use of 4,000 plants and different oils, the practice purports to balance one's doshas, or body humours, relax the body, calm the mind and promote well-being. Under the healing touch of my therapist and the continuous application of hot oils and hand-picked herbs from India and Hawaii, I drifted in and out of sleep. After the session, I felt relaxed, though surprisingly energized.

Taking a shirodhara ayurvedic treatment at the SpaClub at the Venetian Hotel in Las Vegas.

Siddha Vaidya is the elder sibling of Ayurveda, which promotes the nutritional aspects of well-being. The only American spa to offer Siddha Vaidya is Aquae Sulis, says its director, Patricia Schneider. Meeting me in a small room off the gym with its wide assortment of treadmills, bikes, Stairmasters and weights, she explained the philosophy of the spa: "We provide an experience for people to discover more about themselves and take care of themselves."

Schneider intends to appeal to the widest possible number of tourists, who, after all, still want to think they're going to Vegas for fun and relaxation, not a medical diagnosis. It's a soft-sell to spas that I noticed more than once during our weekend stay.

"Menu of Opportunity" says a brochure published by **Canyon Ranch SpaClub**, subtly inviting the reader to open the pamphlet and a new chapter in their lives. And so my second visit was to SpaClub, an offshoot of award-winning Canyon Ranch, which started as a spa resort 20 years ago in Tucson, Ariz. Located on the third and fourth floors of the Venetian Hotel, right on the glittery Strip, the SpaClub — at 8,040 square metres — is a world apart from the casino on the ground floor.

"Las Vegas is far from our philosophy. We came here knowing we'd be the oddball," says Dave Rymark, operations and management analyst for Canyon Ranch. He is optimistic that this first SpaClub can achieve its primary goal: "If we can just give [guests] a little taste of healthy living and they use it in their everyday lives, we've accomplished our goal."

One of *my* primary goals at the SpaClub was to strengthen my back, which underwent surgery 15 years ago. In one of the SpaClub's studios, Linda, my therapist, showed me how to use a wood-and-pulley contraption called the Reformer, which reminded me of Joan of Arc on the rack. Linda made sure that I wasn't stretching too hard too soon. I figured she'd know, having been a dancer before turning therapist, after injuring herself in a local stage show. We then went to a smaller studio, where she led a dozen of us through our paces in a pilates-based class designed to strengthen the body and improve flexibility and alignment.

My next session, with the wellness director, a physiotherapist, required several tests — as simple as standing on one foot for 30 seconds, for instance. Watching me repeatedly lose my balance, he said that most people with a back problem have muscular weakness. In other tests, Randy also identified the source of related pain that has bothered me for more than a decade. He gave me a series of stretch-and-strength exercises, most of which are easy yet effective, and told me they'd help "floss" my sciatic nerves.

Following that came a session of shiatsu, and a calming firm-and-tone massage of my breasts and décolletage, apparently popular with the Europeans. Meanwhile, my husband was consulting a nutritionist and getting his first "back facial."

From this brief introduction to Canyon Ranch, we could see it was different from the other two new spas we visited. Part fitness club, part clinic, part spa, it provides an array of 120 health and beauty services, including massage and therapeutic bodywork, facials, body scrubs and wraps; a daily fitness schedule of classes and supervised activity; medical and wellness consultations with specialists, including smoking cessation, weight loss and proper nutrition; and a health-food café.

At the **Spa Moulay in the Hyatt Regency**, far from the Strip, I took my final treatments. I started with a hand and foot massage. Christopher, the therapist, couldn't cure my carpal tunnel syndrome in one session, though he did temporarily loosen my wrists and increase the flow of blood to my fingers. In the next treatment room, a therapist named Margot administered an aromatherapy facial that felt good and smelled good.

For my husband, it was Mary, another massage therapist at the Spa Moulay. Cross-gender massage now being legal and regulated, Mary gave my husband an unusual Moroccan Rhassoul clay wrap. During a 90-minute session, he was exfoliated, painted with Moroccan clay, wrapped in a warm linen sheet, and showered and massaged into a mellow state. He said Mary had made him feel "cared for," making the session unusual and "whole" — not usually the kind of sentiments that visitors associate with Las Vegas and its many distractions.

• • •

Frann Harris is a Canadian writer living in California.

IF YOU GO

Aquae Sulis at Regent Las Vegas Hotel, 221 North Rampart Blvd.; phone: (702) 869-7777. Colour therapy, 50 min. $95 (all amounts in U.S. dollars); Ela Kizhi rejuvenation, 80 min. $225; cranial sacral massage, 80 min. $175; Swe-atsu (Swedish/Shiatsu) 80 min. $150.

Canyon Ranch at The Venetian, 3355 Las Vegas Blvd. S.; phone: (702) 414-3600. Physical mind (Pilates-based lesson), 50 min. $100; breast firm and tone massage, 50 min. $110; shiatsu massage, 50 min. $95; back care with physical therapist (time and cost vary); men's metamorphosis (facial), 50 min. $100; beautiful backs ("back facial"), 50 min. $100; nutrition analysis, 50 min. $100.

Spa Moulay at Hyatt Regency Lake Las Vegas Resort, 101 MonteLago Blvd., Henderson, Nev. 89011; phone: (spa) (702) 567-6049, (hotel) (702) 567-1234. Moroccan Rhassoul clay wrap, 90 minutes $135; hand and foot massage, 30 min. $55; aromatherapy facial, 90 min. $135.

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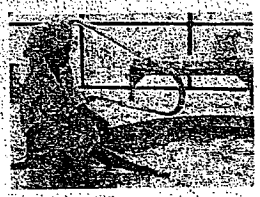

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And, increasingly, to rejuvenate themselves at the spas.

Presumably no one could be happier about this state of affairs than Sulis Minerva, ancient Roman goddess of the spa, whose strength derived from the curative powers of her waters.

Since the fall of Rome, spas have frequently been paired with casinos to amuse royals, nobles and artists. Today, there are casino-spas in such European centres as Baden-Baden, Aix-les-Bains and Bad Ragaz. It was only a matter of time until the trend hit Vegas.

Not that spas are an entirely new phenomenon here. But these days, no developer would think of building a hotel-casino without a spa. The Bellagio, the Hyatt, the Paris, the Regent, the Venetian — all were built within the past few years, and all have super-luxurious spas.

Here's a look at three state-of-the-art facilities I visited on a recent weekend in the city.

First up was the new **Regent Las Vegas** and its **Aquae Sulis** spa. I was skeptical that the spa's camera, even one costing $10,000 (U.S.), could capture my aura on film. Nevertheless, I posed before the Biofeedback Imaging Colour Spectrometer and it processed a Polaroid showing a huge orange-yellow aura that made me look like a star in *Hair*.

The colour therapist said my chakra needed balancing and whisked me off to the computerized HydroTone tub, where she put me in an indigo wellness bath. She also gave me rose-coloured glasses to wear, and cordless headphones to hear New Age music. Before long I was reclining in the warm pulsing water, oblivious to everything in the room except purple bubbles.

A post-bath Polaroid revealed that green was now the main colour of my aura, the "growth colour," according to the computer printout. To help me grow, or at least stretch my back a bit, I moved to another room for a cranial-sacral treatment. Eighty minutes of traction and pressure later, the tension in my neck was gone.

Feeling lighter and better, I shuffled down the softly lit hall for a session of Ela Kizhi, part of the Siddha Vaidya system of well-being developed 7,000 years ago in the Indus River Valley. Through the use of 4,000 plants and different oils, the practice purports to balance one's doshas, or body humours, relax the body, calm the mind and promote well-being. Under the healing touch of my therapist and the continuous application of hot oils and hand-picked herbs from India and Hawaii, I drifted in and out of sleep. After the session, I felt relaxed, though surprisingly energized.

Taking a shirodhara ayurvedic treatment at the SpaClub at the Venetian Hotel in Las Vegas.

Siddha Vaidya is the elder sibling of Ayurveda, which promotes the nutritional aspects of well-being. The only American spa to offer Siddha Vaidya is Aquae Sulis, says its director, Patricia Schneider. Meeting me in a small room off the gym with its wide assortment of treadmills, bikes, Stairmasters and weights, she explained the philosophy of the spa: "We provide an experience for people to discover more about themselves and take care of themselves."

Schneider intends to appeal to the widest possible number of tourists, who, after all, still want to think they're going to Vegas for fun and relaxation, not a medical diagnosis. It's a soft-sell to spas that I noticed more than once during our weekend stay.

"Menu of Opportunity" says a brochure published by Canyon Ranch SpaClub, subtly inviting the reader to open the pamphlet and a new chapter in their lives. And so my second visit was to SpaClub, an offshoot of award-winning Canyon Ranch, which started as a spa resort 20 years ago in Tucson, Ariz. Located on the third and fourth floors of the Venetian Hotel, right on the glittery Strip, the SpaClub — at 8,040 square metres — is a world apart from the casino on the ground floor.

"Las Vegas is far from our philosophy. We came here knowing we'd be the oddball," says Dave Rymark, operations and management analyst for Canyon Ranch. He is optimistic that this first SpaClub can achieve its primary goal: "If we can just give [guests] a little taste of healthy living and they use it in their everyday lives, we've accomplished our goal."

One of *my* primary goals at the SpaClub was to strengthen my back, which underwent surgery 15 years ago. In one of the SpaClub's studios, Linda, my therapist, showed me how to use a wood-and-pulley contraption called the Reformer, which reminded me of Joan of Arc on the rack. Linda made sure that I wasn't stretching too hard too soon. I figured she'd know, having been a dancer before turning therapist, after injuring herself in a local stage show. We then went to a smaller studio, where she led a dozen of us through our paces in a pilates-based class designed to strengthen the body and improve flexibility and alignment.

My next session, with the wellness director, a physiotherapist, required several tests — as simple as standing on one foot for 30 seconds, for instance. Watching me repeatedly lose my balance, he said that most people with a back problem have muscular weakness. In other tests, Randy also identified the source of related pain that has bothered me for more than a decade. He gave me a series of stretch-and-strength exercises, most of which are easy yet effective, and told me they'd help "floss" my sciatic nerves.

Following that came a session of shiatsu, and a calming firm-and-tone massage of my breasts and décolletage, apparently popular with the Europeans. Meanwhile, my husband was consulting a nutritionist and getting his first "back facial."

From this brief introduction to Canyon Ranch, we could see it was different from the other two new spas we visited. Part fitness club, part clinic, part spa, it provides an array of 120 health and beauty services, including massage and therapeutic bodywork, facials, body scrubs and wraps; a daily fitness schedule of classes and supervised activity; medical and wellness consultations with specialists, including smoking cessation, weight loss and proper nutrition; and a health-food café.

At the **Spa Moulay in the Hyatt Regency**, far from the Strip, I took my final treatments. I started with a hand and foot massage. Christopher, the therapist, couldn't cure my carpal tunnel syndrome in one session, though he did temporarily loosen my wrists and increase the flow of blood to my fingers. In the next treatment room, a therapist named Margot administered an aromatherapy facial that felt good and smelled good.

For my husband, it was Mary, another massage therapist at the Spa Moulay. Cross-gender massage now being legal and regulated, Mary gave my husband an unusual Moroccan Rhassoul clay wrap. During a 90-minute session, he was exfoliated, painted with Moroccan clay, wrapped in a warm linen sheet, and showered and massaged into a mellow state. He said Mary had made him feel "cared for," making the session unusual and "whole" — not usually the kind of sentiments that visitors associate with Las Vegas and its many distractions.

• • •

Frann Harris is a Canadian writer living in California.

IF YOU GO

Aquae Sulis at Regent Las Vegas Hotel, 221 North Rampart Blvd.; phone: (702) 869-7777. Colour therapy, 50 min. $95 (all amounts in U.S. dollars); Ela Kizhi rejuvenation, 80 min. $225; cranial sacral massage, 80 min. $175; Swe-atsu (Swedish/Shiatsu) 80 min. $150.

Canyon Ranch at The Venetian, 3355 Las Vegas Blvd. S.; phone: (702) 414-3600. Physical mind (Pilates-based lesson), 50 min. $100; breast firm and tone massage, 50 min. $110; shiatsu massage, 50 min. $95; back care with physical therapist (time and cost vary); men's metamorphosis (facial), 50 min. $100; beautiful backs ("back facial"), 50 min. $100; nutrition analysis, 50 min. $100.

Spa Moulay at Hyatt Regency Lake Las Vegas Resort, 101 Montelago Blvd., Henderson, Nev. 89011; phone: (spa) (702) 567-6049, (hotel) (702) 567-1234. Moroccan Rhassoul clay wrap, 90 minutes $135; hand and foot massage, 30 min. $55; aromatherapy facial, 90 min. $135.

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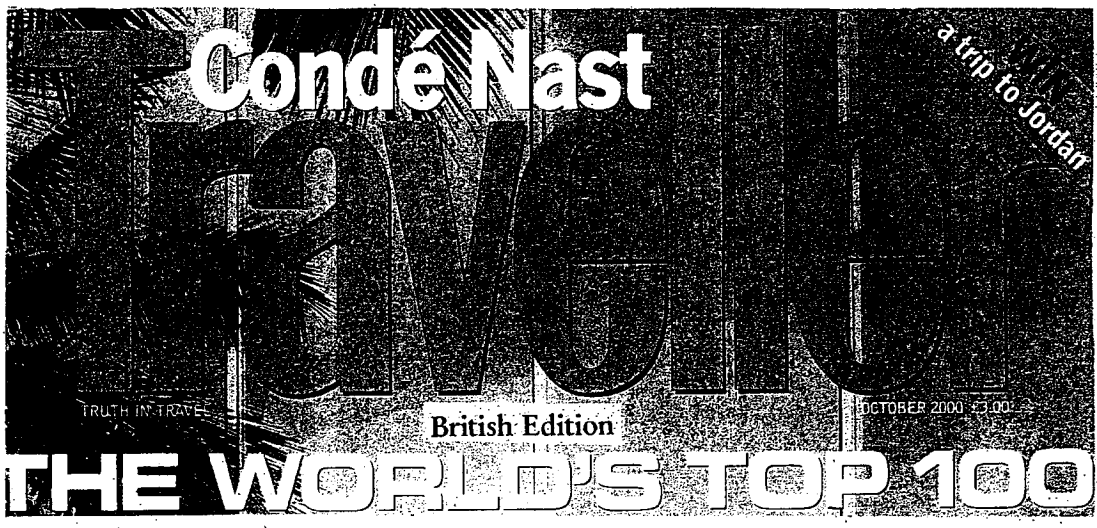

Condé Nast
Travel
a trip to Jordan
TRUTH IN TRAVEL
British Edition
OCTOBER 2000 £3.00
THE WORLD'S TOP 100

READERS' TRAVEL AWARDS 2000

OVERSEAS DESTINATION SPAS

For pampering par excellence, Thailand and North America are your healthiest options

W[illegible] around the world continue to spout spas as [illegible] packages [illegible] national destinations in the [illegible] This year Chiva Som [illegible] **ational Health Resort** [illegible] floated to the top by way of con[illegible] high scores, ultimately [illegible] low-cal biscuit for *food/restaurant* [illegible] *ambience/decor* (99.0[illegible]) *standard/comfort of accommodation* [illegible] But you reckon [illegible] and *value for money*, the best place to rejuvenate is **Banff Spring** [illegible] Canada, and you can't find fault with **Canyon Ranch in the Berkshires** [illegible] invigorating range of treatments, you gave it a near-perfect 99.78

1	Chiva Som [illegible] Hin, Thailand	92.96
2	Banff Spring Hotel, [illegible] Canada	92.00
3	Canyon Ranch in the Berkshires [illegible] Massachusetts	89.32
4	Le Sport, [illegible]	88.97
5	Amankila, Ba[illegible]	88.90

HOW OUR QUESTIONNAIRE PRODUCED YOUR 'BEST OF THE BEST' LIST

Readers' Travel Awards questionnaires were inserted in copies of the May 2000 issue of *Condé Nast Traveller* in the UK. We sent the replies to an independent market-research company, Market Management, which collated and analysed the data. The 20 categories for nominations are listed below, with the criteria by which they were judged. Figures in the Top 100 are percentages representing overall average levels of satisfaction with the facilities or services

OVERSEAS LEISURE HOTELS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Food/restaurants ● Leisure facilities ● Shopping facilities ● Value for money

UK LEISURE HOTELS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Child-friendliness ● Food/restaurants ● Leisure facilities ● Value for money

UK BUSINESS HOTELS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Food/restaurants ● Conference facilities ● Business services/systems available ● Leisure facilities ● Value for money

OVERSEAS BUSINESS HOTELS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Food/restaurants ● Conference facilities ● Business services/systems available ● Leisure facilities ● Value for money

ISLANDS Scenery ● Beaches ● Climate ● Environmental friendliness ● Range of accommodation ● Food/restaurants ● People/hospitality ● Variety of attractions ● Safety ● Value for money

COUNTRIES Scenery ● Culture ● Climate ● Environmental friendliness ● Range of accommodation ● Food/restaurants ● People/hospitality ● Variety of attractions ● Safety ● Value for money

CAR-RENTAL FIRMS Range of cars available ● Reliability of cars ● Last-minute availability ● Efficiency of check-in/-out ● Service/staff ● Terms & conditions ● Value for money/deals & discounts

CRUISE LINES: LARGE SHIPS Itinerary/variety of destinations ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of cabins ● Food/restaurants ● Facilities/activities ● Child-friendliness ● Nightlife/entertainment ● Value for money

CRUISE LINES: SMALL SHIPS Itinerary/variety of destinations ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of cabins ● Food/restaurants ● Facilities/activities ● Child-friendliness ● Nightlife/entertainment ● Value for money

UK HOTEL SPAS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Range of treatments ● Food/restaurants ● Facilities/equipment ● Value for money

OVERSEAS HOTEL SPAS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Range of treatments ● Food/restaurants ● Facilities/equipment ● Value for money

OVERSEAS DESTINATION SPAS Location ● Ambience/decor ● Environmental friendliness ● Service/staff ● Standard/comfort of accommodation ● Range of treatments ● Food/restaurants ● Facilities/equipment ● Value for money

OVERSEAS CITIES Aesthetics/architecture ● Culture ● Cleanliness ● User-friendliness ● Range of accommodation ● Food/restaurants ● People/hospitality ● Nightlife/entertainment ● Safety ● Value for money

UK CITIES Aesthetics/architecture ● Culture ● Cleanliness ● User-friendliness ● Range of accommodation ● Food/restaurants ● People/hospitality ● Nightlife/entertainment ● Safety ● Value for money

TOUR OPERATORS Service/staff ● Variety of destinations offered ● First-hand knowledge of destination ● Flexibility of arrangements ● Reliability ● Range of accommodation ● Value for money

AIRLINES: SHORT-HAUL LEISURE Range of routes ● Convenience of scheduling ● Punctuality/efficiency ● Pre- and post-flight facilities ● Service/staff ● Catering ● In-flight entertainment ● Child-friendliness ● Loyalty reward schemes ● Value for money

AIRLINES: LONG-HAUL LEISURE Range of routes ● Convenience of scheduling ● Punctuality/efficiency ● Pre- and post-flight facilities ● Service/staff ● Catering ● In-flight entertainment ● Child-friendliness ● Loyalty reward schemes ● Value for money

AIRLINES: SHORT-HAUL BUSINESS Range of routes ● Convenience of scheduling ● Punctuality/efficiency ● Pre- and post-flight facilities ● Service/staff ● Catering ● In-flight entertainment ● Loyalty reward schemes ● Value for money

AIRLINES: LONG-HAUL BUSINESS Range of routes ● Convenience of scheduling ● Punctuality/efficiency ● Pre- and post-flight facilities ● Service/staff ● Catering ● In-flight entertainment ● Loyalty reward schemes ● Value for money

AIRPORTS Location/accessibility ● Design/layout ● Cleanliness ● Efficiency of check-in ● Efficiency of transfers ● Luggage handling ● Flight information/clarity of signs ● Pre-flight facilities/lounges ● Food/restaurants ● Shopping/duty-free facilities ● Parking facilities/cost

TOP 100

1	Soneva Fushi, Maldives	98.00	51	Amberley Castle, nr Arundel, Sussex	90.83
2	Canada	97.98	52	Seabourn Cruise Line	90.81
3	Four Seasons Resort Bali at Sayan	97.78	53	Cobblers Cove, Barbados	90.69
4	Maldives	97.50	53	One Devonshire Gardens, Glasgow	90.69
5	New York	95.89	55	Hotel Splendido, Portofino, Italy	90.59
6	Jumeirah Beach Hotel, Dubai	95.36	56	Château de Bagnols, nr Lyon	90.54
7	Le Saint Géran, Mauritius	94.36	57	Cliveden, Taplow, Buckinghamshire	90.48
8	Mandarin Oriental, Hong Kong	94.29	58	Al Maha, Dubai	90.40
9	Emirates Airlines	94.00	59	Amandari, Bali	90.37
9	Shangri-La Hotel, Singapore	94.00	59	Delano, Miami	90.37
11	Mauritius	93.56	61	42 The Calls, Leeds	90.26
12	Changi, Singapore	93.33	62	Jack's Camp, Botswana	90.24
12	Hotel Arts, Barcelona	93.33	63	Al Bustan Palace Inter-Continental, Muscat, Oman	90.19
14	The Datai, Langkawi, Malaysia	93.28	64	The Royal Crescent Hotel, Bath	90.17
15	Amanpulo, Philippines	92.96	65	Hartwell House, Aylesbury	90.12
15	Chiva-Som International Health Resort, Hua Hin, Thailand	92.96	66	Tresanton, St Mawes, Cornwall	90.06
17	Sydney	92.83	67	Hertz	90.00
18	New Zealand	92.75	67	Hong Kong	90.00
19	Bali	92.73	67	The Savoy, London	90.00
20	Kuala Lumpur	92.71	70	Paris	89.90
21	Barcelona	92.50	71	Four Seasons Hotel, New York	89.79
21	Malaysia	92.50	71	Rome	89.79
23	Silversea Cruises	92.45	73	Singapore	89.76
24	Bhutan	92.41	74	Italy	89.70
25	Claridge's, London	92.38	74	Thailand	89.70
26	Le Manoir aux Quat' Saisons, Great Milton, Oxfordshire	92.26	74	Zanzibar	89.70
27	Rajvilas, Jaipur, India	92.22	77	Hawaii	89.67
28	The Datai, Langkawi, Malaysia	92.08	77	International Travel Connections	89.67
29	Australia	92.00	79	Seychelles	89.60
29	Banff Springs Hotel, Alberta, Canada	92.00	79	US	89.60
29	Barbados	92.00	81	Costa Rica	89.51
32	Singapore Airlines	91.95	82	KLM	89.49
33	Cathay Pacific	91.85	83	Emirates Airlines	89.41
34	Chek Lap Kok, Hong Kong	91.78	84	Langkawi, Malaysia	89.38
35	Le Saint Géran, Mauritius	91.76	85	Canyon Ranch in the Berkshires, Lenox, Massachusetts	89.32
36	Banyan Tree, Phuket	91.65	86	Koh Samui	89.31
37	Turnberry Hotel and Spa, nr Ayr, Ayrshire	91.57	87	United Airlines	89.20
38	Nusa Dua Beach Hotel, Bali	91.43	88	Cathay Pacific	89.19
38	Virgin Atlantic	91.43	89	The Balmoral, Edinburgh	89.15
40	Abercrombie & Kent	91.42	90	Malmaison, Leeds	89.10
41	Cunard Line	91.41	91	The Ritz, London	89.00
42	Kinnaird, Dunkeld, Perthshire	91.36	92	Le Sport, St Lucia	88.97
43	Elegant Resorts	91.30	93	Amankila, Bali	88.90
44	Lucknam Park, Colerne, Wiltshire	91.29	94	Chewton Glen, New Milton, Hampshire	88.89
45	San Francisco	91.27	94	Edinburgh	88.89
46	Singapore Airlines	91.25	96	Swissair	88.80
47	Venice	91.20	97	Lufthansa	88.75
48	Four Seasons Hotel, London	91.11	98	British Airways	88.70
48	Phuket	91.11	99	Bodysgallen Hall, Llandudno	88.59
	London	91.01		Bath Spa Hotel, Bath	88.57

CR001377

SUN WELLNESS
LIBERTY, MO
BI-MONTHLY
FEB-MAR 2000

Top Resorts SPAS

travel diary

These days, planning a resort getaway is not as easy as it sounds. With such a wide variety of options and environmental surroundings, selecting the right spot to catch some well-deserved relaxation takes careful planning.

Key considerations include who you will be traveling with, how much activity you want to participate in, how much shopping you would like to do and the kind of luxuries you want to embrace.

Experts agree that one of the top reasons for visiting a resort in 2000 is the wide variety of spa treatments. Advances in technology have increased the rate of testing and research allowing for products and procedures to be more state of the art. According to the International Spa Association (ISPA), the United States is still second to European spas and services; however, U.S. spas now offer much more than typical massages or facials. In fact, most resorts consider the spa treatments as part of your experience, just as golf, dining or other vacation activities.

The resorts we have chosen for our Top 10 list all have a well-balanced opportunity to indulge in spa treatments, as well as other soul-soothing activities. Some facilities are established with reputations that precede them, while others are new to the spa scene and worth mentioning because of their commitment to a total experience.

by Bylle Dopps

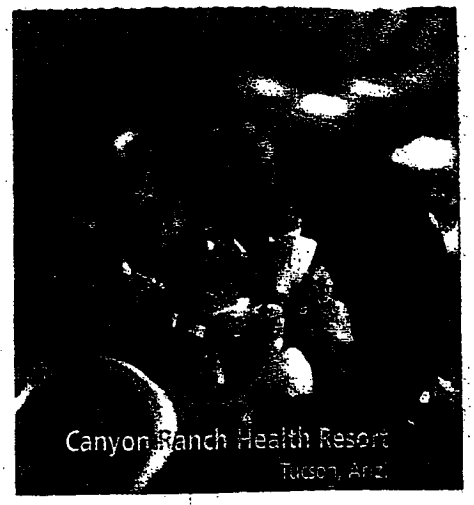
2.

ISPA's board of directors chose Canyon Ranch Health Resort in Tucson, Ariz., as its No. 1 spa and resort. When asked what made this place so worthy of such ranking, the answers were fairly consistent. Canyon Ranch supports positive well-being while at the same time offering a breathtaking vacation experience. It accomplishes this in a surreal desert setting with more activity options than any one destination seems possible of employing.

Dining at Canyon Ranch is high on the list of favorite activities, especially among the health conscience. The highest nutritional standard is priority here, and nutritional content follows every selection.

Canyon Ranch also offers an endless list of fitness activities and lifestyle enhancement classes. Racquet sports, golf packages and outdoor sports are popular, as well as spiritual connecting activities such as Yoga, Tai Chi and Chi Gong. Complete health and healing services also are offered by physicians, nurses, exercise physiologists, fitness trainers, nutritionists and health educators. This is a wonderful perk, and the resort actually encourages you to have your yearly physical completed on-site.

For more information contact Canyon Ranch Health Resort at (520) 749-9000 or visit its web site at www.canyonranch.com.



CR001378

This syndicated article about "top romantic spas" appeared in numerous U.S. and international publications

World's most romantic spots?

Give one of these a whirl

SPAS FOR TWO

Harlequin Enterprises, the romance novel publisher, lists the following as the most romantic spas for couples:

Canyon Ranch, Tucson, Arizona; 1-800-742-9000 or **www.canyonranch.com** $4,720 per couple for a minimum four-night stay, includes all meals.

Coolfont Resort, Berkeley Springs, W.Va.; $159-$219 per couple, including breakfast and dinner; 1-800-888-8768 or **www.coolfontresort.com**

The Wyndham Peaks Resort and Golden Door Spa, Telluride, Colo.; 1-800-789-2220. $644 per couple.

Rancho La Puerta, Tecate, Baja California, Mexico; 1-800-443-7565 or **www.ranchopuerta.com** $3,004 per couple for a minimum of seven-day stay, includes all meals.

Safety Harbor Spa & Fitness Center, Tampa, Florida; 1-800-237-0155. $1,498 per couple for a minimum three-night stay.

The Greenbrier, White Sulphur Springs, W. Va.; 1-800-624-6070 or **www.greenbrier.com** $392 per couple, includes breakfast and dinner.

Canyon Ranch in the Berkshires, Lenox, Mass.; 1-800-726-9900 or **www.canyonranch.com** $1,760 per couple, for a mini$1,760 per couple, for a minimum three-night stay.

Grand Wailea Resort & Spa, Wailea, Maui, Hawaii; 1-800-888-6100 or **www.grandwailea.com** $390 per couple.

Arlington Resort Hotel & Spa, Hot Springs, Ark.; 1-800-643-1502 or **www.arlingtonhotel.com** $86 per couple.

Ihilani Resort & Spa, Kapolei, Hawaii; 808-679-0079. $1,491 per couple.

Arizona Daily Star

FRIDAY, JULY 20, 2001

Tucson Industry
News & Notes

TOURISM

Travel & Leisure magazine's readers voted **Canyon Ranch Health Resort** in Tucson the "World's Best Spa" for the fourth year in a row. Travel & Leisure's sixth annual "World's Best Awards" poll is featured in the August issue. In 1979, **Mel and Enid Zuckerman** founded the original Canyon Ranch Health Resort in Tucson. The property now employs 950 people. Canyon Ranch is at 8600 E. Rockcliff Road.

On StarNet: *Follow technology news and opinion on Star Tech.* **www.azstarnet.com/startech**

ARIZONA REPUBLIC
PHOENIX, AZ
THURSDAY 365,979
JUL 12 2001

Tucson spa recognized in annual travel survey

Readers of *Travel & Leisure* magazine have selected Canyon Ranch in Tucson as the best U.S. spa in a survey ranking the top hotels, spas and destinations.

The sixth annual reader poll, which will appear in the August issue, rates the Four Seasons Resort Bali at Jimbaran Bay as the world's best hotel and the Ritz-Carlton Chicago as the best U.S. hotel.

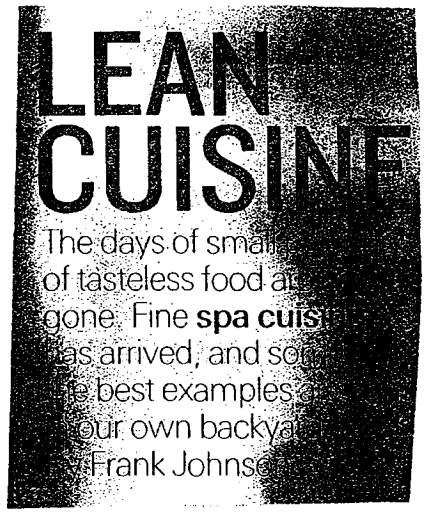
Florence, Italy, was picked as the best city in the world, and New York ranked No. 1 in the United States.

The magazine will appear on newsstands Aug. 3.

CITY AZ

Issue 21
May/June 2001

LEAN CUISINE



"I HAVE THREE OPPORTUNITIES A DAY TO WOW GUESTS...I WANT TO REMIND THEM THAT FOOD IS A NATURAL SOURCE OF ENERGY AND PLEASURE."

AS A MAJOR HUB FOR THE GROWING NATIONAL love affair with lifestyle, Arizona continues to set the precedent for spa culture. The renowned La Stone massage treatment was invented in Tucson, and although we documented the trendsetting new spa designs found across the Valley in our Design Issue, today, the spa catch phrase is *cuisine*.

Although there are several local spas offering cuisine specifically designed for their health-conscious guests, only a select few actually provides the complete experience. Here are four that do it all, and happen to be located right in our backyard.

The **Camelback Inn** is well known among spa aficionados. Nestled on 125 acres overlooking Camelback Mountain, the resort features tennis courts, golf courses, seven restaurants and lounges, and, of course, The Spa at Camelback Inn. Opened in 1989, The Spa was one of the first in the country to offer the three musts of spa perfection—a fitness and exercise center, body and beauty treatments, and lifestyle-enhancing wellness programs, including diagnostic testing, education, and nutrition counseling.

What really puts The Spa at Camelback Inn over the top, however, is its in-spa restaurant, Sprouts. Overlooking one of the resort's three pools, this unique eatery is under the direction of executive chef Donald Rini. The food, which is a combination of Californian and Southwestern influences, is both flavorful and healthful. Rini says the most important aspects of spa cuisine are "portion size and ingredients," so he shares the recipes of his most popular creations with his guests—like the sumptuous lobster salad with angel hair pasta—so they can enjoy the health benefits of his cuisine in their own homes.

Canyon Ranch Health Resort in Tucson enjoys an impeccable reputation, in part because of its fine fare. Opened in 1979 as a year-round vacation destination dedicated to healthful living, this renowned health resort was a pioneer in the development of nutritious food. Executive chef Scott Uehlein believes it's Canyon Ranch's stringent culinary standards that make his menu exceptional.

"We don't take an [unhealthful] dish and try to make it good," he explains. "We build from the bottom up. When you are taking away fat you have to add flavor, so I start with fine and natural ingredients."

Canyon Ranch stresses that healthful eating habits are something you should take home with you. That's why Uehlein and his fellow chefs offer daily "Lunch and Learn" classes in their 40 person demonstration kitchen, so guests can learn how to cook healthy food for themselves.

Miraval is a resort and spa situated at the base of the Santa Catalina Mountains, 30 miles north of Tucson. Based on the philosophy of "Life in Balance," this luxurious getaway provides amenities ranging from horseback riding to volleyball to Zen and desert gardens. However, no guest should overlook the impressive spa facility and its extensive selection of "Conscious Cuisine."

Created by executive chef Cary Neff exclusively for Miraval, Conscious Cuisine is a culinary infusion of color, texture, aroma, and flavor, combined to awaken the senses.

"I have three opportunities a day to wow guests," Neff explains. "I want to remind them that food is a natural source of energy and pleasure."

Neff's dishes are abundant in grains, vegetables, and fruits, while low in fat. Yet, like everything else at Miraval, choice is the central ingredient, and guests are often amazed at the wide range of available foods. Finally, Miraval's kitchen staff offers cooking lessons six days a week, so guests can learn more about Neff's creations.

Mii amo, a destination spa at Enchantment in Sedona, opened its doors January 4, 2001. In addition to its Crystal Grotto meditation area, red rock views from its treatment rooms, and luxurious suites, Mii amo also houses an 80 seat indoor-outdoor café, featuring an eclectic spa cuisine.

Executive chef Paul McCabe has stayed true to the idea of nurturing the mind, body, and soul by creating light but flavorful food. With his love of Pacific Rim cuisine, and his French, Mediterranean, Southwestern, and Thai culinary background, McCabe creates dishes of great taste and low fat.

McCabe's menu includes lobster spring rolls, cold-smoked buffalo tenderloin, grilled Chilean sea bass, and seared sesame sea scallops, all made with the finest organic, macrobiotic, and local produce available. Layering flavors is the key to a high-flavor, low fat-dish, and McCabe uses inventive marinades and smoking techniques to create his dishes. Cooking classes are taught twice a week in the exhibition kitchen for guests interested in learning just how easy it is to prepare healthy and flavorful spa cuisine of their own.

Dig in and make your reservation today. ■

OUTSIDE ARIZONA

Bellagio
Las Vegas, NV
888.987.6667
www.bellagiolasvegas.com
The Broadmoor
Colorado Springs, CO
800.634.7711
www.broadmoor.com
Canyon Ranch in the Berkshires
Lenox, MA
800.326.7080
www.canyonranch.com
Canyon Ranch Spa at the Venetian
Las Vegas, NV
702.414.4100
www.thevenetian.com
Four Seasons Resort
Nevis, West Indies
869.469.1111
www.fourseasons.com
Golden Door
Escondido, CA
800.424.0777
www.goldendoor.com
Health Spa at Meadowood Napa Valley
St Helena, CA
800.458.8080
www.meadowood.com
Las Casitas Village and Golden Door Spa
Las Croabas, Puerto Rico
787.863.1000
www.wyndham.com
Nemacolin Woodlands Resort and Spa
Farmington, PA
800.422.2736
www.nemacolin.com
Ojai Valley Inn and Spa
Ojai, CA
800.422.6524
www.ojairesort.com
Rancho La Puerta
Tecate, Mexico
800.443.7565
www.rancholapuerta.com

cntraveler.com

Condé Nast Traveler

TRUTH IN TRAVEL

APRIL 2001

HOW TO G
GREAT DEA
On Car Rentals Abroa

40 BEST SPAS
Annual readers' poll

the top 40 spas

The spa poll results are in, now relax. Here, we present insider tales from the top spots in North America and the Caribbean, along with dish on Puerto Rico's high-scoring Golden Door. **Gully Wells** finds that balancing a taste for action and tropical cocktails with a desire to get fit is the toughest exercise of all

the top 15 resort spas

1. Four Seasons Resort Hualalai, Big Island 87.5
2. The Greenbrier, White Sulphur Springs, W.Va. 86.6
3. Las Ventanas al Paraiso, Los Cabos, Mexico 84.3
4. Centre for Well-Being at The Phoenician, Scottsdale 83.9
5. Fairmont Chateau Lake Louise, Lake Louise, Alberta 83.7
6. The Homestead, Hot Springs, Va. 82.9
7. Las Casitas Village and Golden Door Spa, Las Croabas, Mexico 82.3
8. Wyndham Peaks Resort & Golden Door Spa, Telluride, Colo. 81.2
9. Hyatt Regency Kauai Resort & Spa, Kauai 80.9
10. Grand Wailea Resort, Hotel & Spa, Maui 80.7
11. Nemacolin Woodlands Resort & Spa, Farmington, Pa. 79.1
12. Four Seasons Resort Scottsdale at Troon North, Ariz. 78.9
13. Four Seasons Resort, Nevis 78.7
14. Solace Spa at Fairmont Banff Springs, Banff, Alberta 78.6
15. Health Spa at Meadowood Napa Valley, St. Helena, Calif. 77.3
15. Ritz-Carlton, Kapalua, Maui 77.3

the top 5 destination spas

1. Golden Door, Escondido, Calif. 86.4
2. Canyon Ranch in the Berkshires, Lenox, Mass. 83.6
3. Rancho La Puerta, Tecate, Mexico 82.6
4. Miraval Life in Balance Resort & Spa, Catalina, Ariz. 82.3
5. Canyon Ranch Health Resort, Tucson 81.5

top 10 for service

Destination Spas

96.3

Golden Door, Escondido, Calif.

Guests get their own dedicated staff, including a massage therapist, facialist, fitness expert, and more.

87.0 Rancho La Puerta, Tecate, Mexico
86.4 Lake Austin Spa Resort, Austin
86.0 Canyon Ranch Health Resort, Tucson
79.4 Canyon Ranch in the Berkshires, Lenox, Mass.

Resort Spas

94.1

Centre for Well-Being at The Phoenician, Scottsdale

Staff hand guests iced towels in the sauna—and somehow prevent everyone from using their cell phones.

93.6 Ritz-Carlton, Huntington Hotel & Spa, Pasadena
92.7 The Greenbrier, White Sulphur Springs, W.Va.
90.2 Las Ventanas al Paraiso, Los Cabos, Mexico
88.9 Four Seasons Resort, Nevis
88.9 Hyatt Regency Kauai Resort & Spa, Kauai

top 10 for diet/cuisine

Resort Spas

90.8

The Greenbrier, White Sulphur Springs, W.Va.

Rich regional options, spa cuisine, and cooking classes keep food issues front and center.

89.9 Lodge at Koele, Lanai
89.1 Four Seasons Resort Hualalai, Big Island
88.5 Four Seasons Hotel, New York
88.4 The Little Nell, Aspen

Destination Spas

87.0

Rancho La Puerta, Tecate, Mexico

Even devoted carnivores laud chef Bill's way with organic veggies.

79.4 Canyon Ranch in the Berkshires, Lenox, Mass.
75.7 Canyon Ranch Health Resort, Tucson
74.1 Golden Door, Escondido, Calif.
72.7 Miraval Life in Balance, Catalina, Ariz.

top 10 for treatments

Destination Spas

92.6

Golden Door, Escondido, Calif.

The latest way to de-stress is by having the new lavender body wrap, which bakes you in essential oils.

87.9 Miraval Life in Balance, Catalina, Ariz.
87.3 Canyon Ranch in the Berkshires, Lenox, Mass.
83.2 Canyon Ranch Health Resort, Tucson
80.0 Ten Thousand Waves, Santa Fe

Resort Spas

90.5

Las Casitas Village and Golden Door Spa, Las Croabas, Mexico

A nearby rain forest's juicy fecundity inspires moisturizing regimens for face and body.

87.8 Wyndham Peaks Resort & Golden Door Spa, Telluride, Colo.
85.7 Fairmont Chateau Lake Louise, Alberta
81.3 Four Seasons Resort Hualalai, Big Island
79.0 The Homestead, Hot Springs, Va.

top 10 for location

Resort Spas

100

Amangani, Jackson Hole
Enchantment Resort, Sedona
Fairmont Chateau Lake Louise, Alberta
Las Ventanas al Paraiso, Los Cabos, Mexico

North, south, and west—all have perfect LOCATION scores, which mean perfect settings in which to direct a healthy focus inward.

99.3 Hyatt Regency Kauai Resort & Spa, Kauai
99.3 Ritz-Carlton Laguna Niguel, Dana Point, Calif.

Destination Spas

93.9

Miraval Life in Balance, Catalina, Ariz.

A location that offers convenience to the city, and isolation enough to noisily drum under the night sky.

92.1 Canyon Ranch in the Berkshires, Lenox, Mass.
90.7 Canyon Ranch Health Resort, Tucson
87.1 Ten Thousand Waves, Santa Fe
87.0 Rancho La Puerta, Tecate, Mexico

top 10 for rooms

Resort Spas

97.6

Las Ventanas al Paraiso, Los Cabos, Mexico

Decor is a tasteful melange of Mexican pottery and handicrafts.

92.9 Salon at the St. Regis Hotel, Aspen
92.2 Four Seasons Resort Hualalai, Big Island
92.1 Canyon Ranch SpaClub at The Venetian, Las Vegas
88.0 Four Seasons Resort Scottsdale at Troon North

Destination Spas

86.5

Golden Door, Escondido, Calif.

Zen interiors here simplify, simplify.

78.8 Miraval Life in Balance, Catalina, Ariz.
78.3 Rancho La Puerta, Tecate, Mexico
73.0 Canyon Ranch in the Berkshires, Lenox, Mass.
68.2 Canyon Ranch Health Resort, Tucson

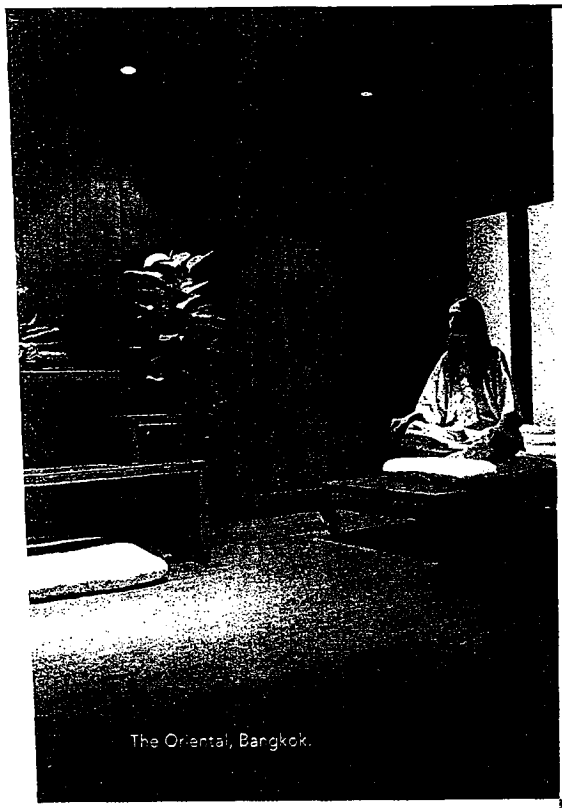
TRAVEL + LEISURE
AUGUST 2001

READERS' POLL

world's best awards

HOTELS SPAS CITIES ISLANDS CRUISES AIRLINES

The votes are in. For Travel + Leisure's sixth annual World's Best Awards, we sent out tens of thousands of surveys, asking you to rate every aspect of your travels, from hotels to airlines to spas. Then Harris Interactive/Yankelovich Partners, the research and polling group, tallied the results (for methodology, see page 179). This year, we've included guides to your favorite cities and islands, profiles of the top-rated properties, using the criteria on which they were rated, and, once again, contact information for all the winners (the World's Best Address Book begins on page 175). Consider it the ultimate travel guide—your key to the very best, anywhere and everywhere.



The Oriental, Bangkok.

SPAS ABROAD

1.	**Clinique La Prairie,** Clarens-Montreux, Switzerland	79.7
2.	**Thermes Marins de Monte Carlo,** Monaco	79.2
3.	**Royal Parc Évian Better Living Institute,** France	76.2
4.	**Hotel Terme di Saturnia,** Saturnia, Italy	73.5
5.	**Hôtel Les Sources des Alpes,** Leukerbad, Switzerland	73.3
6.	**Therme Vals,** Vals, Switzerland	72.6
7.	**Grotta Giusti Terme,** Monsummano Terme, Italy	72.5
8.	**Villa Paradiso,** Fasano del Garda, Italy	72.1
9.	**Les Sources de Caudalie,** Martillac, France	72.0
10.	**Ferme Thermale d'Eugénie,** Eugénie-les-Bains, France	71.3

HOTEL SPAS ABROAD

1.	**The Oriental,** Bangkok	83.4
2.	**Four Seasons Resort Bali at Jimbaran Bay**	82.2
3.	**The Ritz,** Paris	82.0
4.	**Ritz-Carlton Bali Resort & Spa**	81.6
5.	**Four Seasons Hotel George V,** Paris	80.7 (tie)
5.	**Four Seasons Resort Bali at Sayan**	80.7
7.	**Mandarin Oriental,** Hong Kong	80.2
8.	**Grand Hotel Park,** Gstaad, Switzerland	79.5
9.	**Fairmont Banff Springs,** Alberta, Canada	78.1
10.	**Fairmont Chateau Lake Louise,** Alberta, Canada	77.7

SPAS IN THE UNITED STATES AND ABROAD

Canyon Ranch Health Resort, Tucson.

SPAS IN THE UNITED STATES

1.	**Canyon Ranch Health Resort,** Tucson	80.4
2.	**Golden Door,** Escondido, California	76.2
3.	**Canyon Ranch in the Berkshires,** Lenox, Massachusetts	74.0
4.	**Miraval Life in Balance Resort & Spa,** Catalina, Arizona	70.1
5.	**Greenhouse Spa,** Arlington, Texas	70.1
6.	**Nemacolin Woodlands,** Farmington, Pennsylvania	68.8
7.	**Lake Austin Spa Resort,** Austin, Texas	66.9
8.	**The Ashram,** Calabasas, California	66.7
9.	**Cal-a-Vie, the Spa Havens,** Vista, California	66.7
10.	**Green Valley Spa,** St. George, Utah	66.5

HOTEL SPAS IN THE UNITED STATES

1.	**Ritz-Carlton,** Naples, Florida	85.1
2.	**Four Seasons Resort Maui at Wailea,** Maui	82.1
3.	**Lodge at Pebble Beach,** California	81.5
4.	**The Phoenician,** Scottsdale	81.3
5.	**The Greenbrier,** White Sulphur Springs, West Virginia	81.1
6.	**Arizona Biltmore Resort & Spa,** Phoenix	80.6
7.	**Grand Wailea Resort, Hotel & Spa,** Maui	79.8
8.	**Hyatt Regency Kauai Resort & Spa**	79.6
9.	**Four Seasons Resort Hualalai,** Hawaii	79.1
10.	**The Breakers,** Palm Beach	78.8

BERKSHIRE EAGLE
PITTSFIELD, MA
THURSDAY 31,100
JUN 29 2000

BEST of the Berkshires

Berkshire Humane Society in Pittsfield is a fantastic place to adopt a pet. Valerie Reiner of Savoy says, "Very knowledgeable staff that loves, trains and cares for the homeless animals in their care."

Best florist:
Viale Florist and Greenhouses

Viale Florist and Greenhouses is the winner for a fourth year.

Best place to get a massage:
Canyon Ranch in the Berkshires

Canyon Ranch wins, reclaiming the 1998 title they had lost last year.

Best toy store:
K-BToys

K-B Toys in Lanesboro takes the prize this year.

Best garden shop:
Ward's Nursery and Garden Center

Ward's is the winner for the year 2000, just edging out Agway, last year's winner. Ward's was also the winner in 1978.

Best jeweler:
Crown Jewelers

Crown Jewelers in Pittsfield takes the award once again. Kathy LaVigne of Pittsfield says, "Ed Chandler has the best jewelry in town — his jewelry is priceless."

Best carpet store:
Steven's World of Carpets

Steven's World of Carpets easily won the category this year, as well as winning Best Businessman for president Gary Grunin.

Best beauty salon:
Hair Express

Hair Express in Lanesboro won in a huge field of 48 nominees.

Best barber shop:
Sims

Once again, Sims, located in Pittsfield, won in a field of 27 nominees.

Best frame shop:
Pasko's Frame and Gift Center

Pasko's in Pittsfield wins this new category, and owner Anne Pasko also tied for Best Businesswoman.

Best fuel oil dealer:
O'Connell Oil Associates

With locations in Pittsfield and North Adams, O'Connell wins for a fourth time.

Best local web provider:
Berkshire Net

Headquartered in Pittsfield, Berkshire Net wins a second time.

Best car dealer:
Johnson Ford Lincoln Mercury Inc.

Johnson Ford, long a popular favorite, wins again. Robert Talanian of Pittsfield says, "Best service department in the Berkshires. These guys are good."

Best used car dealer:
East Street Auto Mall Inc.

East Street Auto Mall wins out of 21 nominees.

Best auto repair:
Johnson Ford Lincoln Mercury Inc.

For a third year, loyal customers voted for Johnson Ford. Gordon Gray of Great Barrington says, "Bottom line: they treat customers well and take care of any problems."

Best tire dealer:
Expert Tire

Expert Tire beat Pittsfield Tire to win this category.

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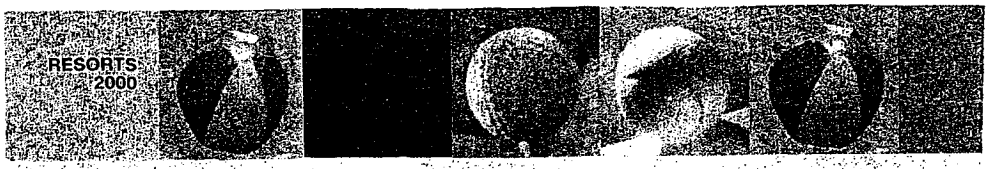


SUCCESSFUL MEETINGS
NEW YORK, NY
MONTHLY 75,000
JULY 2000

6740A

THE VENETIAN RESORT-HOTEL-CASINO

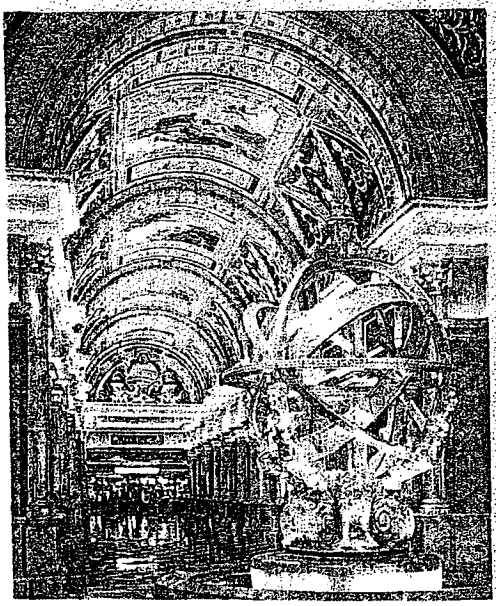
LAS VEGAS, NEVADA

Since the Venetian's debut in May 1999, guests at the world's largest hotel and convention complex have been transported to the beauty and romance of Venice, with all the famous landmarks recreated in the finest detail.

TOTAL GUEST ROOMS—3,036
LARGEST ROOM BLOCK—2200

Guest Units

Acclaimed by Guinness World Records as having the largest standard hotel rooms in the world, guest rooms in the all-suite Venetian average a spacious 700 square feet. The 2,719 luxurious standard rooms feature sunken living rooms, draped canopies, Italian marble bathrooms, and in-room minibars, plus all the comforts business travelers require: a desk, three two-line phones with conference and speaker features, combination fax/copier/printer, dataport, and an in-room safe large enough for a laptop. There are 319 Renaissance, Presidential and Penthouse suites, ranging from 1,300 to 5,200 square feet.



Dining

Wolfgang Puck's Postrio—Rated "Number One People's Choice Award" by Zagat.
Stephan Pyle's Star Canyon & Taqueria Canonita—New Texas and Mexican cuisine with an open flaming grill and exhibition kitchen.
Joachim Splichal's Pinot Brasserie—Famed Los Angeles-inspired eatery.
Kevin Wu's Royal Star—California Chinese combines ancient traditions and modern creativity.
Grand Lux Cafe—24-hour casual dining by the creators of the Cheesecake Factory.
Emeril Lagasse's Delmonico Steakhouse—New Orleans-style steakhouse.
Eberhard Mueller's Letece—Light, artful French cuisine.
Zeffirino—Fresh seafood prepared Italian-style.
WB Stage 16—A 55,000-square-foot complex with food, retail, entertainment, and private screening rooms.
Canaletto—A new concept by Larry Mindel of Il Fornaio.
Canyon Ranch Cafe—Gourmet spa cuisine.
Tsunami Asian Grill—Eclectic Pan Asian cuisine with Chinese, Thai, Japanese, and Korean influences.
Pierro Selvaggio's Valentino—Exquisite regional Italian cuisine.

Recreation

- Casino with approximately 120,000 square feet of gaming floor.
- Canyon Ranch SpaClub—65,000-square-foot health and fitness center, run by the renowned Canyon Ranch, features massage, skin care and body treatment, gyms and weight rooms, 40-foot rock climbing wall, and more.
- Grand Canal Shoppes—500,000 square feet of exclusive shops set among Venetian cobblestone walkways, arching bridges, and the quarter-mile Grand Canal, complete with working gondolas and singing gondoliers.
- Madame Tussaud's Celebrity Encounter—The first Madame Tussaud's wax museum in the U.S.
- Four-level musical headliner venue.
- Five swimming pools.

Meeting Facilities

Sands Expo & Convention Center
The Venetian is directly connected to the Sands Expo & Convention Center, acclaimed as the largest facility of its kind with 1.7 million square feet.

- Flexible floor plans can be configured in up to 110 meeting rooms.
- 65 additional breakout rooms—of which 42 can be combined to create three additional 16,500-square-foot ballrooms.
- More than 105,000 square feet of additional exhibit space.

Venetian Congress Center
More than 500,000 square feet of space on site, including:

- Venetian Ballroom—Largest pillarless ballroom in U.S. with 85,000 square feet, divisible into 12.
- Palazzo Ballroom—13,500 square feet, divisible into five.
- Full-service business center.

Getting There

The Venetian is four miles from McCarran International Airport and two miles from downtown Las Vegas.

Contact

Group Sales
(888)2-VENICE, (702)414-1000
Fax: (702)414-4549
E-mail: groupsales@venetian.com
www.venetian.com

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HARPER'S BAZAAR

HARPERS BAZAAR
NEW YORK, NY
MONTHLY 705,000
OCTOBER 2001

FASHION IN AMERICA
HARPERSBAZAAR.COM
OCTOBER 2001

Sin City Style

A guide to Las Vegas's best spas, serious shopping, and swank nightspots. **By Victoria Kirby**

SHOPPING

VIA BELLAGIO
Bellagio
3600 Las Vegas Boulevard South
702-693-7111
Fashion's finest mingle under vaulted glass ceilings in the hotel's shopping arcade, open till midnight. Full collections from designers like Prada, Chanel, and Armani set the tone for a major splurge.

THE FORUM SHOPS
Caesars Palace
3570 Las Vegas Boulevard South
702-893-4800
Neighbors Gucci and Gap, plus the Roman-costumed staff and talking statues, have made Caesars' mall the ultimate shopping experience.

BEAUTY

ROCKSPA AND SALON
The Hard Rock Hotel & Casino
4455 Paradise Road
Spa: 702-693-5554
Salon: 702-693-5522
Ditch the city's glitz at this holistic-inspired day spa, which offers herbal treatments such as the spirulina body wrap.

CANYON RANCH SPACLUB
The Venetian
3355 Las Vegas Boulevard South
877-220-2688
L.A. transplant Michael Boychuck is the main attraction at SpaClub's salon, where he custom colors Vegas's high-rolling ladies and visiting VIPs.

RESTAURANTS

PICASSO
Bellagio
3600 Las Vegas Boulevard South
702-693-7223
Mediterranean-inspired specialties, served in a dining room filled with original Picassos, are Vegas's safest bet.

ANDRE'S
401 South Sixth Street
702-385-5016
Set in a romantic 1930s-era townhouse, this gourmet favorite was serving French country cuisine long before Siegfried and Roy hit town.

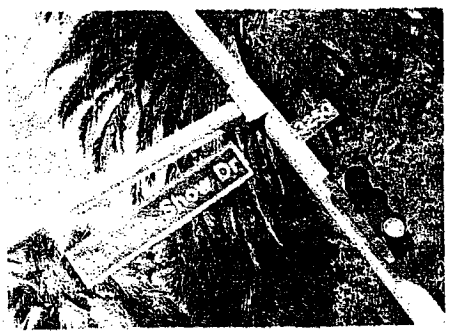
WILD SAGE CAFE
600 East Warm Springs Road
702-944-7243
Locals indulge in comfort food and even more comfortable prices at this off-the-strip café, run by Wolfgang Puck prodigies.

NIGHTCLUBS/ LOUNGES

V BAR; JACK'S VELVET LOUNGE
The Venetian
3355 Las Vegas Boulevard South
877-2-VENICE
The Venetian hotel houses Vegas's two hottest cocktail spots. The sleek V Bar is dark and chic, while Jack's Velvet Lounge opens its windows for a great view of the strip.

DRAI'S ON THE STRIP
Barbary Coast Hotel & Casino
3595 Las Vegas Boulevard South
702-737-0555
Plush sofas and clusters of candles give this cozy local favorite vintage appeal.

PEPPERMILL'S FIRESIDE LOUNGE
2985 Las Vegas Boulevard South
702-735-7635
Retro kitsch at its best. Grab a "scorpion," the house drink, from the red neon bar.



HOTELS

FOUR SEASONS HOTEL LAS VEGAS
3960 Las Vegas Boulevard South
702-632-5000
Vegas's first casino-free luxury hotel is an intimate (fewer than 500 rooms) alternative to mammoth resorts.

BELLAGIO
3600 Las Vegas Boulevard South
702-693-7111
The botanical gardens, acres of pool decks, and the awe-inspiring *O* performance by Cirque du Soleil put this hotel a cultural step above the normal Vegas shtick.

ART SCENE/ EVENTS

GUGGENHEIM-HERMITAGE MUSEUM
The Venetian
3355 Las Vegas Boulevard South
702-414-2440
This Rem Koolhaas–designed building, displaying art from the Guggenheim and Russia's State Hermitage Museum, opens this fall.

THE LIBERACE MUSEUM
1775 East Tropicana Avenue
702-798-5595
A red, white, and blue Rolls-Royce and a rhinestone-encrusted piano explain why there's no better place to pay homage to "Mr. Showmanship." ■

CR001388

NATIONAL POST
TORONTO, ON, CN
SATURDAY 360,000
OCT 6 2001

Don't gamble on a dull stagette

Pen & writer Amy Rosen's best friends are getting married this year. She is the maid-of-honour for one and a bridesmaid for the other. They wanted to celebrate the momentous occasions in a big way, so a group of eight women headed to Las Vegas to stage a ritzy stagette. They booked suites at the sumptuous Caesars Palace, made reservations at the top restaurants and spas, shopped, tanned and danced. Here are eight highlights from their trip that you can use as a guide for planning a Vegas stagette of your own.

1. Caesars Palace Stay at Caesars Palace for its full-on glam aesthetic and roots that hark back to Vegas' heyday. Its pool area alone is a huge draw. Newly renovated, the Garden of the Gods houses several lush and lavish swimming areas. We took to lounging in the "European-style" topless Venus pool area (voted "sexiest in the world" by the Travel Channel) and made good use of our air-conditioned cabana, furnished with fresh fruit, drinks, water mists, plush towels, lounge chairs and a frisky cabana boy.

▮ Caesars Palace: 1-800-634-6661; www.caesars.com. Cabana rental is US$85 per hour.

2. Sephora Makeovers We scheduled ample time for hitting Vegas' mega malls, the best of which include the Desert Passage at the Aladdin and the Forum Shops in Caesars. They're home to hundreds of stores, including Victoria's Secret. Another must-visit is Sephora, for free makeovers. Shragit, one of the brides-to-be, didn't think her makeup was dramatic enough but liked her newly full lips. Tammi looked like a porn queen and loved it. I've embraced my new "everyday" look, but Ariel didn't like hers. Marci bought yellow eye shadow; future-bride Tammi, a sparkly eyeliner; Jacki, two lipsticks; and Nina, gloss and shimmer.

▮ Sephora: www.sephora.com

3. Spa at Canyon Ranch SpaClub Housed in the romantic Venetian hotel with its network of canals and gondoliers, the SpaClub is a gorgeous nugget that has been frequented by such luminaries as Kirsten Dunst, Cindy Crawford, Carmen Electra — and now a bunch of Canadian girls. Treatments range from massage therapies and fitness training to signature spa services. The eight of us filled a private room and had a group manicure session topped off by warm paraffin wax hand treatments. Very *Sex and the City*.

▮ Canyon Ranch SpaClub: (702) 414-3600; www.canyonranch.com. Spa manicure is US$45, plus US$20 for paraffin treatment.

4. Dancing at Studio 54 By 10 p.m. the lineup snaked around several lengths of purple velvet rope outside Vegas' largest and hottest nightclub. But we had VIP passes and were dressed slut-chic, so our posse immediately made its way in and took to Studio 54's pulsating dance floor. Silver balloons showered down as if it were perpetually New Year's Eve, while go-go girls gyrated in overhead cages and dancing boy-men in G-strings accepted money via their undies. Then came the surprising simulated S&M show during which two dancers descended from the ceiling wearing teeny chain and leather outfits. Another typical night in Vegas.

▮ Studio 54 is at the MGM Grand; www.mgmgrand.com.

5. Passage to India Instead of throwing my money away at the blackjack tables, I decided to spend it on a decadent spa treatment called the Passage to India, at the spa in Caesars. The lengthy process began with filling out a Tara Ayurveda Constitutional Analysis, so they could deduce whether I was a Vata (Ether & Air), Pitta (Fire & Water), or Kapha (Water & Earth). My aesthetician, Nanette, then mixed a personal herb combo based on my Tara sign. The 120 minutes of body masks, scalp massage and deep tissue massage (among other things) ended with a thick application of infused oil.

▮ For bookings at the Caesars Spa and Salon call (702) 731-7776. For info on Tara Spa Therapy: www.taraspa.com. The Passage to India costs US$250.

6. Dinner à la Wolfgang Puck Spago was all about excellent food, fabulous service — and future brides Tammi and Shragit sitting through it all wearing homemade "Suck for a Buck" T-shirts, which inspired drunken businessmen to offer crisp bills for the chance to lick one of the lollipops affixed to the front of their jerseys. Yup, we're classy broads. And so is the food at this, one of Wolfgang Puck's famed restaurants. We devoured crisp calamari with orange basil aioli, Chinese chicken salad with Asian veggies and crisp wontons, wood-fired salmon pizza, brioche-crusted grouper and on and on. We also downed several bottles of wine and every last dessert on the menu.

▮ Spago is located in the Forum at Caesars; www.wolfgangpuck.com

A guest lounges in one of the lavish pools at Caesars Palace.

7. Cirque du Soleil's O When the trip was over and I asked our gaggle what their favourite outing had been, the vote was unanimous: the spectacular *O* at the Bellagio. The show, executed by the Quebec-born Cirque du Soleil troupe, is a fluid mix of Esther Williamsesque swimming and high dives, daring acrobatic feats, awesome scenery and costumes and ethereal live music. Tammi said she couldn't imagine seeing anything better. It made our imaginations race.

▮ Prices average US$100, but note that tickets sell out months in advance: www.cirquedusoleil.com.

8. Jazz Brunch at Commander's Palace We decided to make our last meal in Vegas a blowout affair, so we booked a table at Commander's Palace, famous for its N'Awlins eats and Sunday jazz brunch. We gorged ourselves (to the sounds of Dixieland) on spicy Bloody Marys that got an extra kick from housemade Worcestershire and pepper sauces, as well as a generous dose of frozen vodka poured tableside. Eggs Sardou, a Louisiana specialty, was a poached egg on creamed spinach, sitting atop a fresh artichoke bottom and topped with silky hollandaise. Pecan-crusted fish, finished with corn cream and meunière sauce, was sided by delicate salad greens with spiced pecans. Dessert? A Creole bread pudding soufflé, smothered in a bourbon whiskey sauce. Viva Las Vegas!

▮ Commander's Palace is adjacent to the Aladdin Resort & Casino in Desert Passage: www.commanderspalace.com. Traditional Jazz Brunch is US$35.

Amy Rosen, Weekend Post

CR001389

Condé Nast Traveler

DEALS to BE
In a season of bars
ones that really

TRUTH IN TRAVEL

JANUARY 2002

2002 GOLD LIST

THE BEST BY SERVICE

NEVADA

Bellagio, Las Vegas
85.5 79.1 86.6
86.4 **84.4**
"It has everything": "a prime location," "top-notch restaurants," and an atmosphere that's "more serene than elsewhere on the Strip." "The marble here really is marble." Of the "gorgeous" rooms, "request one with a view of the dancing fountains." "Service is world class" and check-in "surprisingly fast."
$$$$; 3,005 rooms; pool, spa; 702-693-7111; bellagio.com; &.

Four Seasons Hotel, Las Vegas
83.3 85.7 75.0
72.6 **79.2**
At this "haven of taste," "you'd never know you were in Vegas" if it weren't for "the amazing views of the Strip" from the "large, elegant rooms." Staff are "remarkably attentive"—"I felt like a queen." The Verandah's "eclectic, down-to-earth" food is "so good we didn't try other restaurants."
$$$$; 424 rooms; pool, spa; 702-632-5000; fourseasons.com/lasvegas; &.

✓The Regent, Las Vegas
88.9 77.8 70.4 63.0 **75.0**
"Fifteen minutes from the Strip" and "good for golfers." "Truly spectacular rooms" overlook "palm trees and fairways." "Wonderful" staff "sent us a goodie basket for our anniversary." "Once outstanding" dining has declined.
$$; 541 rooms; golf, pool, spa; 702-869-7777; regentlasvegas.com; &.

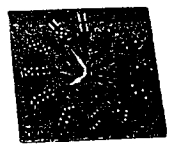
The Venetian, Las Vegas
84.2 71.1 78.9 78.9 **78.3**
Even with its "massive facade" and "indoor waterway with gondolas," this hotel "strikes a balance between excess and elegance—it comes close to crossing the line but never does." The spa is "truly luxurious," the suites are "enormous and plush," and "gourmet restaurants" are "run by celebrity chefs." Designer boutiques "put Fifth Avenue to shame."
$$$; 3,036 suites; pool, spa; 702-414-1000; venetian.com; &.

LUCKY
NEW YORK, NY
MONTHLY
JANUARY 2002

las vegas

Designer emporiums, huge thrift stores, megamalls within mega-casino hotels: a shopping trip as over-the-top as Sin City itself.

By Gigi Guerra
Photographed by Squire Fox



the strip

The ultimate in Vegas shopping: an embarrassment of shops, from inexpensive to luxe, all within steps of casinos and restaurants, all open super-late.

2. Canyon Ranch Living Essentials

Many spa aficionados aren't aware that the Strip is home to a Canyon Ranch. If you don't have the cash to get a treatment at this legendarily indulgent spa, just visit its separate gift store in the Venetian hotel's shopping area, where the complete line of Canyon Ranch body products—even meditative CDs—is available. **3377 Las Vegas Blvd. S, 702-414-3636**

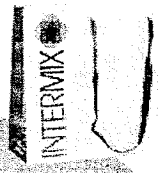
Scoop

NEW YEAR'S IN VEGAS

Want to celebrate in A-list style? Scoop's guide to ringing in '07 on the celeb party circuit

WHAT TO WEAR

Try Intermix in the Forum Shops at Caesars Palace—Reese Witherspoon dropped by in September. Feeling retro? Drew Barrymore heads downtown to vintage mecca the Attic.



GOOD EATS

Sushi Roku and N9NE are popular with the Hollywood crowd. Or go all out—if you have the $250 to spend per person—with the White Truffle Tasting Menu at Wolfgang Puck's Spago.

SHOWTIME

Catch a performance: Tom Cruise went twice to LOVE, Cirque du Soleil's Beatles-themed production at the Mirage. On Dec. 31 the audience will score swag, like this lunchbox.

LET'S PARTY!

Many hotspots bring in the big guns: Britney Spears hosts at Pure (watch midnight fireworks from the balcony), Pam Anderson is at Tao, and Kid Rock is across the street at Jet.

GOING TO THE CHAPEL

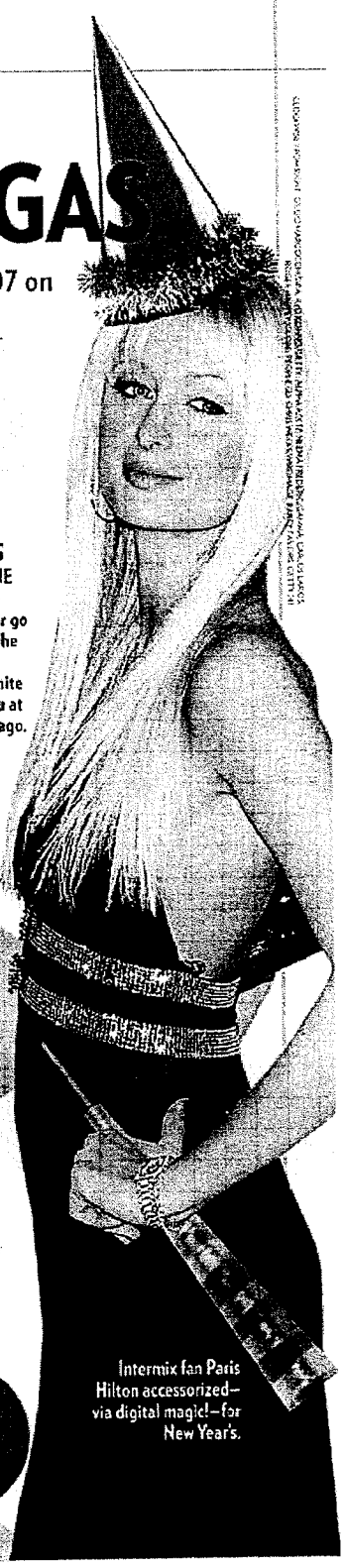
If your kiss at midnight turns serious, hit the Little White Wedding Chapel, where Britney Spears launched her 55-hour marriage to Jason Alexander—and drive-thru ceremonies start at $30.

NIGHTCAP, ANYONE?

Grab drinks at the cozy Social House (above), a Nick Lachey–Vanessa Minnillo hangout.

MORNING AFTER

Ease your pain at the Venetian's Canyon Ranch, a Kirsten Dunst fave. Regrets about the wedding? Try the Palms spa's soothing Custom Massage—and call a lawyer.



Intermix fan Paris Hilton accessorized—via digital magic!—for New Year's.

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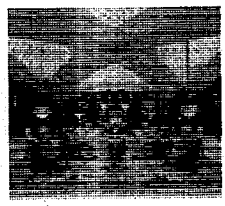
TOP 5 The Top 5 Spas in Las Vegas CITY CATEGORY ALL

1. The Spa at Mandarin Oriental

Take yourself back to Shanghai in the 1930s and you start to get the feel for the **Spa at Mandarin Oriental**. The look and feel captures the glamour of the era, while the treatments themselves are based on the medicinal benefits of Asia. We love the Chinese Foot Spa, where you can delve into a steeping hot foot bath infused with herbal blends. Your feet will never feel the same. The 27,000-square-foot spa features a hammam, laconium, experience showers and more. Forbes Travel Guides gave the spa five stars, one of only 20 spas to achieve the honor. For the holidays, try the Journey to the Orient package, which starts by determining your personal Chinese element. Essential oils and massage deliver a journey of rejuvenation and relaxation. Try out the Jade Enzyme Facial, a treatment that brightens and enlivens. Jade facial rollers combined with products rich in AHAs, BHAs and anti-oxidants instantly improve the appearance and texture of the skin. The Glycolic Facial Peel uses pumpkin enzymes to remove dead skin cells, boost cell regeneration and help reduce fine lines and wrinkles.

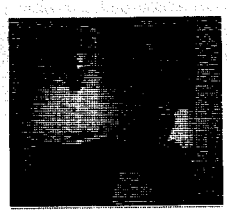
ADDRESS THE SPA AT MANDARIN ORIENTAL MANDARIN ORIENTAL AT CITYCENTER 1.888.881.9530



2. The Spa at Encore

So hard to chose between the **Spa at Encore** and the **Spa at Wynn**. Both offer sumptuous treatments in decadent settings. But the Spa at Encore nabbed five stars from the Forbes Travel Guide for this year and 2011 (The Spa at Wynn has received the same honors since 2009, and four stars before that). Earlier this fall, the Spa at Encore added treatments and products from Ling, a line that pursued Elaine Wynn with skin-care products that seems to defy age. Try the Oxygen Rejuvenation Facial to restore and hydrate your skin in the dry desert climate or the Encore Escape Ritual with its combination of massage techniques finished with a warm wrap and scalp massage.

ADDRESS THE SPA AT ENCORE ENCORE LAS VEGAS 702.770.4772



3. Canyon Ranch SpaClub

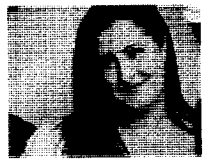
Canyon Ranch SpaClub sprawls on the fourth floor of the Venetian and Palazzo. It's one of those places where you need to plan ahead to spend time in the Aquavana, a European-inspired aquathermal oasis. What's your fancy? The Igloo has cool air and three ways to add a little snow to your day. In the HydroSpa, you can relax on a heated lounger. The Herbal Laconium warms you with herbal-infused steam. In the Experiential Rains experience, you can enjoy multisensory cooling showers. Forbes Travel Guide honored Canyon Ranch SpaClub with a four-star rating. For the holidays, try the King's Bath Bouquet, an antioxidant/anti-aging bath in a golden tub afloat with rose petals followed by a full-body massage with arctic berry extracts, cypress and birch oils. Or ditch the stress with a Holiday Massage that uses the new Silent Night bath and body oil by Aromatherapy Associates, created to nourish even the driest skin. Put your best face forward with the Holiday Radiance Facial that leaves you with a dewy radiance. All of these special treatments are available through the end of December.

ADDRESS CANYON RANCH SPACLUB PALAZZO AND VENETIAN 702.414.3600 OR 1.877.220.2688

4. Qua Spa and Baths

Qua Baths and Spa seems like the oldie but goodie here even though it's less than four years old. But don't dismiss it. It's one

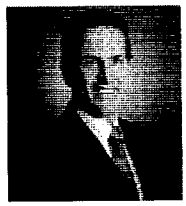
HAUTE SECRETS



Haute Secrets: Nicole Bryl, Make-Up New York

Nicole Bryl of Make-Up New York shares her inside guide to New York City

Haute 100



Haute 100 Miami Update: Stuart Miller

Our Haute 100 list details the accomplishments of the most influential people in each of our markets...

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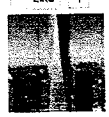

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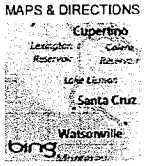

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Top 10 Heart-Healthy Restaurants in the U.S.

Gayot

Dining out at a restaurant doesn't mean you have to abandon your diet.

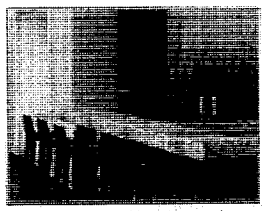
BY Gayot.com for MSN Local Edition

Savvy chefs know that they don't have to drown a dish in butter to make it delicious -- lean sashimi, inventive salads and low-carb creations are just a few satisfying meals that can be low in sodium, cholesterol and saturated fat, but not low on taste. These top 10 heart-healthy restaurants in the U.S. offer healthy meal options that will help you to both eat well and live well.

Bennett's Pure Food Bistro, Mercer Island, Wash.

Bennett's Pure Food Bistro

Practically everything on the comfort-food menu at this stylish neighborhood bistro is local, organic and seasonal, including the cioppino brimming with seafood in a fennel-accented tomato broth, and Alaskan wild king salmon glazed with a lemony butter and blueberry sauce. Bennett's juicy gourmet cheeseburger served on toasted brioche is a winner. Made from freshly ground New York steak and pork shoulder, the massive patty is topped with melted Beecher's Flagship cheese (Beecher's Handmade Cheese in Pike Place Market and Pasta & Co gourmet deli shops are Bennett's siblings), pickled red onions and whole grain mustard-mayonnaise. Signature side dishes include a savory interpretation of the classic mac 'n' cheese. The extensive wine list features distinctive Northwest labels, but offerings are a bit pricey.


Canyon Ranch Grill

Canyon Ranch Grill, Las Vegas, Nevada

Sister of The Venetian's Canyon Ranch Café, the cozy Canyon Ranch Grill in the adjoining Palazzo features granite tabletops, a friendly 12-seat bar and an extensive menu that belies many myths about spa cuisine. Breakfast specialties include sweet potato hash with natural ham and poached egg, and the "Healthy Elvis," a grilled peanut butter and banana sandwich. For lunch, try the lump crab cakes with roasted pepper purée, halibut and shrimp ceviche with tomato and avocado, or a grilled ahi sandwich on focaccia with avocado, Swiss cheese, tomato and onion. Burgers include a grass-fed beef burger and the chicken burger---organic chicken breast ground with Southwestern spices. Fresh fruit smoothies and wines nicely complement the imaginative fare.

Claire's Corner Copia, New Haven, Conn.

Claire's Corner Copia

Since 1975, Claire's has been a New Haven, well, haven for health-food aficionados, offering up a veritable cornucopia of fresh, tasty, veggie-centric fare. But even the most rabid rabbits would be tempted by the luscious line-up of pies, cookies and cakes chef-owner Claire Criscuolo and her crew bake fresh daily as well (the Lithuanian coffee cake alone is worth the trip). They also offer breakfast to sleepily grateful co-eds all day, as well as good soups, pita sandwiches and big leafy salads that contain locally grown, sustainable organic products whenever possible. But wait, there's more: Mexican, Italian and Middle Eastern favorites round out the eclectic menu, from flatbread pizzas and burritos to falafel. Prices

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are student-friendly, as is the service---which can, granted, be a bit too easygoing at times, but at least their attitude's in keeping with the hippie vibe. Order at the counter, and remember to recycle when you clear your table.

Continued: Dalesio's of Little Italy in Baltimore

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Get Away with Girlfriends at Canyon Ranch SpaClub

August 4, 2009 by VegasNews.com

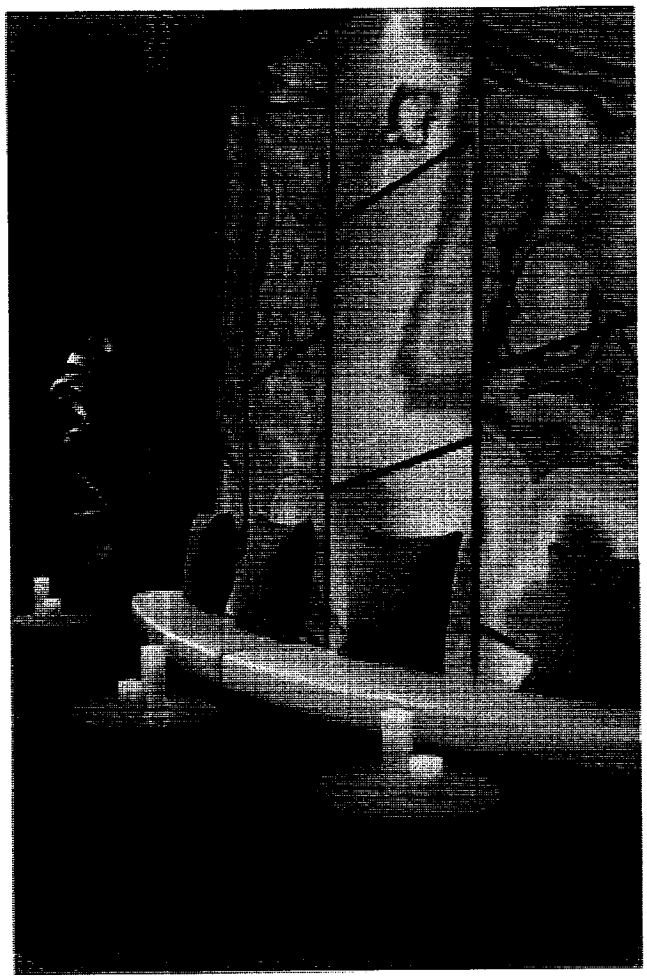
Canyon Ranch SpaClub at The Venetian/The Palazzo is offering Girlfriends' Spa Packages—created specifically for groups of gal pals, sisters, mothers and daughters to catch up with one another, relax and re-energize with the people they enjoy the most.

Recommended for parties of four or more, the available Girlfriends' Spa Packages include:

Hello, Beautiful – With this package, the ultimate in luxurious pampering, each member of the party can choose from a 50-minute Canyon Ranch Massage, Total Elegance Facial or a Manicure/Pedicure Combination. The group will have access to the exclusive and private Salon Suite for three hours, where delicious, healthy food and beverage selections from Canyon Ranch Grill will be served; VIP Service and use of the Women's Relaxation Lounge for three hours; and use of Aquavana™—North America's most complete suite of European-style thermal and aquatic environments.

Serenity & Beauty Package – Can't decide between a massage, facial, wrap or scrub? Each group member can choose two, 50-minute Spa Services from the extensive Canyon Ranch SpaClub guide to services. The group will also have access to Aquavana™ and the Women's Relaxation Lounge. Each member will receive a $50 retail credit for use in the Canyon Ranch Salon, Skin Care Boutique or Living Essentials®; and a $20 credit at Canyon Ranch Grill.

Relax & Replenish – Keep it simple where each girlfriend will choose one 50-minute Spa Service, access to Aquavana™ and the Women's Relaxation Lounge; receive a $20 retail credit for use in the Canyon Ranch Salon, Skin Care Boutique or Living Essentials®; and a $15 credit at Canyon Ranch Grill to lunch and wrap up the day of relaxation.



Canyon Ranch SpaClub

Girlfriends' Spa Packages at Canyon Ranch SpaClub are priced beginning at $175 per person and available from 9 a.m. to 6 p.m. daily. Nevada residents receive a 10 percent discount off any Canyon Ranch SpaClub single service. Packages and pricing may be revised at any time without notice.

Canyon Ranch SpaClub may be accessed from the fourth floor of The Venetian Resort and the third floor of The Palazzo Resort. Parking is a breeze in The Palazzo underground parking garage, just off of Spring Mountain and Las Vegas Blvd.

For further information and to book an appointment, call 877-220-2688, extension 40345. For a complete Guide to Services, visit www.canyonranch.com.

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Canyon Ranch Spa Review - The Relaxing Side of Las Vegas

By Stephan Martin

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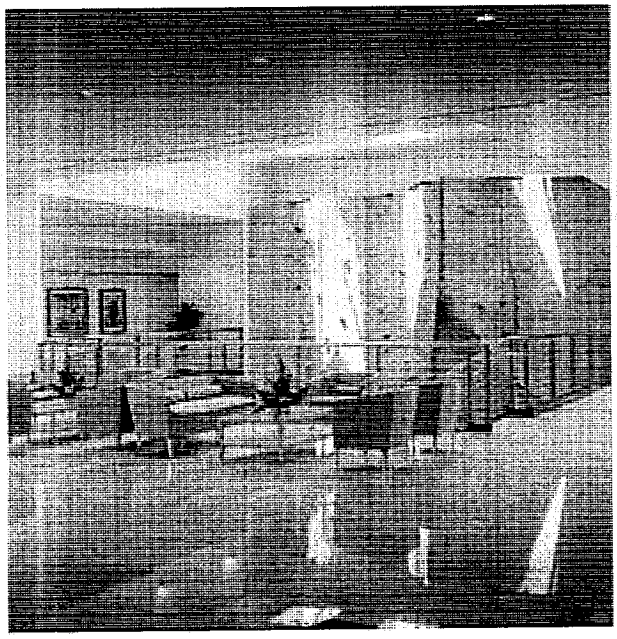
A few nights in **Las Vegas** can you leave you tired and drained, if you are looking for an answer to revitalize you and bring your body back to life, a visit to the **Canyon Ranch Spa** at **The Venetian** will provide you with all the tools you need to get going again.

The **Canyon Ranch Spa** is more than a place to get a massage or go to a workout; it is more of hidden retreat that allows you to pamper yourself in every way imaginable. The good news, you are in for me luxury as with the addition of the **Palazzo** to pair with **The Venetian**, **Canyon Ranch** is expanding from 69,000 square feet to an enormous 134,000 square feet.



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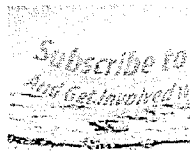

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The **Canyon Ranch Spa** is one of the most well-known and well respected spas in the country and part of the popularity has to do with the fact that they have such a variety of treatments. In terms of massages, anything you are looking for they have, including; stone massage, shiatsu, neuromuscular therapy, deep tissue and literally many, many more. They also offer baths, including the 18 Carat in which the treatment is actually laced with real gold. The other treatments include; body treatments, body wraps, body scrubs, ayurvedic treatments and skin care treatments.

Canyon Ranch Facial

The least known treatments at the **Canyon Ranch Spa** are probably the energy therapies. Least known, but more than likely the most appreciated by the people who have taken part in these therapies. Three different therapies are offered; vibrational therapy, reiki and craniosacral. To say that the vibrational therapy will uplift you and take you to a different level in your life is an understatement. This therapy works on balancing your body's energy fields and finding any spots that are not flowing properly and they are corrected. A combination of chakra stone placements and acupoints, essential oils and the vibrational sound coming from the crystal bowls all help to put your body back in correct order. Finally you are in a Cavitosonic chamber that uses negative ionization to restore your energy. Even if you are not familiar with these techniques, I strongly suggest trying it, once you do it, you will be hooked.

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King's Bath

The fitness area of the **Canyon Ranch Spa** gives you limitless opportunities to help take care of you and your body. If you are looking to get a workout in, this is the place to go. All the equipment you could think to use in your workout is available here, from free weights, to machines, to a wide assortment of cardio equipment. The best part of the gym though, has to be the classes that go all day long. The classes start at 6 a.m. and continue until 5 p.m. and offer such classes as: indoor cycling, yoga, cardio kick and mediation along with a number of other classes, including lectures on a variety of health topics. All of this is included with your SpaClub Passport, which can be purchased for one or three days and is also included for free with any spa treatment. After your workout, the locker room area will let you relax by offering; a hot tub, steam room and sauna to go along with great service.

The **Canyon Ranch Spa** is a full-service salon that will take care of you whether you are getting ready for a wedding, a fun night out on the strip or just looking to pamper yourself. The salon offers a variety of hair and nail services, makeup application and they can put together a wedding creation for your entire bridal party.

To complete the experience of **Canyon Ranch**, a visit to the **Canyon Ranch Café** is a must stop to finish off your day. The Café offers a gourmet menu that is composed of the highest nutritional quality food. Some of the offerings include: gourmet pancakes, grilled ahi tuna sandwich, Mongolian BBQ Salmon or just complete your workout with a fresh squeezed juice or smoothie. If you are just looking for a healthy place to eat while in Las Vegas, you can visit the Café without having to make a stop at the Spa.

Canyon Ranch is always at the forefront of the spa industry and they continue leading the way as in 2008 it will introduce **Aquavana**. This is the first European-inspired thermal spa cabins, tubs and aquathermal bathing experience in the United States.

For more information on the **Canyon Ranch Spa** and details on all of the services offered, visit: www.canyonranch.com and to call and set up an appointment call (877) 220-2688

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