Exhibit A

Exhibit A

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p.140

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CR000717

SHAPE'S ANNUAL READER MAKEOVER

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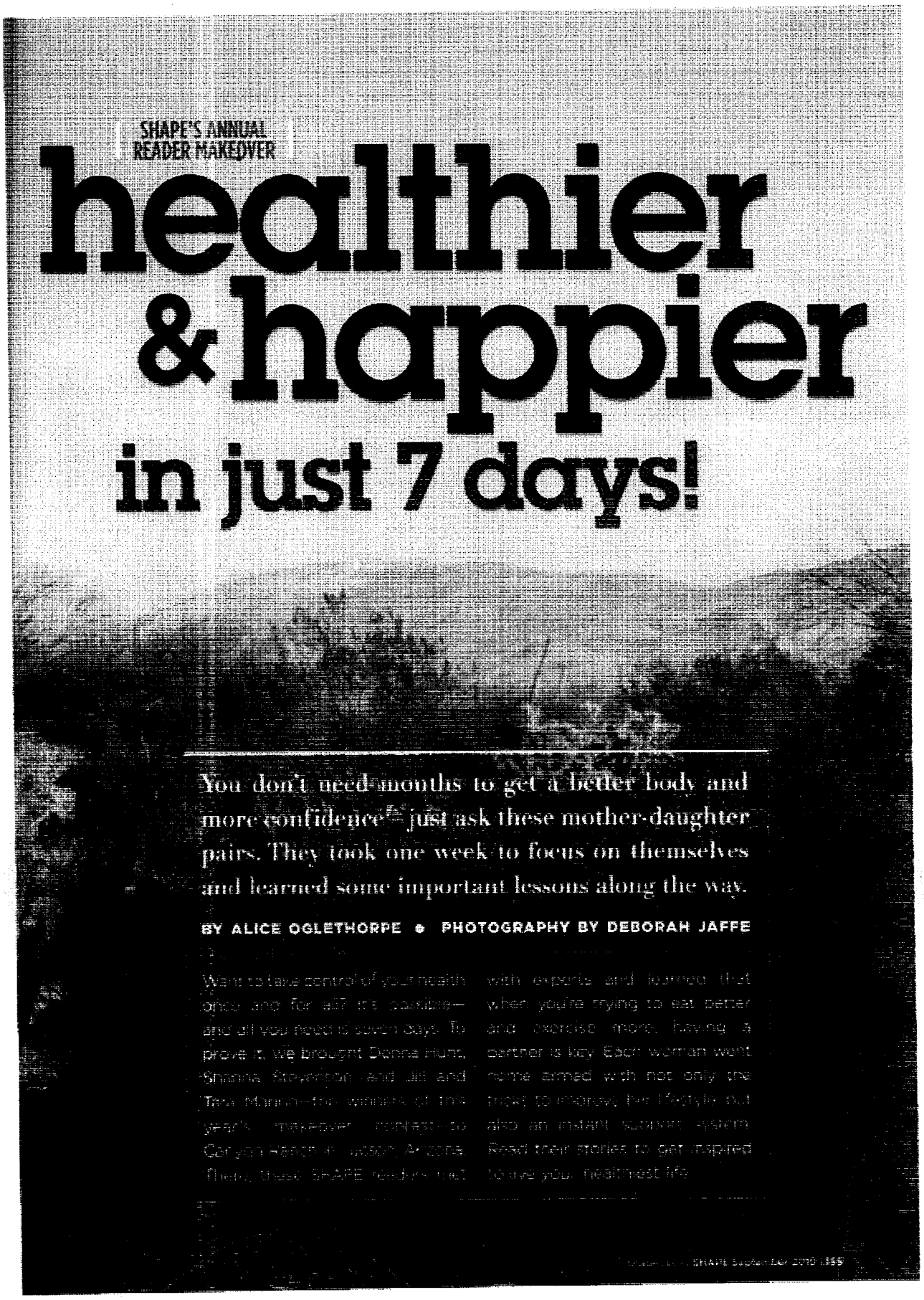

You don't need months to get a better body and more confidence—just ask these mother-daughter pairs. They took one week to focus on themselves and learned some important lessons along the way.

BY ALICE OGLETHORPE • PHOTOGRAPHY BY DEBORAH JAFFE

Want to take control of your health once and for all? It's possible—and all you need is seven days. To prove it, we brought Donna Hunt, Shanna Stevenson, and Jill and Tara Marion—the winners of this year's makeover contest—to Canyon Ranch in Tucson, Arizona. There, these SHAPE readers met with experts and learned that when you're trying to eat better and exercise more, having a partner is key. Each woman went home armed with not only the tricks to improve her lifestyle but also an instant support system. Read their stories to get inspired to live your healthiest life.

CR000718

Jill Monroe and
her daughter,
Taylor Swift, and
Shanna Stevenson
with her mom
Donna Hunt

GIVE US THE PUSH WE NEED."

SHANNA STEVENSON, 25, AND HER MOM, DONNA HUNT, 51

OVER THE PAST 10 YEARS, Atlanta-area residents Shanna (a sales representative) and her mother, Donna (a high school Spanish teacher), have steadily gained weight. Donna arrived at Canyon Ranch weighing 174 pounds, and Shanna, 229. "I get stressed out every morning when I try to find the right thing to wear—and I'm sick of it," says Donna. Shanna is motivated by her health. "I'm prediabetic, and I know that if I lost some weight, exercised more often, and ate a better diet, I'd be healthier," she says. "I need to take action now so things don't get worse in the next few years."

A water workout can be easier on joints—but still tough on muscles!

As an only child raised by a single mom, Shanna has a special connection with Donna

Chef Shawn Brisby takes Donna through simple healthy cooking steps

"WE WANT TO..."

1 "...eat less without going hungry"

Donna and Shanna both overeat, but for different reasons. "I have very little for breakfast and lunch, but then I eat a huge dinner," says Donna. Shanna's more of a grazer: "I have takeout for lunch, plus I get candy bars and chips from the vending machine," she says. "And I munch on cookies all evening."

THE EXPERT FIX **Hana Feeney, R.D., one of Canyon Ranch's nutritionists, encourages both women to bring veggies, hummus, and a salad to work. "With those healthy options at your desk, you'll avoid eating out, skipping meals, and excessive snacking," she says. And because they live near each other, Feeney told them to alternate who's in charge of cooking dinner during the week.**

2 "...blast some serious calories"

Both Donna and Shanna own treadmills, but they just gather dust. "I used to be active, but nine years ago I changed careers and got out of my routine," says Donna. Shanna doesn't make working out a priority either. "It rarely even crosses my mind," she says.

THE EXPERT FIX **"You *must* exercise if you want to lose weight," says Mike Siemens, Canyon Ranch's director of exercise physiology. His advice: Aim for 40 to 60 minutes of cardio four days a week, with two of those days involving intervals (where you alternate high and moderate intensity). "To stay motivated, put a TV near the treadmill," he says. "Then watch your favorite show only while on the machine."**

3 "...have more fun"

"My mom and I don't spend enough time just relaxing or doing things we love," says Shanna. Donna agrees: "I need more activities that make me feel happy."

THE EXPERT FIX **When Peggy Holt, one of Canyon Ranch's behavioral therapists, asked Donna and Shanna to describe a perfect day, they listed talking to friends, volunteering, and meditating. "Try to sneak in those activities, like listening to a meditative CD, throughout the day," says Holt. "You'll be more excited to wake up every morning!"**

PUTTING IT ALL TOGETHER

After two months, Donna and Shanna have made huge strides. "We meet up on weekends and go grocery shopping so our fridges stay stocked with fresh fruits and veggies," says Shanna. Exercising has been harder to get used to, but they're doing their best. "We both find it tough to do intervals when we walk," says Donna. "But we're going to start teaming up for workouts to push each other." So far Donna has dropped 11 pounds, and Shanna, 5. "We're so proud of what we've achieved," says Donna. "We're each other's biggest cheerleader!"

online bonus! **Go to *shape.com/readermakeover* to see what other strategies worked for Donna and Shanna.**

CR000721

STAND TALL
This joined tree pose proves how much stronger you can be when you have a partner

"WE'RE READY TO PUT OURSELVES FIRST."

TARA MARINO, 34, AND HER MOM, JILL, 61

WITH THEIR SLIM FIGURES, Tara and Jill appear healthy, but looks can be deceiving. "We both smoke," admits Tara. "Mom's had a pack-a-day habit for 40 years, and I first lit up when I was 18." Their careers aren't helping their well-being either. "We make a lot out of us," says Jill. "When we get home, we don't have the energy to cook or exercise." But Jill (a teacher near Boston) and Tara (a pop stylist in New York City) are eager to change. "I've seen women my age die from heart attacks," says Jill. "I worry I'm next." Tara's struggling too. "I'm so run down, I feel like my body belongs to an older woman," she says. "I know my bad habits are to blame—and I wonder what other damage are they doing?"

ABOUT CANYON RANCH | Located near the Santa Catalina Mountains, north of Tucson, Arizona, Canyon Ranch has an 80,000-square-foot spa complex, three outdoor pools, and a 12,000-square-foot aquatic center. Rates start at $2,760 for four nights (double occupancy). For more information, visit canyonranch.com.

If you can do more than 12 reps, the weights are too light

Jill and Tara grew closer by getting away from their routines

Every morning, write out your goals, such as "No candy" and "Spend 30 minutes at the gym"

"WE WANT TO..."

1 "...eat healthy on the go" Tara runs around all day for her job, so she often dines out. "I'll buy a big meat-and-cheese-filled sub from a deli for lunch and pick up something heavy like eggplant Parmesan for dinner," she says. Jill, on the other hand, grabs a bite when she can. "I eat cereal, fruit, or soup between classes or during my planning period," she says. "I never have much time, so it has to be quick."
THE EXPERT FIX **"Every meal should include complex carbs, a fruit or veggie, and protein or healthy fat," says Feeney. She suggests that Jill replace the cereal with raw veggies and string cheese, and Tara order only half a sandwich and pair it with a salad. "To prevent energy dips, have a meal within an hour of waking up, and eat at least every three hours," says Feeney. "Even a banana and a few almonds will keep you going."**

2 "...start strength training" Neither Tara nor Jill work out regularly. "I go months without setting foot in the gym," says Tara. "And I never lift weights because I don't know how." Jill also wants to get stronger. "I'm petite, so I'm at a high risk for osteoporosis," she says. "And I hate how weak I feel."
THE EXPERT FIX **"Beginning in your 30s, muscle mass decreases every year if you don't regularly lift weights," says Siemens. But you can reverse that with just 15 to 20 minutes of strength training twice a week. "There's no need for complicated routines," he says. "You can get lots of benefits from basic moves, like squats, curls, and sit-ups."**

3 "...nix the cigarettes" Jill and Tara have tried to quit smoking at least 30 times between them. "I haven't lasted longer than a week," says Jill. Tara, on the other hand, has made it to 21 days: "As soon as I get stressed out or my friends light up near me, I give in."
THE EXPERT FIX **"Not only is nicotine addictive, but smoking is a habit," says Holt. "Start by changing one part of your routine at a time—so if you smoke while watching TV, sit in a chair instead of on the sofa. Simple tweaks like that help break the automatic link between the activity and smoking, helping you stop."**

PUTTING IT ALL TOGETHER

Once home, Jill set her alarm 30 minutes later so she'd have less time to smoke in the morning. "I immediately went from five cigarettes before lunch to two," she says. And Tara quit cold turkey. "Instead of joining my boyfriend outside for a post-dinner cigarette, I stayed inside to avoid the temptation," she says. "It worked!" Both have also spent time in the weight room. "I made an appointment with a trainer so I wouldn't be intimidated," says Jill. And Tara has even started cooking: "It's more work, but it's fun to plan what I want to make," she says.

online bonus! Go to *shape.com/readermakeover* to find out how Tara and Jill are doing today.

CR000723

MORE

FOR WOMEN OF STYLE & SUBSTANCE

YOUR PERSONAL BEST

HOW TO GO FOR IT:

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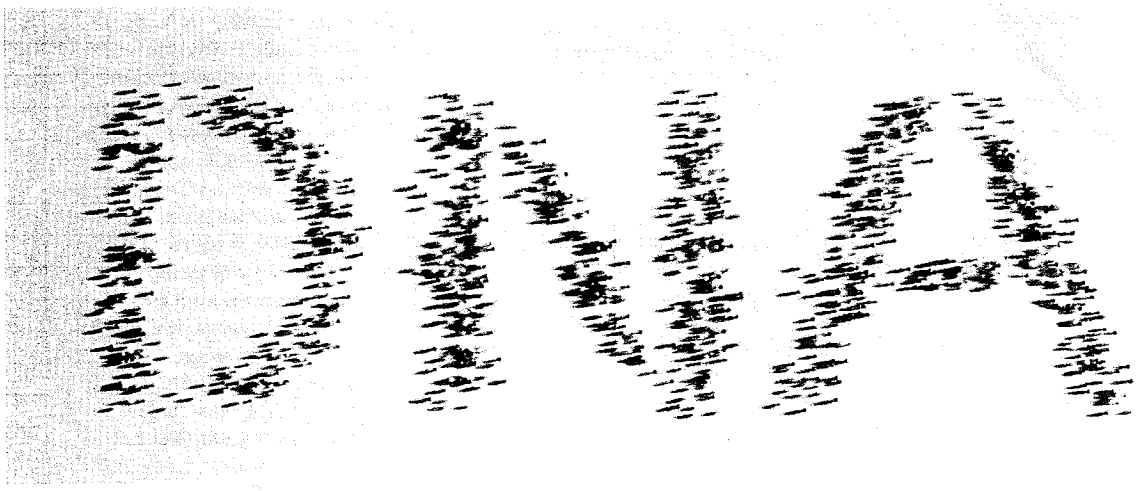

THE RIGHT DIET FOR YOUR BODY

When it comes to losing weight, knowing all the calorie counts is much less important than knowing what your body needs >> *by* JOAN RAYMOND

» **FOR DECADES,** if not centuries, doctors have searched for the one diet that will help people maintain a healthy weight. But the latest thinking points to a different goal: finding not the best eating plan but the best eating plan for *you*. You've probably already noticed that when it comes to dieting, what works for your best friend—say, a low-carb plan—doesn't necessarily work as well for you. But while that might have seemed like a purely personal preference, researchers now believe that it's more a matter of biology.

Last year, for instance, Stanford University researchers gave genetic tests to 133 overweight and obese women who had already participated in a yearlong study in which they had been randomly assigned one of four popular low-carb or low-fat diets. The tests, which focused on three genes that affect how efficiently the body metabolizes fat and carbohydrates, determined which variations of those genes each woman possessed. The researchers then reanalyzed the original study data and found that women whose diets had matched up well with their low-fat or low-carb gene profiles lost 5.3 percent of their body weight, while those whose diets didn't suit their biology dropped only 2.3 percent.

At Canyon Ranch, Mark Liponis, MD, the corporate medical director, has been conducting his own research on more than 6,000 patients for an upcoming book. We talked with Liponis, author of *UltraLongevity*, about how understanding your weight-loss genetics—by looking at your body type—can up your chances of dropping pounds.

Q Why would genetic differences play a role in our weight?

A Humans have evolved in different environments around the globe, with different food supplies readily available. Maybe in one environment, people ate a lot of salmon and other fish and over time became more efficient at metabolizing protein, and maybe in

PHOTOGRAPHED BY *Plamen Petkov*

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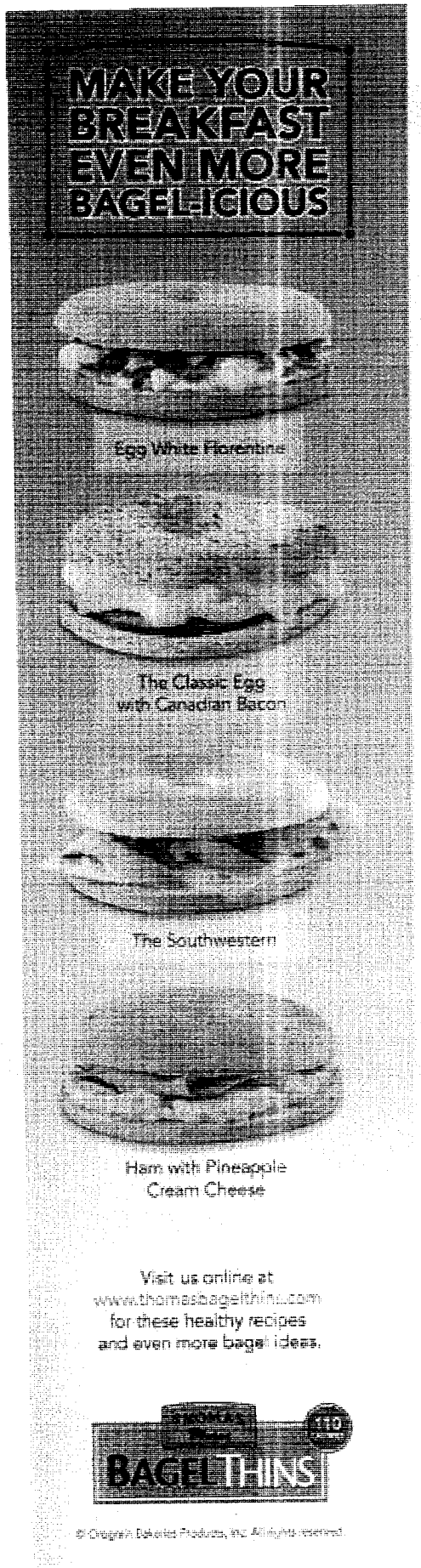
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another they ate a lot of corn and wheat and so got better at handling carbohydrates.

Q Would you recommend getting a genetic test to figure out which diet may work best for you?

A No, not at this point. There are probably easier solutions than testing every person's genes.

Q Such as what?

A I think we are going to learn a lot more about how a person's phenotype—her observable physical characteristics, which are influenced by her genetic structure—correlates with how she gains and loses weight. I think people are going to stratify into one of three groups based on how they look when they become heavier: those with big bellies, those with big butts and those who get big all over. And then we can design diets to fit each phenotype.

Q What have you learned from your work at Canyon Ranch?

A If we put a person on a diet that matches her body type, she not only loses more weight but feels full most of the day and does not have trouble staying on that eating plan. We also see improvements in blood parameters, such as blood sugar levels and cholesterol measures.

Q So what type of diet seems to work best for specific body types?

A Those with big bellies do well on a low-carbohydrate, low-glycemic diet. This kind of diet emphasizes meat and dairy products, which generally produce small fluctuations in blood glucose and insulin, as well as carbohydrates that contain a lot of fiber, such as bran cereals. On the other hand, people with big butts tend to do better with low-fat, high-carb diets—eating plans that often center on vegetables and grains while minimizing red meat. And those who are large all over seem to do well with a Mediterranean diet—one that is rich in fruits and vegetables, whole grains, nuts and seeds, legumes and healthy fats like olive oil.

Q As a woman reaches menopause, weight often shifts to her belly. Does that mean she falls into this so-called big-belly category?

A Not necessarily. One of the best ways to determine if you are big bellied is to figure out your BBR, or butt-to-belly ratio. Here's how: Measure your belly and buttocks at their widest points: for the butt, that's the hips. Then divide your butt number by the size of your belly. So a woman with a 43-inch butt and a 36-inch belly would divide 43 by 36, yielding the number 1.19. A 1.1 or below is a big-belly type, who could do well on a low-carb diet. Someone who's 1.1 to 1.25 would be fat all over and may do well with a Mediterranean approach. A ratio of 1.25 or over is a big-butt type, who may do best on a low-fat diet.

Q Wouldn't it just be simpler to count calories and exercise more?

A No. That equation—subtracting the number of calories burned from the calories taken in—is completely invalid. There's a lot more going on in your body that affects your weight. For example, the microbes in your gut are critical; there are different types, and each type affects your appetite and metabolism differently, according to mouse studies done at Emory University. The composition of your specific microbe population can make it easier or harder for you to drop weight.

Q Do you believe that these findings can help control the current obesity epidemic?

A Well, humans have been evolving for thousands of years. We used to have to hunt our food or go to a marketplace and trade for it. We have not had that long to adjust to the food supply we have now. It's been only 80 or so years that we have had fast-food restaurants and grocery stores stocked with everything. Plus, we have genes for preserving calories, which protect us from famine. For the first time, we have to use what we *know* in order to choose what to eat rather than just eat what's available. It's going to be tricky. We'll see how we do.

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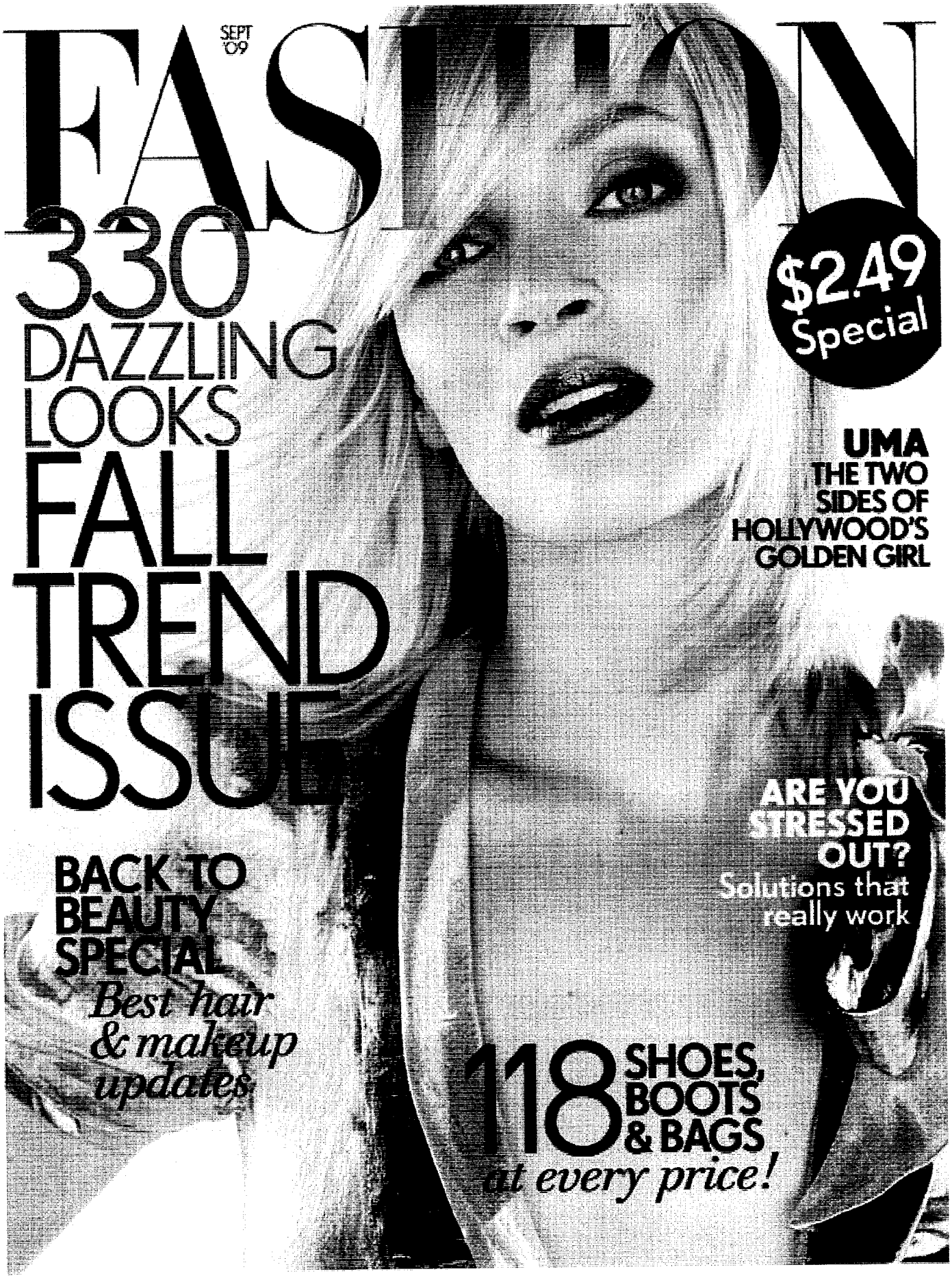
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health

EDITOR: RANI SHEEN

After years of running a serious sleep deficit, LEAH RUMACK tries a new tack.

ROCK-A-BYE BABY

[illegible] perfectly logical at [illegible]. My feet were freezing, so I kept my socks on when I stepped in the shower. I put the milk in the cupboard and the empty cup in the fridge. I had a conversation with someone and didn't remember it the next day.

It's not my fault.

It's just that I've been awake [illegible]r about 17 years.

I'm what health practitioners [illegible]ll a "chronic insomniac." I've [illegible]one on as little as one hour of sleep more times than I can count. Six hours is a good night. Eight hours happens only when I drug myself into oblivion and ban my snoring fiancé, Jason, from the bed. You know how you feel when you've been up all night on a red-eye flight and have to go straight to work in the morning? That's me about half the time—or, rather, about a third of the time, thanks to my pretty little pills. (I find it amusing that the various sleeping pills my doctors have prescribed over the years are all pink.) Then there's the wretched random sobbing, missed workdays and workouts, cancelled social plans and strained relationships.

Sometimes, when I'm watching a movie and a character is in a coma, I think to myself: "See? That looks nice."

You can't take pills forever. You develop a tolerance, for one thing. And you rotate among side effects—ravenous hunger, memory loss, brain fogginess, lack of sexual desire and response, emotional flatness and, worst of all, the increasing panic that you can't sleep without them. On top of that, there's the stress of fretting about the long-term health effects of years of sleep deprivation, including an increased risk for heart attack, stroke, diabetes and obesity.

So when I get invited to a sleep-themed Rest & Rejuvenate week at the luxury Canyon Ranch health resort in Tucson, Arizona, I can hardly believe my exhausted little ears. The Ranch is going to save me! It has to.

Jason is becoming irritated by my not-infrequent work trips, so I gingerly tell him I'm going away again. He gets up and stalks out of the room.

"But it's for a sleep retreat! I'm going to learn how to sleep!" I call after him. He immediately turns, marches into the basement and fetches my suitcase.

Canyon Ranch has a dizzying range of sleep-related lectures and workshops, and facilities for a full medical sleep study to see if you have sleep apnea or neurological issues. (I don't.) I arrive at the plush but simple mountain resort and find they've put me in a room with an Ambient Therapy sound system. Various nature noises are arranged with music in supposedly relaxation-inducing algorithms and piped through the stereo—it certainly bests the little battery-powered sound machine I take on trips. The bed is fluffy, and there are »

PHOTOGRAPHY BY STEVE HIETT/TRUNK ARCHIVE

CR000743

no noisy bedmates, no cellphones or deadlines, and nothing to do tomorrow but learn to sleep–though I am slightly miffed that breakfast is only served until nine. This is a sleep week, people! The place is full of insomniacs. I pop a pill and sleep like a baby. What? I can't risk being tired for this.

On day one, I start my official relaxing at a restorative yoga class. When I used to do yoga, I often skipped shavasana–that part at the end when you lie there in corpse pose. I considered it dull and a waste of time. (This probably says a lot about why I don't sleep.) The class is basically an hour of shavasana in different positions, meant to stimulate the lymphatic system and various organs. Unfortunately, I don't make it to my planned meditation session afterwards because I become nauseous during yoga and promptly throw up at the end of class. Probably something to do with all the lymphatic stimulation, or perhaps it shows just how bad I am at resting. I rally in time for the "Rest & Rejuvenate: The Path to Self Awakening & Prosperity" lecture by therapist and "spiritual services provider" Jenny Simon, which is basically a chat about how sleep is good for you. "I know you're hiding in the bushes texting each other," she says to all of us adrenaline junkies. "The number one thing people say to me is, 'I can't shut my brain off.'"

The next day, I'm signed up for a sleep-therapy session, which turns out to be a quick primer in cognitive behavioural therapy (CBT), widely considered to be the gold standard in treating insomnia. I've just never been able to bring myself to pay $150 a session for the fairly long period you're supposed to do it. CBT teaches you to break the self-fulfilling pattern of negative thoughts and behaviours: "Oh, my God, I just looked at the clock, it's 2 a.m., I'm never going to get to sleep–my day tomorrow is going to be a total disaster!" Guess what happens when you start worrying that your day is going to be a disaster because you can't sleep? You don't fall asleep.

Therapist John Shukwit runs through the usual questions (Sleep apnea? No. Clinical anxiety? Depression? Restless legs? No, no and no) and quizzes me about my patterns around sleep.

"Well, I do look at the clock when I wake up early, to see if it's time to feed the cats," I confess.

"Aha!" He pounces. "The clock."

We decide that feeding the cats will be Jason's job, so I never have to look at the tortuous clock, and set a few behavioural rules: no caffeine after noon, and nothing that stimulates my circadian rhythm before bed, especially computers or TV. None of this is news to me, but implementation has been lacking. But that's it! I'm going on a strict, proper sleep diet, and it starts right here, right now. Shukwit leads me through a short meditation, in which I try to focus on my breathing for one excruciatingly long minute.

"How was that?" he asks.

"Boring," I respond.

"This is the problem," he says, peering over his glasses at me. "Relaxing is boring; sleep is a necessary evil."

Over the next two days, I attend several more classes that are extended variations on meditation and CBT, and, in one terrifying lecture, Dr. Phil Eichling, the Ranch's sleep specialist, succeeds in convincing me of something where all of my friends have failed. He gives us a stern talking-to about the "half-life" of caffeine, which is about seven hours. This means there is still half a serving of caffeine in your blood seven hours after your first latte, and an eighth of a serving is still there the next morning. Turns out that what I thought was a reasonable intake–about three servings of coffee before 2 p.m.–means that I constantly have caffeine in my system.

"NO MORE STARBUCKS," I scrawl in my notes.

Back from the Ranch, I faithfully slash my coffee intake, turn the clock to the wall, and do the stupid, boring meditations when I'm lying awake in bed, obsessing about how tired I'm going to be tomorrow, and/or planning to kill Jason (who's snoring)–or myself, whichever is more convenient. I start to take my drugs less often as I slowly regain confidence in my ability to sleep. Months later, I'm still struggling, but my pill-popping has dropped to about three times a week, as opposed to five. Most mornings, I triumphantly announce my non-medicated sleeps to my ever-hopeful sleep cheerleader.

"Honey, the Ranch saved me!"

It didn't really, of course. But like any diet, it's a start. □

The next Rest & Rejuvenate week is October 25–31. Visit canyonranch.com.

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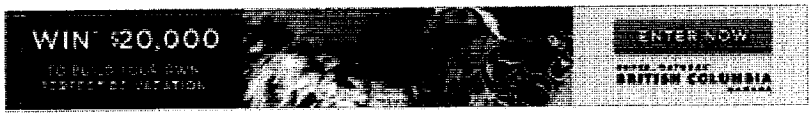

The Skinny on Weight-Loss Vacations

Miriam B. Weiner

1 of 20

Canyon Ranch

Canyon Ranch

According to Mel Zuckerman, founder and chairman of Canyon Ranch, "Losing weight and becoming active changed my life profoundly ... There is no way to exaggerate the difference that sustainable weight loss can make in an individual's health, in how a person feels and what a person can accomplish." During the one- or two-week Weight-Loss Program offered at the resort's Life Enhancement Center, participants learn to make small changes to their daily routine that will yield a healthier lifestyle overall. Members of the program take part in a variety of group fitness activities (including hikes, yoga, Pilates and even Zumba) and dine together on specially prepared, well-balanced meals. Each participant also receives personal consultations with on-site nutritionists and fitness specialists, and is provided with a detailed post-program plan to help them follow through with weight-loss goals after the retreat is over.

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IT'S A NEW DAY

Start Getting Healthier Right Now!

Get a fresh start in 2010! Our PARADE month of makeovers will help you with everything from finances to family. This week, we kick things off with your health. To inspire you, Kaley Cuoco and Johnny Galecki, stars of the hit CBS sitcom "The Big Bang Theory," joined PARADE Contributing Editor Dr. Mark Liponis for a three-day stay at Canyon Ranch Health Resort, where he is the medical director. They were game for some healthy changes. Are you?

Kaley and Johnny are both young and healthy, but they wanted to look and feel even better. So on a brief hiatus recently from shooting their TV show, they visited me in Lenox, Mass. Over a period of three days, we ran tests to check everything from cholesterol to bone density to blood sugar, then gave them advice on health, nutrition, and fitness. Through it all, Kaley and Johnny were great sports. They agreed to share their experiences so that others could benefit from what they learned, too.

How Fast Are You Aging? Take the Quiz!

As actors living in Hollywood, Kaley and Johnny have pretty similar lifestyles these days. But their childhoods were very different, and their backgrounds continue to shape their health—not just through genetics but also through the lessons they learned from their parents. Many factors affect your physical condition, and family background is one of them.

HANDLE STRESS BETTER

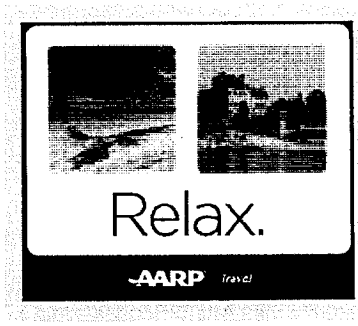
Kaley, 24, grew up in a tight-knit family that valued healthy eating and exercise. When stressed, she's likely to get active—playing with her dogs or riding one of the horses she's had since childhood.

Johnny, 34, grew up in a blue-collar neighborhood outside Chicago. At 15, he left home and headed to L.A. on his own. Now when he's stressed, Johnny tends to reach for a cigarette or an unhealthy snack. To help him learn better ways to cope, we hooked him up to a biofeedback monitor, which works much like a lie-detector test. "Sensors measure a person's physical reaction to stress, and the results appear on a computer screen in real time," explains my colleague Dr. Jeff Rossman. " Johnny's testing showed a strong physiologic response to stress, but he was able to control it using some simple breathing and visualization exercises." Johnny says the experience helped him realize that "it's important to take time for myself and decompress. I like to immerse myself in my work, but I need balance in my life."

6 Secrets to a Longer Life

SAVE YOUR JOINTS

Kaley is in excellent physical shape, but her posture is her Achilles' heel. "It's true," she says. "I told the doctors that my back hurts when I slouch, and they said, 'No, your back hurts *because* you slouch!'" To help her with the problem, physical therapist and physiologist Reba Schecter analyzed Kaley's carriage and movement.



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"Kaley often has pain in her neck and hips, which could be improved by being more mindful of her posture and doing some simple exercises," Schecter says. Additionally, her ankles are rotated slightly inward—a skeletal problem she's had since childhood—which can be corrected with custom inserts (orthotics) in her shoes. We were happy to catch this now, because if left uncorrected it could cause serious joint problems later in life.

8 Ways to Stay Healthy

Schecter helped the actress get comfortable with the feeling of good posture—shoulders back, head up, chin in, and spine straight. "Kaley learned how to take the strain out of her neck by shifting her posture," Schecter says. "She really got the hang of it and felt better almost immediately." Kaley agrees. "Standing straight helps me look taller and more confident," she says. " That's really cool."

GET THE RIGHT NUTRIENTS

Both Kaley and Johnny have struggled with food in the past, so they met with nutritionist Chrissy Wellington to assess their eating habits. Before she began working with her own nutritionist several years ago, Kaley felt like she was constantly grappling with her weight, despite being hungry all the time. She now "grazes" throughout the day to avoid feeling hungry and makes notes about what she eats to stay in control. "It's an everyday battle for me," she says. "I need guidelines."

Johnny has been through several crash diets to slim down for roles, and we saw the effects in his bone-density scores, which were slightly lower than normal. (Smoking also decreases bone density.) These days, Johnny is eating much better. He has become a vegetarian for the most part, though he still eats fish. And he has made other sacrifices, too. "I stopped drinking soda about six weeks ago," he says. "I wanted to make a new health change, so that's what I picked." Wellington applauded him for that but encouraged him to make sure he has breakfast every morning. Eating right after you wake up kick-starts your energy and metabolism and sets a healthy tone for the rest of the day.

Kaley's and Johnny's blood tests looked good overall, though Kaley has an elevated level of a hereditary form of "very bad" cholesterol known as lipoprotein(a), which diet and the addition of a B vitamin can help control. Surprisingly for a guy who lives in sunny Southern California, Johnny is severely deficient in vitamin D. We recommended that he get out of the studio and into the sun more often, and that he take a vitamin-D3 supplement daily. Actually, that's good advice for many people.

PLAN A HEALTHY NEW YEAR

At the end of our long weekend together, Kaley, Johnny, and I reviewed their health plans for the coming year. Kaley's main goals are to improve her posture and lower her levels of lipoprotein(a). She'll continue to exercise and watch what she eats.

Johnny, who's been hooked on cigarettes for 20 years, needs to quit smoking. His lungs already show mild but significant damage. "After talking to the doctors and undergoing lung-capacity tests, it became clear to me that I smoke too much," he says. "That's one of the things I was worried about. But I've been cutting way, way down, and hopefully I'll continue to wean myself off cigarettes until I'm smoke-free. It's definitely time." Johnny is also a terrible snorer and likely has a condition called sleep apnea, which means he stops breathing periodically throughout the night. He could probably benefit from a complete sleep study. But for now he's planning to practice meditation and exercise more. "I need to look at how to best sustain a healthy lifestyle over a long period of time," he says.

After their checkups, Kaley and Johnny had a lot of information to process, but they felt relieved and inspired to make healthier choices in the future. Empower yourself to do the same. Start by talking with your doctor about any concerns you may have, and then determine what you need to work on going forward. Make 2010 your healthiest, happiest year yet.

How do you compare?

Health Measurement	Kaley	Johnny	Desired Range	Your Score
Body-mass index (BMI)	19.9	24.4	Less than 25	
Body fat	22.4%	25.1%	Less than 25%	
Bone density	92%	88%	100%	
Cholesterol	182	203	Less than 200	
HDL ("good") cholesterol	62	63	Over 50	
LDL ("bad") cholesterol	97	119	Less than 100	
Lp(a) ("very bad") cholesterol	12	6	Less than 10	
Triglycerides	119	118	Less than 150	
Vitamin D	32.4	13.4	32–100	
Blood sugar (A1c level)	5.6%	5.6%	Less than 6%	
Blood Pressure	90/60	110/70	Below 130/80	

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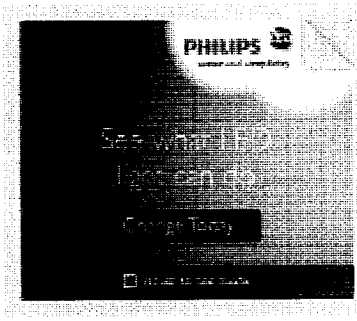

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Your Own Health Makeover

Small steps can make a big difference in your health.

Get a complete checkup. Ask your doctor to help you fill in the above chart. Knowing your numbers tells you the areas in which you need to improve.

De-stress. Try 10 minutes of meditation or yoga. Simple stretches can loosen tense muscles in the neck, back, and legs. Or blow off steam by exercising, dancing—even relaxing in a hot bath.

Stand up straight. If you're a sloucher like Kaley, start by taking a look at yourself in a full-length mirror. Good posture balances the head directly above the neck and a straight spine. Try standing against a wall—the back of your head should be about an inch away, and your shoulder blades and buttocks should touch the wall.

Eat breakfast. Start the day right with fruit, a whole-grain, high-fiber cereal, and a source of protein such as soy milk, eggs, or a protein-powder smoothie.

Take your vitamins. Like Johnny, many of us are deficient in vitamin D and need a D3 supplement. Talk with your doctor.

Stay fit. Make exercise a part of your routine. Just 30 to 40 minutes of physical activity a day will help you stay fit for life.

Watch CBS's *The Early Show* on Monday, 7–9 a.m., for more health advice from Dr. Liponis

You might like:

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posted on 02/07/2012 07:27:PM bmccomb Says:

Truth

to the person who said "Lies" @pjcroad: it is not a 'lie' that he is a vegetarian, there are multiple types of vegetarians and he happens to be a Pescatarian, which means he refrains from eating all 'animal meat and flesh' except for fish.

posted on 10/04/2011 09:52:PM Jdpfister Says:

Kaley smokes

You say Johnny needs to quit smoking. What about Kaley? She is a smoker too. I've seen her smoke in person and also in pictures. Unless she quit already.

posted on 06/27/2011 02:54:PM pjcroad Says:

Lies

Johnny hasn't "become a vegetarian for the most part". He is simply a meat eater who doesn't eat any meat except fish. That's what he should start saying - not "I'm mostly a vegetarian" but "I don't eat any meat except fish". Less confusion.

52 Devotions *and* Stories *to* UPLIFT *and* ENERGIZE Caregivers

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USA TODAY
PUBLISHED BY GANNETT
THURSDAY, SEPTEMBER 6, 1984

USA TODAY Money

COVER STORY

Resorts to keep people thin are in

Folks pay up to $2,000 for a week at the "fat farm"

by Anne L. Adams
USA TODAY

TUCSON, Ariz. — At 6:45 a.m., a group of 40 mostly chubby people gamely try to keep up with the lithe, energetic leader of the morning's two-mile hike. Walking with heart-thumping briskness, their grunts bounce off the mountains that ring the quiet area where the Canyon Ranch Vacation/Fitness Resort is cloistered.

Fifteen minutes later, the first burst of enthusiasm is waning fast. The sun is merciless. Everyone is sweating buckets, nearly everyone has a cramp in the side. Nobody is smiling–except for the second hatefully slender, unbearably cheerful Canyon Ranch fitness instructor who brings up the rear. She is not only smiling, she's not even winded.

It's her job to coax the stragglers, gently, keep them from taking shortcuts, praise their progress and stroke their egos.

Every week, hundreds of ranch guests gladly fork over between $1,000 and $1,500 to exercise relentlessly, eat like birds and perspire profusely in order to lose weight, get fit and learn how to stay that way.

Canyon Ranch is only one of dozens of fitness resorts–"fat farms," in common parlance–that have sprung up across the USA in the past five years. Everyone from hotelier to fitness evangelist is getting in on the act. Spas, whether adjuncts to condominium developments and inns or pure fitness retreats, are the new glamour growth industry.

"The health industry is no longer the small nuts-and-berries fat farm," says Edward J. Safdie, a commercial real estate developer specializing in spa management consuming. "Over the last four years it's become big business."

Safdie estimates that after growing 4% in 1981, 6% in 1982, 9% in 1983, and 11% this year, gross dollar income for the industry in 1984 will reach $1.5 billion. He expects that to reach $2.5 billion to $3 billion in the next decade.

The reason can be found in spa customers like Judee Roth, 31, a corporate consultant from Bloomfield, N.J., who got much more than a week's vacation at Canyon Ranch. "It has helped me change my lifestyle, and I'm going back," she says.

The Edward J. Safdie Group, based in New York City, owns three exclusive spas–in Boyes Hot Springs, Calif.; Arlington, Texas; and Monte Carlo, Monaco. A weeklong stay runs between $1,800 and $2,625, depending on the resort.

Business is so bountiful that Safdie says his goal is 20 spas in the USA and five abroad.

Yet starting a spa is a risky proposition that, despite the fancy fees, yields a barely respectable 12% to 14% return on equity, developers say.

"Small" business

MEL ZUCKERMAN: Born-again fitness zealot will spend $5 million to run his Canyon Ranch resort this year.

Leaving fat down on the farm

Our desire to shed excess baggage has resulted in lucrative businesses for "fat farm" owners. Here's a look at the 4½-year-old Canyon Ranch Vacation/Fitness Resort in Tucson, Ariz.

Canyon Ranch Spa

Facilities	lodge, 28,000 square-foot building, guest rooms, tennis, racquetball courts on 68 acres.
Average number of guests	105 to 110 a day
Average weight loss	3 to 10 pounds
Average stay	one week
Meals (three a day)	800 calories (total)
Cost	$875 to $1,460 a week

That figure, though, doesn't include secondary revenue sources. Selling specially labeled beauty creams, robes and towels generates between $250,000 and $500,000 for the larger spas, estimates Judy Singer, co-owner of Health Fitness Dynamics Inc., a Pompano Beach, Fla., consulting firm.

Singer and her partner, Patty Monteson, say spas need three essential elements:

- A sound exercise program run by well-trained professionals.
- Appealing, nutritious, calorie-controlled meals.
- Extras such as fitness, massage and beauty services and figure and wardrobe analysis.

The trend is away from the starvation farm or the ladies-only pamper palace. Most of the new spas focus on "wellness" and stress control, aiming for the $50,000-annual-income market, especially 35-to-45-year-old executives, male and female, Singer says. Most generally charge $900 to $1,500 a week.

Safdie, whose spas cater to the very wealthy, says his clients are in the $85,000 income bracket and spend 5% of that staying fit.

In this industry of privately held firms, Singer and Monteson can only estimate costs. But they figure spa construction runs about $80 a square foot. Personnel–instructors, nutritionists, and psychologists–eats up 33% to 37% of an operating budget. Kitchen staff takes another 30%, and food takes 18% to 40% of the total.

"It'll cost about $5 million to run Canyon Ranch this year," figures Mel Zuckerman, the resort's 56-year-old founder.

About $2.25 million of that will go for salaries and wages for the Ranch's 140 full-time and 75 part-time employees. Above all, these resorts are labor-intensive.

"We'll average 12% to 14% return on equity," he confides.

And because he considers staff morale and dedication critical to the guests' happiness, Zuckerman distributes 75% of the ranch's substantial profits to employees, 25% to management.

Five years ago things didn't look so promising. Zuckerman, a born-again fitness zealot, couldn't get conventional financing for his dream resort. So he scraped together $7 million and converted a defunct dude ranch in the middle of the Arizona desert into a lavishly landscaped, comfortable lodge with a state-of-the-art spa.

"I ended up completing this project $2 million in the hole," Zuckerman, an accountant and builder, recalls with a shudder. "Occupancy the first year was 22%, and we lost $1 million."

The empty-room syndrome is common for new spas. Operators need enough capital to carry the operation for the first three years, says Jerry Kaufman of The Heartland fitness resort in Gilman, Ill.

Owners have to tough it out until they establish a good reputation. "That's what brings the guests in. All the advertising in the world won't make a difference. It's word of mouth," says Kaufman, who charges between $900 and $1,600 in peak season, and needs 12 to 13 guests 50 weeks a year to break even.

Wary of the risk, Kaufman got 12 to 15 investors to purchase and remodel a 12,000 square-foot mansion and convert a barn on 30 wooded acres. The Heartland, 1½ hours from Chicago, accepts just 28 guests and supplies gym clothes, robes and towels, besides meals, daily massages, and a rigorous program.

Jimmy LeSage's far more modest retreat, New Life Spa Program in Stratton Mountain, Vt., costs $900 a week. The 7-year-old operation is housed in a ski lodge. "I don't have massive overhead because I rent," said LeSage, 34, a 1960s radical-turned-yoga guru. The facilities are simple, equipment minimal. It's the program of workouts, lectures, and an 800-calorie-a-day menu that keeps his 30-guest spa at 100% occupancy.

But he's made money only in the past three years; most of it he plows back into the business. "My goal is to earn 30 to 35% on my investment and still give people a fitness bargain."

Most spa guests think that's what they're getting. Carol Luther, 37, public affairs manager for Frontier Airlines, went from 147 pounds to 127 in two Canyon Ranch visits. "I'd love to go again if I could afford to," she says, then reconsiders. "No, I'm definitely going again."

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SOFTENED FOR THE SELL

You're at a spa, so you can relax. Right? Not totally. You might need some energy to deal with a sales onslaught.

I recently walked into a day spa to splurge on a facial, manicure, and massage. I walked out with a bag brimming with things I didn't really need, including a $49.50 squirrel-hair makeup brush. I'm not normally gullible, so what happened to make me such easy prey?

"The more you touch a person, the better your chances for a sale. You were touched for two hours. No wonder you were vulnerable," says massage therapist Steve Capellini, author of *Massage for Dummies*.

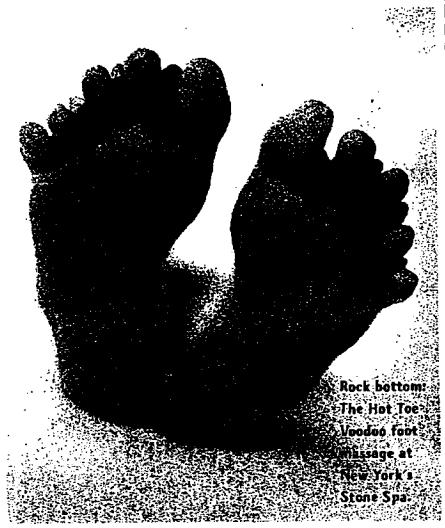
Of course, not all spas spring the hard sell—some even take pride in not pushing products. Nevertheless:

- Decide what you're going to spend beforehand; stick to it.
- Know that "day of beauty" packages are good deals—several treatments for less than the à la carte cost—but some spas try to make the money back in product sales.
- Beware the "free" makeup or hair consultation; it inevitably segues into product recommendations.
- Don't buy products right after treatments; instead, request samples and recommendations in writing. Return later, after you've had a chance to decide what you really want.

—*Norie Quintos Danyliw*

SPAS DAY

RECOMMENDED BY OUR EXPERTS, these day spas vary widely in their offerings: Some specialize exclusively in the pampering aspects of spa life while others incorporate fitness options. All provide a nice break from daily routine or away-from-home business, be it for an hour, a half day, or a full day.



Rock bottom: The Hot Toe Voodoo foot massage at New York's Stone Spa.

ATLANTA, GA
Spa at Peachtree Center Athletic Club 227 Courtland St.; 404-523-3833.

BOSTON, MA
Candela Day Spa and Salon 28 Arlington St.; 617-426-6999.
Rowes Wharf Health Club and Day Spa 70 Rowes Wharf; 617-439-3914.

CHICAGO, IL
Channing's Day Spa 54 E. Oak St.; 312-752-3600.

DALLAS, TX
The Greenhouse Spa 5560 W. Lovers Lane; 214-654-9800.
The Spa at the Crescent 9400 Crescent Ct.; 214-871-3232.

LAS VEGAS, NV
Canyon Ranch Spaclub at the Venetian 3355 Las Vegas Blvd. S.; 877-220-2688.

LOS ANGELES, CA
Connie Steven's Garden Sanctuary 426 S. Robertson Blvd.; 310-288-3024.
The Body Clinic 8820 S. Sepulveda Blvd.; 310-568-0303.

MIAMI, FL
Agua Spa at the Delano 1685 Collins Ave.; 305-674-6100.

NEW ORLEANS, LA
Bodyjoys Spa & Salon 3423 St. Charles Ave.; 504-895-4400.

NEW YORK, NY
Avon Centre Spa & Salon 725 Fifth Ave.; 212-755-2866.
Helena Rubinstein Beauty Gallery & Spa 135 Spring St.; 212-343-9963.
Stone Spa 104 W. 14th St.; 212-741-8881.

PHILADELPHIA, PA
Toppers Spa Salon 117 19th St.; 215-496-9966.

PORTLAND, OR
Paradise Day Spa and Salon 2905 NE Broadway; 503-287-7977.

SAN FRANCISCO, CA
Kabuki Springs & Spa 1750 Geary Blvd.; 415-922-6000.
Mister Lee Beauty, Hair & Health Spa 834 Jones St.; 415-474-6002.

SANTA FE, NM
Ten Thousand Waves Japanese Health Spa 3451 Hyde Park Rd.; 505-982-9304.

SEATTLE, WA
Gene Juarez Salon & Spa 601 Pine St.; 206-326-6000.

STAMFORD, CT
Noelle Spa for Beauty and Wellness 1100 High Ridge Rd.; 203-322-3445.

WASHINGTON, DC
Elizabeth Arden Red Door Salon & Spa 5225 Wisc. Ave. NW; 202-362-9890.
The Four Seasons Health Club & Spa 2800 Penn. Ave. NW; 202-944-2022.

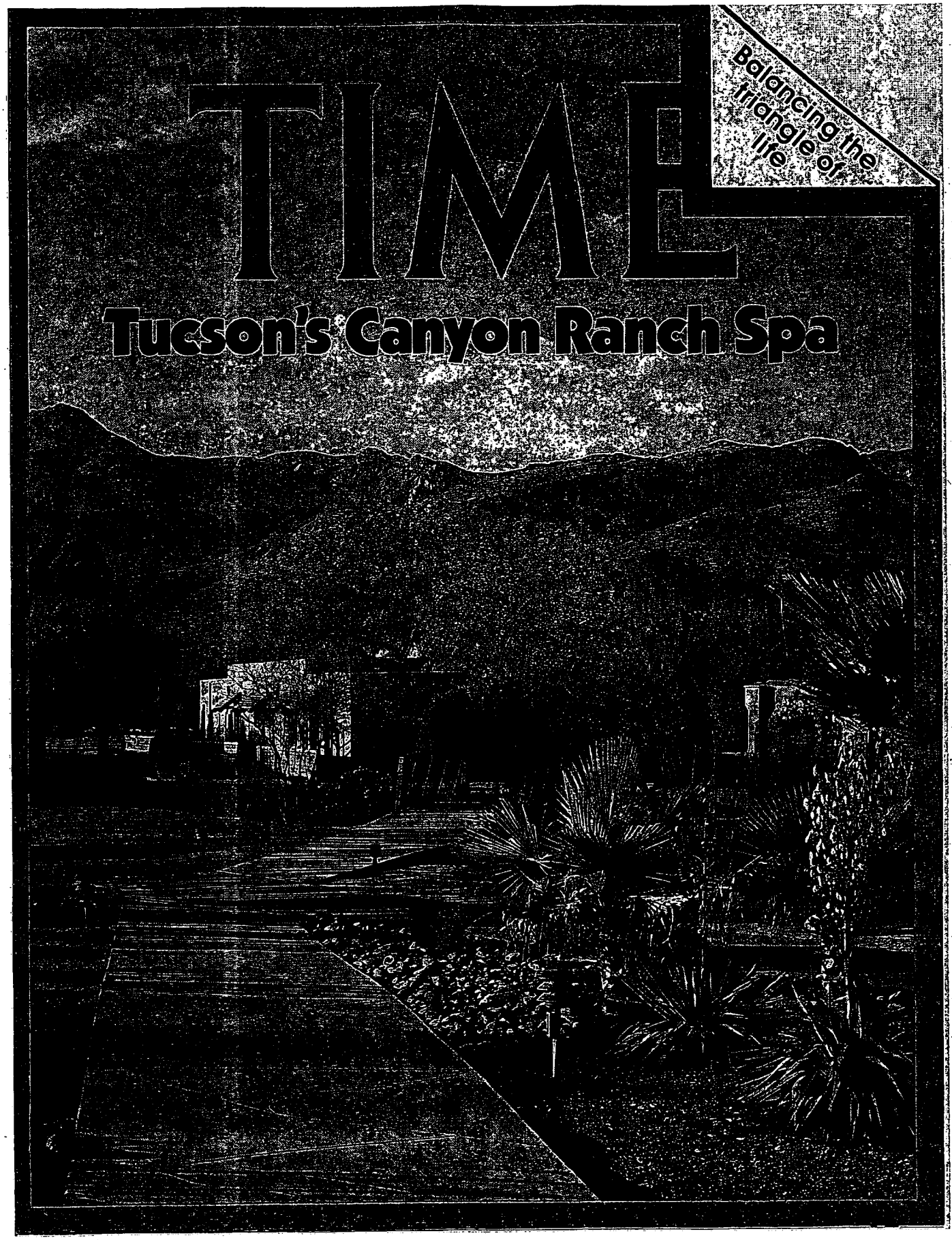
SUSAN O'KEEFE *is a researcher-writer at* TRAVELER.

TRAVELER ONLINE
Get links to TRAVELER's top spa sites or share thoughts and experiences at *www.ngtraveler.com/us+spas*.

TIME

Tucson's Canyon Ranch Spa

Balancing the triangle of life



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American Scene

In Tucson: Balancing the Triangle of Life

It is late afternoon at Canyon Ranch, "America's first total vacation/fitness resort." The sun slants across the roofs of the patio homes strung out across the desert, tinting the Santa Catalina Mountains, lengthening the shadows of the giant saguaro cacti.

Inside the spa building, in a small windowless room, an uptight burned-out, more fat than fit East Coast Type A female is submitting to an herbal wrap. A cup of alfalfa-mint tea precedes mummification. She sweats to the faint chimes of music to relax and meditate by. "The East Coast Type A resents being told to relax. The ranch's resident psychotherapist, Richard ("Bud") Murphy, will later tell her. "Many people come here seeking withdrawal from something—food, a bad marriage, personal problems, smoking—but they feel ambivalent and resist change."

Dee Trayers leading an exercise class at Canyon Ranch in Tucson: "Remember to breathe!"

Linda, the wrapper, is soothing. "Of course you have a headache, you are withdrawing from caffeine and salt," she explains. "The wrap is drawing the toxins out of your body, you are beginning to balance the triangle of life: the body, mind and spirit."

The wrappee glowers ambivalently. She rejects toxins and triangles, and even people who jog, and meditates stubbornly on chocolate nut crunch, red meat and salted popcorn. She is intensely aware that it is impossible to smoke while the hands are bound across the chest by hot herb-soaked sheets.

In the lobby, a small group of newcomers ignore the desert vistas and seek out the nurse, the herbalist, the dietician, the three pools, four racquet-ball courts, six tennis courts and beauty salon. They disperse to the appropriate locker room where, overdressed in clothes, they encounter the smug incumbents. In the women's room, all physical indignities, personal tribulations and great accomplishments are revealed and shared. Shelly, a Chicago mother of two and an architecture student, says, "Being here is most akin to the experience of having a baby."

The ranch is very laid back, so first names are the style. Within hours everyone knows that Marvin the doctor flunked Smokenders and needs encouragement, Carol is going through a difficult divorce and needs to be taken care of, Jessie is nearly 70 and loves exercise classes. Another Carol, an inner-city emergency-room nurse from the Midwest, cannot trust herself with a handful of change near a candy machine. The couple from Park Avenue play backgammon at 7 in the morning; the amiable rotund man is a rock musician, and the lithe woman with him is his secretary, who considerately flew in yet another woman, his girlfriend, as a reward.

The three women from Tulsa look like teen-agers but are actually in their 30s and mothers of three children each. Marilynn, a wife, mother, student, is ecstatic to be here alone. "I've never had a room of my own before." The mother and daughter with matching sulks are inveterate spa-hoppers. They are accustomed to the pamper places, where guests are practically carried to exercise class, and they find life at Canyon Ranch irritatingly spartan. They are especially cross about being asked to think. "We have to choose our own classes here," whines one. The quiet blond in the corner has been here for six months and has lost 100 lbs. The pounds, sad to say, do not come cheap. Canyon Ranch is not wildly expensive as such spas go, but it still costs about $1,000 a week during the peak season.

About 80 guests, a quarter of them male, gather in the clubhouse for cocktails (Perrier and bitters), then dinner (*coq au vin*, 227 calories). Conversation immediately turns to food. "Frozen Milky Way," intones East Coast Type A. A short, wistful silence. "Frozen Haagen-Dazs," invokes Marilynn. All furiously chew their detoxifying greens. "But," says Marilynn, "everyone knows that frozen things have no calories, right?" The table breaks up laughing.

Wholesome fun continues after dinner. Most people go to sleep, some smoke contentiously, and a small band of merrymakers try bingo. The game is disturbed by a trio of bicoastal Type A males who cry, "Cheat! Cheat!" and refuse to play unless they can win the Canyon Ranch tractor hat. Earlier, they were seen calling their offices for an adrenaline fix before they had even checked in. One of them is already in the lobby inquiring about the last plane to Burbank.

The next morning, at 7 sharp, the group divides by energy level, either for a Vigorous Morning Walk or a slightly less robust Awake and Aware Walk. At 8 a.m. the marginally intrepid set out for a hike in the desert, marching spryly behind Phyllis Hochman, a former New York City schoolteacher who has, she says, achieved her private fantasy and become "the only middle-aged Jewish female trail leader in the West."

The balky bicoastal trio prove predictably inelastic in Men's Stretch, their first class. "Men are not as flexible as women," says the instructor encouragingly. Few women are as flexible as the instructors, who are all shimmeringly sleek, exotically turned out in leotard and legwarmer ensembles, and able to lie on their sides and circle one leg in the air hundreds of times without getting cramps.

"Remember to breathe," shouts Dee Trayers, as the people in her class turn scarlet from the effort. A great gasp goes up. They had, indeed, forgotten to breathe. Still glowing, they head for a juice break. Deprivation seems to produce a high level of camaraderie; many people can spend half an hour eagerly discussing the best way to enjoy drinking one quarter cup of tomato juice.

All day the bicoastal trio stubbornly cling to their surplus pounds. They skip yoga ("Imagine you're a pink cloud," urges the teacher). They miss pool exercises, which involve strenuous efforts to drown plastic balls by pushing them down, "aaand down," "aaand harder again." During Shintaido, an unlikely hybrid of martial arts and modern dance that starts with an excruciating series of

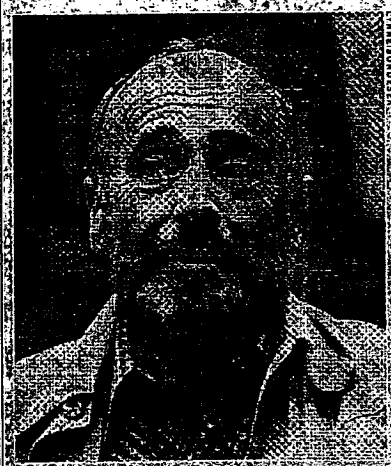
CR001800

"I Want To Feel Like This Forever"

froglike hops, the trio sit in the lobby complaining. They are wondering about flights to Las Vegas when Karma Kientzler finds them.

Karma is the physical fitness guru of Canyon Ranch. Named Karma 39 years ago by her wonderfully prescient father, she loves her work, loves the aura and tranquillity of the ranch, and loves the guests no matter what. "You are carrying a lot of anger," she advises the grumblers. They melt at once. "I'm 63. I'm an old fat smoker. I'm out of control," explodes the most discontented. "Awww," coos Karma, "you need some warm fuzzy." The man retires peacefully dreaming of a massage.

Mel Zuckerman, super Type A, has a massage every afternoon. "That's why I built this place," he says. Zuckerman loves to tell the story. There he was in 1978, nearly 50 years old, a fat, rich real estate developer with high blood pressure who was reaching the dispiriting conclusion that this "was the prime of my life, and it wasn't so great." Then he went to a



Founder Mel Zuckerman: "A whole new life"

California spa and experienced a natural high for the first time in my life." So, with his wife Enid, he bought an old dude ranch, spent $6.8 million converting it and now says, "It's a whole new life."

Not entirely. Next door to the ranch, Mel, the hard-driving relaxer, is tearing up the desert to make room for a Canyon Ranch town-house development.

The East Coast Type A female is no longer interested in such dichotomies. She is interested in cardiovascular improvement, multistriped leotards and having her hands and feet tucked into warm moisturizing mittens at the facial salon. The life of the body seems by and large much pleasanter than the life of the mind. Laboring through her fifth exercise class of the day, East Coast Type A puffs, "shoo shoo" in response to a dazzlingly fit former cheerleader's exhortation to "blow it out." The formerly flaccid Type A has lost 5 lbs. and 3 in. She has stopped smoking, and can jog for 20 minutes. She agrees with Mel: "I want to feel like this forever."

—By Jane O'Reilly

USA TODAY
PUBLISHED BY GANNETT
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COVER STORY

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Folks pay up to $2,000 for a week at the "fat farm"

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USA TODAY

TUCSON, Ariz. — At 6:45 a.m., a group of 40 mostly chubby people gamely try to keep up with the lithe, energetic leader of the morning's two-mile hike. Walking with heart-thumping briskness, their grunts bounce off the mountains that ring the quiet area where the Canyon Ranch Vacation/Fitness Resort is cloistered.

Fifteen minutes later, the first burst of enthusiasm is waning fast. The sun is merciless. Everyone is sweating buckets, nearly everyone has a cramp in the side. Nobody is smiling—except for the second hatefully slender, unbearably cheerful Canyon Ranch fitness instructor who brings up the rear. She is not only smiling, she's not even winded.

It's her job to coax the stragglers, gently, keep them from taking shortcuts, praise their progress and stroke their egos.

Every week, hundreds of ranch guests gladly fork over between $1,000 and $1,500 to exercise relentlessly, eat like birds and perspire profusely in order to lose weight, get fit and learn how to stay that way.

Canyon Ranch is only one of dozens of fitness resorts—"fat farms," in common parlance—that have sprung up across the USA in the past five years. Everyone from hotelier to fitness evangelist is getting in on the act. Spas, whether adjuncts to condominium developments and inns, or pure fitness retreats, are the new glamour growth industry.

"The health industry is no longer the small nuts-and-berries fat farm," says Edward J. Safdie, a commercial real estate developer specializing in spa management consuming. "Over the last four years it's become big business."

Safdie estimates that after growing 4% in 1981, 6% in 1982, 9% in 1983, and 11% this year, gross dollar income for the industry in 1984 will reach $1.5 billion. He expects that to reach $2.5 billion to $3 billion in the next decade.

The reason can be found in spa customers like Judee Roth, 31, a corporate consultant from Bloomfield, N.J., who got much more than a week's vacation at Canyon Ranch. "It has helped me change my lifestyle, and I'm going back," she says.

The Edward J. Safdie Group, based in New York City, owns three exclusive spas—in Boyes Hot Springs, Calif.; Arlington, Texas; and Monte Carlo, Monaco. A weeklong stay runs between $1,800 and $2,625, depending on the resort.

Business is so bountiful that Safdie says his goal is 20 spas in the USA and five abroad.

Yet starting a spa is a risky proposition that, despite the fancy fees, yields a barely respectable 12% to 14% return on equity, developers say.

That figure, though, doesn't include secondary revenue sources. Selling specially-labeled beauty creams, robes and towels generates between $250,000 and $500,000 for the larger spas, estimates Judy Singer, co-owner of Health Fitness Dynamics Inc., a Pompano Beach, Fla., consulting firm.

Singer and her partner, Patty Monteson, say spas need three essential elements:

- A sound exercise program run by well-trained professionals.
- Appealing, nutritious, calorie-controlled meals.
- Extras such as fitness, massage and beauty services and figure and wardrobe analysis.

The trend is away from the starvation farm or the ladies-only pamper palace. Most of the new spas focus on "wellness" and stress control, aiming for the $50,000-annual-income market, especially 35-to-45-year-old executives, male and female, Singer says. Most generally charge $900 to $1,500 a week.

Safdie, whose spas cater to the very wealthy, says his clients are in the $85,000 income bracket and spend 5% of that staying fit.

In this industry of privately-held firms, Singer and Monteson can only estimate costs. But they figure spa construction runs about $80 a square foot. Personnel—instructors, nutritionists, and psychologists—eats up 33% to 37% of an operating budget. Kitchen staff takes another 30%, and food takes 18% to 40% of the total.

"It'll cost about $5 million to run Canyon Ranch this year," figures Mel Zuckerman, the resort's 56-year-old founder.

About $2.25 million of that will go for salaries and wages for the Ranch's 140 full-time and 75 part-time employees. Above all, these resorts are labor-intensive.

"We'll average 12% to 14% return on equity," he confides.

And because he considers staff morale and dedication critical to the guests' happiness, Zuckerman distributes 75% of the ranch's substantial profits to employees, 25% to management.

Five years ago things didn't look so promising. Zuckerman, a born-again fitness zealot, couldn't get conventional financing for his dream resort. So he scraped together $7 million and converted a defunct dude ranch in the middle of the Arizona desert into a lavishly landscaped, comfortable lodge with a state-of-the-art spa.

"I ended up completing this project $2 million in the hole," Zuckerman, an accountant and builder, recalls with a shudder. "Occupancy the first year was 22%, and we lost $1 million."

The empty-room syndrome is common for new spas. Operators need enough capital to carry the operation for the first three years, says Jerry Kaufman of The Heartland fitness resort in Gilman, Ill.

Owners have to tough it out until they establish a good reputation. "That's what brings the guests in. All the advertising in the world won't make a difference. It's word of mouth," says Kaufman, who charges between $900 and $1,600 in peak season and needs 12 to 13 guests 50 weeks a year to break even.

Wary of the risk, Kaufman got 12 to 15 investors to purchase and remodel a 12,000 square-foot mansion and convert a barn on 30 wooded acres. The Heartland, 1½ hours from Chicago, accepts just 28 guests and supplies gym clothes, robes and towels, besides meals, daily massages, and a rigorous program.

Jimmy LeSage's far more modest retreat, New Life Spa Program in Stratton Mountain, Vt., costs $900 a week. The 7-year-old operation is housed in a ski lodge. "I don't have massive overhead because I rent," said LeSage, 34, a 1960s radical turned-yoga guru. The facilities are simple, equipment minimal. It's the program of workouts, lectures, and an 800-calorie-a-day menu that keeps his 30-guest spa at 100% occupancy.

But he's made money only in the past three years; most of it he plows back into the business. "My goal is to earn 30 to 35% on my investment and still give people a fitness bargain."

Most spa guests think that's what they're getting. Carol Luther, 37, public affairs manager for Frontier Airlines, went from 147 pounds to 127 in two Canyon Ranch visits. "I'd love to go again if I could afford to," she says, then reconsiders. "No, I'm definitely going again."

"Small" business

MEL ZUCKERMAN: Born-again fitness zealot will spend $5 million to run his Canyon Ranch resort this year.

Leaving fat down on the farm

Our desire to shed excess baggage has resulted in lucrative businesses for "fat farm" owners. Here's a look at the 4½-year-old Canyon Ranch Vacation/Fitness Resort in Tucson, Ariz.

Canyon Ranch Spa

Facilities	lodge, 28,000 square-foot building, guest rooms, tennis, racquetball courts on 68 acres
Average number of guests	105 to 110 a day
Average weight loss	3 to 10 pounds
Average stay	one week
Meals (three a day)	800 calories (total)
Cost	$875 to $1,460 a week

CR001802

BOSTON HERALD

Sunday, January 8, 1995

EASY LIFTING: Get a physical tune-up in one of the exercise rooms at Canyon Ranch.

SHAPE UP: A stay at Canyon Ranch is a retreat for self-improvement and some pampering.

BY RIC BOURIE
Special to the Herald

The throes of winter have not yet descended but don't delude yourself — they will descend.

At the height of winter's siege, a warm beach may be out of reach. You may not have the time to fly off to the Keys or the Caribbean. If you've been saving up your dollars for a snowy day, they can be wisely spent without going near an airplane.

Let your car be your camel. It can deliver you within hours to a spa — a respite from the gloom of New England winter.

Get on the Massachusetts Turnpike in Boston and you can be at Canyon Ranch in the Berkshires in a little more than two hours.

Canyon Ranch has made an art of rejuvenating the body, mind and spirit. Its flagship facility in Tucson, Ariz., opened in 1979. The Berkshires ranch in Lenox opened in 1989 and was built with winter in mind.

It's a big place, consisting of a modern inn, an extensive spa facility and an old mansion, where you can eat meals or relax with a book by the library fireplace.

The buildings are connected by enclosed walkways, so you can put your heavy boots, parka and scarf away for the length of your stay and, if you choose, never get out of the thick terry-cloth robe provided by the locker room attendant.

It's not uncommon to find guests in robes and sandals, wandering down a walkway on their way back from a blissful Shiatsu massage or herbal wrap, gazing out the windows at the snow and making their way to a cooking demonstration, an appointment with an exercise physiologist or back to their rooms for a long winter's nap.

One guest wore her robe to dinner and no one complained.

Until I visited Canyon Ranch, I was convinced spas were only for the wealthy and were peopled with perfect human specimens: lean figures with tight abdomens and buttocks, sculpted biceps, a rippling trapezius.

Canyon Ranch proved me wrong. On my first afternoon, I did see a woman walk by in a full-length mink coat with a tennis racket slung over her shoulder. "Aha," I thought, just as I suspected. But after a few more days there, it became obvious that the Ranch attracts a well-rounded clientele.

Neither the guests nor the staff were perfect specimens. They came in all sizes and shapes. Some were lean and strong but a lot of guests were there to get started on a program of exercise, healthy eating and positive thinking that can help make life easier to handle out in the real, workaday world.

Canyon Ranch is a retreat for self-improvement and pampering. It provides a

physical and psychic tune-up.

And this ranch is not only for young dudes. The facility's array of employees of all adult ages suggested to us that it welcomes guests of any age.

We spent an intensive hour of stretching under the instruction of a fit-looking woman who chose musical accompaniment from the late '50s — the Platters, the Four Freshmen and other long-faded favorites. It was the music she grew up with, she said. She was a grandmother, she told us, and in great shape, we observed.

Canyon Ranch and other spas extract a pretty penny for services rendered. Rates begin at $235 per person per night, or $760 per person for a three-night package. A 50-minute massage at the Lenox spa will cost you $67, a mud treatment $80. A cholesterol evaluation costs $120. An analysis of your posture is $90.

The cost of the massage is not markedly higher than what you'll find elsewhere. The consultations and analyses are pricey, but you'd pay high prices anywhere to consult with a health professional on par with those employed by Canyon Ranch: exercise physiologists, movement therapists, dietitians, physical therapists, psychologists and more.

And though the bill for a stay at Canyon Ranch may seem high, it includes everything: lodging, food, gratuities and a slew of complimentary activities, including all exercise classes. You can stash your wallet with your parka and boots and not look at it until you check out. At meals in the dining room, you'll ponder a menu that lists calories and fat content, not dollars and cents.

After check-in, a stay at Canyon Ranch begins with a tour of the facility. A nurse reviews your medical history, paying special attention to any conditions or limitations you may need to keep aware of when exercising.

A program coordinator then helps plan your stay. The list of offerings at Canyon Ranch is so long and tempting that it can be difficult to decide just how to spend your time. The program coordinator helps you make the right choices, according to your interests and needs.

Should you take the "Back Care and Posture" class or see an exercise physiologist who can analyze your posture and prescribe some exercise for improving it? If you're bogged down in a winter of discontent, maybe you should speak to a therapist about seasonal affective disorder. Instead of taking lunch in the dining room, sit in on a "Lunch & Learn" session, where you watch a chef prepare a nutritional meal. Then eat it. An acupuncture treatment may eliminate all that stress in your shoulders.

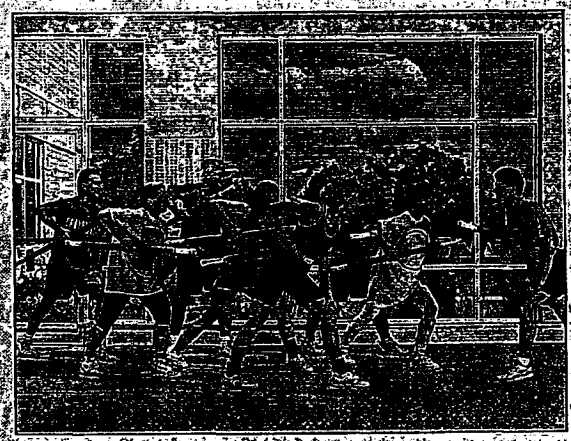
Remember, you've come to the Berkshires, where mills and manufacturing plants have shut down and New Age learning has become one of the region's leading industries. These hills are alive with meditation centers, crystal shops and holistic healers. On the second floor of the mansion, consultations with experts address a score of other subjects: how to stop smoking, relaxation training, dream analysis, emotional healing therapy through hypnosis, assertiveness training, sleep disorders, even life regressions. The list goes on.

There's a long menu of exercise classes to choose from. They run from 8 a.m. to 6 p.m. Open the door to any of the exercise rooms and you might find guests sweating it out in a step aerobics class, sliding back and forth like a speed skater in a slide class, hefting a weighted bar in a body bar class, practicing yoga or meditation relaxation quietly or sparring and jabbing in a Boxercise class.

After the workouts are over, it's time for a shower and your choice of steam bath or sauna. You can soak in a Jacuzzi or sit in the inhalation room, a steam bath with a scent to clear those nasal passages and refresh the lungs.

If you wish to be further pampered, your choices include Swedish and Shiatsu massage, foot massages, sports massages, hydromassage or cranial sacral therapy, an osteopathic technique that uses a light touch and releases tension inside the cranium, spine and sacrum.

You can get wrapped in steamy sheets soaked in herbs to relax your tired joints and sore muscles. During a salt treatment, your body is massaged with salts, steamed with moisturizing herbs, rinsed and oiled. A mud treatment draws impurities out of the body after your body is covered with it and wrapped in warm, dry fabric.



BAR SCENE: Canyon Ranch guests enjoy a fitness class specifically designed for them, using a barbell to build strength.

Massages and other therapeutic treatments, fitness consultations and beauty services are listed on a menu of Spa & Sports services.

There's no extra charge for the exercise classes and many other activities. Sound like a lot to choose from? On a visit the week before Christmas, we spent 90 minutes just planning our three days. Get the menu of activities before you go, then call ahead to plan your stay.

After a few days, your attitude toward winter may change. You may even want to get out on a pair of cross-country skis and glide around the grounds or sign up for an excursion to a downhill or cross-country area.

Guests who stay three nights or longer can get a free weekday ski outing, including a half-day ticket to Butternut Basin in Great Barrington, equipment rental, a one-hour group lesson and transportation. We took a wonderful mountain bike ride on the hilly country roads of Lenox, past colonial homes and estates, a cottage where Nathaniel Hawthorne lived, just across the road from Tanglewood. Another walk took participants to the Norman Rockwell Museum in Stockbridge.

Visitors soon develop a taste for this kind of living. Sitting by a roaring fireplace at Canyon Ranch and stirring a cup of herbal tea with a cinnamon stick after a hard work-out and a foot massage can do wonders for a case of those winter blues.

IF YOU GO

GETTING THERE: Take the Mass. Pike west to Exit 2 in Lee. Follow Route 20 into Lenox, take a left on Route 183 south and another left on Route 7A, Kemble Street.

INFORMATION: Call (800) 742-9000.

Canyon Ranch

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UNITED KINGDOM

DIST 8/18/95

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AUGUST 1995

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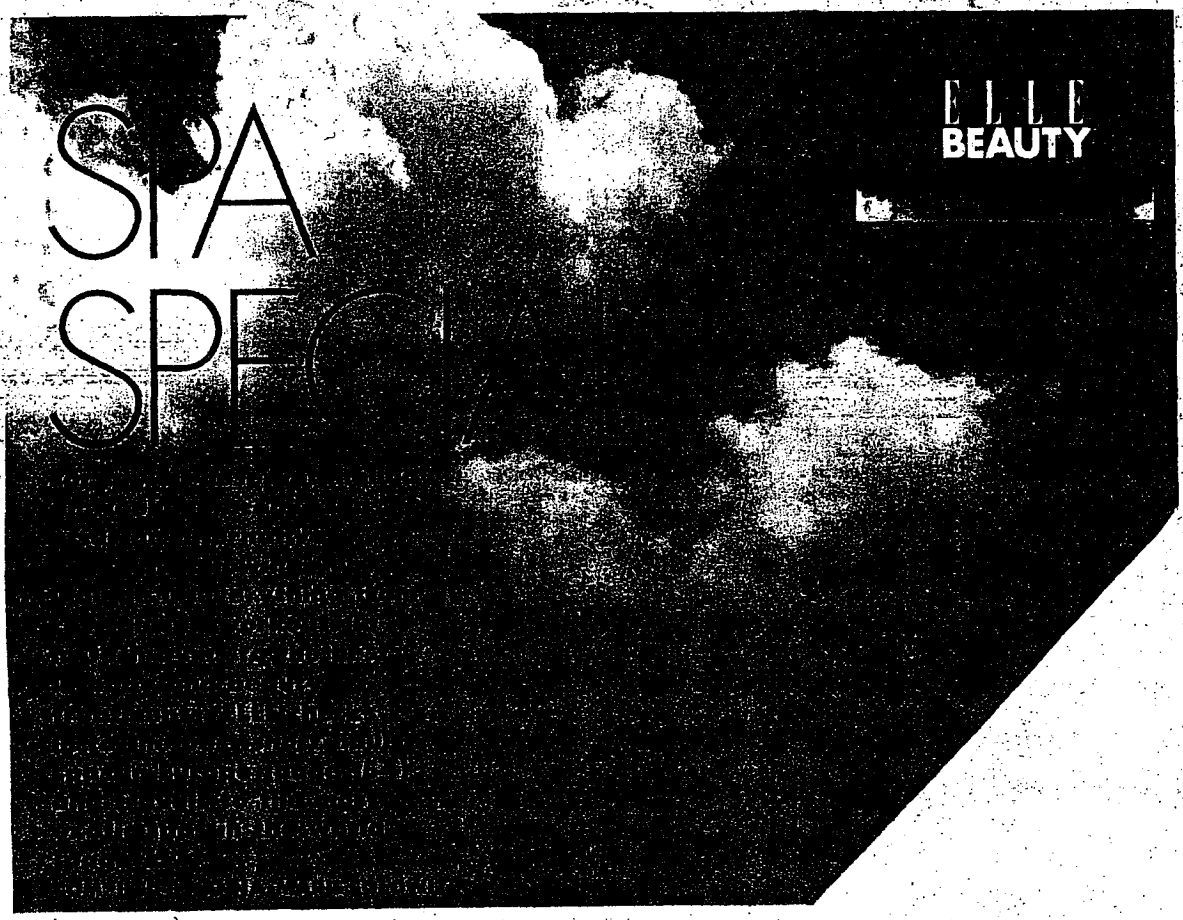


ELLE BEAUTY

SPA SPECIAL

THE WORLD'S

BEST SPAS

CR001805

CANYON RANCH, USA

Focus A complete schooling in well-being, promoting health by focusing on lifestyle. Classes, workshops, lectures and private consultations.

Ambience Spanish colonial-style clubhouse and ultra-modern spa in the heart of the Sonoran Desert, with towering saguaro cacti, mesquite and rabbits set against a backdrop of the Santa Catalina mountains. Bungalow accommodation blends unobtrusively into the magnificent surroundings.

Accommodation Privacy-guaranteed semi-detached bungalows, suites and cottages. Direct-dial telephone, radio, TV and VCR. Bathrooms are spacious and luxurious, with robes and hairdryers.

Clientele About 200 guests, including Christian Slater and Oprah Winfrey, singles and couples, fitness aficionados and novices. I overheard bizarre conversations on why a pet llama needed Prozac and the benefits of being a 'pesce/pollo/ovo-vegetarian', but generally there's a spirit of down-to-earth camaraderie. Many guests return.

Dress code Easy-going casual.

Food Delicious, imaginative and healthy southwestern-style cuisine. The choice is between a 'balanced selection' menu of 1,200 or 1,800 calories per day and extensive a la carte options. Breakfast includes sweet-potato waffles, and cholesterol-friendly (yolk-free) omelettes. Lunch and dinner dishes include oriental noodle salad, sea bass with piquant bell-pepper sauce or maple Dijon chicken. The emphasis is on complex carbohydrates and fibre; pasta is freshly prepared. Desserts such as chocolate mocha mousse make an impressive finale.

Treatments With more than 50 massage therapists, it's surprising how scarce appointments often are (especially from 4-7pm). Forward planning is essential, as you will need treatments after a hard day of activity. Outdoor afternoon massage is a good option. My Swedish massage was deep as requested, relieving my aching muscles. Other therapies include reflexology and Shiatsu. Herbal wraps, hydromassage and mud treatments are excellent. Locker room talk voted the salt treatment as the definitive body polish. Beauty treatments include aloe-algae or freeze masks and in-depth or liposomal facials. The glycolic 'anti-ageing' skin treatment is predictably popular.

Fitness Before exercising, guests are assessed by qualified medical staff. There are aerobic and strength-training rooms, seven gymnasiums, a squash court, three racquetball courts, hiking and biking departments, a yoga/meditation dome, sauna and steam rooms, Jacuzzis and private sunbathing areas, three outdoor pools, one indoor pool, and eight outdoor tennis courts. Over 40 fitness classes are available daily: from funk aerobics to country dancing; boxercise to 'walleyball' (volleyball using the court walls). Spiritually-based classes such as t'ai chi and yoga are consistent with the holistic approach. Specialists in sports medicine, women's health and cardiology give consultations with the emphasis on preventative medicine and fitness.

Results I surprised myself by hiking daily and cycling for the first time in 15 years. Not only is this a wonderful holiday but many guests say it has changed their lives.

Rating Feel-good factor★★★★★ Pampering★★★★★ Healthy eating★★★★★ Fitness★★★★★ Treatments★★★★★

DR MICHELLE KOHN

Canyon Ranch, 8600 East Rockliff Rd, Tucson, Arizona 85715, USA, tel (001) 520 749 9000. From £152 a night full-board sharing, including use of spa, classes and lectures. A seven-night package costs from £1,293. Treatments from £22 for a herbal wrap to £57 for hypnotherapy.

BRIAN NICE

HOME-STYLE SPAS

Pamper yourself at home with our DIY spa plan. Plus recipes and tips from the top spas

Breakfast

CANYON RANCH ALPINE MUESLI

Serves 2

- 15g (½ oz) uncooked oats
- 50ml (2fl oz) skimmed milk
- 25ml (1fl oz) very low-fat plain yoghurt
- 50ml (2fl oz) orange juice
- 25g (1oz) ground hazelnuts
- 1 tbsp honey
- 1 small apple
- 1 peach and 1 apricot, finely chopped

SUNDAY SUN-TIMES
CHICAGO, IL
SUNDAY , 531,226

NOV 6 1994

Post-Wedding Winners: 10 Top Romantic Retreats

10/40 By Judi Dash

The following is a subjective list of 10 retreats sure to provide a relaxing, low-key honeymoon.

1. Mackinac Island, Mich. Only horse, bicycle or pedestrian traffic is allowed on this 2,100-acre resort island in the state's far north, most of which is designated as a state park. The chic hotel is the elegant Grand Hotel (906-847-3331), but bed-and-breakfast inns abound as well, including the pretty Bay View B & B (906-847-3295).

Mackinac Island Chamber of Commerce, (906) 847-6418.

2. Stanfordville, N.Y. This rural village near Rhinebeck, a 90-minute drive north from New York City, is all farms (look for the woolly beefalo!) and quiet country roads, perfect for strolling hand in hand.

A fine place to stay is the Lake House (800-726-3323), a four-suite bed-and-breakfast inn on the shores of a seven-acre pond with boating. Each room has a large Jacuzzi, woodburning fireplace and private deck. From the Lake House, it's an easy drive to Rhinebeck for shopping, fine dining or the famous mansions of Hyde Park.

Dutchess County Tourism, (914) 229-0033.

3. Spring Lake, N.J. This beautifully landscaped shore community has an ocean-front boardwalk, tree-shaded paths for strolling and cycling around the town's several lakes and many good cafes. The town is filled with Victorian gingerbread houses; it's a quieter, classier version of Cape May, without the crowds and mini-malls.

Among the 30-some gracious Victorian bed-and-breakfast inns, a favorite is Sea Crest by the Sea, a block from the ocean (800-803-9031).

Spring Lake Chamber of Commerce, (908) 449-0577.

4. Edgartown, Mass. Getting to this small Cape Cod community is half the fun. It's about a 4½-hour drive north from New York to Woods Hole on Cape Cod, then a 45-minute car ferry ride to Vineyard Haven on Matha's Vineyard, and another 15-minute drive to Edgartown. Once home to whaling captains, the village still has loads of 19th-century houses.

The beach outside of town is great for walking, and you can bike around the village, which has neat craft shops and great New England clam chowder at the Wharf Restaurant. Most romantic place to stay is the Charlotte Inn (508-627-4751), a gorgeous retreat in town, with a first-class restaurant and antiques in all the rooms.

Martha's Vineyard Chamber of Commerce, (508) 693-0085.

5. Monhegan Island, Maine. A land of high rocky cliffs, crashing surf, inland forests and artist studios, this one-square-mile island is an hour's mail boat ride from Port Clyde, which is about a 2½-hour drive north from Portland Airport. Occupied year-round by lobstering families, Monhegan is favored in summer by scores of painters and writers, who come for the tranquility and simplicity of life.

There are several rustic accommodations as well as rental cottages. Most comfortable nightly lodgings are at the Island Inn (207-596-0371).

Rockland Area Chamber of Commerce, (207) 596-0376.

6. Little Palm Island, Fla. This five-acre dot of palm-fringed tranquility in the Florida Keys is a 2½-hour drive south from Miami and 15 minutes offshore by schooner. This is dropping out first class: Just 30 luxe suites in 14 oceanfront, thatched cottages—each with a rope hammock for two swinging from coconut palms—make Little Palm Island about as uncrowded as a retreat can get, unless you happen to own your own island.

The indoor-outdoor restaurant is gourmet, but informal; the snorkeling at nearby Looe Key National Marine Sanctuary among the best in American waters; the sunsets are truly dramatic.

Little Palm Island information, (800) 343-8567.

7. Mendocino, Calif. Perched on a heather-covered headland 150 miles north of San Francisco, this is Northern California's artiest oceanside enclave. The wild seascapes and rugged cliffs will make you think you're in coastal Maine—except for the much milder weather and the roadside llama farms.

You'll find quality art galleries on every block, innovative restaurants, and cozy bed-and-breakfast inns. This is the perfect area to come for hiking, canoeing and mountain biking, and you can take weekend art classes year-round at the Mendocino Arts Center.

My favorite place to stay is the Stanford Inn by the Sea (800-331-8884), about a five-minute drive from downtown, which has its own batch of llamas on the premises. Rooms have woodburning stoves and refrigerators, and there's a Champagne continental breakfast every morning and wine and cheese every afternoon.

Fort Bragg-Mendocino Coast Chamber of Commerce, (707) 961-6300.

8. Canyon Ranch Spa, Tucson, Ariz. Considered by many to be the United States' premier health resort, this beautifully landscaped oasis in desert country is a neat option for newlyweds who are fitness buffs. Unlike most spas, which cater mainly to women, the Ranch (800-742-9000) also has aerobics, stretching and sports programs specifically geared to men, but there are numerous coed classes as well.

Couples can get plenty of alone time on walks into the surrounding hills or take jaunts into downtown Tucson to explore the adobe architecture and sample great Mexican food or visit the Saguaro National Monument to see the giant cacti.

Tucson Convention and Visitors Bureau, (800) 638-8350.

9. Jasper, Alberta, Canada. One of western Canada's most beautiful wild areas, Jasper is set in the heart of the Canadian Rockies. All around are the snow-capped peaks and crystalline lakes of Jasper National Park, with abundant wildlife and fine hiking trails. Horseback riding (for beginners as well a experienced equestrians) is a particularly popular sport.

Hands-down winner for a romantic retreat is the Jasper Park Lodge (403-852-3301), a collection of cedar cabins on Lake Beauvert, an evergreen-lined expanse of glacial water, rimmed by a walking path.

Jasper Tourism and Commerce, (403) 852-3858.

10. Peter Island, British Virgin Islands. This private resort island in the Caribbean's British Virgin Islands is a 20-minute guest launch ride across Drake's Channel from Tortola. The resort is set behind palm-fringed white sandy beaches, its pathways ablaze with tropical plants and flowers. The island is criss-crossed with hiking trails and guests have free use of sailboats, kayaks, bicycles, tennis courts and snorkeling equipment.

A particularly romantic package combines a five-night stay at the resort with two nights aboard a private yacht with crew, affording an opportunity to explore Peter Island's coastal expanse from the sea, as well as neighboring islands, including the famous "Baths" rock formations and caves at nearby Virgin Gorda.

Peter Island Resort and Yacht Harbor (800) 346-4451.

CR001807

Healing Vacations

by Christine Lyons

Feeling crummy? Stressed and out of sorts? Find out what ails you on a healing vacation where you can jump-start a healthy life.

Combining exercise and stress-management with pampering and massage, wellness programs in spas and resorts are like healthy boot camps. Some use offbeat European treatments, others mainstream medical and psychological consultations - even surgery - to get you back on track.

Programs range from a fitness frenzy at Canyon Ranch to plastic surgery make-over at L'Aqualigne. Each resort has its magic bullet, focusing on fitness, medical checkups or hard-to-find European therapies.

Focus On Fitness

•**NEW LIFE.** Killington, VT: You'll swear you were in summer camp during this structured week of hiking and holistic programming. Your counselor: Wiry health dynamo Jimmy Le Sage, a psychologist. Activities are planned, meals set before you. Exercise is the key.

At first, out-of-shape recruits drag themselves out on hikes. Encouraged by the others, they grow stronger and a team spirit develops. "It's energized harmony," explained one regular. By Friday, nearly everyone tries to climb the nearby mountain. New Life's 6-day, 5-night package including accommodations and meals, fitness and exercise programs and 2 full-body massages costs $999 per person double occupancy. 800-228-4676.

•**THE HEARTLAND.** Gilman, IL: To get that top-of-the-mountain high here in Midwestern corn country, guests climb trees, hop around in aerobics and go race-walking with an Olympic athlete. Encouraged to set goals, they write confidential letters to themselves that the spa mails back to them six months later. At the end of the week, the venturesome scale a 30-foot pole and walk across a high wire while wearing a safety harness.

It's all part of a program on managing stress with exercise and pampering. "Pampering is therapeutic," explains director Mary Quinn. "It helps you relax." A 5-day stay is $1,375 per person, double occupancy. 800-545-HTLD.

•**NEW AGE.** Neversink, NY: The big challenge here is an Alpine Jungle Gym. Swinging across ropes, balancing on a 6-inch log, adventurers plunge down a mountain on a pully and guy-wire. How does that make you feel better? By showing you can tackle problems, bond with your peers and overcome fear.....if you don't first die from fright.

An eclectic Sullivan Country retreat, New Age offers hands-on healing, herbal medicine and pain prevention. The 5-night Mini-Week package, including meals, lodging, workshops and some treatments runs $825 per person, double occupancy; $1198 single. 800-682-4348.

Mainstream Medical Treatments

• **CANYON RANCH.** Tucson, AZ: This smorgasbord of sports, pampering and medical treatments in the Arizona desert attracts as many men as women. Guests hike, box-exercise and learn to manage everything from stress to the aisles of the grocery store.

Trying to quit smoking, lose weight or deal with chronic health problems? The medically-oriented Life Enhancement Program (LEP) gives guidance in a group setting. The 7-night LEP package includes meals and accommodations, classes and medical work-up with blood and stress tests. $3,368 per person, double occupancy. 800-726-9900.

•**THE GREENBRIER.** White Silver Springs, W. VA: A health resort pioneer, the Greenbrier has a 5-day spa/clinic program that includes lodging, two meals a day, medical and fitness exams, massages and some pampering. $2,300 per person, double or single occupancy. 800-624-6070.

See HEALING VACATIONS, page 8

VOGUE
RUTH BADER GINSBURG: JUSTICE FOR WOMEN
beauty
DECEMBER 1994

DIST. 12/21/94

For the best in old-world pampering, New Age techniques, tennis, golf, hiking, and more, **Wendy Schmid** looks at some top spas stateside

The Ashram You may lose ten to fifteen pounds in a week, but you'll work for it at this no-nonsense health resort. A grueling formula of hiking, yoga, calisthenics, and spartan vegetarian meals (mostly raw) typically begins at 6:00 A.M. and ends at 10:00 P.M. Most of the clothing needed—T-shirts and sweats—is provided; room sharing is expected; and a daily massage is all the pampering you'll get. Call it boot camp or Inward Bound, but 70 percent of the guests opt to return every year or two. Calabasas, CA (818) 222-6900.

Cal-a-Vie Tucked away in the hills above San Diego, this rolling retreat could easily pass for an Italian villa—and that's just the point. Movie moguls, CEOs, and other high-profilers find tranquillity and escape an essential part of the Cal-a-Vie experience. Other key components: stress-busting Boxercise classes; cellulite-reducing Lymphatic Drainage, European facials, and relaxing outdoor aromatherapy massage. Vista, CA (619) 945-2055.

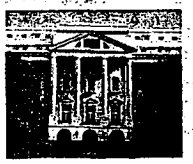
Canyon Ranch Life enhancement is the object at this lush desert spa, which inspires many visitors to make lasting changes. Hiking in the breathtaking Santa Catalina Mountains, taking "healthy" cooking classes, and practicing meditation only serve to reinforce the commitment to lose weight, give up smoking, or just live better. Good news for East Coasters: The same results can be achieved at the Ranch's other location, in the Berkshires. Tucson, AZ; Lenox, MA (800) 726-9900.

Cordillera Snug in the Vail Valley, this resort is a winter wonderland during snow season. Guests can cross-country ski to and from the 28-room château-style lodge and soothe slope-weary muscles with a rejuvenating full-body massage. A great place for a cozy honeymoon or anniversary celebration (luxury suites have their own fireplaces), the Cordillera is equally ideal for hiking, biking, and horseback riding during the warmer months. Edwards, CO (800) 877-3529.

The Doral *Luxury* is the watchword at this oasis-like five-star spa (Ivana's favorite), where rounds of golf, tennis lessons, and health-club workouts are alternated with holistic facials, hydrotherapy, shiatsu, and body gommage (a cleansing and exfoliating treatment). Not to be missed: the world-famous cuisine. Miami, FL (800) 331-7768.

Fisher Island Once a retreat for William K. Vanderbilt, this ultraexclusive island spa is now a well-kept secret for a select few. Five to ten guests a week enjoy the Mediterranean-style complex off Biscayne Bay, complete with world-class racquet facilities, a nine-hole golf course, and a mile-long beach of Bahama-imported white sand. For the ultimate indulgence, reserve the spa's private suite for a full day of one-on-one beauty treatments. Fisher Island, FL (800) 537-3708.

Golden Door As far as the pleasure quotient goes, this number-one-rated spa is the antithesis of the Ashram, but the results may in fact be the same: a calm mind, a fit body. Stress evaporates inside the soothing Japanese-designed sanctuary, where breakfast is served in bed, exercise programs are tailored to individual needs, and beauty treatments and healing meditation go hand in hand. Even the produce—organically grown on the premises—is untainted by the outside world. (Traditionally a women-only spa,



The Greenbrier So regal is the Greenbrier—founded in 1778 on 6,500 acres—that it looks more like the White House than a state-of-the-art spa. Suites with names like the Congressional or the Presidential support the feeling of old-world grandeur, but high-tech fitness fans will love the thoroughly modern facilities. Take the waters at the natural-mineral springs; ride; skeet shoot; or just relax on the Georgian porch. White Sulphur Springs, WV (800) 624-6070.

The Greenhouse Get ready for white-glove service at this private, for-women-only spa down south. Wellness and the mind-body connection are stressed through New Age techniques like t'ai chi, yogarobics, and Watsu (healing underwater massage); the healthy cuisine is as highly rated as top restaurant fare; and throughout your stay, you'll feel thoroughly catered to by your own personalized beauty-treatment team. Arlington, TX (817) 640-4000.

Green Valley Spa & Tennis Resort Tennis rules at this resort nestled amid Utah's red-rock canyons—but not to the exclusion of anything else. Between lessons at the Vic Braden Tennis College, crushed-pearl body rubs, and herbal wraps, there's plenty of time for inner reflection, thanks to the spa's various Native American services. Try Mind Mapping for self-discovery. St. George, UT (800) 237-1068.

La Costa Resort and Spa World-renowned for its two award-winning golf courses, this resort doesn't skimp on sybaritic pleasures. While mornings may be spent fine-tuning your swing, afternoons can be all about hydrating paraffin masks, algae body wraps, Thermal-Moor-Mud therapy, and reflexology. Carlsbad, CA (800) 854-5000.

The Peaks at Telluride With its scenic mountain views and clean air, Telluride is becoming the getaway of choice for celebrities. Some come just to experience the restorative spa at the Peaks. Rocky Mountain wildflowers, herbs, and botanicals are used in many of the treatments, including the Après Ski/Nature Lover's Facial; Native American rituals have been adapted to harmonize body and spirit; and couples activities—from dual massages to Cybex workouts—are encouraged. Telluride, CO (800) 789-2220.

Post Ranch Inn at Big Sur This rustic, environmentally conscious spa is the place to go for a room with a view. Stay in a "tree house" (built on stilts to protect redwood roots) overlooking the rugged Pacific coastline, and hike, do aerobics, learn to kayak, or go stargazing. Those who really want to get away can opt for treatments in their quarters or make a day of basking in the cliffside pool, merging with sea and sky. Big Sur, CA (408) 667-2200.

Two Bunch Palms Resort & Spa Rumored to have been Al Capone's West Coast fortress in the 1930s, this secluded hideaway now hosts the Hollywood set. Directors, producers, and actors (Jack Nicholson for one) enjoy the private bungalows, rock grotto pools, Clay Cabana Mudbaths (seen in *The Player*), and organic skin peels. For total well being, Polarity Therapy is said to get your energy currents back in sync.

IN THE MONEY

HIDING IN PLAIN SIGHT

Thomas Baccei's baffling 3-D puzzles never stop playing tricks on the eye

WOW—THAT'S SO *TRIPPY!*"

"What?"

"The boxing kangaroos."

"Where?"

"Right there—in the middle of the picture."

"What are you on? All I see is a jumble of color."

"Hold the picture up close. Now slowly move it away. Don't focus. Concentrate. Look *beyond* the surface. You'll see."

"Wow! *Boxing kangaroos!*"

So goes a typical encounter over one of the three-dimensional puzzles in Thomas Baccei's best-seller *Magic Eye*, a book that is as baffling to some readers—or, if you will, gazers—as it is delightful to others. Solving Baccei's 3-D puzzles requires viewers to play a Zen-like trick on their own eyes. Three-D images hidden within a chaotic, Rorschach swirl of color can only be seen by *not* looking; viewers must allow their vision to blur in order to perceive the hidden image. But the payoff—a map of the world, say, materializing on a page full of tiny photos of children's faces—is an eye-popping surprise.

"I call it the Eureka moment when that happens," says Baccei (pronounced bah-CHAY), 50, the computer artist whose penchant for 3-D visuals has spawned a $200 million global industry. *Magic Eye* and its sequel, *Magic Eye II*, both published this year, zoomed up the *New York Times* best-seller list—the first volume sold more than 1 million copies in six months—and *Magic Eye III* hit the stores in September. Now Baccei's 3-D images are popping out on postcards, mugs, lunch boxes and posters.

Working out of a small office and warehouse in a bland industrial park

Photographs by Peter Serling

COMPUTER ART BY TOM BACCEI

just outside Boston, Baccei and his staff of seven churn out five to 10 designs weekly, barely enough to meet demand. But capitalizing on the fad he created means hard work. "I try to be generous with my employees," says Baccei. "I hope we can all share in the success. There's only one rule: I make the first million."

An address on Millionaires Row hardly seemed in the cards for Baccei, who grew up in Torrington, a working-class Connecticut mill town. The younger of two sons of an Italian-American lathe operator, Egisto, and his wife, Margaret, a secretary, Baccei describes himself as a lazy and unrepentant underachiever who rarely got a grade higher than a C in school and spent most of his time hanging out. After dropping out of the University of Connecticut in 1965, he was honorably discharged from the Air Force because of poor health four years later. Staying on in Tampa, where he had been stationed, Baccei hung out with a group of would-be filmmakers who cast him as Fred the Hippie in *Sensation Generation*. "I had to lick whipped cream off the breast of a stripper," he says of his brief movie career.

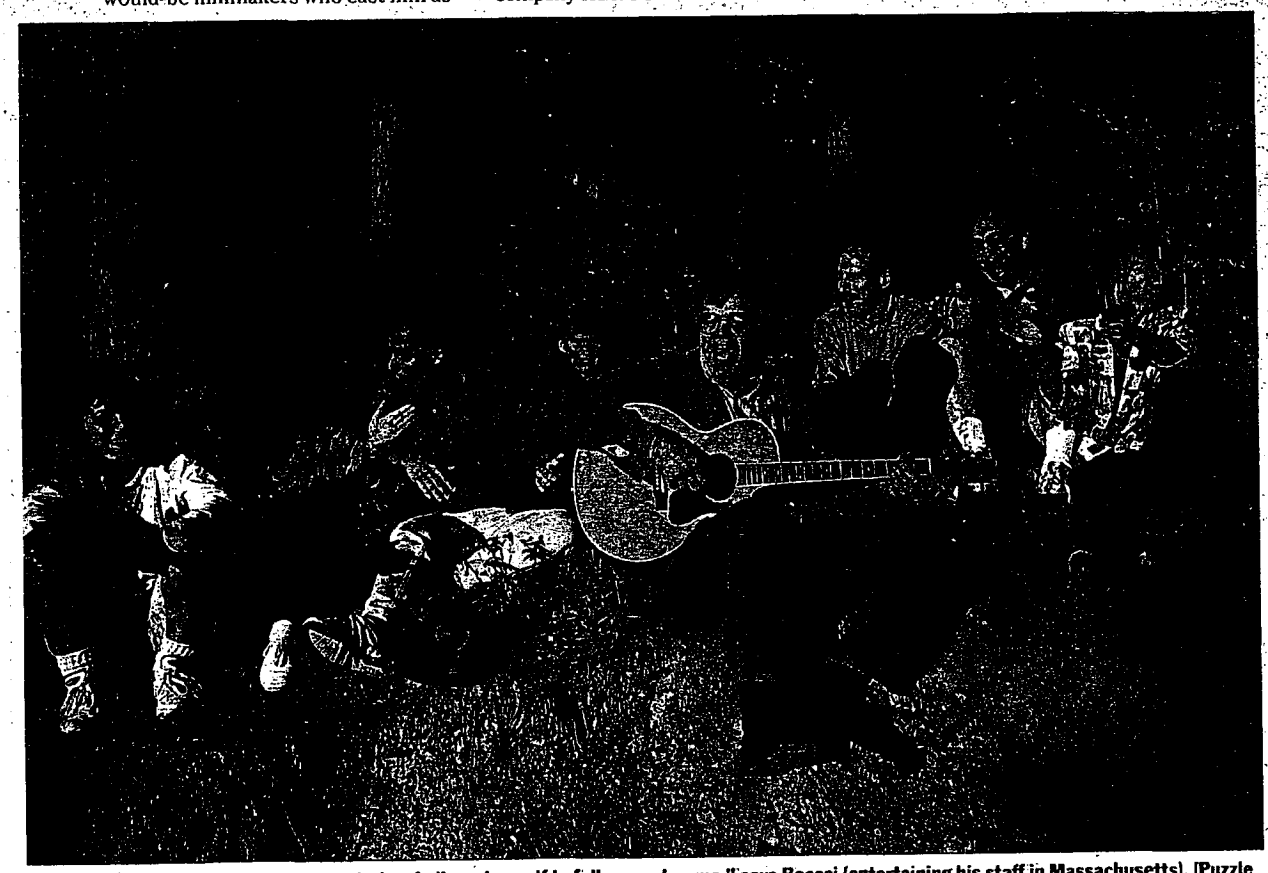
Still fired by a lack of ambition, Baccei moved to Boston, where he worked as a cabinetmaker, sang folk songs in coffeehouses and finally accepted a job teaching troubled students at an alternative school in Roxbury. Four years later, he quit to study computer programming and found his niche. By 1989 he was involved in marketing for the U.S. subsidiary of a British computer company. Then, after a friend told him about 3-D computer-generated "random dot stereograms," Baccei experienced his own Eureka moment. "It blew my mind that there was something new out there I hadn't known about," says Baccei, who created his own 3-D puzzles, which he tested on friends. "My mother did one in 15 seconds or less. It took my father six grim weeks."

In 1991 Baccei set up his own U.S. company for his 3-D merchandise, which was first marketed in Japan. Each puzzle is made up of repetitive images; he and his staff spend as much as three weeks perfecting a puzzle.

The work—Baccei expects to net $5 million this year—doesn't leave much time for his favorite recreations: golf, flying or hanging out in his farmhouse set on seven acres in rural Stow, Mass., 30 miles northwest of Boston. At Canyon Ranch, an Arizona health spa where he spent his first vacation in three years, the 250-pound entrepreneur dropped 15 pounds in an effort to get "back to dating weight."

A lifelong bachelor, Baccei says he's anxious to resume a social life—"It has been difficult to keep one going with this obsession"—but has little time for courting. Does he fear that 3-D puzzles will soon go the way of other great American fads—like, say, pet rocks? Replies Baccei: "Let me just say, we don't expect this to be a pogo stick that hits the ground once."

▪ STEPHEN DOUGHERTY
▪ TOM MORONEY *in Boston*



A "My life started to get good when I allowed myself to follow my dreams," says Baccei (entertaining his staff in Massachusetts). [Puzzle hint: draw two dots at the top of the previous page. Move the page away until the dots blur to three. Now look for Baccei's 3-D "double."]

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Dist 11/30/94

DECEMBER
1994

allure

Vacation Spas

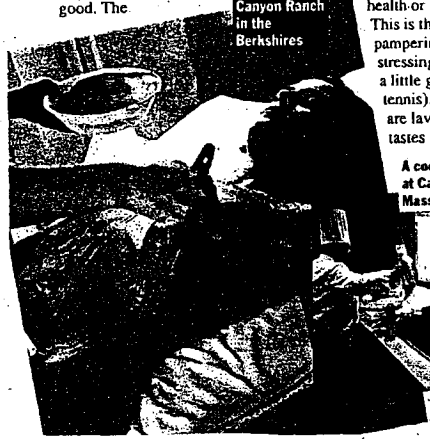
From boot camps to Wild West outposts to luxury retreats, a guide to some of the best spas across the country.

Massachusetts

Canyon Ranch in the Berkshires

If Canyon Ranch in Lenox, Massachusetts, were a car-rental company, its motto would be "We try harder." The spa has to: The Berkshire mountains—a place that conjures up images of autumn leaves, antiques shops, and Edith Wharton—just don't feel like spa country. But it tries: The spa has beefed up its menu of outdoor activities, with kayaking and canoeing in warm weather, cross-country skiing and snowshoeing in winter, and hiking year-round. And unlike most spas, which are content to send guests away just a few pounds lighter, Canyon Ranch aims for reform—serious reform, medical reform. The food is sometimes quite good. The problem is that you can order anything—and everything—and leave a few (unintended) pounds heavier. We just wish the antiseptic guest rooms had a little more New England charm. **Price:** One week off-season, from $2,848; high season, $3,857. Three-night weekend off-season, $1,191; high season, $1,644. **Address:** 165 Kemble St., Lenox. **Phone:** 800-726-9900.

Water games and mountain hikes at the Ashram



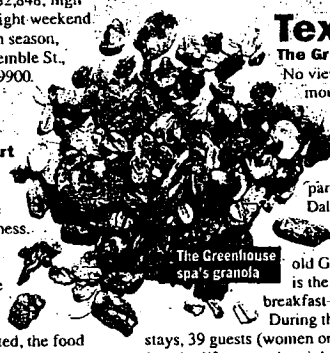
Taking the mud at Canyon Ranch in the Berkshires

A cooking class at Canyon Ranch, Massachusetts

Florida

The Doral Golf Resort and Spa

Few people travel to the Doral for hard-core health or strenuous fitness. This is the place for pampering and de-stressing (and maybe a little golf and tennis). The rooms are lavishly decorated, the food tastes nothing like diet fare, and everybody gets a full wardrobe of shorts, T-shirt, and fluffy robe. Treatments at the spa include everything from aromatherapy to Body Fango mud treatments. Workouts are low-key. The Doral does not embrace the trendy, die-hard pumping-iron approach (no lifting weights in combat boots here). Though fitness classes and facilities are plentiful, a lot of guests prefer to power-walk around the golf course. Regulars know to book treatments and training sessions when making a reservation because preferred time slots fill up quickly. **Price:** One week, $5,203. **Address:** 8755 Northwest 36th St., Miami. **Phone:** 305-593-6030.



The Greenhouse spa's granola

Texas

The Greenhouse

No view, no mountain air, no nature walks. Tucked away in an industrial park near the Dallas/Fort Worth airport, the 30-year-old Greenhouse is the Biosphere of breakfast-in-bed spas. During their seven-day stays, 39 guests (women only) lead an *interior* life, emerging only for tennis or an afternoon shopping spree in Dallas. The spa's namesake is a lattice-covered greenhouse atrium enclosing a 92-degree exercise pool. It is here that exercise classes are held and filling low-fat lunches (Greenhouse chili, asparagus guacamole) are served. Hair treatments, pedicures, and Chanel makeup classes get equal time with massages, aerobics, and Pilates. (Celebrity haircutter Frederic Fekkai makes an appearance from time to time.) Recently, to counteract

FROM TOP: TERRY DOYLE; TERRY DOYLE; FRANCIS HAMMOND; FRANCIS HAMMOND; STILL LIFE: DAVID COOK

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Vacation Spas

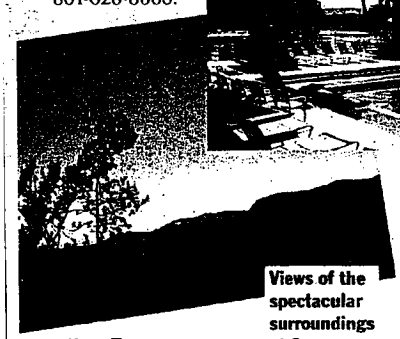
(continued from page 216)

its hothouse-flower image, the Greenhouse has promoted weeks with Radu, Manhattan's tough-love trainer. Nonetheless, the Greenhouse is not where one goes to get in shape to climb Everest. Guests usually leave at least six pounds and a few thousand dollars lighter. **Price:** One week, $3,795. **Address:** Box 1144, Arlington 76004. **Phone:** 817-640-4000.

Utah

Green Valley Spa

Team-spirited adventurers flock to Green Valley Spa for the hikes through Bryce Canyon and Zion national parks. Even the spa-weary are won over by the mystical red-rock desert (once-café-bound New Yorkers act suspiciously like devoted hikers here). Those who opt out of the climbfest can play tennis, but they'll have few other choices of activity until the afternoon migration to the skin-and-body-treatment center. The New Age–y Native American theme can be a bit much: For example, each day is given a different color with its own spiritual meaning. And at times it can be schizophrenic: There are authentic tribal rituals but fake chintz in the condos; beautiful water-and-flower-petal treatments but wimpy back massages. Somehow the 30 or so guests (a mixed crowd) band together to pull one another through the rough spots. **Price:** One week, $2,140 ($2,350 from March 1, 1995). **Address:** 1515 West Canyon View Dr., St. George. **Phone:** 801-628-8060.



Views of the spectacular surroundings at Green Valley Spa

Arizona

Canyon Ranch

The Ranch, to regulars, is truly another world. Imagine Disneyland run like West Point with a health slant. Recovery, both mental and physical, is the goal here, and it's pursued rigorously. The one-on-one sessions with psychology, nutrition, and exercise specialists leave guests inspired and recharged, and hikes through the southwestern wilderness (ask for assistant hiking director Mark Black) make feasting at the pasta bar at night guilt-free. There is a set menu at the spa, but picky eaters are able to request specific dishes. The well-balanced selection of fitness and treatment options (hot and cold pools, massage sessions, reflexology, and gym classes) outranks that at other spas. Scheduling is everything, so the choosy should call ahead to reserve trainers and treatment appointments. **Price:** One week, from $3,569; four nights, from $2,123. **Address:** 8600 East Rockcliff Rd., Tucson. **Phone:** 800-726-9900.

Group spirit: Exercise classes at Skylonda.

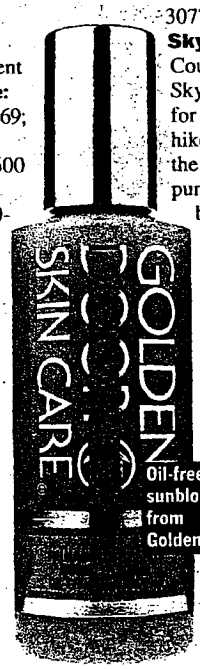
California

Golden Door

The setting is Japanese, but there isn't a Sony in sight. Waterfalls and botanical gardens set the mood at this lavish pagoda. All this serenity inspires a Zen mentality—and the yoga, Shiatsu, and Tai Chi classes don't hurt. But it's Narcissus, not Buddha, who really runs the place: Breakfast is served in bed, heated bathrobes are presented after swimming, and the rooms are luxurious, with beds that feel like clouds. The exercise is invigorating, but fitness fiends will have to search hard for that burn. The food, including organic vegetables grown in an on-site garden, looks like artwork, but meals can occasionally be bland. The beauty treatments are consistently relaxing and revitalizing. A highly accommodating staff outnumber guests four to one. **Price:** One week, $4,250. (Note: Coed four weeks a year; men only four weeks a year; all other times, women only.) **Address:** Box 463077, Escondido 92046-3077. **Phone:** 800-424-0777.

Skylonda

Couch potatoes, stay home: Skylonda is not the place for decadent lounging. Colossal hikes are the backbone of the daily activity. Designed to pump up endurance, they become increasingly strenuous and long—at times hitting nearly 20 miles a day by week's end. Outdoors, the acres of towering redwoods (the spa is 32 miles south of San Francisco) are spectacular; indoors, the exercise facilities are relatively sparse. Beauty buffs may find the menu of treatments limited—no mud baths or body wraps—but the daily massages and Decleor facials are pleasant enough.



Oil-free sunblock from Golden Door

FROM TOP: KEN PROBST; KEN PROBST; FRANK ARMSTRONG; FRANK ARMSTRONG; STILL LIFE: DAVID COOK

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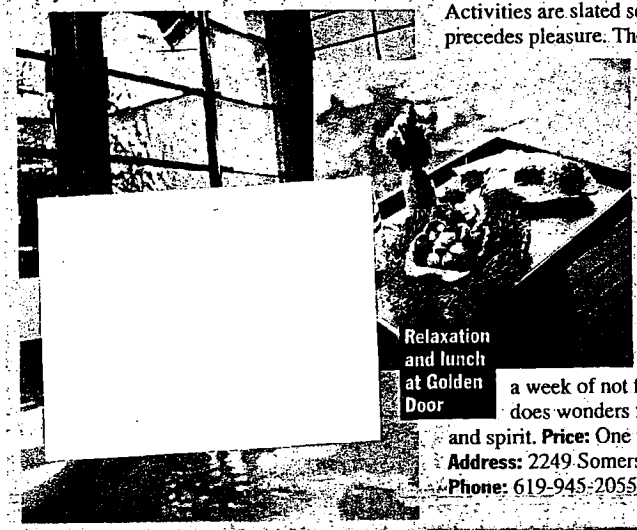
Vacation Spas

(continued from page 218)

Meals in the intimate dining room are based on a well-earned 1,400 calories a day, with calories from fat kept to around 10 percent. More practical than posh, the log villa's small bedrooms are shared by two guests. You can banish your roommate for an extra $800. **Price:** One week, $2,400; one day, $300 for one, $500 for two. **Address:** 16350 Skyline Blvd., Woodland. **Phone:** 800-851-2222.



Relaxation and lunch at Golden Door

The Ashram

The Ashram has perfected the spa as boot-camp concept with a simple, draconian formula: Eat less (600 to 800 calories a day) and exercise more. (Miles hiked totaled 90 for the week. Add that to the laundry list of compulsory dawn-to-dusk activities and this place is a serious challenge.) Daily massages and yoga make the grueling hikes possible. Twelve guests are billeted in a split-level bungalow, which has views of the surrounding mountains, and the inmates soon bond (it feels like the army). Patton, it seems, is running the kitchen: Breakfast is fresh-squeezed OJ and a potassium pill. Other staples are Caesar salad sans dressing and baked potatoes with salsa. Fat calories are kept at a hungry sub-10 percent. But if Jane Fonda, Shirley MacLaine, and Oprah Winfrey can do it (and they have), then we can, too. **Price:** One week, $2,200. **Address:** Box 8009, Calabasas 91372. **Phone:** 818-222-6900.

Cal-a-Vie

Chef Rosie Daley used to run the kitchen at Cal-a-Vie, and judging by all the food that's around (should we say Cal-o-Rie?), it's a wonder she was able to get her present boss, Oprah, to lose all that weight. But the constant noshes, which include everything from kiwis to lasagna, are fat- and calorie-regulated, and the guests definitely earn them and burn them. This ranchy Southern California resort 40 miles north of San Diego is more laid-back than other spas; the clientele somehow less "done." Activities are slated so that pain precedes pleasure. The first five hours of each day are crammed with workouts. The payoff: afternoons spent basking in beauty treatments, including seaweed wraps and hydrotherapy treatments. The well-tended guests don't lose much weight, but a week of not feeling deprived does wonders for energy and spirit. **Price:** One week, from $4,250. **Address:** 2249 Somerset Rd., Vista. **Phone:** 619-945-2055.

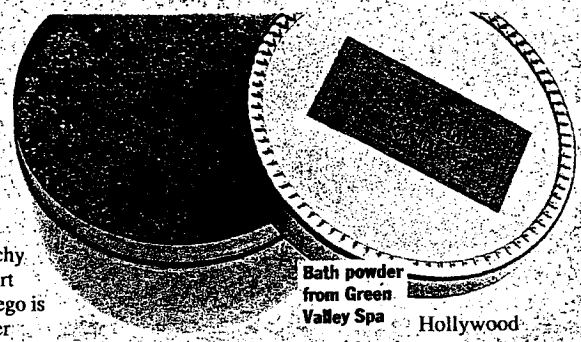
Mexico

Rancho La Puerta

This is the spa you would recommend to your spa-phobic friends: the ones who, when they think of spas, picture ladies lolling around in caftans, terry cloth turbans, and major jewelry. Rancho La Puerta in Baja California, not far from San Diego, is for real, regular people (including men) who like to exercise, eat well, get some fresh air and a few massages, and lose several pounds without a lot of froufrou. Not that the Rancho is spartan. The rooms are cheerfully festooned with Mexican knickknacks and often equipped with a fireplace, the vegetarian meals are surprisingly hearty, and the massages are relaxing if not terribly imaginative. Guests often include journalists, novelists, and the occasional Hollywood celebrity—and there's not a caftan wearer in the bunch. **Price:** One week, from $1,750. **Address:** Box 463057, Escondido, California 92046. **Phone:** 800-443-7565.

High Lites

Burgers and pizza (at Golden Door), fudge brownies (a mere 145 calories at Canyon Ranch, Tucson), sweet potato waffles (at Canyon Ranch in the Berkshires)—the list of the most popular dishes at spas reads like a diner menu, hold the fat. Golden Door burgers, for instance, are turkey, and the pizza is vegetarian. Canyon Ranch brownies (five grams of fat) are made with egg whites and carob powder.

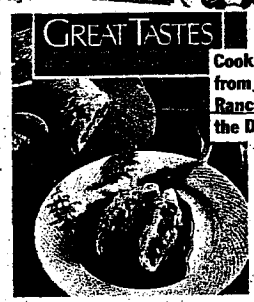


Bath powder from Green Valley Spa

Worldwide

Global Fitness Adventures

One way to avoid the spa doldrums is to make sure the destination fascinates. Global Fitness organizes spa vacations all over the world, including Bali, Aspen, and Africa. The programs are designed for the rugged who enjoy a physical challenge. Vigorous hikes—5 to 18 miles a day—are the main attraction, and the idea is to push people beyond their 30-minutes-on-the-StairMaster mentality. It works. Accommodations range from posh resorts to primitive dude ranches, but they're always comfortable, and the 8 to 12 people on the trip quickly become intimate (group hugs have been known to occur). The food can be tough going and the details a bit unorganized, but it's all part of the adventure spirit. For six or more people, custom trips are also available to the Caribbean, Mexico, and France. **Price:** One week in Sedona, Arizona, Aspen, or Santa Barbara, $1,975; two weeks in Bali or Africa, $3,475 to $4,850. **Address:** Box 1390, Aspen, Colorado 81612. **Phone:** 800-488-TRIP.



Cookbooks from Canyon Ranch and the Doral spa

Reported by Allure *staff, Terry Trucco, Catherine Barnett, and Patti Vine.*

FROM TOP: TERRY DOYLE; TERRY DOYLE; STILL LIFE: DAVID COOK

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YOUR GUIDE TO HEALTHY LIVING
Men's Fitness
SEPTEMBER 1995

Travel

Ranch blessing

We try our hand (and other body parts) at living life the Canyon Ranch way

BY MATTHEW SEGAL

Guys don't like spas. I'm a guy. Therefore, I don't like spas. This syllogism played in my head as the van shuttled me through the Massachusetts Berkshires to Canyon Ranch. Might the rugged name of this spa be an attempt to make people like me—men—feel welcome?

Spas traditionally emphasize healthful eating, flexibility and stretching, and relaxation, all of which both genders enjoy. However, the way spas package these things, tacking on "makeover" and "rejuvenate" to their activity descriptions, it all winds up being a little too precious and self-conscious for most men, especially when most of these places are just hyped-up fat farms.

Shrewd enough to recognize this spa-industry shortcoming, Canyon Ranch emphasizes low-fat food but lets you eat as much as you want. It muscles up its spa offerings with "sport treatments" and, perhaps most important, offers an array of testosterone-friendly activities, like hiking, bike touring and canoeing, as well as weightlifting and all the court sports you can think of (including walleyball, kind of a volleyball/racquetball hybrid). But is all this enough to make the place suitable for men?

Spas like us [illegible]

To settle this question, I set out last fall to Canyon Ranch [illegible] Canyon Ranch, in Tucson, Arizona [illegible] but for me, no expanse of desert rocks and dirt can parallel the gentle beauty of New England, with its low-lying hills, genuine clapboard homes and dizzying autumn colors. Among all this sits the 19th-century French chateau that serves as the Ranch centerpiece, with the 100,000-square-foot spa and fitness center and the 120-room inn connected to it via enclosed walkways (protection in bad weather). At first glance, it's hard not to like the place, but easy to feel a bit like you're at an expensive summer camp for adults—i.e., a spa, so I had my doubts.

"The nurse will see you in a moment," the receptionist told me—not exactly what I expected to hear on the first morning of this getaway. In the small exam room, she took my vital stats and asked me what goals I had for my stay. Enlarging my penis wasn't an option, so I said I wanted to learn how to relax and curb my sweet tooth. She responded with a few basic health pointers before I scheduled spa appointments through my program coordinator.

Everybody gets a mandatory body-fat screening, along with a minimum of $90 credit towards health and healing services (consultations and workshops in behavioral health, exercise physiology, nutrition and so on) and two spa and sport treatments (private court sport lessons, fitness consultation, massage or [illegible] stuff). I scheduled a Swedish massage [illegible] lation, a dietary analysis and a [illegible]

CR001815

the foot) session. But first, I borrowed a mountain bike from the rec people and headed off through Lenox and its 19th-century small-town appeal to the singletrack trails tightly knitted through the dense woods of Kennedy Park.

Outdoor education

Later in the afternoon, a van carted me, about eight women and two other men to Goose Pond. I'd signed up for the canoeing excursion, choosing from it, basketball, tennis (indoor or outdoor), racquetball and squash, as well as guided hiking and biking (beginning, intermediate and low-advanced). The full day's worth of aerobics, stretching, dance, yoga and weightlifting classes required no reservations.

TUDE RANCH: Nothing says attitude adjustment like a cruise through Canyon Ranch's bucolic splendor.

night, rather than have a quick meal and catch a psychologist's lecture on "rediscovering spirit in our lives" in the library, I feasted on the purée of carrot and red bell pepper soup (85 calories, two grams fat), chicken breast with Dijon mustard and maple syrup (335 calories, five grams fat), and sautéed prawns with Polynesian fruit sauce (295 calories, four grams fat). It all tasted good, though not necessarily familiar—a result of creative use of natural alternatives to added fat.

However, Ranch servings aren't filling, not for a man who's been active all day. Not till the second night did I notice that just about everybody in the room—the heavy-set older couples, the late-thirties businesswomen, the twentysomething newlyweds, as well as Diemha, my very petite fiancée, and I—double ordered, which means that many people for whom one serving wasn't enough ate too much food to compensate. For instance, I ate the Pasta Putonesca (495 calories, four grams fat), the Shrimp and Okra Gumbo (90 calories, one gram fat), the Mahi Mahi with a Sweet-Pepper Vinaigrette (255 calories, four grams fat), as well as a surprisingly tasty sliver of cheesecake (150 calories, four grams fat). That's 990 calories with 13 grams of fat—an amazingly low-fat but calorie-dense meal for many of the more overweight, middle-aged guests.

"Yeah, that's one of the things we hear from guests," the dietitian said during my private nutrition consultation. But, she explained, people like to eat everything on their plate—usually more food than necessary—so by having less on their plate, they get what they need and no more. If only it

The Ranch muscles up its spa offerings with "sport treatments" and an array of testosterone-friendly activities.

"Oh, this isn't so hard," my canoe partner, Laurie, said as we paddled past the vacation homes dotting the pond shore. We sliced through the water like a dying fish, arcing to the left, then to the right. Once or twice, we rammed Brian, one of the guides, who, taking up the rear, came to check on our progress. All the while, no doubt, we silently suspected each other of causing our jagged passage through the water. I didn't have time for the more challenging canoe trip, which required a several-mile hike down to a secluded water area: My body-composition appointment (11 percent fat, since you asked) conflicted with the excursion. Hiking and biking would have to suffice for the rest of my stay, I consoled myself.

Back on land, I helped myself to some fresh orange juice. The self-serve juice bar looks in on the cardio machines and Keiser equipment (which uses air pressure instead of iron) and small free-weights section of the glass-enclosed gym. Peering into the room, I wondered why so many people were using the treadmills rather than crunching along the leaf-covered paths outside, especially with all the great hikes Canyon Ranch offers.

Tours at the Ranch appeal to a range of fitness levels, from a 6½-hour two-mountain trek to a girly-man tour around the grounds. My schedule dictated the quick 4.3 miles along the Appalachian Trail, which stretches from Maine to Georgia. Helpful Ranch hands distributed fanny packs filled with water bottles and fat-free cookies. A short drive later, we were filing through the woods like a line of ants, and I was already looking forward to dinner.

More food, less fat

All Ranch dishes sound good, not "lo-cal" per se, and feature detailed nutritional analyses. My chicken fajitas, sweet potato bisque and summer berry pie lunch that day contained just 625 calories and 15 grams of fat. That

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worked as they intended.

Nevertheless, Ranch food seems to burn off quickly. "I can't believe I'm hungry again," Diemha kept saying throughout the trip. She was being physically active for the first time in months, which could explain her appetite, but it didn't explain why mine remained so persistent. Along our hike of the Appalachian Trail, Betty, a fireplug of a woman from Portland, Maine, said the same thing about chronic food craving and blamed the high-fiber Ranch diet. "I'm just glad they don't have methane detectors in the rooms," she said. The group chuckled in agreement.

More time, less activities

I found myself chuckling silently on the group ride: Here I was, having a great time with a group of older women who'd barely mastered pedaling. Sure, I'd exerted myself more drinking water, but how could I complain, cruising rustic roads past tiny farmhouses, grand old mansions, clapboard cottages and age-old woods? I would have chosen the "advanced" 2½-hour ride, if it didn't cut into my massage time.

Truth is, I was itinerarily challenged throughout my three-day stay. Not only did I have to miss all those great activities—some of the more challenging ones offered there—but I also missed a low-fat–cooking class that I, a devout low-fat eater and lousy cook, could have used. Three days weren't quite enough, and that's kinda what the Canyon Ranch wants: to offer you quality, enthusiastic health-and-fitness service so you learn to associate that lifestyle with pleasure, not pain. For guys like me who are already on that path, there's still room to learn more about themselves, and more than enough stuff to help them loosen up.

In fact, I just barely squeezed in my reflexology appointment the morning I was supposed to leave. It almost cost me my flight home. But rather than sweat it as my fiancée raced through the speed-trap–ridden countryside to the Albany airport, I used the trick taught in my relaxation clinic: I pictured my favorite landscape (pretty much the scenery we were driving through), then recalled how warm and relaxed I felt being worked over by a Ranch masseuse and reflexologist. Not that I go for that stuff, being a guy and all. I mean, I had to do *something* sitting there in the passenger seat. □

Matthew Segal is senior editor of *Men's Fitness*.

FOR YOUR INFORMATION

Packages start at three nights for $1,150 per person (double occupancy), which covers all food, gratuities, and guided gym and outdoor activities, two spa-and-sport services and a health-and-healing service.

The airports in Hartford, Connecticut, and Albany, New York, serve the area, with free pick-up and drop-off provided by the Ranch.

For more information on Canyon Ranch East and Tucson Ranch, call 800-726-9900.

THIS STORY WAS SYNDICATED ON THE ASSOCIATED PRESS WIRE SERVICE JULY 16, 1995 AND HAS APPEARED IN PAPERS ACROSS THE COUNTRY

Young trying to cope with serious illness

TUCSON, Ariz. (AP) — More than a dozen young adults were pampered royally this week, an indulgence given to augment their defiance of death.

"I can't believe they do this," says Stefanie Barela, 18, of Long Beach, Calif., a cancer survivor working with 13 other newfound friends in Dream Street Camp.

"It's so great. They really want to spoil us. You don't get this at home. They take your plates off the table. They don't want you to do anything," she said.

Well, not quite nothing.

The camp, an outlook-altering experience, is intended to get the participants, aged 17 to 21, to open up and focus on improving the quality of their lives.

And the campers — victims of cancer, blood disorders, HIV and other life-threatening conditions — showed their mettle earlier Friday during a session of "family sculpting."

Few overt physical signs hinted that the young adults, dressed in cutoffs and T-shirts, faced any hardships. Their tribulations became apparent as they posed each other as their parents and siblings to help in talking about coping with family dynamics and life in general.

Some have faced near-death struggles, compounded by nonexistent or dysfunctional families — like a young parentless woman who had to drag herself by bus to and from leukemia treatments.

"I couldn't believe some of the things I heard," Barela said.

Lenny Roberts, a volunteer counselor from Los Angeles, said, "It's life-changing. It's a cleansing."

"This seems to be the first time they've been able to focus on themselves," said nurse Vicky Ketchem.

Added Alice Steinfeld, a Tucson psychotherapist: "These kids worry more about their families than themselves."

The week-long sessions have been held twice each summer since 1990 by Canyon Ranch Health and Fitness Resort. The chi-chi spa dedicated to healthful eating and a fit lifestyle has attracted such guests as Barbra Streisand, Michael Eisner, Paula Abdul and Elizabeth Taylor.

All costs and services are donated for Dream Street Camp.

With yoga, movement therapy and massage interspersed with aerobics set to rap music, water activities and a private screening of "Apollo 13," that comes to about $3,600 a person at off-season rates.

Dream Street was founded by Patty Grubman and her brother Bill in 1988 in Los Angeles as a charity camp to help critically ill children 4 to 15.

By 1990, Dream Street's focus expanded to include two camp sessions in Tucson for seriously affected young adults.

Patty Grubman, a former Broadway producer, said Dream Street now offers eight summer camp sessions, including two in Arkansas, one in Mississippi and two in New Jersey, for 550 youngsters in all.

Only Tucson and a four-day winter program in Sedona involve young adults.

Ben Mulagon, 20, of Los Angeles worked with a movement specialist this week at Dream Street to restore range-of-motion lost after six years in a wheelchair with lupus. He resumed walking in December.

Hospitals and doctors who work with the Dream Street Foundation suggest some candidates. Others contact the foundation to get on waiting lists.

Barela, who went through chemotherapy last year for a form of lymphoma, said the camp helped her appreciate what she has "because a lot of these kids are suffering from a lot more serious illnesses."

She said she has been able to talk to fellow campers on a different level because each can relate to fighting for life. The week-long setting, she said, is more intense than similar hospital teen encounter groups.

"It makes you really tear apart those problems, what's really bothering you in your life and how to try to fix those problems or cope with the problems that you have," Barela said.

Hilda Cruz, 21, of Los Angeles bused herself to and from chemotherapy and other leukemia treatments for three years.

Her father had died of diabetes. Her mother had abandoned her at age 6. At 16 she had moved out of her sister's house "because she had too many responsibilities of her own."

"It's been real hard for me. I've had to live a fast life. I haven't had a childhood," she said.

Cruz said she also hasn't had time to feel sorry for herself.

Grubman said she hopes to open more camps.

$1.00 Single Copy

Inside Tucson Business

August 14 – August 20, 1995 Volume 5, Number 20

August 14 – August 20, 1995
A supplement to Inside Tucson Business

Canyon Ranch attracts locals with discount prices

By CHERI CROSS
ITB Editor

Here in the Tucson desert, with the temperature nudging 115 degrees and the saguaro cactuses about the only life forms bold enough to hang out in the blistering sun, the guests at Canyon Ranch spa are decidedly cooler than thou.

Happily ensconced in air-conditioned cocoons, they're engaged in activities that some people might find punitive. A visitor once described the experience as a cross between boot camp and heaven.

Judi Dash, travel editor
Hackensack, N.J., Record

Across the country and throughout the world, writers have sung the praises of Tucson's own Canyon Ranch Health & Fitness Resorts, which has attracted the rich and the famous since it opened in 1979.

In the *Condé Nast Traveler*, writer Carol Isaak Barden wrote: "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."

Readers of her magazine ranked it the No. 1 spa among the world's best.

Most Tucsonans, however, have only been able to read about how wonderful Canyon Ranch is — even though it's in our own back yard.

But now through Oct. 25, permanent Arizona residents can enjoy the wonders of Canyon Ranch without being rich *or* famous.

The resort-spa is offering a 25 percent discount on all packages, most of which already are discounted by almost 30 percent during this low season.

For instance, a four-night stay during the period from Sept. 22 to Dec. 21 costs $1,460. The regular rate from now through Sept. 21 is $1,090. With the 25 percent discount, Arizonans would pay only $817.50 now, and $1,095 from Sept. 22 through Oct. 25. Rates are per person, double occupancy.

The package includes all meals — three a day — and the use of all facilities. Guests also receive two separate spa services of their choice as well as a $90 credit toward other optional health and healing services. (Sales tax and service charges are added to all rates.)

While the spa has offered one-day programs in the past, the four-night package is the minimum offered now, said Katie Garber, corporate public relations director.

While the offer extends to all services during the coming 2½ months, Tucsonans might wish to consider two special seven-day programs that fall in that time frame, Ms. Garber said:

"Beyond Breast Surgery" is scheduled for the week of Oct. 8-15, and "Arthritis Week" for Oct. 15-22.

For those who find the rates too pricey, even with the discounts, there's still hope: Enid and Mel Zuckerman, founders and owners of Canyon Ranch, have been offering Healthy Living Scholarships since 1993.

To date, more than 820 scholarships have been awarded to individuals with potentially life-threatening health risks whose financial capabilities would not normally allow them to take advantage of the Ranch's "Health and Healing" programs

One group of this year's scholarship recipients recently completed a week of a program designed for those with

See Canyon Ranch Page 17

Photo courtesy of Canyon Ranch

Guests at Canyon Ranch can pursue physical fitness while enjoying the resort's natural beauty on a variety of hiking and jogging trails.

From Page 13

Canyon Ranch

health risks such as high cholesterol, high blood pressure, weight management problems, osteoporosis or smoking.

The other group of 35, adults up to 70 years old who have Type II diabetes, will spend a week at the spa Sept. 24 through Oct. 1.

Scholarship recipients pay on a sliding scale, ranging from zero to $300 to cover medical services. To be considered, applicants must have a combined yearly income of less than $50,000 or single income of less than $35,000.

Details of next year's scholarship program will be announced in the spring.

Canyon Ranch is located on 70 "lush desert acres" in northeast Tucson, in the foothills of the Santa Catalina Mountains.

In addition to more than 40 fitness classes daily, Canyon Ranch offers tennis, hiking and biking programs, as well as private consultations and workshops in lifestyle change and stress management.

The resort also offers full preventive health-care services and guidance. Professional staff can prescribe personalized programs for disease prevention, smoking cessation or weight loss.

For guests interested in food planning, both healthy cooking classes and nutrition consultations are available. Program coordinators assist guests in planning their days and booking personal services, workshops and activities.

Its staff includes medical doctors, nurses, psychologists and counselors, exercise physiologists, registered dietitians, movement therapists, fitness instructors, tennis and racquetball pros, aesthetitians, massage therapists and support staff.

For information on the programs available, call 749-9655.

AUGUST 1995

ALWAYS FREE

South West Exercise And Training

SWET

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.

STAR TRIBUNE
MINNEAPOLIS, MN
DAILY 412,482
THURSDAY
AUG 10 1995

Five days in Tucson ranch health spa was an incredible experience

1740

Health & self-esteem

Phyllis Weisberg

A few weeks ago I had a wonderful experience — five days at Canyon Ranch in Tucson, Ariz., one of the top spas in the country. In fact, Conde Nast travel magazine ~~ranks it~~ number one. I grabbed a friend and took advantage of the summer discount rates. When the temperature goes up in Arizona — the highs can be above 100 degrees right now — spa rates go down.

One of the things Canyon Ranch touts is how well guests are cared for, and they're not kidding. A Canyon Ranch van whisked us from the airport to the ultramodern, desert-chic spa complex, which is surrounded by mountains and desert: an oasis.

The ranch features adobe-style guest cottages, breathtaking landscaping, the latest in aerobic and strength-training equipment, tennis courts, four pools and an exceptional staff of health, fitness and lifestyle experts.

Once my friend and I got settled, we were interviewed by the program coordinator and found that we could do as much or as little as we wanted. Rest assured that in a setting as incredible as that, you can hardly wait to get moving. Because of the heat, the morning walks began at 6:30, but because we kept ourselves on Minneapolis time (8:30) it didn't seem early at all.

We walked 3 miles daily, in 13-minute miles. After walking, we were always more than ready for breakfast, which became my favorite meal of the day. There was a marvelous fruit bar. All foods, whether on the menu or on the buffet, were labeled with calorie and fat content. Naturally, Canyon Ranch promotes healthy eating, so fruits and veggies play a prominent role at every meal. It's still amazing to me that you can eat considerable quantities and lose weight, if you're eating the right foods.

Like most fitness centers, Canyon Ranch offers exercise classes, and I was eager to try those I hadn't been exposed to before. One was Chi Gong, a cross between Tai Chi and meditation. Chi means life force, which I really felt during my lesson — it was both relaxing and energizing.

I also took several Pilates sessions, a method of strengthening and stretching muscles. Developed for dancers and used by physical therapists for many years, Pilates is just now making its way into gyms and spas.

The ranch also offers nutrition and food management, medical and exercise consultations, and a wide variety of programs on health, relaxation and fitness. The entire program is dedicated to helping you take responsibility for your own health and well-being.

I took advantage of as much as I could in five days, including some well-deserved massages. I came home relaxed, revitalized, and eager to share with you the exciting things I learned.

In other words, you haven't heard the last of my experience at Canyon Ranch.

—Phyllis Weisberg is a certified fitness professional who speaks and writes on health and fitness. Call in your questions or comments to Phyllis at 673-9027.

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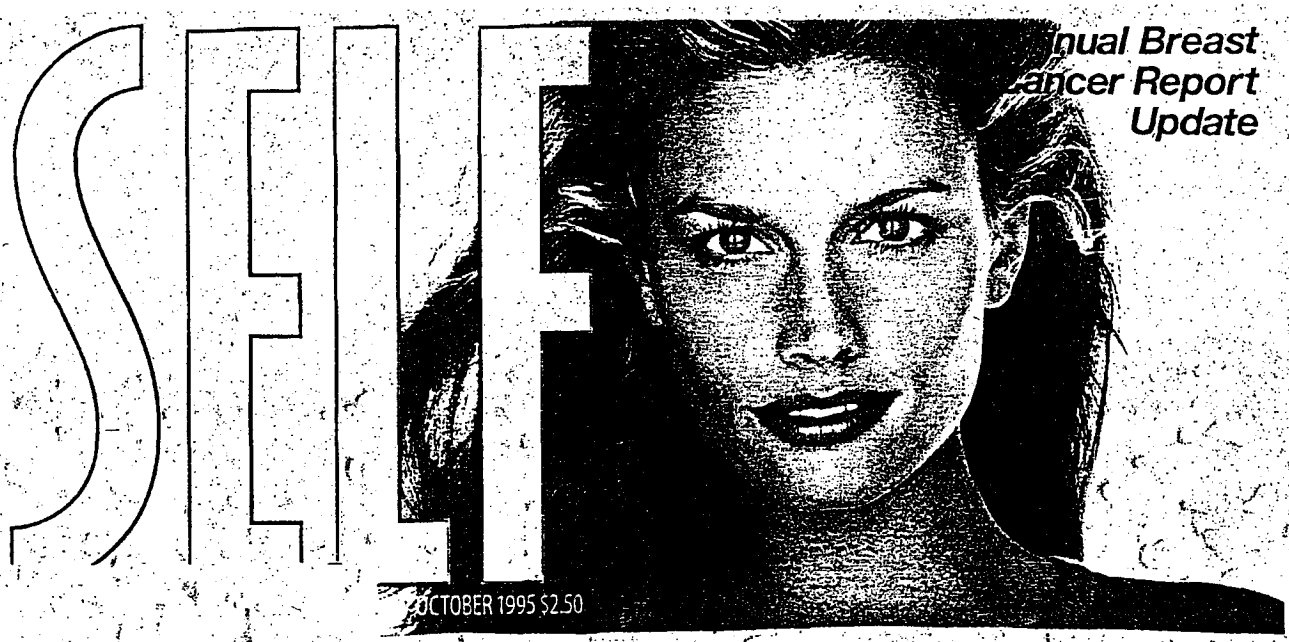


spas, resorts and retreats

For many cancer patients, the need to heal the body is so urgent that nurturing the spirit is sometimes neglected. Not so at these very special retreats, where survivors and their families can release their grief, anger and feelings of loss, and start along the path to emotional healing.

ARIZONA

Canyon Ranch 8600 E. Rockcliff Rd., Tucson, AZ 85750; 800-726-9900; 520-749-1646 (fax). Long a leader in innovative wellness programs, Canyon Ranch is offering a new one called "Beyond Breast Surgery." It's a week of activities focused on such issues as self-esteem, beauty, sexuality, nutrition, fitness, grief and loss. The fee for seven nights' accommodation, all meals, some health and spa services, and several medical tests is $2,632 for a double room, $3,064 for a single. October 8 to 15.

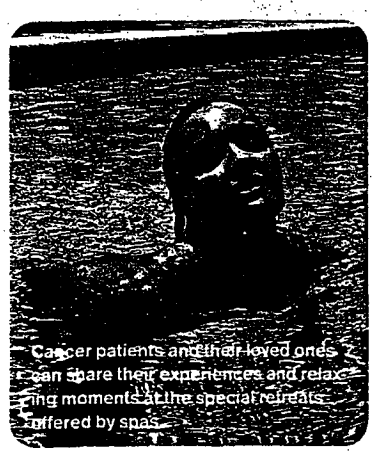
NEW YORK

Omega Institute 260 Lake Dr., Rhinebeck, NY 12572; 800-944-1001. The institute held its second annual breast-cancer retreat in September, and another is tentatively scheduled for 1996. The cost of the four-day retreat is $518 and includes a double cabin room with private bath, meals and all classes. Call for a catalog of the institute's many New Age programs.

TEXAS

Lake Austin Spa Resort 1705 Quinlan Park Rd., Austin, TX 78732; 800-847-5637; 512-266-4352 (fax). This is the second year of the resort's weeklong program "A Gathering of Wise Women," devoted to breast-cancer patients and survivors. The schedule from October 15 to 22 includes a forum with physicians on topics about breast cancer; classes in movement, yoga, tai chi, visualization, acupuncture and water aerobics; and hiking. The weeklong rate, which includes accommodations, gourmet meals and classes, ranges from $1,400 to $1,750. Women who live in the area can participate on a daily basis at $160 per day.

All of the following retreats are based on the same model. Each is devoted to women and men who currently have cancer. None of these programs is considered a treatment center; rather, each is educational and, at times, spiritual in its focus. A patient's loved one may attend as well.



Cancer patients and their loved ones can share their experiences and relaxing moments at the special retreats offered by spas.

CALIFORNIA

Commonweal Box 316, Bolinas, CA 94924; 415-868-0970. This 19-year-old center was launched by Michael Lerner, author of *Choices in Healing* and one of the proponents of alternative medicine featured in Bill Moyers' 1993 public-television series *Healing and the Mind*. Every year Commonweal conducts six weeklong retreats for groups of eight people who are battling any kind of cancer. The weekly rate is $1,280 per person, which includes accommodations, gourmet vegetarian meals, counseling and classes in yoga and meditation. Because the number of participants and retreats is so limited, a waiting list of about seven months is common.

GEORGIA

Georgia Cancer Help Program 26 Briar Gate Ln., Marietta, GA 30066; 404-428-9228. Spread over 43 acres in the north Georgia mountains, this retreat is devoted to helping cancer patients and their loved ones face some of the most difficult emotional issues: hopelessness, grief, loss, anger. The five-day program features classes on alternative and complementary medicine, art, dancing and singing; there's even a day of silence. The fee for the week, which includes room, vegetarian meals and all services, is $475 plus a donation. The next retreat will be held November 26 to December 1.

HAWAII

O Ka Mana Ka Ho'Ola Box 1236, Kamuela, HI 96743; 808-885-6777. The name means "Life is in your spiritual power." The weeklong retreats are influenced by Hawaiian traditions—classes in Hawaiian medicinal herbs, for example—and include seminars on Chinese acupuncture, yoga, meditation.

BON APPÉTIT

OBER 1995 $2.95 AMERICA'S FOOD AND ENTERTAINING MAGAZINE

Health News & Views

DietWatch

SPA VACATION

THE CANYON RANCH HEALTH & FITNESS Resort in Tucson, Arizona, is holding a Healthy Heart Week from November 5 through 12. Three cardiologists will be on hand to teach participants about preventing and reducing the risk of cardiac disease. The topics to be covered include stress management, exercise and proper nutrition, and are designed for men and women of all ages. Call the spa at 602-749-9000 to get more information.

HAMPTONS

Labor Day, 1995

Canyon Ranch

At this Posh Spa We Literally and Figuratively Vegged Out

By DEBRA SCOTT

It's Friday night, and I'm at this party on Park Avenue when I happen to mention—after I take a last sip of champagne—that I'm on my way to a weekend at Canyon Ranch, the one in the Berkshires. Of the three women in my klatsch around the hors d'oeuvres table, two have recently returned and immediately take to dishing up advice. Laurie, an aerobics junkie, tells me that a weekend is nothing at Canyon Ranch. I need at least five days to begin to experience all the exercise classes alone. Jane eyes my cigarette and insists I pay a visit to Marcia, the "smoking shrink" who weaned her off the evil weed on her last ranch visit. But what I'm concerned about as they wax poetic about the wonderful carrots and other inspiring vegetables at the joint is this: caffeine, ice cream, salt... as in, Will anybody be preventing me from my habitual intake? And, more to the point, will all that spa food fill me up? I feel the onset of a metabolic anxiety attack looming.

"You look frazzled," Laurie informs me.

Now I'm driving up the Taconic Parkway, well actually my boyfriend is, while I devour the reams of literature that have been sent to me about the ranch. So much to do; so little time. A painful process of elimination begins: First to go are the things I can do anytime: the classes—from step class to yoga I can take at my local gym and tarot card reading? I've been meaning to, visit the spiritualist on my corner do for ages. Next, are the things I don't have time to pursue: watercolor painting and something for couples called "The Art of Relating," which we would need a few weeks for, at least. I notice a class called simply, "Power," described as a "challenging workout for the experienced stepper." My ego is alerted to the challenge; I make a note to myself to sign up. My program is beginning to take shape: I decide on a two-pronged approach. First I am going to treat myself to the luxury so absent in my normal life. Then I will do something boringly practical.

As for luxury, there are so many options that my mind is awhirl with possibilities. They seem to fall into two categories: those which improve only the body (glycolic skin treatments, Parisian body polish, Lazartique hair treatments) and those that also pay tribute to the spirit (craniosacral therapy, reiki, shiatsu). I choose one of each, hydrotherapy and something called polarity. As for practicality I could chose a bone density evaluation, but I can't see what earthly good it would do me. I could also undertake a test of my lung health called spirometry, but I don't want to know. Even though I pride myself on knowing the nutritive value of foods, I know from my daily muffin intake that I have clearly gone by the nutritional wayside and am in dire need of nutritional counseling.

By the time I settle on my program, we have arrived (in under three hours) at the sprawling estate that once belonged to a turn of the century industrialist and whose character has remained intact even while extensive modern spa facilities have been added.

Despite our best intentions to rise early, we crawl out of bed just in time ... Phew! ... to still get breakfast. Seated at the end of the dining room, we order omelettes which arrive looking rather albino—made with egg whites, it turns out. We gobble these up—a function of our hunger more than our gusto. Feeling somewhat underfed, we rush to our first activity (filling our pockets with fruit easily swiped from a table we pass on our way out).

One thing I don't get a helluva lot of in my urban existence is fresh mountain air. So next thing we know we are scrambling up a mountainside with a pack of fellow cityfolk. Much huffing and puffing later (We're in shape but the air's thin up here.) we stop at a stippled hemlock glade to marvel at a deep gulch formed, so our guide explains, by a glacial finger that clawed through the limestone ten thousand or so years ago. What can I say? We are duly humbled.

We've been here less than 18 hours when this complete stranger says, out of nowhere, "You look so relaxed." We are dragging our flip flops along a mile, or so it seems, of green carpetted corridor and I am in some sort of meditative state. The fact that it takes so long to get from one place to another contributes to a general slowing down, and a feeling of, well, unfrazzledness in our cocoon of pampered privelege. I can't wait to tell my friend Laurie.

My movements are getting slower and more deliberate, as if I'm stoned on some benign drug. Swimming laps in the pool puts me into a state of welcome exhaustion which is deepened by breathing in eucalyptus vapors in the Inhalation Room. Though it's time to go to "Power" class, I opt to collapse on a cushioned chaise by the pool overlooking a pine-ringed meadow and a blue-tinged Berkshire ridge beyond. This is the spa's best kept secret; during my stay there are always a clutch of vacant chaise longues, waiting for me to read or nap on.

Hydrotherapy. I have no idea what it is, but envision myself immersed in a womb of warm water while nurturing hands work my aching muscles. I am only part right. Inside a tub, which is less a womb than a coffin-shaped Jacuzzi, I am pelted with painful jets of pressurized water with a German woman at the controls. After turning the pressure down, she explains to me that the strength of the jets is measured in something called BAR, on a scale of one to ten. My comfort level is a measley two-and-a-half; her next client, she tells me, a man—can withstand a mighty 9 1/2. Most women, I am humilitated to learn, measure in at between four and five. These jets, she tells me, provide a deeper massage than the Swedish variety. No kidding. I am a water wimp.

Polarity. This is a sort of laying on of hands, in my case those of a gentle young woman, in order to connect your body's electrical charges (or something like that, anyway). All I can say is it gave me such a sense of well-being I never wanted the hour session to be over.

Nutritional counseling. After I regaled the aghast? attendant nutrionist with a litany of my daily diet, she spent a fact-filled hour telling me what I was doing right

CR001824

This turn-of-the-century photo still captures the estate's likeness.

... and wrong (mostly the latter). Just some of her advice: Ingest more calcium (soy is a great source); stock up on protein and fats early in the day; eat seven helpings of fruit and vegetables per day. Oh yes, and no more muffins.

Life takes on a calming metronomic regularity between eating and taking treatments. After our first breakfast, we discover another section of the dining room where there are groaning boards laden with all the sprouts, miscuna and whole grain breads you could ever want. This stuff is good, and if you eat enough of it (which we do), filling. During our first dinner we kindly share our table with a single woman who might have had to wait a few minutes for a table had we not come to her rescue. Our generosity pays off. Since she's been here a few days, she knows the ropes. We can order as many helpings as we want, and though the waitstaff defaults to giving you skim milk and sugarless jam, they stock fat and sugar in the kitchen. We're getting an education, too. Since all foods are labled with calorie and fat counts, where we would have piled on slabs of pink salmon, we discover its stratospheric fat count and refrain. And we're learning to eat two-thirds of our calories before evening. We are literally vegging out as we figuratively veg out.

Being practically spoonfed three healthful meals a day where the biggest decision is whether to have lobster or pasta (no contest) is enough to chill out he most confirmed stressaholic. Unfortunately, you can't stay at Canyon Ranch forever. Leaving feels like birth: I am being expelled cruelly from the womb and back into the harsh world. I wonder, do they ever have to hire bouncers to throw people bodily out? As we drive, regretfully, away I realize I never took the Power class. My ego went on vacation too. ◆

Tips

- Study the activities schedule from home *before* arriving so that you have a good idea of what you can reserve desirable treatment appointments in advance.

- Get to breakfast early. The seedule is bottom-heavy at teh ranch with most activities scheduled in the morning and afternoon. The dining room fills up fast with fellow campers eager to launch their morning routines.

- Unless you wish to carouse at the nearby Red Lion Inn until all hours, you'll want to follow the early-to-bed/early-to-rise schedlue you abandoned all summer.

- Treat yourself to at least one massage or other deep treatment early on to allow your blissful state to set the tone for the rest of your stay.

- Get out into the mountains to get a sense of place and to pump your lungs wiht fresh air.

CR001825

FIRE AND ICE: SUN & SKI GUIDE '95

LosAngeles

October 1995

DIST 10/6/95

Climb Every Mountain

Tucson's Canyon Ranch can turn even the most pampered city slicker into a hiking fanatic *by Rosie Shuster*

My wake-up call tomorrow is for 5:45 a.m. so I can be ready for the advanced beginners' hike. It leaves at 6:15. The temerity of this commitment begins to dawn on me. Why on earth didn't I have the presence of mind to *get in shape* before coming to get in shape? (This is not specious logic, mind you. It's the same principle as cleaning up before the maid comes.) On the other hand, what's the worst that can happen? The hike will be a "challenge" (code for *hard*). Aren't I here to bust out of my comfort zone, to demonstrate true grit and epic persistence? No guts, no glory. Besides, to loosely paraphrase C.S. Lewis: "Pain is the chisel God uses to carve our character." Damn it, I'm psyched. I *want* the hike to hurt.

A month ago, I called Mark Black, assistant director of hiking at Canyon Ranch. Mark supervises the largest day-hiking program in the United States, with a staff of 40 part-time wilderness trail guides. "What kind of hiking boots do you have?" he wanted to know. "Merrell? Vasque? Asolo? Raichle?"

The brand names sailed over my head, not ringing any bells, so I hunted up my boots, unworn and still in their box. (Big deal. This is car-happy, walkphobic L.A. I have friends who actually drive across the street.) I found the label. "Havana Joes."

This got a big laugh. I was exposed as a hiking poseur and soon confessed to having princessy, blister-prone feet. I'd been on glorious hikes where the grandeur totally passed

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me by because I couldn't pull my attention away from my chafing shoes and bleeding blisters. Mark reassured me that Canyon Ranch is in the vanguard of blister consciousness. Vaseline, Second Skin, moleskin, foam tape—you name it, they've got it. Then he told me to go buy some *real* hiking boots and warned me to "Break them in before you get here."

At 2,400 feet above sea level and surrounded by four mountain ranges, Tucson is the world's sunniest city. I had hitched a ride at the airport in the ranch's courtesy van and was now watching the charismatic saguaro cactus, indigenous icon of the Sonoran Desert, fly by.

As we pulled through low stucco gates, I beheld the ranch, a series of adobe structures sprawling over 70 acres landscaped with desert vegetation. This was no froufrou fat farm like the one I visited annually as part of my divorce settlement. No way. Aggressively fit guests loitered in the lobby on overstuffed couches between bouts of demolishing calories and fat grams in step classes or in the equipment-packed gym. Yet the place had a laid-back vacation vibe, with lots of eye contact, smiles and hellos from friendly strangers as they padded along the pathways and quaint bridges that crisscross the grounds.

I would spend my days here weaving in and out of the blistering sun and the cool, serene southwestern interiors of the clubhouse and spa, baffled by the ranch's richness and diversity. I passed a mysterious building called the Life Enhancement Center, which confirmed my suspicion that a whole lot of growing, empowering and transforming occurs here. In fact, I learned that the essence of Canyon Ranch is a soothing, stylized conspiracy designed to inspire you to change your lifestyle, to finally take that meeting with yourself so you can seize the reins of your health and well-being.

In the spa, where 40 daily activities were posted, I was processed through the medical, nutritional and fitness departments. "How much aerobic activity do you do in a week?"

"Not a whole lot," I replied. "Three Pilates sessions and sometimes I walk Buster."

Nonetheless, I offered up my goal: to test my mettle against the mountain and metabolize into a lean, mean, buff and serene fat-burning machine. I was given a plastic water bottle to carry around and instructed, "Drink before you get thirsty."

Hike One. It's 6:15 a.m. I'm munching groggily on banana bread in the spa lounge and sizing up my group. Uh-oh. There's the perky young actress I watched power through two funk-aerobics classes in a row. And her hard-bodied little sis. And . . . . thank God, a pale, middle-aged barrister with a high-slung potbelly. If a mountain lion decides to cut the weak from this herd, maybe it will overlook me.

We grab our packs filled with food and water, and pile into the van. I've borrowed a sturdy walking stick, since I don't trust my tenderfoot ankles. Steadily climbing out of the Sonoran Desert and into the Santa Catalina Mountains, we marvel at how fast we fly from desert and saguaro cacti to scrub oak and boulders to mountain peaks dense with aspen and ponderosa pine. Hikemaster Mark likens it to driving from Mexico to Canada in an hour.

Fifty minutes later, we're at the trailhead. My fears of hiking in the desert blast furnace (we're having a heat wave) have melted away. I drink in

Canyon Ranch's hiking program is the most extensive in the country, ranging from beginners' strolls to mind-bending "Help me, Mother" climbs that test even the toughest outdoor jocks.

PHOTOGRAPHS: ANN SUMMA

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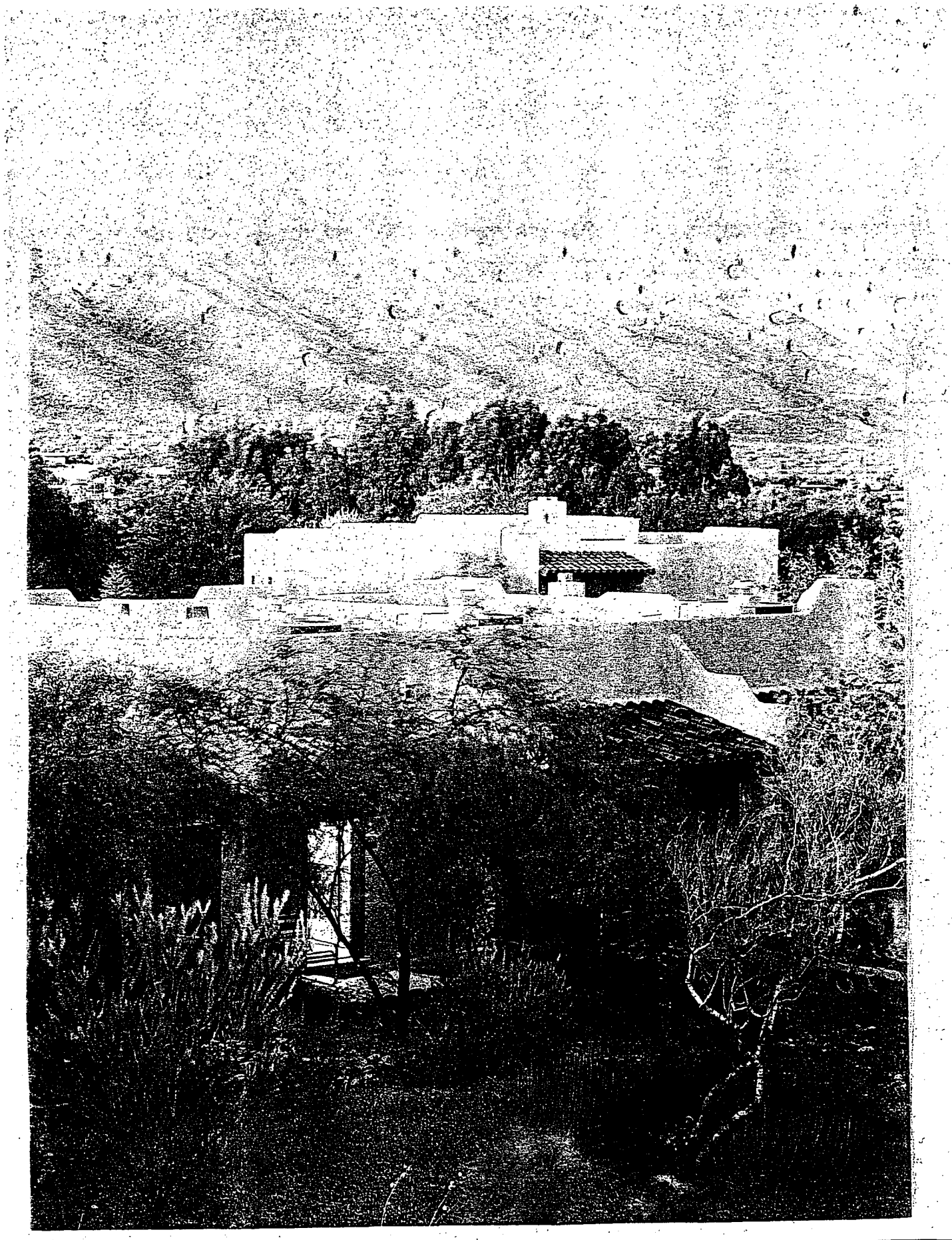

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the cool greens, grays and browns so familiar from my native Canada and pay a visit to the nasty, old outhouse posted with bear warnings. Then we get the spiel: "Find a consistent pace you're able to sustain. Heel-toe. Roll your foot forward. Watch your step. It can get slick out there with moss-laden rocks. Look ahead. The head guide will flag turns along the trail with neon orange markers." With that, we flip on our packs and head out in single file after our fearless leader, Margaret, a white-haired, retired schoolteacher and heroic role model for aging with grace.

Now I'm stoked. At a more than respectable clip, I ramble along the gently rolling terrain of our alpine trail as it cuts through the forest. Zigzagging along the switchbacks, I'm working up a sweat. But I keep a steady pace and stay near the front of the pack. We pass a rotted-out stump encrusted with pulsating ladybugs. Ah, Wilderness!

At our breakfast site, selected for its ridgetop view, I dig into my Tupperwear tub o' delights, silently horrified at the enormous caloric content lurking therein. Fruit, nuts, yogurt, more banana bread. Is that a cookie? I can't eat this—I'll gain five pounds. I watch in wonder as the Lean Sisters, both revealed to be New York actresses, chow down.

On the way back, something comes over me; and I throw "sustainable pace" to the wind, passing nearly everyone. I know it's not a competition, but I am driven. The New York actresses and I finish win, place, show.

At lunch, over an exquisite bowl of cantaloupe-and-honeydew soup, I tell Mark I'd like to be bumped up the next day to the intermediate hike. I'd underestimated what my body could do. Mark points out that it's better not to overchallenge yourself and end up discouraged. Fine, I think, but I can't push my envelope on some candy-ass stroll.

I head for the salad bar and stockpile jicama. There are no Fat Police patrolling this dining room. The point is to make healthy choices. The menus indicate calories and fat grams, with suggested meal plans at 1,200 and 1,800 calories. And even though it's all low-fat, low-salt, fructose-sweetened spa food, I'm amazed at the quantities some of the fittest pack away.

After lunch, I head for the giant gleaming gym, where I fiendishly attack the aerobics equipment. I need to condition my heart and legs for the intermediate hikes. I put in a brutal session on the StairMaster Stepmill, topped off by a long sequence of ever-steeper treadmill hills. I'm a climbing animal! Somebody stop me!

I catch myself chanting "lean, mean, buff and serene . . . " I want to believe affirmations work, that "if you dream it, you can be it." But what would happen if I affirmed "I'm a 5-foot-10, 115-pound blonde named Helga"? Perhaps my quadriceps and hamstrings would actually elongate a bit to accommodate the mental software. As my legs pump and my heart chugs, I reminisce about my old weight-loss regime. This involved starving myself on celery and zucchini, eating too many herbal tabs of Zoom (South American speed) and jumping like a hysterical meatball until all the excess poundage fell off. Now I'm learning that such extreme deprivation makes our body act like a bear heading into hibernation. It hangs onto every precious fat cell, as if for dear life. Better to take it off slowly, I guess. Damn!

I wind down the day with yoga, meditation and some intensive lounging in the sauna, inhalation rooms and two hot tubs. Then it's time for my massage. "Pound

Toughen up those thighs in step class, then stretch your weary muscles in the ranch's magnificent pool. At day's end, saunas and hot tubs are just the ticket.

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me like a Kobe steak," I direct Carolyn, the Swedish masseuse, as I belly-flop onto her table. I'm punchy and talking trash. Carolyn has her work cut out for her.

Hike Two. The inclines are steeper and longer, the camaraderie more spirited. The pear crisp in my lunch box is divine. I'm pushing, feeling every muscle in my thighs and calves. A fellow hiker who turns out to be a New York reporter teases me, saying I look like Moses on crack, tearing up the mountain with my staff. But I know I'm kicking some serious butt.

Hike Three. Today's hike is described as a moderate-to-steep downhill to a spectacular overlook. Except for our guide, Warren, today's group is all female and ultrafit. Our other hiking guide, Holly, urges us to tighten our hiking boots, "unless you want a new set of toenails in six months." I bond with a beautiful New York ballerina and her lawyer sister, a bona fide O.J. pundit. I wheedle out of her the crucial knowledge that Mark Fuhrman's Idaho property is somehow linked to separatist and Ruby Ridge shoot-out survivor Randy Weaver. Why am I not surprised?

After breakfast we start back—a steady uphill with some very steep sections. In 5.5 miles we ascend more than 1,050 feet. I plod along gamely, my mind urging me on, but my body drags its ass like dead meat. I'm in hell: I hallucinate turkey vultures darkening the branches of fir trees, eyeballing me as a tasty alternative to road kill.

By the time we reach the van, I'm hammered thin as a veal scaloppine. But back at the ranch, a weird thing happens: I may be collapsed on my bed after lunch, but I'm obsessed with doing the advanced hike the very next day. Have I read too much Hemingway? Do I have testosterone poisoning? What's the deal?

Whatever my motivation, I decide to rev up my gym workout so my body can weather an intensely steep 40-minute climb straight up for more than a mile. (The elevation range will go from 6,900 to 8,300 feet.) I'm pushing the envelope now, all right. I just hope I don't spontaneously combust.

A Native American sentinel stands guard as hikers make their way up one of Tucson's sandy grades.

Later, in the yoga dome, I find myself catastrophizing in the lotus position. What if I keep the rest of the hikers waiting? I can see their disgusted faces, their eyeballs rolling: "Like, why are you on this hike? Are you totally clueless as to your capacity?" I'm awash with anxiety. What if my personal best isn't good enough? And if I can't handle this, how will I ever pull off trekking in Tibet?

That night, my masseuse reassures me attitude is 90 percent of it. Fine. I decide to wear my lucky green shorts and to sing the lyrics to Spinal Tap's "Big-Bottom" to spur me up the mountain: "The bigger the waistband, the deeper the quicksand." I choose my mantra: "Whatever doesn't kill me, makes me stronger."

Snuggled under the covers in my air-conditioned casita, I'm tormented by my demons, who've dropped by for the fun of it. I'm hoping the thunder and lightning outside my win-

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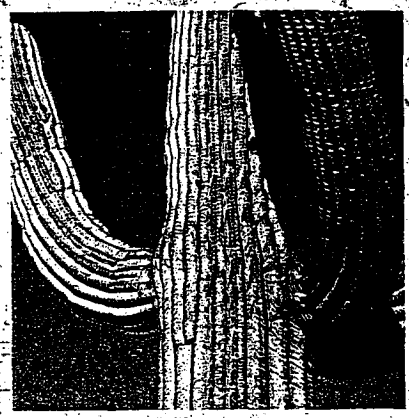
dows will necessitate canceling tomorrow's hike. At 4 a.m. I turn on my light to reread the brochure. The recommended fitness level for tomorrow's march: "Your workouts at home should include 40 to 50 minutes of aerobic exercise three to five times a week." Yeah, right. Why not just take me out to the barn and shoot me now?

Hike Four. I drag myself to the spa lounge. With mounting horror I behold the shiny morning faces of my advanced-hiking mates, all raring to go. There are three strapping male hiking guides—John, Jack and Randy—and lots of strapping male hikers, all game to be guided. Then there's an annoyingly perky young woman—the Energizer Bunny (EB).

When we arrive at the trailhead, the EB and two Type A guys shoot up the trail like a rocket. Humbly, I start after them. Trudge, trudge, trudge, trudge. And then something miraculous happens. I shake off my turgid interior monologue. No more "I think I can, I think I can." No more "Glory is the carrot, shame is the stick." No more song lyrics or psychobabble. I'm experiencing a walking meditation, a waking dream. My inner kid quits bugging me with "Are we there yet?" Everything blurs, and I'm lost in the gentle mists created by endorphins coursing through my veins. Oh yes, nature's morphine, a Rocky Mountain high.



Natural beauty abounds in the Sonoran Desert, where the limbs of the saguaro cactus point to mountain ranges in every direction.

To the steady drumbeat of my heart, I dog it up the steep 1.1-mile incline with epic persistence, never pausing to rest. There's just the rhythm of my Vasque Clarion boots on the forest floor, my unblistered feet happy in their two pairs of socks, their customized foot beds, their ample-sized toe box. But I'm not captive inside my boots. I'm everywhere and nowhere, inhaling the sweet scent of pine needles, feasting on a panorama that just won't quit.

I've accepted that there will be pain. I've just decided not to notice. Quitting is not an option. My mind and my body are in sync with creation, with the great What-It-Is, with the Oneness. There is such peace in surrendering to a mountain. It doesn't care what you think. It's just there. It's cool. Sooner or later, you get the point: It is pointless to resist.

The next morning, I pack at high speed and race to have breakfast with Phyllis Hochman, the Ur-mother of the hiking program. Years ago Phyllis was diagnosed with spinal arthritis and given 50-50 odds of being wheelchair-bound for the rest of her life. She moved to Tucson because, she said, the mountains called to her. Tentatively, she began hiking. At first, a mile-and-a-half jaunt left her near death for days. But she persisted, and in 1979, when she heard that Mel and Enid Zuckerman were building Canyon Ranch, she worked overtime to figure out how to be a part of it. Thus was born the ranch's hiking program.

I have to restrain myself from getting on my knees in front of Phyllis. Instead, I tell her how profoundly grateful I am for what she and the ranch have created. I also tell her I'll be back.

I know now that I have issues only hiking can resolve. ■

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Rosie Shuster, who recounts her Canyon Ranch hiking saga ("Sun & Ski Guide," page 4), says she had no idea a spa could be so, well, strenuous. Her rule of thumb is really a rule of toe: "What your mind decides, your body can do." Hike through the pain, in other words. One of the original *Saturday Night Live* writers, Shuster moved to Los Angeles in 1992 and has written both feature films (*Gilda Live!*) and episodic comedy (*The Larry Sanders Show*). In the wake of her desert ordeal, she has just one thing to say to the management of Canyon Ranch: "Take me back!"

Shuster

The New York Times Magazine

NOVEMBER 19, 1995

THE RICH

Something has now become more important to them than consumption, comfort and refinement. Work. Even at pla

How They Spend It

BY PETER PASSELL

A-Z: What a Lot of Money Can Buy

XANADU

Well-heeled body worshipers from either coast gravitate to Canyon Ranch in Tucson, Ariz. Southern California's matrons flock to the Golden Door in Escondido, while their counterparts in Texas go to the Greenhouse in Dallas. But the spa of the moment is clearly Cal-a-Vie, a Provençal village set among 150 landscaped acres north of San Diego. What does $3,950 a week buy? All the usual spa treats, to be sure, plus some unusual pampering. The individual cottages are decorated in French country; the cuisine is built around fruits and vegetables from the spa's garden. And there are no fewer than four staff members to every client. Barbra Streisand slept here. So did Donna Karan, Nan Kempner, Angelica Houston, Michelle Pfeiffer, Julia Roberts and Oprah Winfrey.

HARPER'S BAZAAR

DECEMBER 1995

HEALTH

body works

By Suzanne Gleason

Running Water

Jogging in water doesn't strain muscles or joints and is ideal aerobic exercise—particularly for runners whose sport has left them weak in the knees. Unfortunately, cold weather and crowded pools make this an unappealing option. But the fitness industry is catching on: Aquaciser underwater treadmills, originally developed to rehabilitate racehorses, are emerging in swimming pools nationwide, at sites like Manhattan's New York Health & Racquet Club and the Canyon Ranch spa in Tucson, AZ. They take a little getting used to, but only the lower-body is submerged, and a handrail keeps beginners grounded. Tip: A supportive athletic bra will keep poolside stares in check. (Call 800-825-8798.)

TODAY'S ARIZONA WOMAN
SUCCESS MAGAZINE
NOVEMBER 1995

CITY SCAPES
FEATURE

Canyon Ranch: Strengthening more than your muscles

BY ANNE O'BRIEN

Vital living is the goal of programs offered by Canyon Ranch, and no opportunity to enhance wellness is overlooked. The Tucson resort spa offers an array of options for better living that range from exercise, nutrition and body work to behavioral health resources and creative arts to all-inclusive health and healing programs that tie it all together. And for those whose concerns are not limited to the conventional, there are even appointments available with an astrologer or psychic.

Set in lush Sonoran Desert two hours south of Phoenix, Canyon Ranch combines the qualities of a luxurious health spa and a fine resort. The lobby where guests check in sets the tastefully Southwestern tone. Handcarved door frames, massive Spanish style furnishings, rugs, pots and baskets are gracefully combined with contemporary art and sculpture. A gift shop offers clothing, luggage and jewelry that could transform an eastern visitor's wardrobe to Arizona chic in the flash of a credit card.

But her new outfit would have to wait to be worn, for fashion is not a priority here. Locker rooms are the real dressing rooms, and most guests suit up for Canyon Ranch business in no-nonsense exercise clothing, swimsuits or – at the end of the day or after a particularly demanding class – in absolutely nothing, which is the correct attire for hot and cold tubs, steam rooms, hydrotherapy and sauna rooms, and other body-relaxing spots. Outside the locker rooms, guests are seen hurrying down desert landscaped walks or tiled hallways in white terry general-issue bathrobes or sweats, on the way to classes and consultations. A typical hairdo is a pony tail, and makeup waits back in the casita.

Nor is fancy dress expected at meals, which are served in an attractive dining room in the main building. Hikers, swimmers, exercisers and meditators converge at breakfast, lunch and dinner to choose from a menu that offers nutrition-wise selections of familiar food prepared in creatively healthful, flavorful ways. Calories and fat grams are helpfully listed beside each dish. Guests whose primary goal is weight loss are offered a list of well balanced selections each day that add up to a mere 1200 calories for women or 1800 for men. A salad bar and pasta bar offer fresh and appealing make-it-yourself opportunities, and "lunch and learn" cooking demonstrations instruct those who intend to produce similar meals in their own kitchens.

Dinner is preceded by the "mocktail hour," since no alcohol is served, and evening hours at Canyon Ranch may be filled with creative arts activities or a lecture in one of the meeting rooms. However, a good look at the sunset and an early bedtime may be the most appealing option for the typically active guest who began her day at 6 a.m. with an eight mile hike; proceeded to Energy Stretch at 9 a.m.; Strength Basics at 10; Abs, Buns and Thighs at 11; then filled her afternoon with water aerobics, yoga and a massage. She will experience a variety of such activities during her week, and directions and videotapes for guests to use when they want to recreate their experiences at home are frequently available.

Vitality? Well-being? They're hard to avoid here. Canyon Ranch teaches a kind of self-care that can't be termed pampering, but the energy gained may be just the hard won victory needed to move along to that next step in life.

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The DesertLeaf
A CATALINA FOOTHILLS PUBLICATION
VOL. 9, NO. 10, NOVEMBER 1995

Feature

THE NEXT TO THE LAST WORD

by D.E. Whitcomb

I've got some bad news and I've got some good news.

The good news is that Linda Ellerbee was in Tucson in October and she was generous enough with her vacation time to speak with me for a few minutes.

The bad news is that, next month, we will be publishing Linda Ellerbee's last syndicated column.

When we first started running her column in *The DesertLeaf*, we couldn't believe our good fortune. No other publication in Southern Arizona had been astute enough to pick her column up.

It also was a sort of "coming of age" move for us.

All of the staff, Republican, Democrat, Independent, and Apathetic, looked forward to reading her column each month.

And you let us know that you looked forward to it as well.

Ellerbee's style is so approachable, that some of you thought she was writing from Tucson. You wrote to her, and we passed those letters along.

This past month, Ellerbee was staying at Canyon Ranch on her vacation. It was her first visit to Tucson and she was "having a ball."

She was also one of the speakers at the "Beyond Breast Surgery" program that Canyon Ranch was hosting.

I asked her what she had talked about with the 25 women in the program.

"I told them my story." (Ellerbee is a survivor of breast cancer. She has been in remission for three and a half years.) "I talked with the women in the program about the necessity of making a noise. Quite simply, one of the reasons so many women die from breast cancer is because women stay silent about it. One of the reasons that not much more is known about breast cancer is because women have been silent about it.

"Women wait to present themselves for treatment until it's too late because they think any diagnosis of cancer is a death sentence, or because they think they'll be less of a woman if they lose a breast or part of a breast. So they wait and then...it's too late. It's a self-fulfilling prophesy.

"We know much more about some other cancers. We have tests for other cancers. So you have to eventually come to the conclusion that the reason we don't know more about this one is it's a 'woman's disease.' And we're all conditioned to suffer in silence.

"That is changing. And I think one of the reasons is that so many women my age have gotten breast cancer, and we were always a noisy generation."

I asked her what the hardest part of surviving breast cancer was for her.

"Gee, I guess the hardest part was living with no breast." Then she suddenly stopped herself and said: "No, no it's not. For me personally, the issue of breast cancer was never about breasts. It was about my life. It was about would I live or die. I was very clear from the very beginning that my breasts meant nothing to me, if the choice was my breasts or my life.

"So I really haven't wasted any time at all worrying about not having breasts. The hardest part of having breast cancer is worrying about it coming back. Without question, that is the hardest part. It stays with every women who has breast cancer as long as she lives. There is no cut-off point where suddenly you feel safe and out of danger.

"Fifty percent of the women who get this disease are dead within ten years."

Then I asked Ellerbee why she had decided not to write her syndicated column anymore..

"I had done it for seven years. I had a wonderful time. And my television production business has gotten so busy that it's really hard for me to find the time to write it every week. I still write a column for *New Choices*, a monthly put out by Reader's Digest, and I still write editorials for *The New York Times*, and magazine articles for other magazines. I just kind of got tired."

Then her voiced picked up with that energy which is uniquely Linda Ellerbee. She continued, "Seven years is a good long run. From time to time I would find myself asking, 'Gee, am I getting stale?' And the answer is: 'Well, maybe yes!' "

I asked her what I should tell all of you who have enjoyed getting an Ellerbee fix once-a-month.

Simply she said, "Tell them I said 'Thank you.' Thanks for reading. If there's nobody to read it, it doesn't matter if I write it."

And so it went.

éternelle
FALL 1995 ■ $2.95
CELEBRATING WOMEN IN MID-LIFE

Canyon Ranch Spa

Waterfalls, gardens, lamp-lit paths guide your way to some of the world's most innovative lifestyle and exercise classes, making Canyon Ranch the perfect place to de-stress

By RUTH S. JACOBOWITZ

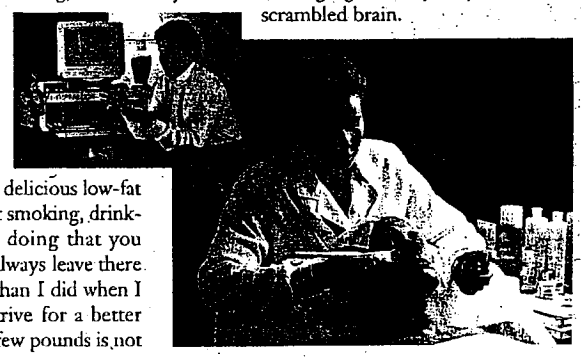
AS A SEMI-STRESSED seasoned spa-goer, I can attest to the high de-stress quotient of Canyon Ranch. A visit there never fails to offer me an invaluable breather in my hectic schedule, a lift to my flagging energies, and the time to regroup my efforts and refocus my mind.

Situated in Tucson, Arizona, Canyon Ranch provides myriad ways to unwind. You can linger in the sun at the pool, stroll through the magnificent campus among the forty-foot Saguaro cacti, ever mindful of the encircling mountains and the Southwestern adobe guest casitas (little houses) scattered throughout the resort. Or, you can get physical in one of Canyon Ranch's many gyms. There are certain basic things that spas seem to have in common: hiking, biking, aerobicizing, stretching, massaging, racquet sports and low-calorie meals, to mention just the obvious ones. Canyon Ranch has all that and much more.

There is a wide variety of "how-to" classes that teach everything from how to make delicious low-fat meals at home, to how to quit smoking, drinking or whatever else you're doing that you don't want to do anymore. I always leave there knowing more about myself than I did when I arrived and better able to strive for a better me. Whether or not I shed a few pounds is not the predominant issue, but the fact that I feel healthier, in control and more toned is paramount. I've also made wonderful friends, both male and female, guest and staff, during my spa stays. Let me tell you about my most recent de-stressing.

My latest visit to the Ranch coincided with an interview that *CBS's 48 Hours* was doing in advance of the publication of my newest book, *150 Most-Asked Questions About Midlife Sex, Love and Intimacy*. So while I was stretching, hiking, jumping, meditating, and lecturing, the wonderful *48 Hours* production staff and reporter Susan Spencer were busy getting their story.

Canyon Ranch's public relations director, Katie Garber, took it all in stride and made everyone comfortable. During those days of taping, stress was my middle name, so Katie introduced me to health educator Chris Chapman and the benefits of biofeedback. Biofeedback is one of those special lifestyle services that sets Canyon Ranch apart from other spas and a service that I had always wanted to try. It's part of their Life Enhancement Program that gives the best kind of workout to your mind, bringing serenity to your stress-scrambled brain.



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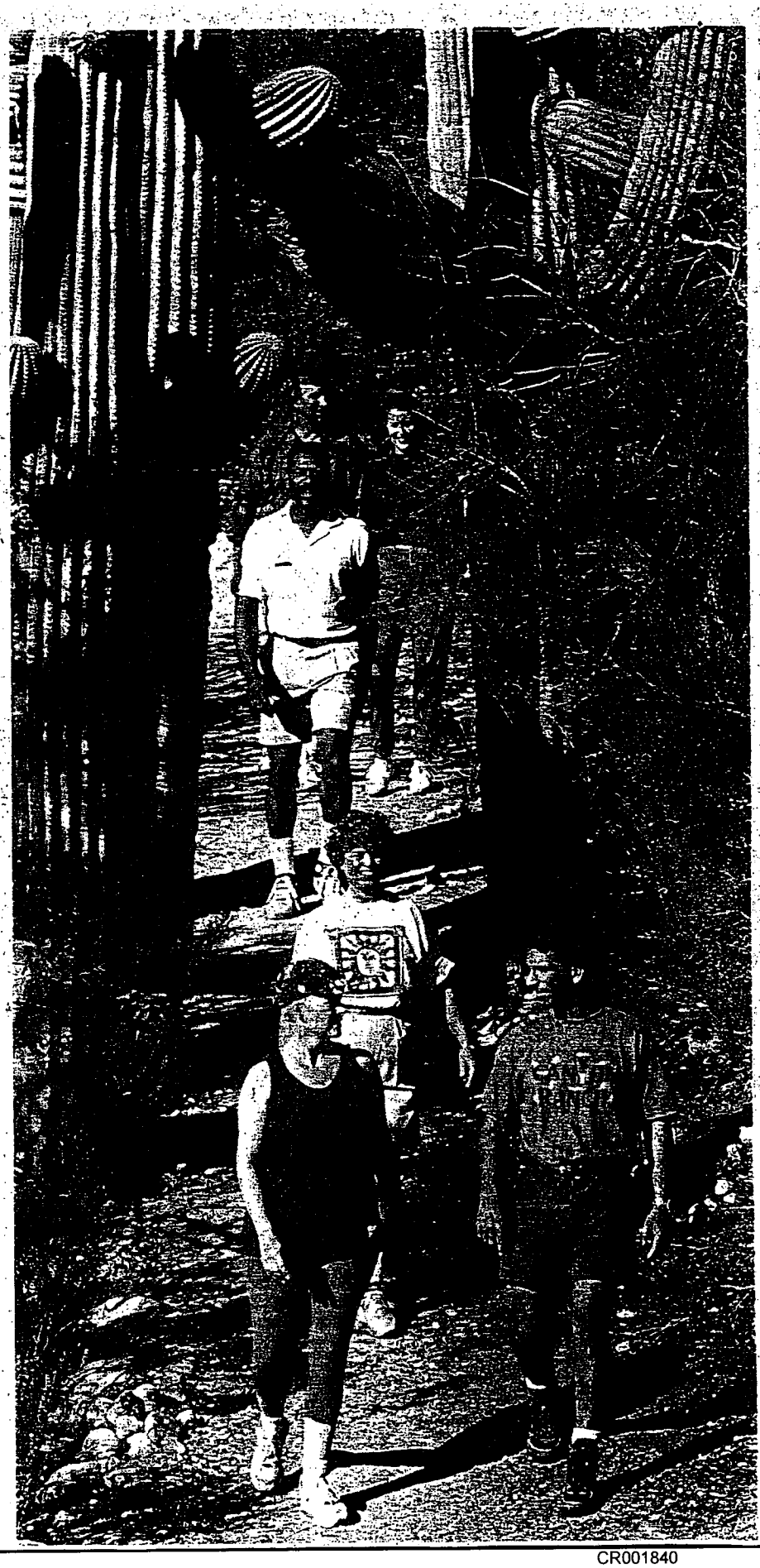
In just one hour, via biofeedback, I learned how to grab hold of and reduce stress using my own body's signals to enable me to relax and modify my behavior. It really works! And Chris is just one of the many specialists at Canyon Ranch, where the staff-to-guest ratio is nearly three-to-one. As you might expect at one of the top-rated spa's in the country, there are also many doctors, nurses, psychotherapists and counselors, behavioral health professionals, sports professionals, exercise physiologists, registered dietitians and movement therapists to make sure you reach your mind and body fitness goals. The Canyon Ranch Center for Health and Healing is unique, offering a full range of medical diagnoses and evaluations.

My good friend Dr. Stephanie Beling is Medical Director at Canyon Ranch in the Berkshires, situated in beautiful Lenox, Massachusetts. On this trip to Tucson, I met Dr. Lana Holdstein, the equally impressive Director of Women's Health at that location.

Let's get back to biofeedback! My biofeedback session had worked wonders, and by the time it was over I had learned how to reduce some of life's stresses. I felt calm, content and challenged. After having my hair styled by the talented Joe Asciutto, Manager of the Gadabout Salon, I felt ready to lecture before the full house that awaited me. As I had learned to do, I took three deep breaths before I began to speak. I talked and answered questions for well over an hour, never taking notice of the camera that hovered close to my face or the sound boom that repeatedly brushed lightly over my new hairdo. I was completely delighted and destressed. Canyon Ranch is about fitness and the kind of wonderful wellness you can take home with you.

For reservations and information, call: 800-726-9900.

RUTH S. JACOBOWITZ is a dynamic lecturer and the author of a trilogy of books covering women's health issues, including *150 Most-Asked Questions About Midlife Sex, Love and Intimacy: What Women and Their Partners Really Want to Know* (William Morrow/Hearst, 1995).



The Dallas Morning News

High Profile

Sunday, December 17, 1995 ©1995, The Dallas Morning News Section E

GOING IN STYLE

Canyon Ranch

A spa for the body and soul

By Joyce Saenz Harris

Staff Writer of The Dallas Morning News

LENOX, Mass. — Tell a Texan, "I'm going to Canyon Ranch," and the usual response is: "Lucky you! Just don't melt out there in Tucson."

However, it is entirely possible to go to Canyon Ranch, enjoy all the earthly delights of that famous spa, and never worry about Arizona's desert heat.

Just head northeastward to the *other* Canyon Ranch. This one is set in the gorgeously tranquil Berkshires of Western Massachusetts, on 120 acres surrounding a restored 1897 mansion that is a replica of Louis XV's Petit Trianon at Versailles. For those who love the cooler climes of New England, this is the perfect escape from the Sunbelt's endless summer.

Canyon Ranch in the Berkshires opened in 1989. In November, *Condé Nast Traveler* magazine rated it the top "destination spa" in its Top 100 Readers' Choice Awards for the second straight year.

While Canyon Ranch in Tucson has the aura of a Western summer camp, attracting such celebs as Barbra Streisand, Donna Karan, Julia Roberts and Michael Keaton, the Berkshires location is more like a luxury hotel resort. It just happens to be integrated into a 100,000-square-foot, state-of-the-art spa that offers dozens of healthy options.

And don't worry about snow. Because each section of the New England complex is connected by glass-walled walkways, winter visitors needn't even set foot outside unless they want to go cross-country skiing or snowshoeing.

It's natural to say "spa" and "pampering" in the same breath. And Canyon Ranch in the Berkshires certainly offers all the Sisley facials, Swedish massages and French manicures anyone could want — as well as a bountiful array of "spa cuisine," low-fat but luscious enough to induce undue guilt.

But, its luxurious trappings aside, "We teach people to make healthy choices," says chairman and CEO Mel Zuckerman, 67, who with his wife, Enid, founded Tucson's Canyon Ranch in 1979.

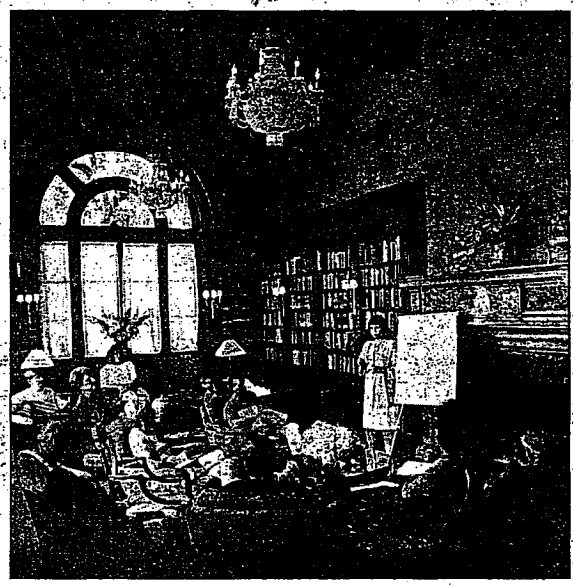
The Zuckermans' philosophy is geared toward building not only better bodies but healthier souls. Mr. Zuckerman, who at age 50 discovered the virtues of diet and exercise, says it took him a little longer to find that vital mind-body-spirit connection.

"I thought that physical fitness was the answer," he says. "But I still didn't feel like a complete person. I needed a balance in my life.

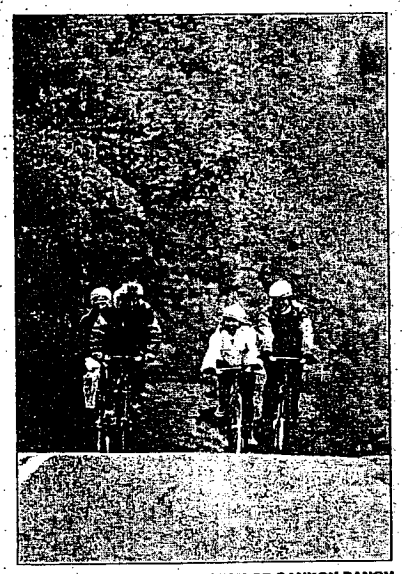
"To have true balance, you've got to be emotionally and spiritually whole, also."

So, while Canyon Ranch features aerobics classes, heated pools, free weights and workout machines aplenty, clients shouldn't assume that this place is simply about exercise and self-denial. With offerings from tai chi and acupuncture to hypnotherapy and yoga, Canyon Ranch is serious about its spiritual mission.

Staff members go to great lengths to make sure a new arrival understands this goal. The staff-to-guest ratio is nearly 3 to 1, and someone always is available to answer questions. Program coordinators help plan daily



A variety of speakers provide lectures in the Library.



PHOTOS: COURTESY OF CANYON RANCH

Bicycling is among the sports offered.

A fitness class practices body bar strength

activities, encouraging guests to schedule in meals and rest time rather than frantically overdoing it with nonstop classes.

And let it be clear: You *don't* want to miss any of your meals.

Canyon Ranch's white-tablecloth dining rooms overlook the rolling lawns of Bellefontaine Mansion. It's a traditional, formal setting — but guests regularly appear in shorts, jeans and exercise wear, and no one feels compelled to dress for dinner.

Menus change daily, but certain recurring dishes are obvious favorites among the guests, with the gazpacho and the low-fat brownie dessert garnering particular raves. While everything is "good" for you, the food also tastes great and is presented with impeccable four-star style. Only the coffee (as a java-addicted guest from Seattle noted with disappointment) was not as flavorful as might be expected in a dining room of this caliber.

Canyon Ranch's cozy informality means that there really aren't that many house rules to remember. You're expected to show up for your appointments on time, of course, and smoking is allowed only in very limited outdoor areas. If you're used to a glass of wine with dinner, you're out of luck: No liquor is served, period. (But, if you walk or drive into the nearby town of Lenox for a "forbidden" treat, nobody will lecture you.)

> "You've really got to stay five or even 10 days. There is a whole physical and emotional catharsis that takes place, but you don't get the effect until about the fifth day."
>
> — *Mel Zuckerman*

Meanwhile, whenever guests aren't busy with their "spa and sports" or "health and healing" routines, they can relax in beautiful surroundings.

Landscaped lawns and gardens encourage unhurried walks, and Adirondack chairs invite an afternoon nap in the sun. The mansion's elegant library offers books, some new, some a century old, and videotapes may be borrowed free of charge. Canyon Ranch's guest rooms are spacious, comfortable and nicely appointed, with windows that look out on the woodsy lawns (and crank open to receive a fresh breeze).

Just as summer rates are lower at Tucson's Canyon Ranch, fall and winter rates are lower at the Berkshires, with packages that include spa and health services. Through March 27, a four-night weekday package starts at $930 per person. Nightly rates (in the $300-$400 range) also are available, but include no spa or health services. And those services are, after all, why guests come here.

Besides, Mel Zuckerman says, you can't achieve the intended benefits of Canyon Ranch in a mere 24-hour stopover.

"You've really got to stay five or even 10 days," Mr. Zuckerman says. "There is a whole physical and emotional catharsis that takes place, but you don't get the effect until about the fifth day.

"For those who give it more time and have that catharsis, the mind becomes open to what its real potential is. Very few people ever scratch the surface of that potential."

But if Mr. Zuckerman has his way, more people will do just that, by way of Canyon Ranch.

For more information on Canyon Ranch, call 1-800-742-9000.

JANUARY 1996

WorkingWoman

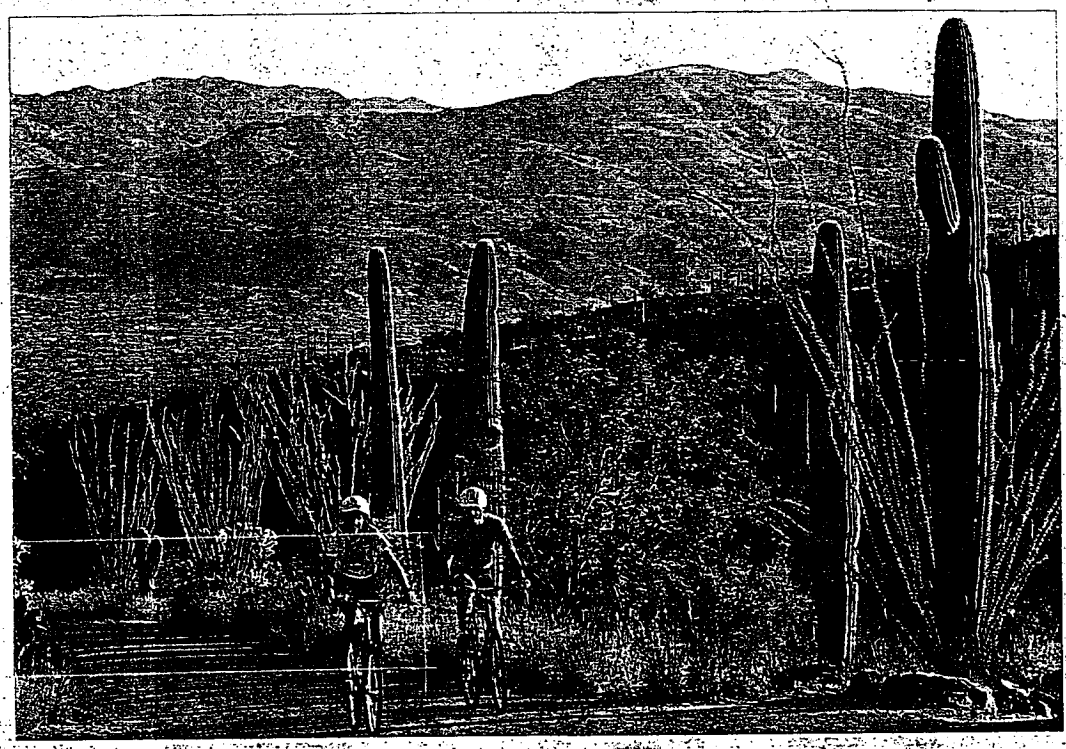
THE MAGAZINE FOR BUSINESSWOMEN

Getaways from Stress

Stress management programs are the latest trend at spas. Here are eight of the best

BY SUSIE CARLTON

Yet another measure of the national angst. The fitness-fixated spas of the 80s are quietly shifting to a new—and often New Age—emphasis on stress relief. Ten years ago, 90% of the calls I got were from people who wanted to lose weight. Now, 90% want to reduce stress. [illegible] an Spa Finders, a service that matches [illegible] [illegible] year on the couch, but, says clinical director Dan Baker of the Canyon Ranch Health & Fitness Resort in Tucson, Ariz., we give people tools and techniques. We urge them not to think of stress management as a cram course but rather as the beginning of an ongoing discipline. The awareness may come quickly, but [illegible] practice [illegible] [illegible]



Canyon Ranch guests mountain biking among the saguaro cactuses in the Arizona desert

The Ultimate Stress Indulgence

CANYON RANCH

Tucson, Ariz., and Lenox, Mass.

What the spa says: These well-rounded sister spas offer everything for everyone—meditation and Tai Chi classes, as well as workshops on quitting smoking, seasonal affective disorder and hypnotherapy. Still, according to Baker, *stress management* is a misnomer: "You can't manage the stress, but you can learn to manage yourself in the face of stress." Which is not so hard in a beautiful place with 450 (Lenox) and 750 (Tucson) staff members at the ready. The trick is to extend the experience. "If people 'get it' on an intellectual basis only, the awareness tends to be short-lived," says Baker. "But if we emotionally connect with someone—and we don't with everyone—they'll take it with them."

What the guests say: "I took every stress-management class I could fit into a week and still didn't get to half of them," says Kathy Schwartz of Scarsdale, N.Y. "My husband and I were in the throes of long-term stress—we had a young child with leukemia who endured three years of chemotherapy. I found the yoga particularly helpful and had the instructor make a videotape that we could follow at home. We went back—again and again." Some guests find the smorgasbord of options and the staff size overwhelming. "Things were timed to the second—it felt like one huge, impersonal health club," grouses one New York dancer.

Prices and particulars: There are packages galore at both locations, from about $1,000 for four nights to more than $4,000 for 10 nights, depending on the luxuriousness of the room, and the rooms can be quite posh. The innovative low-fat menu gets high marks. *800-726-9900*

CR001844

THE AUSTRALIAN Financial Review Magazine

When it seems as if there is nowhere in the world to go to get away from screaming, childish bosses and aggressive, domineering children, visit one of the growing number of spas and retreats that offer complete mind and body relaxation

BY JULIE MACKEN AND PATRICIA ANGLY

Quality time out

THE PERSON who says they're too busy to take a retreat is precisely the person who needs one the most," says John Menadue, director of the Research Institute of the Asia Pacific and recent convert to the world of retreats.

Retreats have often been seen as the curious activity of clerics and devout Catholics and Buddhists. However, in recent years there has been an increase in the number of retreats directed towards the business community and the number of people, particularly men, who see them as a necessary part of the year's activities.

As their value is being re-appraised by many in the community, the commercial accommodation sector has been quick to see the market potential. It's no longer a novelty for five-star accommodation to include the trappings of retreats – meditation rooms and counsellors along with aromatherapy and resident dieticians.

Nick Galante, a prominent Melbourne lawyer, is one of the founders of the "Men's Retreats" at the Campion Retreat Centre in Victoria. The retreats began as a one-off in 1989. Seven years later, they are run throughout the year and target specific professions, including lawyers, doctors and, more recently, senior public servants.

"They began because we found that a number of us had begun a journey – a very tough journey but a very healing one – and we wanted to be able to share the experience with other men," says Galante. "They're directed at men between the ages of 35 and 50, because that's when the mid-life transition hits. And it's vital that men get support and a sense of community from other men when they go through this time. Otherwise they're likely to arrive home one day with a red sports car and a 25-year-old secretary."

The retreat team is made up of five men from diverse backgrounds. They are radical men in the traditional sense of the word. Far from being New Age jungle juns, they are typical Australian blokes who are attempting to find meaning and interior wealth in their lives.

Their reasons for doing so are articulated by Father Michael Smith SJ: "This kind of thing isn't easy – taking time out to find out what's important in your life and who the hell you are anyway. This can be very threatening stuff. But to not do it at all can be even more perilous."

Dr. Barbara Wardman, a consultant clinical psychologist, sees many people who have attempted to avoid the big questions in life and wound up in her consulting rooms as a result: "Who we are, what is important to us, and how we really want to spend this short life that has been given to us, those are vital questions. And real sickness, both physical and mental, can arise when we try to dodge those kind of issues.

"The reason a retreat can be so beneficial is because it's designed to provide us with the time and the environment where we can begin to answer those most important questions. By going off somewhere away from our work and family, away from all the points of reference that we use to say, 'This is who I am,' we then give ourselves the opportunity to quietly reflect on what is most important to us – without anyone looking over our shoulder to see how we're performing. This kind of reflection is vital for meaningful relationships, lives and good mental health."

While most of the traditional retreat houses have a spiritual focus, there has been a move away from presenting a dogmatic religious position. Insight Meditation Centre at Medlow Bath in the Blue Mountains used to be known as a Buddhist retreat centre. Retreat director Graham Wheeler explains the reasons behind the change of name and focus: "In the past, people with a particular spiritual bent would come here; people who were seeking another way – enlightenment if you like.

"These days, a lot of people come because of stress-related issues. They have a lot of pressure and competition in their work life and they're looking for ways of dealing with that.

"They don't come to find the Buddha or even because they're Buddhists. And that's fine with us. We're not here to convert anyone to anything.

Finally, a word of warning from John Menadue to those who are seriously contemplating their first retreat. "Someone's first retreat should be slightly structured and certainly not a silent one. I made that mistake and I spent the first three days feeling very distressed. I kept wanting someone to say, 'And what do you do, where do you work, etc.' It's better to have the humility to start gently and slowly find your way with it."

What follows are some examples of what is available in both traditional and commercial retreat-style facilities. Slow down, relax and surrender to their ambience.

CR001845

Spa Trek

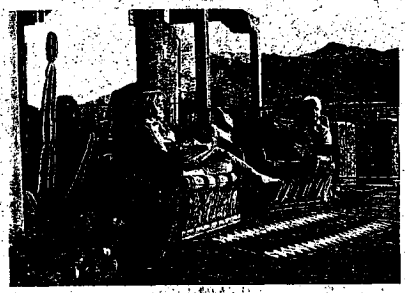
America

The Americans are ahead of the rest of the world with the spa concept that goes way beyond pampering to taking a total look at your life, both physically and spiritually. Obviously, some places do it better than others and you can choose the angle you want – more pampering, less investigation, more medical, less physical, more or less strenuous.

Before you arrive at most spas, you will receive a long questionnaire in which you are expected to detail most of the pertinent facts about your life – diet, stresses and goals – or at least what you have in mind for the week you're going to devote to yourself. By the way, a week is really the amount of time you should spend at any of these places.

CANYON RANCH, ARIZONA

This is one of – if not *the* – best all-round fitness centres in America. Based in an outlying part of Tucson, the ranch actually does have horse riding, as well as a large range of early morning walks and jogs geared to the most fat – and the most fit – kinds of people.



Canyon Ranch, Tuscon, Arizona ... guests relax on the front porch of their *casita*.

The food is very carefully prepared, with lots of choice, but little meat, virtually no fat and a calorie/fat counter at hand by each dish. You are served at the table, so you can maintain some idea of being on vacation. You can eat alone, eat with your friend or go to a shared table. Talk at the latter is, unfortunately, centred on discussions of fat and food.

The founders of Canyon Ranch, Mel and Enid Zuckerman, took themselves in hand after the death of Mel's father from lung cancer. The result is a fitness empire where only the best practitioners are hired, whether they be medical (you can have full check-ups and consultations) or working in the different modalities that make up the alternative ranges of physical and psychological/spiritual treatments. Canyon Ranch is often ahead of the other spas in introducing new ideas and re-arranging standard ones.

The other strength of Canyon Ranch is its ability to find the right level and kind of physical activity for each participant. All-out aerobic or gentle movement – the whole range is there.

There is a big emphasis on stretching – and I must say I didn't know I was a pretzel until an intensive hour of that. The range of other more special help available goes on and on – you can see physicians, psychologists, registered dieticians, movement therapists, exercise physiologists and certified health educators.

Canyon Ranch also has special men's programmes, because men are, let's face it, special.

The Bellefontaine Mansion, Canyon Ranch, Massachusetts ... not quite what springs to mind when you think of a ranch dining area.

Canyon Ranch, 8600 East Rockcliff Road, Tucson, Arizona 85715, tel: (520) 749-9000; fax: (520) 749-7755. Rates start from $US410 a night, not including 18 per cent gratuity, or tax.

CANYON RANCH, THE BERKSHIRES, MASSACHUSETTS

The difference with this Canyon Ranch, it seemed to me, was in the type of clients – mostly wealthy females from New York or Chicago looking for a week of personal care. However, if you prefer green trees as a background in spring to autumn, or love a real dose of cold in winter, the property offers these, as well as a range of different kinds of physical activities, including cross-country skiing in winter and canoeing in summer. All the treatments you'll find at Canyon Ranch in Arizona are available and the staff are equally well trained and sensitive to each client's needs.

Canyon Ranch, 165 Kemble Street, Lenox, Massachusetts 02140. Tel: (413) 637-4100; fax: (413) 637-3245. Rates from $US890 per person, double occupancy, for a three-night stay in the middle of the week, to $US2,650 for a single weekly package.

ASBURY PARK SUNDAY PRESS
January 7, 1996
SECTION F
Travel

TRAVEL Trip of the Week

Canyon Ranch nurtures minds and bodies

By BARBARA STURM
CORRESPONDENT

New Year's resolution-makers take note: I found the perfect place to jump-start a healthier lifestyle.

Located amid the snow-covered mountains of western Massachusetts, Canyon Ranch in the Berkshires offers a smorgasbord of self-nurturing ways to pursue an optimal and balanced lifestyle — not just there but also at home, where you face the biggest challenges.

Owners Mel and Enid Zuckerman have assembled an extraordinarily talented support team to help guests learn how to energize and heal their mind, body and spirit.

Emphasis is clearly on fitness and health, rather than dieting or obsession with food. The biggest surprise was finding so much accent on spiritual awareness — especially subtle energy practices based on chi, or universal energy, which form the basis of Far Eastern medicine.

After my three-day visit in late November, I believe Conde Nast Traveler Magazine was right on target when it gave Canyon Ranch in the Berkshires the 1995 readers' choice award for "Best Spa" in America.

Yes, it's expensive. But if you take full advantage of its resources, cutting-edge information and instruction, the investment will pay off.

My visit actually began a week early, when I received a 57-page guide book listing options and activities plus the gentle suggestion that I think about exactly what I wanted to achieve during my stay.

Did I need to deal with stress and rediscover the joy of play? Set realistic weight goals and acquire tools to achieve them? Connect with my inner self through spiritual-awareness activities? Enhance my health and longevity? Indulge in nonstructured relaxation and pampering treatments?

At first reading, the answer was all of the above.

● Guests at Canyon Ranch in the Berkshires, Mass., loosen up during a line-dancing session.

CR001847

Flow of energy

There are more than 30 classes, lectures and demonstrations at Canyon Ranch per day, focusing on everything from low-fat cooking and power walking to deep breathing.

Less familiar disciplines include tai chi, a dancelike routine that enhances one's sense of self, and chi gong, another movement system designed to restore and balance the natural flow of life energy.

More traditional stretch, aerobic, slide, yoga and aquatic exercise classes are ranked easy, intermediate and difficult so you never feel inadequate or unchallenged.

In addition, my three-night package entitled me to two special services, such as a mud treatment or reflexology, and a $90 credit toward a health consultation.

To fit so much into one visit, I recommend traveling to the area a day early and staying one night in a local motel or inn. You can then take advantage of the entire first day's program without losing a single hour.

Treatments and consultations can be pre-booked, with the caveat that you may miss out on word-of-mouth, on-the-spot recommendations from fellow ranchers about unfamiliar techniques such as reiki and craniosacral massage, which are now popular.

Ranch guests stay in a modern two-story building with 120 luxury guest rooms and suites. It is located across the lawn from Bellefontaine, a marble and brick mansion, designed in 1897 as a residence by Carrere & Hastings in a style distantly reminiscent of the Petit Trianon at Versailles, France.

The classic, wood-paneled library remains intact. But spaces for a dining room, medical facilities and art workshop have been modernized.

Emotions and the body

The state-of-the-art spa, with six gyms, a weight-training room, tennis courts and an indoor pool, is connected to the mansion and the guest rooms via all-weather, glass-enclosed walkways. The entire complex forms a U-shape around a reflection pool and formal gardens.

I went alone to Canyon Ranch by choice, hoping to get some rest. Single guests can dine at a large, round captain's table, where it's easy to meet people. Conversation was always lively.

At my first low-fat, no-salt lunch, I learned how delicious such cuisine can taste. There's a help-yourself salad bar with low-fat dressings plus a menu with interesting appetizers, entrees and desserts, repeated on an eight-day cycle. Each item is measured for calories, fat grams and sodium content. (After two days, I didn't miss the taste of salt or fat.)

Before joining any classes, guests must meet with a medical technician, who checks blood pressure and takes a health history. You then discuss goals and daily schedules with a program coordinator. Appointments and class choices are kept track of in a small plastic notebook with room and locker keys attached. Each orientation folder contains a one-page guide to aid in setting calorie limitations, but emphasis on weight loss is minimal and there is no separate dining room for dieters.

By the time I accomplished all this, there was only time to catch movement therapist Dan Levin's talk on emotions and the body, then an after-dinner art workshop on masks. Unfortunately, these sessions stirred up unexpected emotions that interfered with my sleep.

Nevertheless, I got up in time to take part in Tuesday morning's 45-minute, two-mile walk, which began at 7 a.m. Bundled up against the cold, a group of 20 or so did warm-up exercises under a gold and pink sky, then walked briskly past snow-pocked fields and stands of evergreen trees.

Using hidden keys

Breakfast began with a help-yourself fruit bar laden with raspberries, strawberries, blackberries, melons and specialty muffins. Pumpkin pancakes, egg-white omelets and other entrees could be ordered from the menu.

By 9 a.m., I was lined up with other women in leotards and cotton shirts for a morning stretch class. Penciled into my schedule for that day were women's stretch, relax yoga, breathing class and meditation relaxation.

Lemonade and almond sunset and orange zinger teas are on tap at strategically placed refreshment stations outside of classrooms and throughout the three buildings.

I had a 10 a.m. private consultation about food behaviors with Jill Hopkins, who suggested that I create a basket filled with alternative things to do when my hunger was triggered by

Please see **Nurture**, page **F8**

Ranch nurtures minds and bodies

From page F3

anger, frustration, loneliness or anxiety. Items might include books, audio tapes, a crossword puzzle and some poetry. She also advised that I make a list of things I enjoy doing and schedule at least two per week in order to build more childlike pleasure and joy into my life.

During the noon lunch-and-learn session in the demonstration kitchen, I saw how Chef Ruby adds crunch and color to low-fat cooking. She prepared chicken and bean soup and Thai shrimp, which became our lunch, along with a chocolate mocha dessert.

I used my first personal service by having a facial at 4 p.m. Other guests scheduled facials and massages just before bedtime.

As if my day wasn't full enough, I spent the evening beginning a 12-part video series called "Hidden Keys to Loving Relationships" by Gary Smalley, using the VCR machine in my room.

I was putting pressure on myself to do as much as possible, deciding to forgo my original goal of going home physically rested. I wanted to take full advantage of the ranch as an important learning resource.

Tired but enlightened

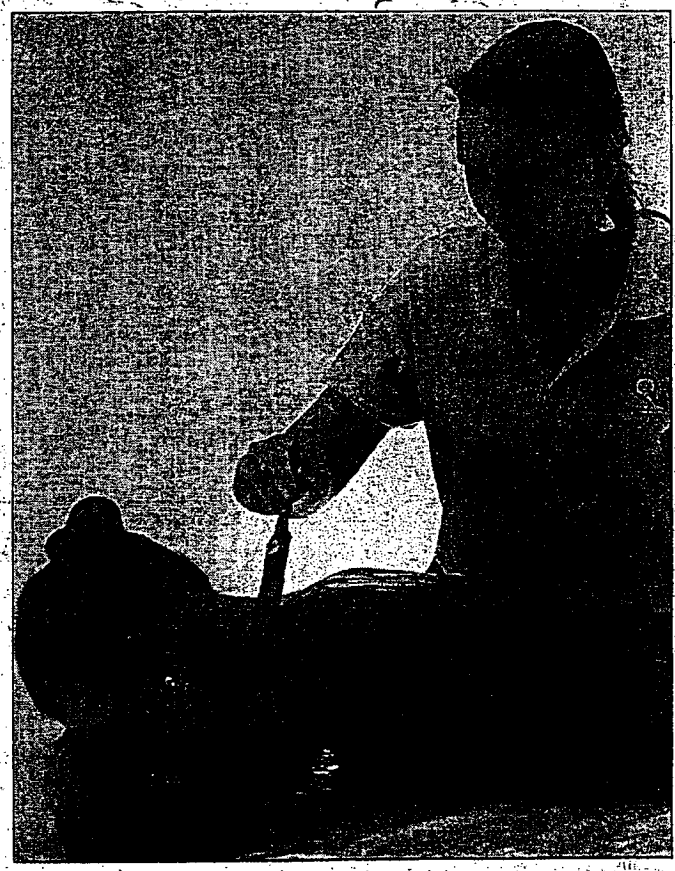
On Wednesday morning, I felt so energized that I moved comfortably into the intermediate exercise sessions and used a pair of 5-pound weights with ease. During the day, I learned more about weight training, metabolism, fitness walking and proper back care. The lunch-and-learn demonstration featured vegetarian tostada with roasted corn salsa and tuna with mango pineapple chutney.

After the tai chi class, I had a relaxing massage as my second health service, then an extra consultation on body/mind dialogue with Levin.

Among Levin's messages to me was that good choices always take long-term consequences into account. By noticing how I feel hours or even days after indulging, venting or overreacting, my choices will become clearer and wiser.

On Thursday, I began to slow down. I learned more weight-training exercises, attended an outstanding lecture on osteoporosis by Dr. Stephanie Beling, then relaxed with several of Smalley's tapes until it was time to catch the 4:45 p.m. bus back to Manhattan, and then head home.

I was physically tired from so much activity — but enormously enlightened.



● A visitor enjoys a mud treatment at Canyon Ranch.

IF YOU GO

WHERE: Canyon Ranch in the Berkshires, 165 Kemble St., Lenox, Mass. 01240.

COST: For a three-night package with Sunday, Monday or Tuesday arrival, you pay $1,242.68 single or $1,022.62 double occupancy, per person; Wednesday, Thursday or Friday arrival is $1,436.85 single and $1,190.90 double occupancy, per person; for a four-night package with Sunday or Monday arrival, the cost is $1,462.74 single and $1,203.85 double occupancy, per person; Tuesday arrival is $1,579.24 single and $1,307.40 double occupancy, per person; Wednesday through Saturday arrival is $1,799.30 single and $1,462.74 double occupancy, per person. These packages include meals, taxes and gratuities, use of spa facilities, several fitness classes and lectures, two spa services and one $90 allowance toward a health and healing service. Rates shown are valid through March 27.

WHAT TO BRING: Comfortable, casual clothing such as shorts, T-shirts, warm-up-suits, leotards, tights, a bathing suit and weather-appropriate outdoor wear. Leave perfume and jewelry at home but pack aerobic shoes for exercise classes and hiking boots for mountain treks.

SPECIAL NOTE: In addition to a no-fat, no-salt policy, no alcohol or smoking is permitted in public areas at the ranch.

GETTING THERE: By Bus: Bonanza Bus Company leaves from Port Authority Terminal at 41st Street and Eighth Avenue, New York. The trip to downtown Lenox, Mass., takes four hours one-way and costs $54 round trip; telephone 1-800-556-3815.
By Car: Take the New Jersey Turnpike North to Exit 11. Follow the Garden State Parkway North to the end. Continue north on New York State Thruway (I-87) to Exit 21A. Take I-90 East, which becomes the Massachusetts Turnpike, to Exit 2. Follow Route 20 West for about four miles. Turn left onto Route 183 South and drive about one mile. Turn left onto Route 7A South. Canyon Ranch is a half-mile on the left.

INFO: 1-800-742-9000.

DIST. 4/5/96

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ELLE

APRIL 1996

fitness

spa table

This delicious, hearty risotto is made with barley instead of rice—and it tastes incredible. We literally couldn't stop ordering extra portions of it during our stay at Canyon Ranch in the Berkshires, where it is a perennial favorite.

½ c. pearl barley
1½T chopped onions
¼ c. diced carrots
¾ c. diced celery
¾ c. diced leeks (white part only)
¼ c. chicken stock
2 skinless, boneless chicken breast halves, about ¾ lb.
6T grated parmesan cheese
½ c. chopped parsley

Cover barley with 3 cups water in medium pan; bring to a boil. Lower heat, cover, and simmer until tender, about 45 minutes. Drain and set aside. Preheat grill or broiler. Sauté vegetables in nonstick frying pan with a low-fat cooking spray until tender, about 10 minutes. Set aside half the vegetables. Add chicken stock to pan; bring to rapid boil. Boil until stock is reduced by half. While stock is reducing, grill or broil chicken 3 to 5 minutes on each side. With a sharp knife, cut chicken into long, thin strands. Stir chicken, vegetables, parmesan, and parsley into barley. Serves 4.

Nutritional information per serving: 308 calories, 35.31 gm. carbohydrate, 6.07 gm. fat, 61.66 mg. cholesterol, 28.6 gm. protein, 329.7 mg. sodium.

spa review: canyon ranch, east & west

Canyon Ranch Health & Fitness Resort—which this year turns an unbelievable sixteen years old—practically invented the modern American spa, and keeps reinventing it. While there are actually two Canyon Ranch spas—one a cluster of adobe casitas near Tucson, Arizona; the other high in the Berkshire mountains on the grounds of a spectacular old Lenox, Massachusetts, mansion—both reflect the same attitudes and philosophies about what constitutes health and well-being. Julia Roberts, Cindy Crawford, and Donna Karan have all come here, but check your fancy clothes—and vanity—at the door: Only the occasional hard body struts amid a sea of average-to-chubby professionals seeking refuge from stress and unhealthy habits.

Meanwhile, back at the Ranch: Hiking up a mountainside in the Berkshires (left) and between the cacti near Tucson.

The trance-inducing massages, delicious yet healthy food, and gorgeous settings make for an incredible vacation, but the emphasis is on information and ideas that translate to everyday life. In this atmosphere, where fitness supersedes weight loss and wellness is paramount, the drudgery of exercise morphs into a surge of endorphins, a rush of energy, a flood of self-esteem.

Spa treatments: An extensive range of massages, body wraps, and beauty treatments rub out the kinks and restore the spirit. Services range from the therapeutic (Swedish, cranial-sacral, and reflexology massages) to the more decadent (hydromassages and organic mud treatments). The beauty salon handles the toughest clients in the business, highlighting roots, trimming split ends, and manicuring even the country's most famous nails—Barbra Streisand's.

The food: The eclectic, low-fat, low-calorie menu ranges from Santa Fe chicken and salmon teriyaki to vegetarian chili. There's also a salad and pasta bar. Portion sizes are reasonable, with plenty of choices. Guests decide how much to eat—and whether they'd like caffeine and salt, an option many spas don't offer.

Fitness program: Days are more invigorating and restorative than hectic—Canyon Ranch reminds you that fitness is a reward, not a punishment. At both locations, the hiking is amazing. Tennis, mountain biking, and swimming are also incredible; during the winter in the Berkshires, cross-country skiing and snowshoeing are wonderful. Indoor exercise includes step classes, boxing, body conditioning, and funk aerobics—led by instructors who can dance with the best of them on MTV.

Medical and spiritual fitness: The spa's dedication to health is as thorough as it gets. Doctors test for everything from high blood pressure to hormonal imbalances, depending on guests' needs. But Western medicine is only part of the wellness regimen: Guests learn stress-management techniques like yoga and meditation; in biofeedback sessions, technicians calculate stress level through body temperature, then teach breathing and visualization techniques to counteract tension.

Rates: Health doesn't come cheap; a week (double occupancy) at Canyon Ranch in Tucson starts at $2,560 in peak season; if you can tolerate blazing heat, a summer visit starts at $2,130 for four nights. A week in the Berkshires begins at $2,920 at peak, $1,900 in off-months. It's particularly popular with weekenders; four-night packages start at $1,890 in season, $1,010 off-peak.—KATHERINE ROSMAN AND JEAN GODFREY-JUNE

TOP LEFT: DEAN ISIDRO

CENTRAL MASS. EDITION

The Senior Advocate

Published Bi-weekly / Vol. 22 / No. 20
September 26, 1996 / 20 pp. / FREE

Pamper yourself to good health at Canyon Ranch

By Deborah Taylor

Canyon Ranch guests participate in an exercise program that utilizes physio balls.

LENOX, Mass. —

I just got back from four days in heaven. It's only a few hours from where you are. On Earth, it's known as Canyon Ranch, a health spa in the Berkshires.

If you think health spas are frivolity for the rich and famous, you shared my pre-Canyon Ranch misperceptions.

Who hadn't heard of such places disparagingly referred to as fat farms? I anticipated they deprived you of food at the same time made you feel guilty for liking it, making up for the deprivation with many expensive, unnecessary services. Having similar perceptions, my companion had packed a box full of goodies — a six-pack of Coke, raisin cookies, a jar of peanuts and crackers. It might be fun to see "how the other half lives" (more about that later), but he was not going to starve in the process.

What we experienced was radically different from our preconceived ideas.

The shift in thinking begins

After we checked in mid-afternoon on a blustery Friday, we were given a tour of the facility resting on 120 prime Berkshire acres. The stately Belefontaine Mansion is the centerpiece of the spa, but the complex has several buildings housing the hotel's six gyms, indoor pool, locker rooms and personal service areas. The lovely dining room, original library for the estate (the rest of the original mansion was destroyed in a fire) and the health and healing offices are in the updated mansion, which is connected to the other buildings by a glassed-in walkway. It's a good one-eighth of a mile to dinner from the hotel via this route.

After the tour, we met with a program coordinator who scheduled our spa and sports and health and healing services (this can be done also by calling ahead) that were part of our package. She also suggested other classes and activities based on the goals for our stay. Hotel manager Carl Pratt recommends seniors be accustomed to walking two miles three days a week to safely participate in fitness classes.

With our package, we had two options from "spa and sports," as well as two health and healing services. Within these broader categories are choices in medical and behavioral health programs, exercise physiology, movement therapy, nutrition and food management, spiritual awareness, physical fitness, outdoor sports, massage and body therapies, as well as skin care and beauty treatments.

The array of programs from the physical to spiritual should be a clue this is serious business. All the health and healing staff — physiologists, movement therapists, psychologists, behavioral therapists, nutritionists, etc., — have master's

Turn to CANYON RANCH, page 10

CANYON RANCH heals body, mind & soul

Guests enjoy an aqua aerobics class.

Cont'd from page One

degrees and some have doctorates.

Four days is not enough time to sample everything and, in fact, Pratt said for this reason, the shortest first-time stay that's allowed is four days. Otherwise, he said, guests leave frustrated and without a clear idea of what Canyon Ranch is all about. Return guests can come for only two days.

"Our very intention is to have infinite possibilities," Pratt said.

Pratt was right. The hardest thing we had to do during our stay was to decide which of the activities to sample.

I signed up for shiatsu (acupuncture without needles) which was such a relief for sore muscles, a senior exercise consult and an herbal wrap, all part of the package. In addition, I took complimentary classes in dance aerobics, low-impact aerobics; women's stretch, yoga, breathing and meditation. My companion chose two sessions with a masseuse, a mind-body dialogue and relaxation training.

We were busy. Each day we rose early to allow time for the sumptuous breakfasts before the first fitness classes at 9 a.m. Each hour guests can choose from about six classes, for beginner through advanced levels. All the fitness classes are also labeled for what they work on — flexibility, strength or cardiovascular endurance.

Beyond these, the spa offers a pool (with its own classes), a well-equipped weight room, a locker room with saunas, steam rooms and hot tubs, as well as an array of personal services women could die for — herbal wraps, seaweed treatments, back and face facials, hair treatments and makeovers.

Why do they come?

At lunch I met about 10 women, half of whom were Canyon Ranch regulars. (When we were there, the ratio of women to men was about 20 to 1, although this varies.) One New York senior said she was at the Ranch to recover from a broken pelvis. Within a few days of her arrival, she could walk without her cane. Another Connecticut senior said she was there to relax and get back into shape. She had stopped going to other spas after her first visit here. A man in the guided imagery class was there as part of his long recovery from cancer.

What makes this such a healing place?

A clue lies in the many aphorisms painted into the mural lining the long corridor connecting buildings: "Everything you need for a happy life is within yourself"; "A fat kitchen, a lean will"; "Change your thoughts and you change your world."

Unlike some spas, Canyon Ranch works with the whole person — from how you look, to feel, to think. Pratt said, "The biggest difference between Canyon Ranch and other spas is the health and healing component." Beyond that, Canyon Ranch has a depth and variety other spas lack, Pratt added.

Reporter Deborah Taylor and guide Jon Weiner (l) on a two-hour pole hike to a nearby Audubon sanctuary.

My meal companions confirmed that.

Pratt said another difference is the staff will cross-refer guests, meaning one staff member will teach you how to eat better, while another counsels you on how to control your eating, still another helps you utilize your food energy efficiently through proper exercise programs designed for you.

Your own exercise plan

Shortly after my arrival at Canyon Ranch, I had a physiology consult with Bryan Pasternak, a great introduction to my stay at the spa. Pasternak and other physiologists will create a senior exercise plan based on types of exercise you enjoy, what you're willing to put into it and what medical or orthopedic limitations you have. No guilt, no criticism, just helpful advice and encouragement.

Pasternak insisted that with regular training, muscle strength can increase up to age 60, cardiovascular decline can be cut to 1/2 percent per year and the range of motion can be preserved. "We exercise to improve the quality of life," he said.

He gave me a set of eight exercises which he demonstrated, then had me do. He suggested a few modifications, some inexpensive weights and sent me on my way with an invitation to call him with any questions.

You are what you eat

The biggest surprise for both of us was the gourmet food, a feast for the eyes, the nose and the palate. The menu rotates on an eight-day cycle, offering a salad bar (or breakfast bar) at each meal, along with menu selections.

The menu itself is unusual because it lists numbers for calories and fat grams, not prices. I overheard one guest say he gains weight every time he comes to Canyon Ranch. It would be easy to do with such choices as vegetarian pizza, roasted turkey breast with garlic potatoes and gravy, spinach and cheese ravioli, Asian scallop stir-fry, and salmon with sorrel sauce. There is no limit to what you can order; the calories and fat grams are there to guide you.

But you know you're eating healthy and at the same time feasting like a king. The meals are designed to be rich in vitamins, minerals and fiber, low in fat, moderate in protein and high in carbohydrates.

Lunch and Learn is an alternative to lunch in the dining room. The sessions, held in a demo kitchen, help you take the meals home. A chef instructs you in the preparation of a few dishes, hands out recipes and answers questions. (Of course, you get to eat also.) A nutritionist answers questions from a dietary standpoint.

Life on the outside

Despite the season, you're not restricted to indoor activities. Winter sports enthusiasts can downhill or cross-country ski, snowshoe, hike with ski poles and walk. Every morning at 7, a walk is offered. My companion and I went on a two-hour pole hike to a nearby Audubon sanctuary filled with beaver ponds. Longer and shorter hikes are available most days for all fitness levels.

Summer sports include canoeing and kayaking, sculling, hiking, walking and biking.

Some outdoor sports are complimentary, some aren't.

If you treat yourself to Canyon Ranch, you'll meet a dedicated, enthusiastic staff whose ratio to guests is almost three to one.

I'm sure the staff at Canyon Ranch is one reason the return rate is 50 percent. I'm surprised it isn't higher.

Do you get your money's worth at Canyon Ranch? No question. If you're open to it, you can completely change your lifestyle, from what you eat to how you think about yourself. At the very least, you return home with a view to possible changes you can make for better health.

The reasons to come to a health spa are many: for relaxation, a weight loss program or quit smoking program, destressing, a medical problem, getting a jump-start on eating healthy or exercising or to get pointed in the right direction for addressing some emotional issue. Of course, what happens after Canyon Ranch is up to you, but every effort is made to help you get on track.

Personally, I have only one regret about my short stay in heaven — I didn't get to see Paul Newman, who occasionally comes to the Ranch. Maybe he'll surprise me on my next visit.

Rates for Canyon Ranch are about $1,300 to $1,800 for a five-night package.

Off-season rates are slightly cheaper and special programs are held periodically. There are also savings for groups, ski free packages and bringing a friend.

To get to Canyon Ranch in the Berkshires, take the Mass. Pike to exit 2 in Lee. Follow Route 20 west to Lenox. Turn left on Business Route 183 south. A sign for Canyon Ranch on the right will lead you into the town where you turn left at the junction of Route 7A, Kemble Street. The Ranch is one-half mile on the left.

Canyon Ranch in Lenox Mass.

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BERNARD BURT'S SPAGOER™

Volume 2, No. 3
FALL 1996

• RESORTS • DAY SPAS • CRUISE SHIPS • NUTRITION • THERAPY NEWS • NEW WORKOUTS •

From the new Disney Institute in Florida to Arizona's Sonoran Desert fitness resorts, we're going back to school for "Lifestyle 101."

Lifestyle Learning Vacations

Based on a forthcoming guidebook, *Fodor's Great American Learning Vacations*, SpaGoer learns what works.

Canyon Ranch Enhanced

TUCSON, ARIZONA: While few resorts have more programs and facilities, the combination of medical and fitness facilities sets Canyon Ranch apart from traditional spas. Founded in 1980 by Mel and Enid Zuckerman, the 70-acre spread at the base of the Catalina mountains, abounds in cactus gardens and tropical trees, with streams meandering among adobe casitas that cluster around the spa complex, the Life Enhancement Center, and the Health and Healing Center. With so many choices, from hiking the high-desert canyons to underwater watsu massage, it's easy to get disoriented.

So what am I doing in workshops all morning, indoors with 30 other health-seekers who have come together at the Life Enhancement Center (LEC), dedicating a week and more than $3,000 without really knowing what to expect? Simply put—structured programming works best for serious learning. At the LEC we got the best of Canyon Ranch—personal trainers, lectures, meals, medical screening—plus workouts and treatments. The faculty includes some of the leading specialists in study of human behavior and stress management, notably psychologist Dan Baker, medical director Philip Eichling, and movement therapist Karma Kienstler. We lived together in a compound of luxurious one-story casitas encircling a 50-ft. swimming pool, looked after by an attentive staff directed by Suzanne Kaiser. Truly a premium program, unique among American fitness resorts.

Beyond the daily LEC schedule, you might opt for cross-training—hiking, biking, workouts in the nine gyms, yoga, relaxing spa services, cooking classes, outdoor tennis, aquacise and swimming in indoor and outdoor pools. But the LEC has a complete strength training facility, gym and cardiovascular exercise equipment, spas for men and women, and massage rooms where appointments are scheduled every evening. The result is a more personalized experience, and lots of bonding with new friends who share the healing process.

The program addresses personal goals such as weight management, stress reduction, or smoking cessation. Also, there are special weeks devoted to medical issues such as asthma, diabetes, and arthritis, Eldercamp seminars on healthy aging, and women's issues. But what most impressed this first-time participant was the opportunity to get a reality check on my health— from blood and urine samples on arrival, EKG stress test, and private consultation with specialists.

The 7-day Life Enhancement Center program, scheduled throughout the year, starts Sunday. Registration fees, $3,217—$5,266, include lodging and meals, medical and health consultations (blood test, cardiovascular endurance test, and other services), four spa treatments, gratuities and airport transfers. (Accommodations range from standard to luxury suite; prices are per person for double occupancy, go up mid-December). CME credits are available for physicians participating in the program or other special weeks.

Mel Zuckerman welcomed us, recalling his personal struggle with weight problems brought on by emotional stress. "Exercise is the key to aging well," he advises, "as emotional change leads to decisions which can improve the quality of your life." Canyon Ranch is a great place to start.

Canyon Ranch, 8600 E. Rockliff Rd, Tucson, AZ 85750.
Tel.: 520/749-9000; reservations: 800/742-9000.

JANUARY 1996

America West

50 Super Reasons To Do Arizona

By Suzanne James, Wendy Neri and Sonya Goodwin Hemmings

The Super Bowl touches down in Arizona for the first time on Jan. 28, along with more than 75 related events and activities. But as much attention as the National Football League's championship will bring to the Grand Canyon State, it is only one of countless other reasons to drop in for a visit, whether for a day, a month or even a season. Here are 50 more:

25 **The outdoor activities** at Canyon Ranch spa in Tucson. Sure, the usual pampering pervades the interior of this award-winning resort spa, but the fitness programs insist that you get out and learn the lay of the land. Guided biking tours cruise the foothills of the Santa Catalina mountains, while hikers reach for the peaks of the Santa Catalinas and the nearby Rincons. (520) 749-9655. ➤

Canyon Ranch: a fitness fantasy.

Robb Report®
MARCH 1996
FOR THE AFFLUENT LIFESTYLE

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PROFILES

After turning his unhealthy lifestyle around in the late 1970s, Mel Zuckerman created a spa at the suggestion of his wife, Enid.

Mel Zuckerman

Fitness wasn't always a priority for the founder of the Canyon Ranch resorts.

BY GARY M. STERN

The man who started one of the country's foremost spas 17 years ago was once an overweight business executive. At age 50, Mel Zuckerman, who founded the Canyon Ranch and Spa in Tucson, Ariz., was a classic Type-A executive.

In the 1970s, Zuckerman was a leading real estate developer in Tucson. He was also 40 pounds overweight (tipping the scales at 210 pounds) and had high blood pressure and, he says, "every gastronomic disease known to man." He also had no plans to alter his lifestyle.

In 1977, Zuckerman's father, an overweight, out-of-shape cigarette smoker who was aware that he was dying of lung cancer, said to Mel, "If I had only stopped smoking cigarettes years ago and taken better care of myself, I wouldn't be in this situation."

The elder Zuckerman passed away soon after that at age 77, and the son experienced an epiphany. During an interview at the Canyon Ranch and Spa in Lenox, Mass., the sister property that opened six years ago, Zuckerman says he vowed then that he would not live a life of "if onlys."

Still grieving from his father's death, Zuckerman told his wife, Enid, that he wanted to take some time to reevaluate his life; his retreat of choice was the Oaks Spa in Ojai, Calif. During the first week, he met Karma Kientzler, the resort's fitness director, who encouraged him to jog. Zuckerman, who was asthmatic as a child, told her that he didn't have the physical capacity to jog.

Patiently, she asked him to walk briskly for several minutes, then jog for several minutes, then stop, and jog again. Though doubtful, he tried it and found that he could do it. By week's end, he says, he was jogging a mile and a half in 11 minutes—better than eight minutes a mile. (Zuckerman later hired Kientzler; she is fitness coordinator at Canyon Ranch in Tucson.)

Feeling rejuvenated, Zuckerman walked into Ojai, where he jumped up like a child to hit a sign that was over his head, and then clicked his heels. He was on a roll: He had lost 13 pounds in 10 days at Oaks Spa by altering his eating habits and by exercising. Energized and revitalized, he called his wife to tell her that he needed to spend more time at the spa, and asked her to join him, which she did.

Curiously, several years prior to that time, Enid had suggested to Mel that they open a fitness center. She had been reading Adele Davis' nutrition books and believed that fitness would be looming large in America's future.

By the end of his three-week stay, Zuckerman was a changed person. He had shed 28 pounds (some of which he subsequently gained back, and then lost again) and had found a new direction: Mel told Enid that he wanted to pursue her idea of opening up a "fat farm," as he facetiously called spas then.

According to Zuckerman, the motivation to open a spa "was not driven by an entrepreneurial venture. When we created Canyon Ranch, we created the kind of life we wanted to live for the rest of our lives."

Though he was knowledgeable about real estate and finance (in his 20s, he had been a certified public accountant in Hackensack, N.J., his hometown), he had no experience in running a spa or a restaurant. Nonetheless, within days of returning to Tucson, he dedicated himself to the spa venture.

As an entrepreneur and a risk-taker, Zuckerman usually followed through on something once he made up his mind to do it. But in 1979, rising interest rates were causing real estate prices to plummet, and because of his lack of experience in the spa business, bankers rejected Zuckerman's pleas for a loan. However,

things started to look up when a real estate agent reminded Zuckerman of a defunct dude ranch that was for sale. Coincidentally, the parcel was adjacent to land and water rights which Zuckerman owned, thus eliminating the need to purchase costly rights. "We felt magic when we looked at the land," he says.

In order to raise the $6 million to buy the 70-acre property and build the resort, Zuckerman liquidated his assets, borrowed money from friends, and took what he could get for a mortgage—one with a 26 percent interest rate (5 percent above prime).

In 1979, Canyon Ranch debuted as "America's vacation lifestyle resort," so described because, at that time, spas were not in vogue in North America and Zuckerman thought that people might be turned off by the word "spa." When the resort opened, the staff consisted of a fitness director and a nutritionist. (Currently, there are medical, behavioral, and psychological staff at both the Tucson and Lenox sites.) The resort's prices were set at a reasonable level: $85 per person, double occupancy, per day and $565 per person per week (about one-fifth the price of a week's stay today).

Still, the concept was slow to catch on. Since Zuckerman had spent much of his capital building the resort, his advertising budget was limited to one ad in *Town and Country* magazine. For its first week, Canyon Ranch welcomed eight guests, most of whom were the Zuckermans' relatives and friends—close friends. Five of the eight did not pay to stay, two paid half price, and one woman paid full price. The controller told Zuckerman several times during those first few months that they were barely able to make the payroll. Zuckerman lost $1 million that first year, but survived.

One year later, Jane O'Reilly, a writer for *Time* magazine, happened to stay at Canyon Ranch, liked it, and touted it in a two-page spread in that publication. After that article appeared, *Vogue*, *Harper's Bazaar*, and numerous travel magazines reviewed the resort, and Canyon Ranch became one of the country's premier spas at the time when the fitness craze was bursting on the culture.

Since then, its clientele has grown; there are now about 12,000 guests annually at each of the two properties. About two-thirds are women; men are just beginning to realize the joys of a spa vacation, according to Zuckerman. When asked what it takes to run a successful spa, he responds, "Take care of your staff and treat them like family."

Though it has evolved, the philosophy that launched Canyon Ranch is not dramatically different today. "We want to deal with the whole person—mind, body, and spirit. Exercise is the best tranquilizer. It is the aging antidote," says Zuckerman, who quotes noted gerontologist Robert Butler, who said, "If they could package exercise into a pill, they would have created the first antiaging remedy."

The goal of the resort is to show a person how to eat, exercise, and change his or her lifestyle into a healthier one. With regard to nutrition, Zuckerman says that the goal isn't "quick fixes," such as seeing guests lose 10 pounds in a week, but is more focused on changing a person's diet and approach to eating by showing them how they can eat healthful, tasty meals.

(continued on page 150)

(continued from page 34)

Today at age 68, Mel Zuckerman is a far different person from the overweight businessman he was nearly two decades ago. He is a trim 175 pounds and has a fitness regimen that would test many men half his age. He hikes 7 miles three times a week, spends 45 minutes on the treadmill three times a week, and lifts weights for 30 minutes three times a week. His gastronomic maladies have vanished. During a recent annual physical, his doctor told him, "You have the body of a 42-year-old."

Zuckerman's goal is to show a person how to eat, exercise, and change his or her lifestyle into a healthier one.

It's no surprise that one of Zuckerman's maxims to live by advises taking care of your body, because if it wears out, you won't have anyplace else to live.

He is still something of a Type-A personality, however. Zuckerman has difficulty letting go of work. Several years ago, four days into a two-week vacation with his wife in Maine, Zuckerman got bored and left Maine to return to work. But last August, he vacationed on Coronado Island near San Diego and managed to stay away from business for the whole month.

As for the future, Zuckerman says one of his major concerns is succession planning. His 40-year-old son left the spa business after 10 years and has not expressed interest in returning, and his 36-year-old daughter, who is an art photographer, has never been involved in it. Selling the resorts to a large hotel chain would eventually ruin them, he says. Nevertheless, when we spoke in October, he was pursuing plans to manage yet another spa.

A WEEKEND AT THE RANCH

Massage, facials, exercise, nutritional advice—what's not to like? In one weekend, I learned that spas can be rewarding to men as well as women. Even me, a skeptic myself who have never had one massage in a lifetime.

I submitted to my first facial at the Grayson Ranch in Denver. That was followed by a session with my sports massage therapist. Later, a body composition test revealed that I have 20 percent body fat (12 percent to 20 percent is considered healthy). I was informed that to maintain that level I needed to exercise more.

The exercise physiologist listened as I told her how I ran on a bicycle for 45 minutes, bored in the gym for an hour and 20 minutes a day, 3 days a week, 12 months a year. My other exercises were weekend tennis, where I hit a warm-up two weeks had passed since that consultation, I have been walking upon my return two weeks around my Manhattan neighborhood, and I've been there for years. My other activities included jogging, swimming, walking on the treadmill, and, of course, the exercise bike.

After expending so much energy, I was ready for the Arbinet body wrap and hydrotherapy treatment. The first night I offered a three-with-mashed potatoes and sweet vegetable—390 calories and 14 grams of fat, according to the menu. It was tasty, but left me so hungry I felt compelled to have another delicious entry from the menu. I learned from other guests that this comment prompted to order two entrees, that I might die, and was satisfied. G.M.

For more information on the Grayson Ranch resort, call toll-free (800) [illegible]

THE WALL STREET JOURNAL.

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★★ WESTERN EDITION FRIDAY, JANUARY 19, 1996 RIVERSIDE, CALIFORNIA

TRAVEL

Spas Ask: May I Check Your Heart Rate?

By LINDA K. NATHAN
Staff Reporter of THE WALL STREET JOURNAL

LINDA BARKER RECENTLY GOT AN ANNUAL CHECKUP that was normal in every way but one: the location. Instead of some suburban doctor's office or urban hospital, Mrs. Barker had her blood work done, her metabolism tested and her heart checked at a chic spa in the Arizona desert.

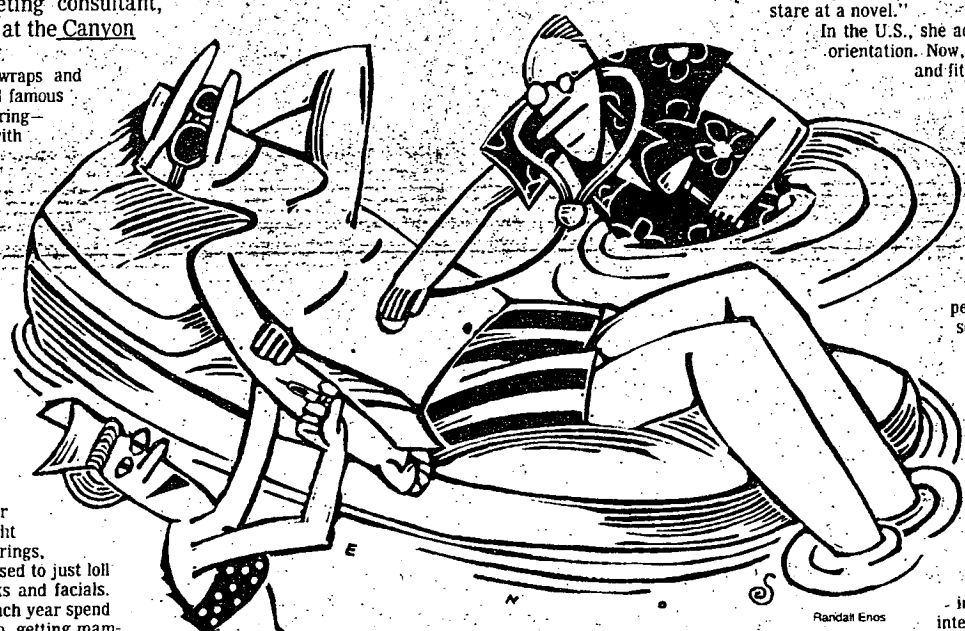
"I call it my 'wellness' vacation," says the 48-year-old marketing consultant, after a relaxing week at the Canyon Ranch spa in Tucson.

Forget about seaweed wraps and sauna baths. Some rich and famous spas of the '90s are pampering—and prodding—their guests with a whole new medical component. For the princely sum of $2,000 to $4,000 a week, it's now possible to get cracking on your tan and your asthma—to get a full-body massage in the morning and a cardiogram in the afternoon. The idea, of course, is to mix the often unpleasant necessities of health care with lush settings.

"It's a nice way to do what nobody likes," says Ronald Scobbo, director of the medical clinic on the grounds of the Greenbrier hotel and spa, a $600-a-night resort in White Sulphur Springs, W. Va. For years, guests used to just loll in a world of mineral soaks and facials. Now, about 5,000 of them each year spend time at the health clinic too, getting mammograms, lab tests and two-hour physicals from a team of 10 doctors.

Similarly, the Ponte Vedra Inn & Club in Ponte Vedra Beach, Fla., ships consenting guests off to a satellite office of the Mayo Clinic in nearby Jacksonville. "Guests are poked and prodded," says Jeannette Chesney, public relations director of the Ponte Vedra. Then they return to play golf, tennis or relax on their balcony overlooking the ocean. The Mayo Clinic will even fax recommendations for the guest's diet and fitness regime, which the resort implements.

To some extent, the idea for all this has traveled from Europe, where so-called vacations of health have been popular for decades. But European health spas can sometimes claim a little too much, experts say, offering cures for the incurable. U.S. spas, which are fully licensed, make none of these claims; some insurance companies are even willing to reimburse the medical services, although that doesn't seem to be a big issue with spa visitors.



Randall Enos

"Most of our clientele is so wealthy they don't care about reimbursement," says Michael Leboeuf, director of health services at Canyon Ranch, after outlining which procedures are covered (many lab tests and doctors visits) and which aren't (most preventive measures).

At Canyon Ranch, nurses and physicians dress down in sports clothes. Guests call them "wellness doctors." Medical Director Philip Eichling, 51, an internist trained at New York University Medical School and Harvard School of Public Health, treats everything from heart disease to hypertension. Periodically, the spa hosts theme weeks for these people: Healthy Heart, Arthritis Week and Beyond Breast Surgery.

Other visitors arrive in good health, with hopes of staying that way. Martin Napoli, 50, for example, gets a physical at Canyon Ranch every Easter. The owner of Napco Steel Inc. in Chicago describes his prerench existence as a "short, fat Italian kid all my life." But at the spa, he works on trimming down and eating right, and gets a series of blood tests. "You don't mind having it done," he says, because "you're not in a clinical situation." Following the tests, Mr. Napoli likes to "veg out" by the pool or have his body painted in mud.

So far, the nation's medical community has been cautiously supportive. The National Institutes of Health, for instance, sent a senior scientist, Pamela Peeke, to speak at the spa industry's major convention in Dallas last year. "The concept of vacation is changing," says Dr. Peeke, of the office of alternative medicine. "People aren't content to sit on the beach and stare at a novel."

In the U.S., she adds, "we've had a disease orientation. Now, we're looking at wellness and fitness as a major priority."

But some doctors note that spa medicine is hardly a substitute for sustained care. People who rely on spas are "in danger of losing continuity of care," says Jean-Claude Bystryn, a leading New York dermatologist. He also suspects that spas, being resorts first and health clinics second, have more marketing aims in mind than medical goals.

"My guess is that this a marketing ploy," he says.

If it is, not everyone in the image-conscious spa industry is fully embracing the change. Even though the trend is growing, only about one in 10 U.S. spas has a fully integrated medical program, according to Bernard Burt, author of Fodor's "Healthy Escapes" and a member of the International Spa and Fitness Association. The big fear: Promoting medical care too much will attract only sick people and scare away others. "My gut feeling is people don't want to find out they're sick while they're on vacation," says Henry Feldman, vice president of the Claremont Resort & Spa in Oakland, Calif.

But the spa association supported the idea enough to launch a five-year study on medically related vacations. "It's scary territory for some," says Werner Mendel, owner of the New Age Health Spa in Neversink, N.Y. Nevertheless, his hope is to offer physicals later this year, combining traditional and alternative medical procedures.

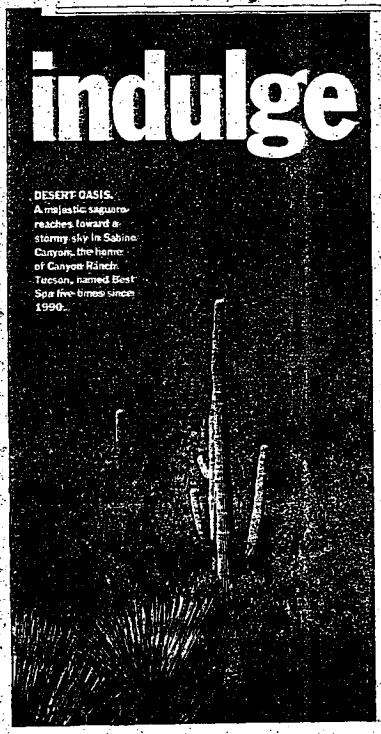
It was during a routine stress test at Canyon Ranch in Tucson that Bud Wineburgh of Chicago found out about an irregular heartbeat. The 68-year-old mortgage banker needed angioplasty, as well as another operation later for a prostate infection uncovered during a medical-spa test.

The heart problem was "life-threatening," says Mr. Wineburgh, who adds that there is "absolutely nothing unusual" about combining leisure time with medical care.

Food

ON WINE F3
COOKING ON TV F5
TRADING SECRETS ...F5

MICROSCOPE F4
Scrumptious salads for summer suppers



DESERT OASIS. A majestic saguaro reaches toward a stormy sky in Sabino Canyon, the home of Canyon Ranch-Tucson, named Best Spa for fitness since 1990.

CANYON RANCH

indulge to melt that bulge

Spa menus trim laps in luxury

STORIES BY LOUIS MAHONEY
TIMES-DISPATCH FOOD EDITOR

TUCSON, Ariz.

A Canyon Ranch, saddlebags have nothing to do with horses and dieting has nothing to do with dining.

A week at the ranch certainly didn't fit my preconceived notion of a spa where nooooooo was the mantra when it came to filet mignon and yesssssss the chant of sweat.

The flight to Phoenix and drive through the desert began with a note from a friend about to become a golden girl, a dubious honor I'd recently earned. I laughed at her description of a knee that went out over nothing, a back that balked at what used to be routine chores and a body that overnight was less than firm.

Been there, done that, I thought.

"I just wish I could go somewhere and eat right without having to worry about it," she wrote.

Amen, I thought.

"You find a place and I'm packed."

Hmm, I thought.

I'd never been to the desert, but I'd read articles and dreamed about going to the country's leading spa resort. Maybe we'd share the posh ladies' locker room with Julia Roberts, Donna Karan, Paula Abdul and Sigourney.

PLEASE SEE RANCH, PAGE F2 ▶

DON WIRSHOW/CANYON RANCH

STARTER SOUPS. These rich lentil or chilling watermelon-mint blends are healthful appetite curbs before lunch or dinner salads, entrées and desserts.

Ranch's guests learn better way to stay fit

▼ RANCH FROM PAGE F1

Weaver, be splattered with workout sweat from Robin Williams and Michael Keaton or have our nubby nails buffed while Barbra Streisand's had a long manicure.

Less than 24 hours later, we were booked into Canyon Ranch Tucson. We could have gone to Canyon Ranch at Lenox in the Massachusetts Berkshires, but luxury has a price. And the desert in August is hardly "in season."

Canyon Ranch is not a "fat" farm where guests go to lose the same 10 pounds in a week all over again every year. It's a vacation that can last a lifetime. The staff of 600 — physicians, therapists, chefs, nutritionists, sports physiologists and more — offers up to 200 guests opportunities to learn wellness practices for body, mind and spirit in a luxurious setting.

Each day's schedule includes more than 40 opportunities for exercise, plus behavior modification, Chi Gong, meditation, yoga, stress management, tai chi and a half dozen types of massage among the latest pampering treatments.

Food was the star. Daily menus tempted with cutting-edge dishes that exceeded those in most starred restaurants. No artificial sweeteners and ersatz chocolate here. Some guests even plan their visits based on days when favorite dishes are on the menu.

Those fearing a week of oat bran, celery sticks, sprouts and tofu are quickly relieved. The first meal — Rack of Lamb with Warm Spinach Salad — certainly set my mind at ease. The only thing unusual about the menu I selected it from was that each item included calorie and fat gram counts.

Throughout the week, we indulged in four-course dinners featuring Duck with Blueberry Madeira Sauce, Salmon Teriyaki, Lobster Cocquilles with Newburg Sauce, Spicy Shrimp with Cucumber Papaya Salsa and Beef Tenderloin with Apple Bourbon Sauce. Each was preceded by soup — Bell Pepper Bisque, Wild Rice Soup, Vegetable Barley Soup, Strawberry Bisque, Cream of Tomato Soup — and salad.

But, if menus don't tempt, guests put together their own lunches and dinners from ever-present salad and pasta bars. At the former, dressings, including blue cheese, ranch and Thousand Island, are deceptively rich and creamy. At the latter, a chef fixes made-to-order sauces — Mustard Scallion, Grilled Artichokes and Leeks, Red Clam, Pesto, Spicy Lobster, Sweet Red Pepper — served over a choice of two pastas per meal.

Crisp cinnamon cookies and sundaes — a dark nonfat fudge sauce over creamy nonfat yogurt — are always on the dessert menu. But, good as they are, it's hard to pass up Peanut Butter Fudge Marble Cheesecake, Chocolate Mint Cake, Apple Pie, Strawberry Rhubarb Pie, Apricot Pistachio Strudel, Trifle, Pear Tart, Fudge Brownies, Chocolate Mocha Mousse, Peach Crumble, Apple Empanada with Cinnamon Yogurt or the deep, dark Chocolate Paté.

Blueberry Pancakes, Gingerbread Waffles, Breakfast Bread Pudding, Sweet Potato Waffles with Maple Syrup or Apple Pancakes and a selection of juices, hot cereals and yogurt were enough to jump-start most mornings. If not, a chef was at the ready to fill surprisingly rich egg white omelets with an array of vegetables and cheeses. Good as they were, I became addicted to the fat-free granola studded with dates and almonds at the self-serve daily breakfast bar of assorted cold cereals, fruits, muffins and breads.

Fortunately, granola is not the only addiction I picked up at Canyon Ranch. After reprogramming a lifestyle of deprivation dieting, pain-in-the-neck stress and exercise phobia, I'm indulging in the pleasures of food, making more time for laughter and, more often than not, relishing the joys of sweat.

CR001861

LOUIS MAHONEY

GOT IT? Sous chef Karl Schaller briefs serving staff on entrées by ingredients, cooking technique, calorie and fat gram counts so they can answer guests' questions.

Chefs push healthy up one more notch

"The pendulum has swung," Marilyn Majchrzak said. "We don't get a lot of people whose prime reason for coming here is weight loss. People want to learn how to live healthier."

A look at fellow guests hustling around validates that notion. Most folks look relatively fit, many very fit and only a few sport flabby saddlebags.

Majchrzak makes the eating part of healthier living a breeze. She is a registered dietitian and food development manager at Canyon Ranch.

She and two nutritionists help each guest personalize an eating plan. With up to an hour of aerobic exercise a day, mine was 1,650 calories, 450 higher to lose weight than I'd dreamed. With a gonzo two to four hours of exercise, likely for me only at the ranch, I got to eat 2,145 calories a day and still lose weight at their preferred rate of a pound to a pound and a half a week. At goal weight, my plan without exercise would be 1,794 calories, but with the moderate exercise I'm doing, I get to add 300 calories.

They also calculate nutrients in all foods served, find

PLEASE SEE **SPA**, *PAGE* **F2** ▶

Spa staff creates healthful, palate-pleasing menus

▼ SPA *FROM PAGE F1*

top-quality new food products, respond to guests' requests for recipes and put together the ranch's evolving cookbook of most frequently requested recipes.

John Luzader turns the dry side of nutrition into delicious reality. He is the executive chef with a staff of 60, including about 45 chefs.

"The creativity of the food at Canyon Ranch comes from the front end of nutritional integrity," Luzader said.

Sometimes it's a long time coming, but when arrives, you can bet it's the best.

It's not unusual for a chef to test a recipe and a nutritionist to evaluate it 20 times. Pastry chef Jayne Shaulis recently worked four months meeting Luzader's challenge to come up with dessert that satisfied like a Reese's Cup.

"It got to the point I was dreaming about it," Shaulis said.

"But, boy, did she nail it! Everybody wants the recipe for her Peanut Butter Fudge Marble Cheesecake," Luzader said.

"Our challenge is to take the cuisine up one more notch from a culinary standpoint — to exceed any cuisine that's out there."

Majchrzak and Luzader strive to teach guests how to take such techniques home.

"Lunch and Learn is a good example," Majchrzak said.

Each day, one of the ranch's chefs prepares the luncheon entrée in a small dining room under an overhead mirror in a demonstration kitchen.

"They show that healthy cooking is not magical," she added. "The idea is to teach techniques guests can take home and use with their own recipes."

"Ingredients are constantly evolving. That's one of the things that keeps our world fresh," Luzader said.

Another is the ranch's guest chef program. Luzader invites chefs to come in and tweak menus with specialty dishes. Marcel Desaulniers from the Trellis in Williamsburg, Va., was the first. The chocolate creations that he's known for internationally brought him here.

"He came first to lower his cholesterol and we lured him back to help us with vegetarian dishes," Luzader said.

Regardless of striving from different approaches to healthier eating, Majchrzak and Luzader answered in well-rehearsed unison when asked their ultimate goal:

"Bottom line, the food still has to taste good."

They're batting a thousand and, so far, I've lost 7.

LOUIS MAHONEY

HOW DOES IT TASTE? Marilyn Majchrzak, food development manager, and John Luzader, executive chef, know that great-tasting food is key to getting people to change their eating habits at Canyon Ranch.

Mustard Scallion Sauce

Makes 4 servings.

- ¼ cup diced red onion
- 3 tablespoons Dijon mustard
- 2 tablespoons brown mustard
- ½ cup chicken stock
- 1 tablespoon white wine
- ¼ cup half-and-half
- 1 cup loosely packed julienned spinach
- 2 scallions, chopped
- 1 large tomato, peeled, seeded and diced
- Pinch freshly ground black pepper
- 3 tablespoons freshly grated Parmesan cheese

In a large skillet, cook onions, adding a bit of water if needed to prevent sticking, until lightly browned. Stir in mustards, stock and wine; cook over medium heat 2 minutes. Thoroughly mix in half-and-half, spinach, scallions, tomato, pepper and cheese; heat through.

Nutrients per serving: 80 calories, 4 grams protein, 6 grams carbohydrate, 4 grams fat (45 percent total calories), 8 milligrams cholesterol, 466 milligrams sodium.

Serve over cooked, hot pasta.

Dijon Balsamic Dressing

Makes 10 servings.

- 5 teaspoons canola oil
- 4 tablespoons balsamic vinegar
- 1½ cups vegetable stock
- 2 tablespoons EACH: chopped shallots, Dijon mustard
- 1½ tablespoons white grape juice
- 1 teaspoon whole-grain mustard
- ½ teaspoon minced garlic
- 1½ tablespoons low-sodium soy sauce
- Pinch white pepper
- 1 tablespoon EACH: rice vinegar, cornstarch

In a medium saucepan, whisk together oil, balsamic vinegar, stock, shallots, Dijon mustard, white grape juice, grainy mustard, garlic, soy sauce, white pepper and rice vinegar. Bring dressing to a boil. Sprinkle in cornstarch and cook, whisking, until slightly thickened, 2 to 3 minutes. Remove from heat and cool.

Nutrients per 2-tablespoon serving: 35 calories, trace protein, 3 grams carbohydrate, 2 grams fat (51 percent total calories), no cholesterol, 209 milligrams sodium.

— Chef Carl Deluce in "Great Tastes: Healthy Cooking From Canyon Ranch"

Peanut Butter Fudge Marble Cheesecake

Makes 16 servings.

- 1 cup crushed peanut butter graham crackers
- 1 tablespoon EACH: applesauce, corn syrup
- Nonstick vegetable coating
- 2 cups fat-free cottage cheese
- ½ cup fructose
- 2 teaspoons vanilla extract
- ¼ cup fat-free sour cream
- 2 egg whites
- 1 whole egg
- ½ cup peanut butter
- 3 ounces reduced-fat cream cheese, divided
- 1 tablespoon EACH: cocoa, fat-free fudge sauce

Preheat oven to 325°. In small bowl, mix crumbs, applesauce and corn syrup. Spray bottom of 9-inch springform pan with nonstick vegetable coating. Pour crumb mixture into pan and top with a piece of plastic wrap to keep it from sticking to your fingers as you press it evenly onto bottom of pan. Remove plastic wrap. Bake

In food processor or blender container, process cottage cheese until completely smooth. Add fructose, vanilla, sour cream, egg whites and whole egg; process briefly just to combine ingredients. Remove and set aside 1 cup of batter. To remaining batter in food processor, add peanut butter and one-third of the cream cheese. Process until smooth, then pour into cooled shell.

Return remaining batter to processor. Combine cocoa and fudge sauce to make a paste. Add to batter with remaining cream cheese and process until smooth.

Drop chocolate batter in dollops evenly over peanut butter batter. Draw through chocolate with rubber spatula to marbleize. Do NOT overmix.

Place ½-inch water in large baking pan. Place springform pan in water (if it floats, pour out some of water until it rests evenly on bottom of baking pan). Bake in preheated oven until set and a knife inserted in center comes out clean, 35 to 45 minutes.

Nutrients per serving: 125 calories, 11 grams protein, 15 grams carbohydrate, 4 grams fat (29 percent total calories), 6 milligrams cholesterol, 170 milligrams sodium.

Spicy Shrimp with Cucumber Papaya Salsa

Makes 4 servings.

- ½ cup diced onion
- ¾ cup chopped green onion
- 2 tablespoons minced garlic
- 1 tablespoon canola oil
- ¾ pound peeled, deveined shrimp
- 1 teaspoon crushed red pepper
- 1 tablespoon chopped fresh cilantro
- 3 tablespoons low-sodium soy sauce
- 2 teaspoons fresh lemon juice
- 8 large bok choy leaves, lightly blanced
- 2 cups cooked brown rice
- 1½ cups peeled, seeded, diced cucumber
- 1 cup diced papaya

In a large skillet, sauté onion, green onion and garlic in oil until soft. Add shrimp, red pepper and cilantro. Cook, stirring, until shrimp turns pink, about 5 minutes. Add soy sauce and lemon juice to skillet and remove from heat.

To serve, place 2 bok choy leaves on each plate. Top them with ½ cup brown rice, each. Divide cucumbers and shrimp with sauce evenly among each serving. Top with papaya.

Nutrients per serving: 270 calories, 22 grams protein, 31 grams carbohydrate, 7 grams fat (23 percent total calories), 129 milligrams cholesterol, 594 milligrams sodium.

— Chef Joachim Splichal in "Great Tastes: Healthy Cooking From Canyon Ranch"

At Canyon Ranch, chefs add more fresh vegetables — julienned carrots, leeks, zucchini — depending on what's in season or on hand. This also is a good way to clean out the crisper drawer in your 'fridge. The potatoes alone are so good that they're already a staple at our house.

Potatoes Primavera

Makes 4 servings.

- 4 medium baking potatoes, scrubbed
- ½ cup minced onion
- 2 tablespoons nonfat buttermilk
- ½ cup EACH: fat-free cottage cheese, freshly grated Parmesan cheese
- ¼ cup EACH: chopped green onion tops, shredded part-skim mozzarella cheese
- ¼ cup EACH: small broccoli florets, julienned yellow squash, diced red bell peppers

Pierce potatoes with fork and bake at 400° until soft, about 1 hour. Set aside until cool enough to handle.

Meanwhile, in a covered pan over low flame, cook onions, adding a little water to keep from scorching if necessary, until soft.

When potatoes are cool, slice a cap off top of each one. Being careful not to rip potato skin, scoop out flesh of each potato into a large bowl. Mash potato with cooked onion, buttermilk, cottage and Parmesan cheeses until thoroughly mixed. Pack 1 cup potato mixture into each potato shell. Place on a baking sheet and top each with equal parts green onion and mozzarella cheese. Bake at 350° until cheese bubbles and is lightly brown, 15 to 20 minutes.

Meanwhile, in a collapsible basket, steam broccoli, squash and bell peppers just until tender.

Serve each potato in center of a plate and surround with steamed vegetables.

Nutrients per serving: 280 calories, 14 grams protein, 49 grams carbohydrate, 5 grams fat (16 percent total calories), 5 milligrams cholesterol, 235 milligrams sodium.

Can't take a trip? Check into book

BY LOUIS MAHONEY
TIMES-DISPATCH FOOD EDITOR

TUCSON, Ariz.

To book a vacation that can last a lifetime of wellness, the number to call is (800) 742-9000. Before you pick up the phone, here's the skinny on what you'll pay and the fat on what you'll get.

Stays at either Canyon Ranch location begin at less than $300 a day. Discounts for groups, families, return visitors and various specials range up to 25 percent. Here, packages are available for four, seven or 10 nights. At Lenox, Mass., packages are for three, four, five and seven nights.

Health and fitness assessment, consultations with a nutritionist and an exercise physiologist, meals, use of spa facilities, swimming pools, tennis courts, fitness classes, hiking, biking, round-trip transfers to Tucson airport, all gratuities, unlimited local calls, incoming fax transmissions, free access to long-distance carriers and toll-free numbers and self-service laundry with supplies are included. There also is no additional charge for group presentations by fitness, nutrition, stress management and medical experts or for lunchtime cooking instructions.

Each package includes a set number of spa and sports services and a dollar amount of health and healing services. During a seven-day stay, for example, I selected seven S&S services valued at $75 each and spent a $180 allowance for H&H.

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A guest chef program is new on the Canyon Ranch menu. Virginia's own Marcel Desaulniers, an owner and executive chef, and Jon Pierre Peavey, sous chef, both of the Trellis in Williamsburg, kicked it off here this spring.

"The Canyon Ranch Visiting Chefs Program was designed to mix the best in the world of spa cuisine with other culinary influences, ultimately creating an exceptional dining experience for our guests, while at the same time introducing Canyon Ranch's healthy cooking philosophy to restaurant-goers around the world," said Jeanne Jones, program coordinator.

Visiting chefs work with the ranches' kitchen staffs on innovative fare and present healthy cooking demonstrations for guests. Executive chefs John Luzader and Barry Correia make reciprocal visits from here and the Berkshires.

Other chefs scheduled through the first of next year are: Joe Cochran, Mission Inn, Riverside, Calif.; Nora Pouillon, Nora's and Asia Nora, Washington; and Rick Bayless, Frontera Grill and Topolo Bampo, Chicago. For dates and locations, call the ranch at (800) 742-9000.

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"Great Tastes: Healthy Cooking from Canyon Ranch" is a collection of 234 recipes that brings the most-requested recipes from the spa into any kitchen.

Recipes reflect the cornerstone of the ranch's nutrition philosophy: moderation rather than deprivation or unreasonable restriction. With them, anyone can prepare meals that are low in fat, moderate in protein and high in complex carbohydrates to help control weight while providing the fuel and fiber the body needs for energy without being hungry.

"Great Tastes" also includes an introductory chapter with information on healthy meal planning by controlling calorie and fat intake. More than 175 "Cooks Notes" and "Quick Tips" throughout provide shortcuts, general cooking information, definition of cooking terms and explanations of unusual ingredients.

The pages are in a hardback, three-ring binder with each chapter separately numbered to make it easy to add new recipes as they become available.

The cookbook, $25 plus $4.75 shipping, is available by calling (800) 726-8040, faxing (520) 749-0554 or writing P.O. Box 31534, Tucson, Ariz. 85751.

CANYON RANCH

ANOTHER FIRST. Marcel Desaulniers (right), an owner and executive chef of the Trellis in Williamsburg, was the first chef to participate in the Visiting Chefs Program at Canyon Ranch in Tucson. Ranch executive chef John Luzader and his crew work with the guest chefs to combine spa cuisine with other innovative fare.

CR001864

The Washington Post

Travel

Sunday, August 25, 1996

Two If by Spa

Mother and Daughter Chill Out in Hot Water In the Berkshires

CANYON RANCH IN THE BERKSHIRES

Getting the Mud Treatment at Canyon Ranch.

By Rolaine Hochstein
Special to The Washington Post

My little girl—over 30 and a strong-minded exec in international money management—is, she tells me long distance, stressed out. Quarterly reports loom, headhunters have nabbed her top assistant and, heaviest, she and her husband have just spent their all on their first home: a grand apartment that needs new floors. My little girl needs rest and renewal and, come to think of it, so do I. I've been working hard, too, and I'm old enough to be her mother.

My daughter and I like each other and—though we're many miles apart—we get along beautifully on the telephone. We've both been saving up for a vacation (me, money; she, days) so I make her an offer: a four-day package for two at a luxury spa.

Question: Is this a great idea or what?

Answer: No whats about it. A spaghetti-weigh (code for mother-and-daughter *spa getaway*) is tailor-made to reinforce intergenerational relationships—that is, to smooth out the worry wrinkles and to oil joints that sometimes rub the wrong way. Canyon Ranch, in the Berkshire mountains of Massachusetts, lies about halfway between my daughter's Boston residence and my place near New York City. We reserved for late October, two days after the rates went down for winter.

"Don't forget to ask for your senior discount," my daughter reminded me. She also proposed to pay for our extra beauty services, such as

See SPA, E5, Col. 1

Spa

SPA, From E1

the Parisian Body Polish, promising a rubdown with ground pearls. "Ground *pearls?*" I howled inwardly. But I knew enough to keep my mouth shut.

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Any spa, I'm sure, would serve, but Canyon Ranch seemed made to promote mother-daughter compatibility. It's so enormous—six gyms, plenty of lawn and lobby, a bulletin board full of activities that make a Ben & Jerry's flavor list (pardon the inappropriate metaphor) look like easy pickings. Two women could spend a whole day without meeting, let alone getting on one another's nerves. By the time they reme in their big, two-basin, two-double-bed room, they're too tired to start a fight.

Bess, my daughter, got up at 6:30 a.m. for the 60-Minute Advanced Aerobic Walk. I hugged my mattress, husbanding energy, till we met in the pretty dining room for an 8 o'clock low-cal breakfast. No problems there. Bess discovered the three-egg-white omelet with a daily change of filling. I agreed that the warm muffins weren't worth their weight in calories.

Table talk centered on the schedules we were writing into our little blue books (compliments of the house, along with plastic water bottles and a ticket for a never-ending supply of clean white terry cloth bathrobes). We might start together at Morning Stretch, then split for Muscle Conditioning (Bess) and Ease Into Fitness (me). Bess's page was covered with exertions from Boxercise (yes, with gloves) to Wallyball (off-the-wall volleyball) to Dynamic Strength (rubber tubing to make it harder) to Power Step (hell on knees). I took time off to watch her, and could my kid go! I was as proud as I was 25 years ago when she broke the gender line in Little League baseball. Bess bounced through eight classes a day, doing all the things I wanted to do but couldn't or shouldn't. It didn't feel so bad to skip the heavy stuff as long as Bess was loving it and getting our money's worth.

Weight room or hot tub? Tai chi or tennis? Step class or a swim? Whatever you decide, you've got to run because everything starts on the hour. "You've been late for three classes," Bess observed, but how could I tell her to get off my back? I was on my back already. We were sweating side by side, pressing our bellies to the floor, ankle on knee, pulling hard.

At lunch neither Bess nor I criticized the other's bad food choices. The menu chose for us. Bess created a beverage—½ cranberry juice, ½ Perrier—that I had to applaud. She admired my restraint in eating only half my soup (I didn't like it). Ready-made conversation touched agreeably on past and future exertions and late-afternoon rewards—Swedish Massage for Bess, shiatsu for me, Balanced Herbal Wrap for Bess, Reflexology for me. (I don't really believe that pressure on the foot telegraphs happy messages to important body organs, but I love the rub). Lunch time flew, but when Bess had to run, I didn't feel separation anxiety. I had to run, too, for a Body Composition consultation closely followed by Back Care and Posture class.

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Years ago, when the nest emptied out, I didn't pine. I enlarged my living room. I'm happy with my kids as visitors instead of dependents. However, I wouldn't mind if they lived a little closer—so we could have lunch or go shopping, drop in on each other. One of the joys of the spa was running into my daughter in the locker room. I'd be getting into a bathing suit for Aqua Shape. She'd be pulling on warm-ups for Country Line Dancing. We'd make a date for 5 o'clock Stretch and Relax.

And what *naches* that meeting provided! (That's Yiddish for the heart-swell of pride and joy experienced by a parent of a child who does something right.) I stuffed my sneakers and eyeglasses into the cubbyhole and entered Gym 2, which was all carpeted and mirrored, with ballet barre and mountain sunset slanting through the window wall. I didn't have to find a place for myself. "Mom," Bess called from up front. "I've got a strap for you over here." I pulled in beside her and in sync we followed the instructor. We strapped our feet and pulled our legs to stretch the hamstrings. I thought of the past, when my kids would hide in the back seat rather than be seen in the car with their (ugh!) mother.

Any health resort seems like a natural, but a luxury spa compounds the euphoria. Canyon Ranch advertised a three-to-one staff-to-guest ratio, and at least two of those three turned out to be cheerful and helpful. At least one of those three was more conversant on literature and politics than the average MBA. My daughter and I were also beguiled by handy tea and fruit juice oases, and ubiquitous stacks of thick, white towels (and baskets to toss them in, once used). I loved the high-pressure spray-to-bullets showers and all the skin-care products available to try out. There were even fastidious paper seat covers for the toilets.

"But who has time to use them?" I commented at large.

Bess was there, but before she had time to say "Oh *Mo*ther," I was off to my Moving From Within class.

So attentive was the locker room staff that when I lost a pair of underpants (don't tell Bess), they were returned the next day in a neat plastic bag. "I found them in the towel basket," the attendant discreetly whispered.

All told, Bess and I felt so buttered up by the solicitous service, spotless decor, entertaining exercise, etc., that we never missed the butter on our table.

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Our life lanes may diverge, but at the Ranch we got down to infrastructure. We proved to be taste twins. We'd come back from the salad bar with identical components on our little glass plates. We'd both order soup instead of salad (minty pea was our favorite, though I missed the croutons). We both chose potato primavera (stuffed with fatless cheeses) from eight more-or-less interesting main courses. We both chose Linzer torte from six possible desserts. "Genes," I declared with satisfaction.

We were kindred spirits outside the dining room, too. We both fled from lectures Bess called "crunchy" (Rediscovering Spirit in Our Lives) and I called "philistine" (How to Find a Financial Adviser You Can Trust). Instead we hit the free video library. We'd seen all the same movies and we picked out the same cassette—a Woody Allen that we'd both happened to miss. Upstairs in our big room, we slipped into knee-length nighties and snuggled under covers. (Of course, Bess is the one who knows how to operate the VCR.) We laughed in all the same places and waited till the last credit rolled before turning over into deep sleep. "Environment," said Bess. (She always has to contradict me.)

Mentally previewing this getaway, I'd seen myself elongated on a sun deck, reading Proust while Bess defined her muscles in the weight room. But my daughter spurred me into action and endorphins did the rest. The very kernels of mother-daughter disagreements just popped off. What's the major irritant but our attempts to improve one another? At the spa these attempts are redundant. Improvement is *their* job.

Breathing and posture classes say, "Stand up straight." Low-cal meals and fat-burning workouts make nagging redundant. It was fun to bring up my heartbeat, bring down my blood pressure, discover muscles that might—if regularly activated—help flatten my belly and strengthen my back. Bess didn't have to tell me about it. Schlepping across the tended lawn in baggy sweats, loose shorts, oversize T-shirts, nothing matching, neither of us took exception to the other's attire. "If they ran a Slob Contest," my daughter happily remarked, "we'd win."

One day Bess signed us up for a fast-paced mountain hike (and canoe back) that made me feel like King Lear in the wilderness—only with Cordelia around to help me over the steep rocks. After that ordeal, we both recognized that there is, after all, a generation gap. We'd meet after three morning classes. "Are you doing too much?" Bess would ask, her terry cloth arm on my terry cloth shoulder.

"I'm fine," I'd say, panting a bit. "I think I'll sit in the Jacuzzi for a few minutes."

"Good idea," my daughter said. "I think I'll join you."

Conceivably, Bess's presence made me eat less and exercise more, and maybe having her mother around spurred Bess to unwonted heights of hedonism. She got me to learn to ride a mountain bike. I wanted her to get a shiatsu massage and she said I should get a facial last thing, so I could take it home with me. But we didn't push. In the Jacuzzi, we talked about this and that—home, husbands, work, friends. But we didn't tell each other how to spend our time, use our talents, live our lives. We were *doing* the hard things, so our talk stayed easy.

We said goodbye at the skin-care center. I was leaving, blissful from a facial that comes with a shoulders-up massage. Bess was entering, glowing from the shower.

"Ground pearls?" I asked her. She shook her head. "Too decadent," she said. "I'm getting a shiatsu."

I'd promised my husband I'd leave by 3 o'clock. Bess's husband was meeting her 5 o'clock bus. She and I embraced and held the pose.

The skin-care receptionist said, "That's how a mother and daughter should be."

Rolaine Hochstein is a short-story writer and novelist.

WAYS & MEANS

Canyon Ranch in the Berkshires (165 Kemble St., Lenox, Mass. 01240, 1-800-726-9900) offers packages of three, four, five or seven nights ranging from $1,160 to $3,250 per person, double occupancy, during the peak season (late June through late October, except Sept. 2-26, when all packages will be discounted 20 percent). Packages include accommodations, meals, use of all resort facilities, fitness classes, sports activities, recipe demonstrations and other amenities. Depending on the package, guests can choose from "Spa & Sports Services" such as massages, private tennis lessons and facials, and "Health & Healing Services," such as medical and nutrition consultation. Ask about special programs and deals.

GETTING THERE: Canyon Ranch is located in Lenox, Mass., about 60 miles north of Hartford and 60 miles east of Albany, N.Y. The spa provides complimentary transportation from the Albany and Hartford airports. USAir offers nonstop service to both destinations from Washington and Baltimore and is currently quoting round-trip fares of $194 to $240 to Albany, $152 to $196 to Hartford. All fares have restrictions.

CR001866

WASHINGTONIAN
WASHINGTON, DC
MONTHLY 165,000

FEBRUARY 1996

Spa Getaways

6P40 pg 87

Where You Can Get in Shape, Lose a Few Pounds, and Learn How to Handle Stress

By LESLIE MILK

Top Spas, Good Bargains, and Four Local Favorites

WHEN WASHINGTONIANS TAKE SPA VACATIONS, they usually go south or west. Florida is the number-one destination, but spa-goers also head to Arizona, Utah, Colorado, and California. In Florida, you get beaches. Out West, you get spectacular scenery to hike through.

We talked to experts in spa travel, including Frank van Putten, publisher of *The Spa Finder;* Carol Schulman of Travel Time in Rockville; Barbara Crane at McCabe-Bremer Travel in DC; and Cora Lamond of Omega World Travel in Baileys Crossroads. With their help, we put together this list of Washingtonians' favorite spas.

All rates are based on double occupancy and, unless noted, include accommodations, three meals daily, and use of such spa facilities as pools, saunas, and workout rooms. Most packages include unlimited exercise classes and a fitness evaluation. Spa treatments, such as massages and facials, sometimes cost extra, although most packages include some of these.

Most spas offer a variety of packages so you can stay as long as you want. Some require one-week stays. Some spas prohibit alcohol, smoking, and caffeine. If you can't live without these, be sure to ask about the spa's policy.

For more information on spas, you can order *The Spa Finder,* a glossy publication that includes photos and descriptions of hundreds of spas. It's $5.95 plus $2 postage; call 800/255-7727.

Top Twelve

Canyon Ranch, Tucson, Arizona, 800/742-9000; and **Canyon Ranch in the Berkshires,** Lenox, Massachusetts, 800/326-7100. Canyon Ranch in the Berkshires was recently named Best US Spa by *Condé Nast Traveler;* the Tucson location was runner-up. Rates: A seven-night package starts at $3,218 in Tucson and includes seven spa services; in the Berkshires, it starts at $2,460 and includes five.

THIS "AMERICA A LA CARTE" ARTICLE WAS SYNDICATED TO HUNDREDS OF NEWSPAPERS IN THE U.S. VIA THE UNIVERSAL PRESS SERVICE.

RECIPE

JICAMA AND SUN-DRIED TOMATO SALAD

6740

- 2⅔ cups julienned jicama
- 12 sun-dried tomatoes, julienned
- 1 tablespoon chopped cilantro
- ⅓ teaspoon ground black pepper
- 1 tablespoon chopped chives
- 2 teaspoons freshly squeezed lime juice
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon olive oil
- 3 tablespoons champagne vinegar
- 1 cup finely shredded radicchio
- 1 tablespoon lime zest

Wash and peel jicama root. Julienne jicama and place in a bowl of cold water. Cover and refrigerate. In a small nonmetal mixing bowl, combine sun-dried tomatoes, cilantro, black pepper, chives, lime juice, lemon juice, olive oil and champagne vinegar. Toss to mix well. Cover and marinate in refrigerator at least one hour.

To assemble salad: Drain jicama. Add jicama to marinated tomato mixture and toss well. Place ¼ cup of radicchio on each serving plate. Arrange a heaping ½ cup of salad over radicchio. Sprinkle salad with lime zest. Makes four servings.

■ *Each serving contains 85 calories, 14 grams carbohydrates, 1 gram fat, 0 mg cholesterol, 2 grams protein and 5 mg sodium.*

The jicama and tomato salad is part of the healthful, unexpected cuisine at Canyon Ranch in Tucson, Ari

AMERICA A LA CARTE

Jicama, sun-dried tomatoes make salad to nourish the soul

By Diane Howard

Question: *My visit to Canyon Ranch in Tucson, Ariz., was a very special experience. It gave me time to reflect on the past year and set new goals for the coming year, and the food was the best! Please print the recipe for their Jicama Salad with Sun-Dried Tomatoes and Champagne Vinaigrette.*

— Harley Jackson, Salt Lake City

Answer: Stressed? No libido? Hate your mate? Depressed over a bulging paunch? Can't stop smoking? Strengthen your body, challenge your mind, and nourish your spirit amid the Saguaro cactuses on the 70-acre Canyon Ranch Health & Fitness Resort, which was described by one guest as a cross between boot camp and heaven!

At the desert resort, which nestles on the outskirts of Tucson, Ariz., in the foothills of the Santa Catalina Mountains, emphasis is on individual health and well-being, on developing a mind-body connection. Traditional spa services are enhanced by special programs that focus on shared issues such as Arthritis Week, ElderCamp (for seniors), Woman to Woman (midlife issues), Beyond Breast Surgery, Spiritual Pathways (inner peace) and Healthy Heart Week. The rugged take to aerobics classes, racquet sports and mountain hiking and biking, while others choose aquatherapy, yoga and creative arts classes. Relax at day's end with a Red Devil, a frothy mocktail of strawberries and freshly squeezed orange juice.

Unexpected cuisine choices such as Apple Pancakes, Beef Tenderloin, Chocolate Mint Cake and Cherry Pie encourage pounds to disappear. Sun-dried tomatoes a vinaigrette put a new spin on jicama salad, a Canyon Ranch staple.

America a la Carte welcomes recl requests. Send the complete addre of the restaurant along with your name, address and phone number t America a la Carte, P.O. Box 5994, Austin, TX 78763-5994; or fax: (51 453-2145.

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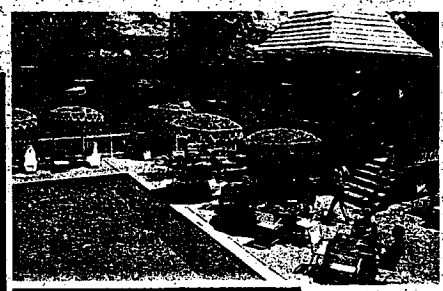


Spa scenes, clockwise from top left: Marriott's Camelback Inn, Scottsdale, AZ; Cambridge Beaches, Somerset, Bermuda; Canyon Ranch in the Berkshires, Lenox, MA; the Lodge at Cordillera, Edwards, CO.

Canyon Ranch in the Berkshires, Lenox, MA; 800-726-9900. My winter-worn body (and mind) desperately needed an overhaul. Too many days of hibernation and too many nights of comfort food had taken their toll. So, with my husband dragging his feet behind me, I headed for Canyon Ranch. Whether you plan on pummeling yourself into shape (I did) or pampering yourself into serenity (he did), this place is spa nirvana.

The choice of daily classes and activities is dizzying, as is the vast selection of body treatments, salon services, and spiritual awareness and nutrition programs. We opted for an hour-long Pole Hike, a fantastic aerobic workout using cross-country ski poles for upper-body exercise; puffing our way through the beautifully kept grounds in the early-morning mist, we tried to keep up with Jan, our 75-year-old Czechoslovakian guide, who didn't even break a sweat.

While my husband treated himself to a mud bath and Sisley facial, I took a "below the belt" class, visions of bikinis and shorts dancing in my head. He returned to our room looking rosy and refreshed; I, well, old and battered. But after a seaweed treatment and Swedish massage, I sat down to a scrumptious low-cal dinner feeling as though I could take on the world—and the summer.

—*Karen Johnston*

USA TODAY

Life on vacation

Spas make a push toward total body wellness

By Craig Wilson
USA TODAY

TUCSON — Seems everything is changing at spas these days. Even the customer.

Spas are attracting more men and a growing number of people who want more than just a good body. They want balance in their lives. Physical *and* spiritual well-being.

Nowhere is this more evident than here at Canyon Ranch, considered by many the nation's premier spa.

"We have evolved," says Canyon Ranch founder Mel Zuckerman, "from the old fat farms or pamper parlors to wellness spas, which include more than just the physical."

Next to Canyon Ranch's extensive activity board filled with hikes and aerobic classes, there is now a daily spiritual board that begins with sunrise yoga and ends with a meditation class.

"People who go to spas are trying to find a balance for things they don't have in busy career lives," says Frank van Putten, president of Spa-Finders, which matches people to the right spa. "We don't have a lot of time for fresh air, nature and introspection."

Canyon Ranch's newest competitor, Miraval, in nearby Catalina, Ariz., even put this philosophy in its name: "Miraval, Life in Balance."

Miraval, which opened last November, is following the spa trends with "life-balancing packages which include mind/body workshops in self-discovery and stress management."

Miraval even offers horseback riding and strenuous rock climbing up a 32-foot wall to attract the affluent male client.

Several other spas, including Green Valley Spa & Tennis Resort in St. George, Utah, have rock-climbing programs, especially attractive to men. Says co-owner Alan Coombs: "Men don't look good in leotards."

Typical of the men who come here to Canyon Ranch, who now account for nearly 40% of the guests, is New York stockbroker Stu Frankel.

"It's a university for health," he explains. "It's just a great place to unwind, to recharge, to find yourself again."

"It's nice for a family," says another guest, David Wolff, a Houston developer here with his wife and one of his daughters. "We can do a lot together, and it's very relaxing and low stress, yet it's a good workout."

The Wolffs are here for five days, following the trend of shorter visits at spas.

Most spas, including Canyon Ranch and Miraval, offer as short as three-night packages for the time-impaired. (Three days at Miraval is from $1,785 for a single in peak season; four nights at Canyon Ranch is $1,840 per person.)

For guests with a little more time, many spas also are developing theme weeks. The Oaks in Ojai (Calif.), for example, offers hike and bike and walk and roll (Rollerblade) weeks. Coolfont Resort, Conference Center, Health Spa in Berkeley Springs, W.Va., even has two hunting weeks this fall to attract men.

But if you're still into just pampering, there's the new Givenchy Hotel Spa in Palm Springs, Calif.

"Our emphasis is on luxury, not hiking," says owner-operator Rose Narva.

Givenchy, though, is on the cutting edge in at least one respect: Men are welcome. Just tell him to bring his wallet. A seven-day ultimate French pampering package runs about $4,500.

Contributing: Nanci Hellmich

By Gary Gaynor, Tucson Citizen

Stepping lively: Houston developer David Wolff participates in the most challenging morning hike offered by Canyon Ranch Spa in Tucson. The spa offers a nice family vacation, he says. 'It's very relaxing and low stress, yet it's a good workout.'

"People who go to spas are trying to find a balance for things they don't have in busy career lives. We don't have a lot of time for fresh air, nature and introspection." — Frank van Putten, Spa-Finders

By Gary Gaynor, Tucson Citizen

In the spin: Instructor Karla Lafaice fans Stan Rosenthal, 67, during a Canyon Ranch spinning class, a 40-minute group stationary bike ride.

Cyclists go for group spin

Every day at Canyon Ranch, 14 people head to Gym 5 for 40 minutes of hell. They even show up a half-hour early to make sure they're not left out. More often than not, people are turned away.

They have come to spin.

"Spinning," as it's called, hit U.S. gyms last year. At Canyon Ranch it has become so popular that instructors are being trained as quickly as possible so more classes can be added.

"Every few years there's something like that that just takes off," says Canyon Ranch founder Mel Zuckerman.

What is it? Basically people sit on stationary bikes as the instructor, talking on a microphone, leads them up and down hills, over bumps and snakes and holes in the road, and then into the homestretch.

The riders, who adjust their bike's gears as they go along, never stop and often cycle standing up for long periods.

"It's an incredible 40-minute cardiovascular workout," says fitness director Linda Marques. "People can't seem to get enough of it."

Stan Rosenthal, 67, of Palm Beach, Fla., agrees. "I have to say, it was a challenge."

DISPLAY UNTIL MAY 21 icb 08205 MAY 1996 $2.95

By Jane Bennett Clark

Stepping Out of the Stress Cycle

A spa may be just what the doctor ordered.

Tense muscles, churning stomach, elevated blood pressure: All that strain you've been under lately is beginning to show. One way to step out of the stress cycle is to sign up for a stay in a facility that offers large doses of stress management as part of its wellness or spa package. That's what Kathleen McDade of Philadelphia did a few years ago, when she tried out a five-day workshop at the Omega Institute, in Rhinebeck, N.Y.

Diagnosed with a blood disease just before she went to Omega, McDade applied her stress training to coping with that chronic condition. After she returned home, she began preparing for visits to her doctor by practicing the relaxation techniques she had learned. "Now, even if I'm about to hear something I don't want to hear, through breathing I can calm myself and ask the pertinent questions," McDade says.

Facilities that help you deal with everyday or dramatic stresses range from those with a medical focus to spas that serve up meditation and martial arts along with mud soaks and massages. Whatever the approach, check first for staff credentials. "If you're doing any medical programs, you should have a medical professional or a nurse," says Frank van Putten of Spa-Finders, a travel agency in New York City.

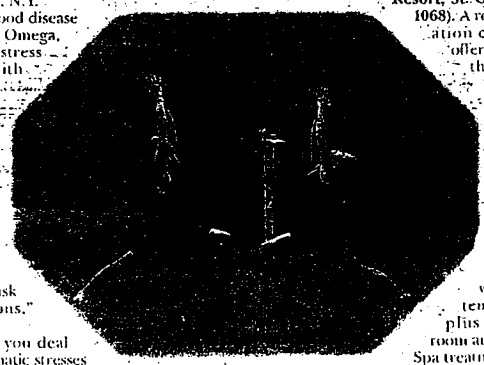
You may have insurance coverage for the medical components of your visit, such as a physical exam, but for the most part you'll be paying the hefty price yourself.

To get the most out of that investment, be sure the getaway offers strategies you can bring home. "A program needs to find a way to weave itself into the fabric of your life," says Dr. Richard Barbara of the Rehabilitation Institute, in Pittsburgh.

STRESS-BUSTING SPAS

These facilities offer meditation and yoga, as well as other stress-busting strategies, as part of their regimen:

- **Canyon Ranch, Tucson, Ariz., and Lenox, Mass. (800-726-9900).** At both locations, Canyon Ranch combines traditional spa fare—fitness, facials, seaweed treatments—with a medical component, including health screening by staff physicians and counseling by psychologists. Stress reducers include yoga, biofeedback, breathing exercises and tai chi (a martial art that induces relaxation). Cost: starts at $2,280 in Lenox ($2,560 in Tucson) for a double-occupancy room for seven nights, plus sales tax and an 18% service charge.
- **Duke Center for Living, Duke University Medical Center, Durham, N.C. (800-235-3853).** On a 65-acre campus next to Duke University, the center provides one- to three-week programs for healthy people seeking to vent a high-pressure lifestyle as well as those suffering from diabetes, heart disease and obesity. Participants learn to manage stress and reduce pain with support groups, therapy sessions, tai chi, meditation and imagery. Cost: $1,500 to $3,500 plus medical services and housing.
- **Green Valley Spa & Tennis Resort, St. George, Utah (800-237-1068).** A resort with its own "relaxation center," Green Valley offers an array of alternative therapies, such as acupuncture and biomagnetic treatments, and spa services as exotic as a crushed-pearl body rub. You can also shed stress by hiking in the mountains or communing with your inner self on a so-called shaman's journey. (And if all else fails, you can whack the heck out of a tennis ball.) Cost: $2,078 plus $34 tax for a private room and bath for seven nights. Spa treatments are extra.
- **Miraval, Catalina, Ariz. (800-825-4000).** Along with "life-balancing" offerings that include tai chi and hot-lava-rock massages, this resort touts a horse-grooming program designed to offer insights into your personality. Also featured is an event in which you gain "new levels of personal awareness" by standing atop a 25-foot pole supported by cables. Cost: $2,275 to $4,305, double occupancy, for seven nights (spa services and tax included).
- **Omega Institute, Rhinebeck, N.Y. (800-944-1001).** A camp-style retreat with a New Age flavor, Omega offers a five-day program conducted by directors of the Stress Reduction Clinic at the University of Massachusetts Medical Center. The program uses "mindfulness," which encourages awareness of individual moments, to help participants work through pain, anxiety and stress-related ailments. This year's program will be offered June 24–28. Cost: $365, double occupancy with private bath, plus $550 for the workshop.
- **Skylonda, Woodside, Cal. (800-851-2222).** Set in a log cabin amid a forest of redwoods, Skylonda offers the restorative value of twice-daily hikes among the trees, as well as the benefits of meditation and Kundalini yoga, the original of 22 schools of yoga. Cost: $2,535 for seven nights, double occupancy, including tax and a service charge.

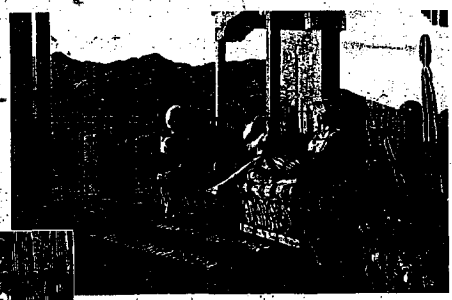


Say "ahhh": Spas' relaxation routines may include the art of tai chi.

DAS REISEMAGAZIN DM 7,80 sFr 7,80 oS 65 · L 12,500 B 5451 Nr. 3 Mai 1993

GLOBO

WELLNESS



Im Kakteenwald wandern, auf der Terrasse relaxen – das American Spa pflegt den ihm eigenen *way of life*.

AMERICAN SPA Kein Sport für Sonderlinge, sondern angenehme Regenerationsmethode für Streßgeplagte: In den American Spas werden Körper, Geist und Seele gepflegt.

Am Anfang steht die Planung. Der Teilnehmer bespricht mit seinem Trainer die eigenen Ziele: Möchte er Vertrautes vertiefen, Neues ausprobieren oder Nichtstun lernen? Ein individuelles Programm mit Stundenplan, an den sich aber niemand sklavisch halten muß, wird entwickelt. Ziel ist, dem Gast die äußeren Zwänge zur Tagesgestaltung abzunehmen, damit er sich ganz auf sich selbst konzentrieren kann.

Das American Spa hält vielfältige Körperertüchtigung bereit. Im Bereich Fitneß werden Indoor-, Outdoor- und Wassersportarten angeboten, Klassiker wie Golf oder Tennis oder Abenteuerliches wie Klettern und Kanufahren. Die körperliche Anstrengung soll den Geist zur Ruhe bringen – ganz ohne sportlichen Ehrgeiz. Die Entspannungstechniken reichen von Tai Chi über Yoga bis Qi Gong. Massagen und weitere fernöstliche Methoden wie Akupunktur oder Shiatsu dienen der Regeneration. Und Beauty-Programme von der Pediküre bis zur Thalasso-Therapie sorgen für die mehr sichtbaren Effekte. Zentrale Aufgabe für jeden Teilnehmer ist die Selbstbeobachtung – ob allein oder in einer Gruppe bleibt ihm überlassen. Kuren ist in den USA eine gesellige Sache ohne den gewohnten Leistungsdruck. Auch bei exotischen Sportarten sind Anfänger immer willkommen. Aus dem American-Spa-Urlaub soll jeder Teilnehmer etwas in den Alltag mitnehmen können: Ob, Yoga-Übungen oder Step Aerobic, Ernährungstips oder Traumdeutung. Auch bei der Speisefolge gibt es keine Beschränkungen: Der Teilnehmer kann essen, soviel er will. Meist wird cholesterinarm gekocht – auf Wunsch auch Diät oder Gourmetkost.

FOTOS: J. MARTIN, BUCHER, ILLUSTRATIONEN: J. MARTIN

Die Auswahl an Spas mit unterschiedlichsten Schwerpunkten ist groß. Da gibt es Spas für Männer und für Frauen, für Familien, Flitterwöchner, Senioren, New-Age-Bäder, Fastenfarmen, Schlemmer-Hotels, Streßmanagement- oder Raucher-Entwöhnungshäuser und Fitneß-Farmen für Golfer, Reiter oder Tennisspieler. Eine Woche kann zwischen 500 und 2500 Dollar kosten. Die Amerikaner lieben das Kuren in Spas. Wegweiser durch das riesige Angebot ist ein Spezialkatalog, der *spa finder*. Er wird herausgegeben von einer Vereinigung von Resorts, die auch Buchungen entgegennimmt. Der Katalog wird an US-Kiosken für 5,95 Dollar verkauft, kann aber auch bestellt werden: Tel. (001-212) 924 68 00, Fax 924 72 40).

GLOBO-Tips

Als beliebtester In-Treff der USA gilt die *Canyon Ranch* in Tucson, Arizona: 600 Angestellte sorgen für 250 Gäste, manchmal auch für Prominente wie Diana Ross oder Michael Douglas. Eine Woche kostet pro Person ab 3900 Mark, Tel. (001-520) 749 90 00, Fax 749 77 55 (siehe Fotos).

Eine Woche im exklusiven *Turnberry Isle Resort & Club* in Florida kostet ab 2600 Mark pro Person, zu buchen über *The Rafael Group Hoteliers*, Tel. (0211) 130 36, Fax 130 38 31.

Das *Grand Wailea Resort Hotel & Spa* auf Maui, Hawaii, gehört sicher zu den besten Adressen mit der schönsten Lage. Das Sieben-Tage Spa-Package kostet ab 3700 Mark, Tel. (001-808) 875 12 34, 879 40 77.

Den Karibik-Traum mit dem Spa-Erlebnis verbindet das *Privilege Resort & Spa* auf der französischen Antillen-Insel St. Martin, eine Woche ab 3500 Mark. Tel. (00590-87) 3838, Fax 4412.

Deutsche Veranstalter haben die Vorzüge der American Spas bislang kaum entdeckt. Ausnahmen bieten Spezialveranstalter, meist aber auch im Heimatland dieser Kur-Art. IKD offeriert das Resort *Hotel Le Sport* auf St. Lucia (eine Woche ab 2000 Mark bei eigener Anreise, Telefon. 089/54 40 -92 20, Fax -92 29). Tour Atlantica hat 15 US-Spas im Programm (Beispiel: *Golden Door* bei San Diego, Kalifornien, rund 6000 Mark pro Woche, all-inclusive, Tel. (040) 48 00 03 20, Fax 482007). *Anja Martin*

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B INTERNATIONAL
JUNE '96
Spa

Body And Soul Of The Spa

A range of pursuits for your physical, emotional and spiritual well-being make a stay at Canyon Ranch as close to living in a perfect world as you can get.

By Sandi Butchkiss

Whether you're a card-carrying devotee of a spa or have never even contemplated the experience at such an institution, Canyon Ranch is *the* place for you. Quite simply, it's got everything, and in all the right places too.

You needn't take my word for it. Such respectable authorities as *Conde Nast Traveler* (whose readers repeatedly pick it as the number one spa in America), *Architectural Digest* (who said that life at The Ranch was "much more than exercise classes and herbal wraps"), and the *Boston Herald* (who wrote that the owners have "made an art of rejuvenating the body, mind *and* spirit") have breathlessly sung its praises loud and clear.

In truth, my preference in the past has leaned more towards the rustic informality of a bargain-priced oasis offering a spartan week of up-at-dawn hiking, near-starvation lettuce leaf diets, gallons of cleansing teas, and hours spent sweating it out in the sauna. In other words, the "no pain, no gain" theory. I had hesitated to even enquire about those, to my mind, outrageous American pampering palaces—such as The Greenhouse, Golden Door and, of course, Canyon Ranch. I sniffed that pink turbans, leg waxing and aromatherapy were not my idea of a serious spa. I certainly wouldn't want to sun myself on a chaise next to the pampered, delicate creatures who opted for those temples of self-indulgence.

Then by a quirk of fate, I found myself driving through the gates of Canyon Ranch, in Lenox, Massachusetts in the heart of the Berkshires. The place certainly had the outward appearance of one of those fancy, pricey places I had avoided for years. My eyes were wide as saucers as we drove through its lush grounds and I spied the Versailles-esque, nineteenth-century mansion Bellefontaine, the spa's focal point. They opened wider still when I glanced at the weekly rates, but I decided not to think about mundane money matters until check-out time. And so I gave myself over to what turned out to be possibly the best seven days of my life. Hyperbole? Positive thinking via self-hypnosis? Not at all. And let me tell you why.

"Possibly the best seven days of my life."

Founder Mel Zuckerman, who opened his original and exceedingly popular Canyon Ranch in Tucson, Arizona in 1979, feels strongly that illness and even the dreaded aging process are but a matter of choice, not chance, and has based his spa on this philosophy. For this reason guests are faced with an unusually varied and lengthy buffet of innovative fitness classes, including aqua-aerobics in an Olympic-size pool and state-of-the-art toning equipment from Stairmasters, rowing machines and treadmills to barbells.

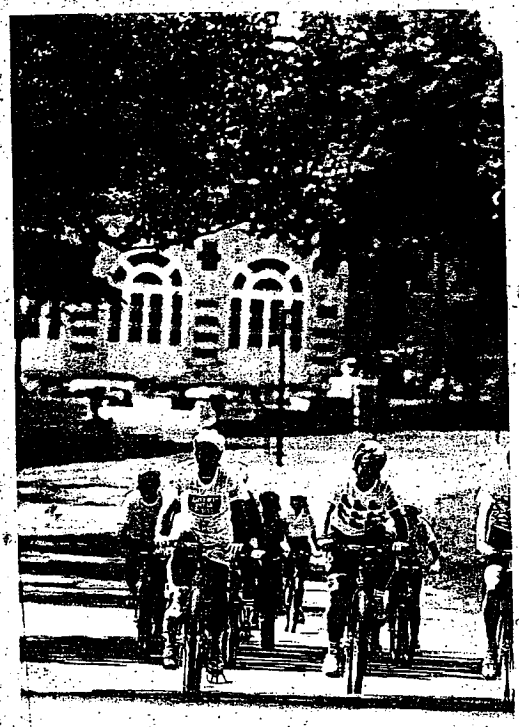
Guests are given a thorough health assessment by a registered nurse, who also notes blood pressure, checks body measurements, and analyzes body fat. This is followed by a consultation with a program coordinator who intelligently helps to organize activities into an agreeable schedule for the week.

If clients decide to take advantage of the one hundred twenty acres of unspoiled outdoors surrounding the Ranch they can add a stimulating canoe trip, some bike riding, pole-waking or a game of tennis to the required daily two- or three-mile wake-up hike in the fresh, clean, mountain air.

Determined to make a lasting impact on clients' lifestyles and attitudes, the Ranch employs a huge staff of highly qualified professionals to offer advice on how to improve, not only physical well-being, but also mental, emotional and spiritual health as well. The spa is the place to stop smoking, deal with stress, balance your lifestyle, get some bio-feedback, speak to a psychologist or simply veg out in a herbal wrap.

I had a stimulating hour-long one-on-one conversation with a nutritionist that has brought measurable results already. My private session with a fitness pro resulted in a written, customized program of weight-lifting, low-impact aerobics and swimming, all especially suited to my particular body type.

I truly didn't know what to expect at meal time and gasped audibly when I spotted lasagne and risotto on the spa menu. But Canyon Ranch treats its guests like sophisticated, responsible adults. The chefs cook up gourmet specialities for lunch and



dinner, just like any first-rate restaurant, but with one major difference. Although they don't look it or taste it, all dishes are basically devoid of culinary baddies like rich sauces, salt, alcohol, cream, sugar and animal fats. Instead of menu prices, sodium and calorie amounts and fat gram numbers are indicated next to each selection.

Depressing as this may sound, not everyone at the spa has come to lose weight. The occasional movie star, sports figure or corporate biggie might be here just to relax, get pampered a bit and find some peace and quiet away from a hectic schedule. At Canyon Ranch what guests put into their tummies is entirely up to them. Because the clever, caring chefs make everything so appetizingly delicious — how does papaya salsa, chicken burgers with garlic potatoes, five-bean chili and apricot turnover sound? — one never feels tempted or deprived even when that familiar-looking woman at the next table asks for a second helping of the chocolate mocha cheesecake.

Ruby Goodnoff, in her chef's jacket and starched white toque, gives Lunch-and-Learn classes in a kind of kitchen-cum-dining room. Here, guests see for themselves how different and easy it is to cook the healthier low-fat way, and then get to eat the "lesson." Maybe it was her idea to have a pre-dinner Happy Hour with non-alcoholic champagne and wine, Virgin Marys and Perrier complete with chit-chat and hors d'oeuvres (raw carrots, mushrooms and low-cal non-fat dips). It may sound like a tease but it's quite the contrary. The drinks are refreshing, the tid-bits tasty and, with my busy program, it was a nice time to meet and mingle.

What I found particularly exceptional was sitting down three times a day in the sumptuous dining rooms of the original mansion; just a covered walkway away from the ultra-modern spa center but a century away in atmosphere.

Canyon Ranch, with nary a horse or a canyon in sight, lures people for a multitude of reasons, so the age range and backgrounds of guests: singles, couples, bridge groups or a few friends might all be enjoying the activities at the same time; twenty-year-olds would be happy to come with their parents. The white-haired woman next to me in stretch class looked better than I did in tights and she had to be in her eighties.

With its exceptional staff and facilities, luxurious accommodation, tranquil sylvan setting, and rejuvenating programs, the Zuckermans have managed to create an environment as close to an ideal world as you can get. With perhaps one tiny drawback. Every day we anxiously helped ourselves to the free videos in the library. Every night around nine o'clock we plumped up our pillows, snuggled underneath the covers, slipped a tape into the VCR and never saw a thing — only because we immediately fell fast asleep and slept like babies with the most contented of smiles on our faces.

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sports
TRAVELER
SUMMER/FALL 1996 VOL. I, NO. 3

time out

From left: A welcoming view of Rancho La Puerta. Canyon Ranch's self-defense team. Hiking lures guests back to the Golden Door.

Vintage Spas Revisited

Like a fine wine, a good spa can mellow and improve with age. That's what our connoisseurs discovered when they revisited three of the most elite retreats in the body and soul business.

Considering the number of spas out there, there's a natural impulse to want to try out a new one every time you go. Well, hold that thought. Because some of the most venerable spas are also still the best. We checked into a few golden oldies to see what's new. What we found gives fresh meaning to the term, "improving with age."

RANCHO LA PUERTA

BY CYNTHIA PENNEY

My first trip to "the Ranch" was at the urging of my friend Linda. "Come with me—it will change your life," she said. I remember a week of perpetual sweating, from the introductory hike up the imposing Mount Kuchumaa to water aerobics in one of the spa's three pools to cross-training in the gym. I survived the first 48 hours on sheer stubbornness alone...and then noticed a most gratifying lift in my glutes.

That was three years and as many visits ago. And Linda was right—it did change my life, which is why we now count ourselves among the many scores of repeat guests who simply can't stay away.

Founded 56 years ago on its current site in the border town of Tecate, Mexico, Rancho La Puerta is considered the world's first fitness spa. And while much about the Ranch remains reassuringly the same—the delicious vegetarian meals, the group walk to the spa's organic-vegetable garden, and the intense workouts—each year we discover something new that stretches body and mind.

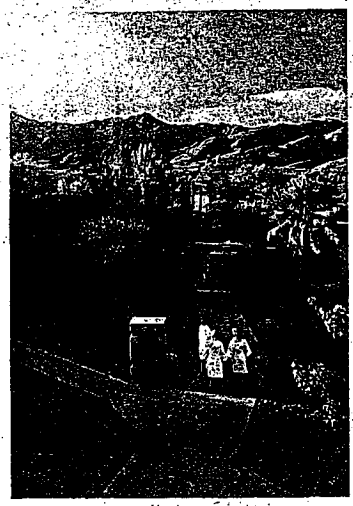
For instance, this was one of the first spas in North America to offer Pilates, a unique method of controlled floor exercises. And now, in a special program August 5–12, they've added Feldenkrais, another form of stretching and body-alignment work. On our most recent visit last fall, we found three new workout gyms—each one state-of-the-art. Another new addition: the Villa's Health Center, which adds facials and salt scrubs to the spa's pampering menu of body wraps, massages, manicures, and pedicures.

The backbone of the Ranch, however, is the staff—a superbly fit and knowledgeable group that includes dancers, athletes, and Phyllis Pilgrim, the sixtysomething head of staff whose challenging class in Iyengar yoga we dubbed "aerobic yoga." They've become our friends, too, as well as inspiration for how we want to look—and feel—as we go through life.

CANYON RANCH

BY CAROL ISAAK BARDEN

Frankly, it sounded like New Age goo to me: An all-female week of "health, vitality, and transformation," read a blurb in the brochure for "Journey Through Midlife: A Women's Retreat." The weeklong program, new at Canyon Ranch, in Tucson, Arizona, was to be hosted by a female doctor, a psychologist, a dietitian, and a sports therapist; the adventurous topics were designed to help women of a certain age sort



From left: Rancho La Puerta's beauty is matched by its quality programs. Time out from the rigors of self-improvement at Canyon Ranch.

out the complications of our lives: mindful eating, coping with stress and loss, spirituality, sexuality, moving through anger and menopause. Was this, I wondered, how I wanted to spend my precious vacation time?

But it was, after all, taking place in Tucson, which is always wonderful, the allure of the majestic Santa Catalina Mountains and Sabino Canyon undeniable. The activities roster offers everything you'd expect from one of America's best fitness resorts—40 exercise classes daily, hiking and biking, and pampering spa treatments and therapies. But for me, the Ranch's appeal lies in its peace and quiet, its miles of trails, its calm, unpretentious atmosphere. So I signed up.

When I arrived, I was introduced to 17 other women—wives, mothers, grandmothers, housewives, and frazzled career women—all of us juggling multiple roles. By the end of that first day, we had bonded.

When we sat in a circle, sharing our individual stories, it was like a decompression zone. There were lots of tears shed as women revealed private nightmares they had kept secret for years. The week progressed, and we hiked and biked together and talked about personal issues, our fears and relationships. I began to notice big changes in all of us. We were relaxed, laughing more—really loosening up.

"The company of other women is comforting and powerful," says Dr. Lana Holstein, director of women's health at the Ranch. It's true, I found—when women come together, there is magic and resolution. Would I take the program again? Same time, next year.

GOLDEN DOOR

BY CAROL ISAAK BARDEN

I kicked him in the stomach and threw punches. Elbows, fists, and knees were part of my arsenal, along with yells and screams. I worked myself to a feverish pitch, delivering one solid blow that brought him to his knees. The poor guy picked himself up off the floor, and I smacked him again.

No, this wasn't some back-alley encounter, just a typical day in the Golden Door's new self-defense class, taught by Janice Somera-Reinhart, a 5-feet-2, seventh-degree black belt. And this wasn't just fooling around. Instead of having the dozen women in the class practice on each other, Janice wanted us practicing on a "real male body"—for the psychological, and physical, effect.

The class met for one hour each day, and by the end of four days I felt very strong. The sessions were grueling workouts what with all that kicking and punching. But Janice also made sure to emphasize when and how to cooperate and negotiate with a would-be assailant—as well as when to run.

The self-defense class was only part of the Golden Door's regular program. It still remains a wonderful full-service luxury spa with the (39 maximum) guests individually sequestered in weathered wood-trim houses amid courtyards and streams, rock gardens and trickling waterfalls.

Never content to rest on their laurels, the owners recently purchased a 150-acre avocado farm nearby, so there are new four-, six-, and eight-mile hikes and longer, off-site hikes in nearby Elfin Forest.

New classes have also been added. There's Ashtanga yoga—the kick-ass kind that reduces even a conditioned athlete to a bunch of sore, quivering muscles—and Pilates, plus an in-line skating clinic.

Newly trained with self-defense techniques, I stroll Manhattan streets with complete confidence. If some fool should try to grab my purse, attack from front or rear, or rape me, God help him! I'll hit him hard, and I'll make some noise while I'm doing it. At last, I'm armed and ready. ⊡

ABOUT THE SPAS

Rancho La Puerta, Tecate, Baja California, Mexico; 40 miles southeast of San Diego; 800-443-7565. A one-week minimum stay this summer starts at $1,290 per person, double occupancy.

Canyon Ranch, 8600 East Rockliff Rd., Tucson, AZ 85750; 800-726-9900. Rates start at $2,560 per person, double occupancy. (Fall Fantasia, a week of hiking, is being offered from October 26 to November 9 at the above rate. The package includes one massage per day, plus an herbal wrap.)

Golden Door, P.O. Box 463077, Escondido, CA 92046-3077; 800-424-0777. A one-week minimum stay this summer starts at $3,875 per person, single occupancy.

Carol Isaak Barden is a Houston-based writer and spa aficionada. Cynthia Penney is a New York–based writer with a soft spot for Rancho La Puerta.

The Globe and Mail TORONTO, ONTARIO

REPORT ON BUSINESS

PERSONAL AFFAIRS

Saturday, April 27, 1996

Your perfect spring tune-up

A spa vacation, with its emphasis on rejuvenating the mind, body and soul, is the ultimate quick fix for coping with the stresses of modern life. Here are some of the best spots in North America.

BY HELGA LOVERSEED
Special to The Globe and Mail

FEW things can get you off the fast track more speedily than a couple of days at a spa. A spa vacation, with its emphasis on rejuvenating the mind, body and soul, is the ultimate quick fix, perfect for all those having to work harder and longer than ever before.

"For many people, the long vacation is a thing of the past," says Jim Corcoran, the innkeeper at Ste. Anne's Country Inn and Spa near Toronto. "At a spa, you can achieve the same relaxation goals as on a three-week holiday, but in record time."

Spas have gone through many changes in the past few decades, from the "fat farms" for the rich of the 1950s and '60s to the Eastern mystical getaways of the '70s to the boot camps of the '80s.

Today, spas still incorporate some of these past ideas, but, mostly, they aim to help people cope with modern stresses. "Lifestyle management" is the new mantra, and people find it easier to follow than the rigid programs of the past.

In fact, a spa vacation is no longer regarded as a luxury, nor the preserve of the rich. Taking care of your health is now considered an essential investment for the long term.

And a getaway to a spa for even a couple of days can be a great spring tune-up. Like other kinds of resorts, spas have their own personalities. Some are romantic inns with a relaxed, informal ambience, where you can book a treatment whenever you feel like it. Others are full-service hotels with structured programs, clinics and medical advisers.

Among the best? Here's a sampling of top spa bets in North America:

Canyon Ranch

The grandmother of all spas, this elegant, sophisticated resort in Tucson, Ariz., surrounded by 70 acres of desert and the soaring Santa Catalina mountains, is the one every spa-goer aspires to visit — if only to say they've been there. It has twice been named best spa by Conde Naste Traveler, the upscale magazine.

Canyon Ranch was founded in 1979 by health nuts Mel and Enid Zuckerman, who practically invented the North American spa industry. It made its name in the frenetic '80s, with stress-management programs aimed at corporate executives. It still targets folk from the business world — 40 per cent of its clients are men in their 40s and 50s — but it also attracts the likes of actress Julia Roberts and supermodel Cindy Crawford. It helps to have a designer wardrobe here.

It's no concidence that the spa has found favour with the glitterati. Of all the North American spas, Canyon Ranch probably offers the widest range of programs, embracing therapeutic bodywork and massage; spiritual-awareness, exercise-physiology and fitness and sports. The spa is large and can accommodate 200 people staying in low-rise adobe cottages, but the three-guests-to-one-staff ratio ensures they get almost personal attention.

The most popular program is the seven-day Life Enhancement Package, which starts at $2,560 (U.S.) per person. (After June 16, which is low season in the desert, the cost drops to $2,050.)

If that sounds high, especially when converted to Canadian dollars, consider that the package includes services other establishments usually bill as extras. Included are accommodation, three gourmet meals a day, tips, local phone calls; the use of the spa and resort facilities, fitness classes, sports activities, a health and fitness assessment and seminars by doctors, dieticians, psychologists and other medical experts on staff. Also offered are personalized programs to help you lose weight, alter your diet or stop smoking.

Contact Canyon Ranch, 8600 E. Rockcliff Rd., Tucscon, Ariz., 85750; phone 1-800-726-9900.

The Denver Post • March 31, 1996
EMPIRE
MAGAZINE OF THE WEST

COVER STORY

At Canyon Ranch and other health spas in the West, the well-to-do are using every physical and spiritual tool available to shed the stress from their lives. And for only about $3,000 a week.

Story by Maureen Harrington

CHILL OUT!

TUCSON – By midmorning the sweat factor had hit an all-time high. The gym was jammed, music pumping. The featherweight was hitting hard, dancing with the bag, grunting as loudly as any heavyweight. The coach wasn't cutting anyone any slack.

"Work it. Work it.

"Hit. Hit. Hit."

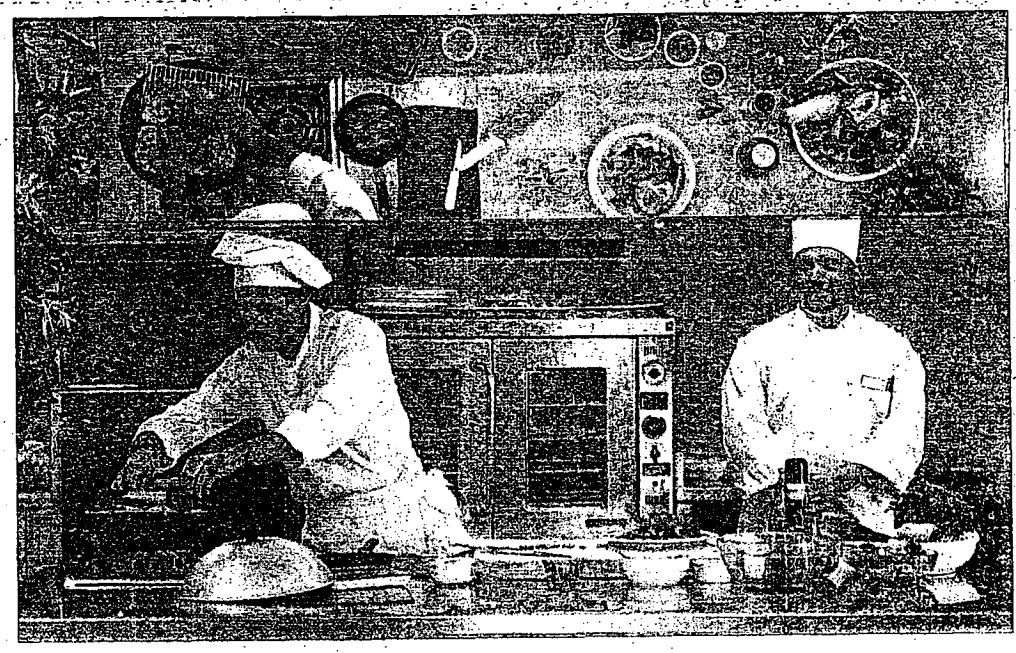
He singled out the smallest fighter, teasing: "Stop hitting like a girl."

This featherweight is nobody's idea of a sissy. Despite the thong leotard and Chanel nail polish, she's a puncher. After all, she's spent nearly $5,000 of her bonus from a Wall Street firm for the privilege of kicking some butt at Canyon Ranch's boxercise class.

Spas used to be ladylike retreats for the trust-fund set: weeks of facials and pedicures, frolicsseeing in herbal wraps, situps in the morning and dressing for dinner. Strictly female, a spa was a discreet place to dry out from Valium and vodka, lose a couple of pounds or maybe get together with a grown daughter or old friends from boarding school.

Mel Zuckerman changed all of that when he opened Canyon Ranch in an abandoned dude ranch above Tucson in 1979. In the resort industry his story is legend. Twenty years ago, as a real estate investor, Zuckerman watched his dad die of emphysema and decided to clean up his own act. He was a walking time bomb – overweight, over-worked, stressed out. When he came back from three weeks at a California spa, he was ready to go into the business, convinced fat farms could be opened up to new markets. Over the years he stopped using the expression "spa," much less "fat farm," and began calling it a "health and fitness resort."

Please see **Spa** *on page 21*



At right, chefs David Paul, left, and Jeff Amperse teach a class at Canyon Ranch.

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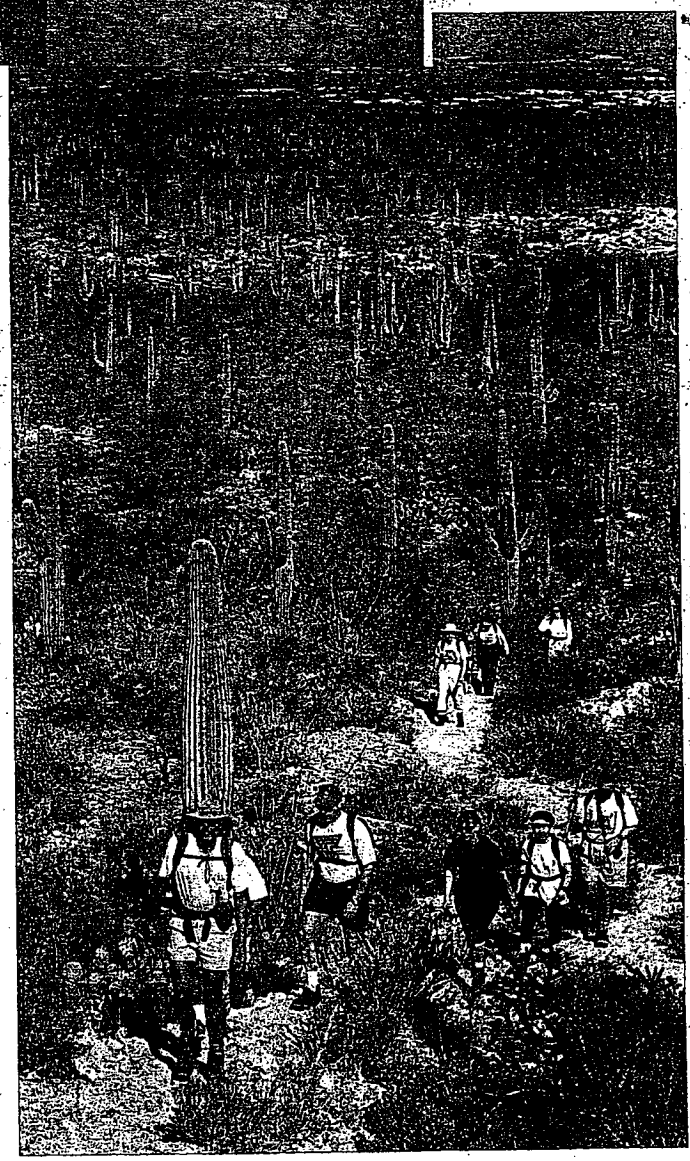
Above, guests at Canyon Ranch work out during a boxercise class.

Photos by Helen H. Davis



John O'Neill leads Canyon Ranch guests through Saguaro National Park.

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Spas are part of the $8 billion spent annually on the diet industry, but they account for only a few hundred million. There are, by industry estimates, only a couple of dozen "destination" resorts in America, but those that exist are doing well. Three-quarters of first-time visitors to a spa return. Canyon Ranch had eight clients in its first week. Last year the two properties (the second is in Massachusetts) hosted more than 25,000 people. It would be difficult to find a spa vacation – even out of season – that didn't cost at least $1,000 a week, and $3,000 is closer to the average.

Two decades later, Zuckerman's innovations are standard. He's got men coming. And couples. Clients include singles and working people – with megasalaries, but working all the same. Zuckerman took exercise outdoors, using the extraordinary desert landscape for hiking and biking. Eight hours of trucking through the cacti isn't for the meek, but the landscape and weather are the draw for many. Would you rather spend time in 80-degree weather hiking in John Wayne country or slogging down the Jersey Turnpike? Spas have always done well in Florida and California. The Western spa resort is, in some sense, a revamped dude ranch without the artery-clogging barbecue.

A new resort, Marival, has opened in Tucson using some of the Canyon Ranch ideas, including hikes in the spectacular Santa Catalina hills. In Utah, Green Valley Spa offers a hiking program through Zion as well as more New Age offerings such as "a color journey in self-discovery." Zany as it sounds, it worked for a New York Times reporter. She was drooling by the time she left.

The Denver Post / Helen H. Davis

Los Valez, an instructor at Marival, practices tai chi, one of the disciplines taught at the resort.

During the '80s Zuckerman saw his clientele's increasing interest in alternative ways to reduce stress and in holistic medicine. He added the services of acupuncturists, herbalists and therapists of every stripe and specialty. In the '90s he noticed that even his wealthy customers were unhappy with the medical attention they got at home. Canyon Ranch is a mecca for preventive medicine, aimed at helping clients avoid invasive medical procedures if possible. Running and meditating are prescribed as the path to avoid bypass surgery. Physicals, stress tests and menopause counseling are offered at "the Ranch," as it's called by regulars and staff.

Once Zuckerman converted to the religion of health, spas were never the same. He was a businessman doing what a businessman does: finding a market niche and filling it. The changes at his resort reflect the '90s as a decade of repentance after the excesses of the '80s. Miracle diets and quick fixes had given way to the slogan of the newly healthy: "lifestyle change."

Mel Zuckerman, founder of Canyon Ranch, took exercise outdoors, using the extraordinary desert landscape for hiking and biking.

Canyon Ranch pioneered the spa as a place to chill out and get an education about health. Zuckerman realized that his clientele wanted information and solid science. Spas now send health information with their reservation packets as well as supplying booklets, handouts and lectures on everything from shamanism to beta-carotene.

Gradually, Zuckerman has allowed the idea of spirituality to seep in. Lectures are given on faith and healing, prayer and spirituality. All over the country meditation and yoga are offered at spa resorts. Now tarot card readers are common, though Canyon Ranch was one of the first to offer that service. There is even a clairvoyant on staff.

For those who have a chair in the boardroom, a tony ZIP code, or just signed a three-picture deal, health resorts are like the cell phone and CD player: "How did yuppies live without them?"

The facials aren't bad, either.

□

Hal Sanders, a successful, middle-aged family man, solid citizen and respected attorney, was standing on top of a 30-foot telephone pole wobbling and swaying in the Arizona breeze – a breeze that feels like a typhoon at that height.

Wearing shorts and a hard hat, Sanders hadn't lost his mind. In fact, he had paid big bucks to be standing atop the pole in a climbing harness with five people holding safety lines below. The instructor, Katy Clark, a mountain climber and ex-Outward Bound instructor, sweetly called up to him: "Good work, Hal. Now turn around and jump."

Yeah, right.

Sanders, arms out, legs trembling, heard Katy reciting the Marival mantra: "Breathe. Breathe. Breathe. The shaking will stop if you breathe from your gut."

He sucked in the desert air. The shaking stopped. He slowly, carefully did a 180-turn on top of the pole. Sanders looked down at his wife, up at the cord anchoring him to a safety line, smiled and jumped into space. He bounced in the harness, hung midair for a beat and then

Please see **Spa** *on page 24*

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Spa *from page 21*
the five people holding him lowered him to the ground. He was thrilled. Anyone who has taken the Quantum Leap at Marival "Life in Balance" resort across Tucson from Canyon Ranch comes down exhilarated. And Hal's wife was thrilled. She was in a hurry to make her facial appointment.

Marival just opened this winter. As with Canyon Ranch, the people who run Marival hate the word "spa."

"We're a resort," insisted director Syd Teague. "We're not like Canyon Ranch at all. We have quite a different emphasis."

What Teague says is true – to some extent. Canyon Ranch was born of Zuckerman's zeal and bloomed because of his business acumen. Marival came about out of necessity and a $20 million investment. By the early '90s the insurance bucks dried up for the drug and alcohol rehab business. Employers and insurance companies started just saying "no" to the expensive 30-day treatment programs pioneered by Betty Ford and Hazelden. Sierra Tucson, called one of the Cadillacs of the rehab industry, got hit hard by the clampdown. Five years ago they could fill more than 300 beds, now they fill fewer than 100 at $650 a night, paid mostly in cash. The parent corporation, NextHealth, took some of the land and buildings of Sierra Tucson and turned them into the luxury health resort Marival. Sierra Tucson continues in business next door.

"We are about helping people be more responsible for their health," said Reed Smith, development director for NextHealth. "Many of our clients have found that the work ethic fails them at some point. Calvinistic beliefs may not be enough. You know, it's like the old Peggy Lee song 'Is this all there is?' Our clients aren't having financial problems. They're having a difficult time enjoying what they've got. They need to live in what we call mindfulness."

Mindfulness is the idea around which every Marival program, exercise class, meal and hike is designed. Guests are strongly encouraged to take an introductory course taught by Sanjay Manchanda.

Manchanda, who was born and raised in India and earned a doctorate in computer science, found himself 10 years ago in the same quandary as many of his clients.

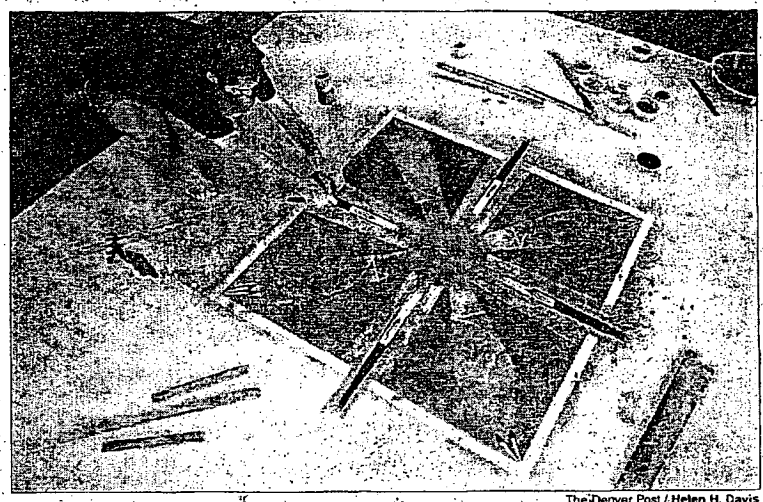
"I found that all I had worked for – the degrees, the good jobs – weren't all they were cut out to be," he said.

Unhappy, he began to learn meditation techniques to see if he could control stress. He ended up not only controlling his stress but teaching and practicing meditation in Tucson. Manchanda prepares guests for their stay with a 90-minute lesson in meditation. He introduces the idea of mindfulness – paying attention to what is happening at the moment. He teaches groups of middle-aged clients at Marival to think about their breathing.

"Feel it. In and out. Just feel it and think only of that."

At one such introductory session, everyone sat quietly in whatever position they could get into. Eyes closed, breathing. They were trying. Until someone's knees cracked. Tense silence. There was a soft snoring from the back of the room. They giggled. Manchanda smiled and said, "That's OK."

Manchanda passed around a tray of raisins. He instructed each person to take only four.



The Denver Post / Helen H. Davis

Michael Johnson, Marival art director, puts the finishing touches on a sand painting.

He then told his class to slowly, very slowly eat one raisin with their eyes closed.

Two days later Bob Brotman, a retired entrepreneur from New Jersey, was still talking about the raisin thing. "I can't get over that. To eat and really think about it. Taste it. Smell it. I'm trying to do that with my food now. Really eat it."

It's sometimes tough to do – pay attention. On a 6 a.m. hike, Anna, a businesswoman from Texas, and a guide were working their way up an incline. She was telling him about her problems at the office – a sassy secretary, a problem in billing.

She never saw the jack rabbit, its enormous pink ears backlit in the rising sun. The rabbit watched her. She was talking about the parking problems in Dallas.

The Marival staff flinches at the mention of New Age. They don't want to be perceived as kooky. The mindfulness notion was taken in part from the work of Jon Kabat-Zinn, a psychologist who runs the Stress Reduction Clinic at the University of Massachusetts. Teague worked for the Cooper Institute in Dallas, founded by Dr. Kenneth Cooper, who coined the term aerobics. After 12 years with Cooper, Teague took on Marival as a challenge.

"I think that after my work for Dr. Cooper, I wanted to see what could happen by taking what we learned there and applying it to a wellness retreat center. We knew through market research that there was a clientele for this. People need to get away from everyday life and try to learn techniques for dealing with daily stress. Clearly we can only take our clients so far. Our work has to be mainstream enough for comfort. Yoga is common now. Meditation is becoming accepted."

Lessons learned at Sierra Tucson are carried over in Marival. The equine program, of which they are quite proud, is an adaption of a treatment program for troubled teenagers. They found that kids who had shut down all communication could relate to horses. If teens were allowed to care for and exercise animals they established a relationship. Now, CEOs and socialites are down at the stables cleaning hooves, grooming and talking to the horses. After a morning of carefully supervised instruction in dealing with the animals, the clients are allowed to run a horse around the ring, calling out commands, having learned to "keep breathing, relax and focus."

Jack and Barbara Benson have been to Canyon Ranch several times and tried Marival this year. Retired from high-profile careers in the garment and advertising businesses in New York, the Bensons live in Vail Valley at Cordillera, a luxury spa. They are attractive, impossibly young to be retired,

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and vocal.

"I like Marival very much," said Jack Benson. "I think it's interesting, this mind thing. It's hard to do mindfulness. But if you can get into it, it'll change things. I think they need more one-on-one instruction. But they're new. They're developing. I'm doing yoga three times a week since I went there. I would come back to Marival to learn more."

Barbara Benson said she enjoyed Marival "but it's a bit gauzy."

"I think it may have to be a little more focused. But it's beautiful, peaceful, very relaxing. Have you been to Canyon Ranch? It's more about exercise. There's a dating scene there. Lots of glamorous people. But it's casual at the same time. You'll be surprised at the amount of guys and singles."

❑

Katy Garber was having a rough day. Public relations director for Canyon Ranch, she walks the razor's edge between guests' privacy and the media. The Ranch's success was built on exposure. A two-page spread in Time magazine kick-started its success. After spending $6 million to buy the 70 acres and build the resort, Zuckerman lost $1 million the first year. However, the Time piece ignited a press blitz that has yet to abate. Media attention came just at the time the fitness craze caught the baby boomers in their 20s and 30s. Now in their 40s and closing on 50, hitting their peak earning potential and on the slide physically, they're jamming the Ranch. Full capacity is 250 and there is a waiting list for peak times. Don't even ask about Christmas. It's booked.

So what was Garber's problem?

Celebrities. Ricki Lake and Charlie Sheen were on the property, though neither Garber nor anyone else on the staff would ever breathe a word of it. But there was a photographer with lenses bigger than bazookas hanging all over and a reporter demanding an up-close and personal look at the Ranch experience.

"It's privacy," said Garber. "You have to understand people come here for sanctuary. We need to guarantee that."

It's privacy. . . people come here for sanctuary.

Katy Garber

The word is that one of the tabloid shooters got onto the grounds and got some pictures last year. Garber was not going to allow that to happen again and she was not confirming any rumors. No way.

She didn't need to. Everyone knew who was there and who was rumored to have been there. All the supermodels have been – Cindy, Naomi, Kate. Cher is supposed to have worked on her glutes in one of the nine gyms. Albert Finney was spotted not too long ago. Wall Street superstars and their trophy wives have been steamed, rubbed and oiled. The wandering walkways and individual casitas allow for privacy, but the dining room is the best bet for spotting celebs. Just because they can afford the thousands

Please see **Spa** *on page 28*

Spa *from page 25*

of dollars it takes to be here, the clientele isn't any less interested in seeing Mel Gibson than those of us reading the Enquirer in the supermarket line.

Everyone looks. But, discreetly.

Spandex makes it hard to estimate the social standing of strangers. But this is the crowd that sends their luggage by Federal Express rather than carrying it on. They know the signals. The woman in black DKNY sweater and leggings at the next table is wearing the Cartier "Love" bracelet. Casual, not too flashy, that seems to be the jewelry of choice. A simple $4,000 gold bracelet. Unless you get the one with dia[illegible] monds. Tha[illegible] 12,000 [illegible] then no one would we[illegible] that here. Too showy. A sport[illegible] Rolex, a wedding ring and diamond studs. Nothing flashy. They wear Ivy League sweat shirts. Assume they're either paying tuition or ponying up an alumni contribution. It's declassé to talk about money. They talk instead about other resorts.

Health is the point. You won't see many overweight people at either Canyon Ranch or Marival. These aren't fat farms anymore and you can't dry out at Betty Ford. Both Canyon Ranch and Marival are about staying healthy and out of the clutches of high-tech, intrusive medicine. They are about trying to get your life back on track emotionally. Both offer help with grief, relationships, anger, sex.

Canyon Ranch has taken an interesting turn in the past five years, according to Dr. Lana Holstein, director of women's health at the Ranch.

"You can sit and talk with a physician here. We have 50-minute appointments. Not 15 minutes. You don't have to feel rushed. Many people book their yearly physical because they have such busy lives. We offer all kinds of services. We don't supersede your own doctor, but we offer time and maybe a second opinion.

"If our clients are frustrated at the state of medical care – even they can't get anyone to take time – you know how bad things have gotten. They can get it here. We emphasize preventive, holistic, mind-body connections, but we don't disrespect traditional medicine." Holstein paused, and said, "I just wish everyone could get this care. It's expensive. But, we offer scholarships every year to residents of this county who can't afford this."

❑

The sixtysomething powerhouse in a Nike workout suit and reading glasses opened the door to the Canyon Ranch medical building and asked: "Where's the bad-habits class?"

The nurse looked up and smiled. "I don't think we have that, sir. Do you mean a seminar on eating, maybe?"

"Yeah, yeah. That's it.

"My wife sent me," he added.

Gary Frost, second in command to Mel Zuckerman, laughed when he heard that story.

"We try to change people's minds about 'good' and 'bad' behavior. We're about educating people. Hopefully that client will come out of this not being pushed by his wife toward help, but wanting it for himself. Because it makes sense to him. We're very proud of our relationship with the University of Arizona medical school. We have been certified as a place where doctors can come for continuing education."

There are two programs at Canyon Ranch. "One is the larger Ranch," explained Frost. "Where people come and go, pick and choose their exercise and their food. But The Life Enhancement Center is, in a way, the heart of the Ranch. That is a smaller group – maybe 30 people who are engaged in serious life issues. That might be weight, smoking or stress. Mel created that when he thought some of the original ideas of Canyon Ranch were getting diluted a bit. This way clients can have the more guided experience if they like."

There are no snack Nazis at Marival or the Ranch. The menu is marked for calories, fat, carbs, protein. You pick. At the Ranch there is a set menu of 1,200 or 1,800 calories available if you don't want to make decisions. The trend in spa eating has moved away from deprivation to choice. This is the place to be weaned from Chateaubriand and Bordeaux onto grains, beans and greens.

New York Times reporter Molly O'Neil calls the '90s the new age of dietary enlightenment. Education is the order of the day at spas. At Marival and Canyon Ranch, guests can learn about preparing food from chefs, go to lectures, buy books and tapes and get advice on eating out.

O'Neil proposes that what and how you eat tell more about your social stature than a car or neighborhood. The stat keepers claim that the rich and educated buy more fresh food, because they have the time and wherewithal to prepare it, and the information to value it. F. Scott Fitzgerald wrote, "The rich are different than you and I." Playing off that quote Truman Capote added the quip, "Their vegetables are better."

Though Marival and Canyon Ranch have different emphases, they share a market of the well-to-do interested in their health. Both staffs talk about privacy and safety. As Holstein said, "Here you could see a psychiatrist or go to a lecture on sex without the whole neighborhood knowing. You can take the time to learn about food or exercise."

The health resort of the '90s attends to the needs of the body and mind. Tucson is a spawning place of a new kind of resort designed for the angst-ridden, overworked and spiritually challenged. They have blended the work of Jane Fonda and Buddha to stamp out the plague of the late 20th century – stress. Just don't call them spas. ❑

Maureen Harrington is the staff writer for Empire Magazine.

Western spas are luxury spots

IN addition to the Marival and Canyon Ranch spas near Tucson, there are other spa/resorts in the West. All welcome men and women, and are considered luxury destinations. Some offer special packages.

■ THE SPA AT THE BROADMOOR, 1 Lake Circle, Colorado Springs 80906, 1-800-634-7711. The spa at this venerable hotel opened 18 months ago. Rates range from $460 for a one-night stay including choice of treatments to a three-night package including a personal training session for $1,024. The resort also offers golf and tennis.

■ CANYON RANCH, 8600 E. Rockcliff Road, Tucson, Ariz. 85715, 1-800-726-9900. The second facility, opened six years ago, is in Lenox, Mass., and offers similar programs. Canyon Ranch requires a minimum four-night stay. Rates range from a double occupancy, standard room for four nights at $1,510 to a luxury room, double occupancy, for 10 nights at $5,740. Three meals a day, use of all facilities and gratuities are included.

■ THE LODGE AND SPA AT CORDILLERA, P.O. Box 1110, Edwards, Colo. 81632, 1-800-87RELAX. Rates start at $150 per night for double occupancy, standard room and go to $595 per night for suites. There are special spa packages that include exercise, food, treatments and salon services. The property also offers hiking trails, tennis courts and golf.

■ GREEN VALLEY SPA AND TENNIS RESORT, 1871 W. Canyon View Drive, St. George, Utah 84770, 1-800-237-1068. The price for a seven-night stay (Saturday-Saturday) is $2,112. If the stay is less than seven nights, the price per night is $317. All hiking, tennis and aerobics activities are included, as well as three meals a day, airport pickup and a private bedroom and bath in a two-bedroom apartment.

■ MARIVAL, 5000 E. Via Estancia Marival, Catalina, Ariz. 85739, 1-800-232-3969. This spa, 20 miles north of downtown Tucson, offers rates from $1,065 for three days, standard room, double occupancy, to $4,900 for seven days, single occupancy in the Marival Suite. The price includes three meals a day, all activities, gratuities and airport transfers as well as one personal service (such as massage or facial) a day.

Spa Finders is a free service for people who are trying to find the right spa to fit their needs. It can be reached at 1-800-ALLSPAS.

Maureen Harrington

CR001883

BUSINESS WEST
CHICOPEE, MA
MONTHLY 10,000
APRIL 1996

The Shape of Things to Come

Canyon Ranch Helps Keep the Mind and the Body Healthy

By SUZANNE BAY

6740

One of the cardinal rules in life is not to try to be all things to all people because we will undoubtedly fail at some, succeed at few, and lose a part of ourselves in the process. The professionals at Canyon Ranch in the Berkshires know this. Their goal is simply to make a healthy difference in people's lives.

Canyon Ranch in Lenox is not a ranch, at least in conventional terms. It isn't a fat farm, or a pamper palace, either. Instead, it is a comprehensive lifestyle and fitness resort modeled after the first Canyon Ranch built 20 years ago in Tucson, Ariz. by a man desperate to turn his life around. Canyon Ranch, located in the historic Bellefontaine estate in the Berkshires, is only 7 years old, but has become phenomenally successful in that short time. It was rated the country's No. 1 Spa by readers of *Conde Nast Traveler* magazine in 1991, 1994 and 1995.

Many of the Lenox facility's guests choose to spend their annual vacations here, deciding that for about the same amount of money, they'd rather spend less time traveling and more time really enjoying themselves at a world-class resort. A 48% return rate and a 75% occupancy rate suggest that Canyon Ranch is *not* a once-in-a-lifetime experience.

At Canyon Ranch in the Berkshires, the focus is on attaining — and maintaining — mental and physical well-being.

A Healthy Vacation?

At Canyon Ranch, the air is fresh and clear. Wooded pathways beckon. Lush surroundings soothe the eye as a sense of New England tradition and charm envelops you.

The Lenox facility rests on 120 acres of meadow, field, and forest, which makes it perfect for hiking, strolling or cross-country skiing. The marble-columned Bellefontaine, built in 1897 and modeled after a Louis XIV palace, is one of the Berkshires' great estates. The elegant mansion, now housing a luxurious dining room, medical and behavioral consultation areas, and a restored library, is part of everyone's Canyon Ranch stay. Other buildings include an ultramodern 100,000-square-foot fitness complex and a 120-room New England-style inn with VCRs in all rooms, free movies, and a demonstration kitchen. There, guests

can learn how to make the same healthy gourmet cuisine served three times a day in the dining rooms. Each building is connected by a glass-enclosed walkway, making a chase-the-blues winter visit just as much fun as one in warmer months.

Multi-Purpose Resort

"People who come to Canyon Ranch feel safe, nurtured, and supported," explains Joanna Roche, communications director. "We've had corporate executives come here for retreats, families for vacation, couples on honeymoon, and people just interested in taking off a few pounds or getting some well-earned rest. It is also a wonderful experience for people who are facing some kind of transition in their lives."

There are group rates if you'd like to come with others. Corporations stage retreats and executive seminars there, combining individual and team activities with business sessions. The average stay is four days, and runs about $1,000-$1,200 for the basics.

Guests select what they want to do during their visit. A minimum three-day stay comes with three professional services: one health and healing service, and two spa/sport services. That means you can learn how to play racquetball from a pro, have a shiatsu or Swedish massage, and try an acupuncture treatment, in addition to a host of other activities. Private consultations for stress management, smoking cessation or other behavioral issues are also offered.

"The whole thrust of the medical aspect is on prevention," says Roche. "We are holistic in our approach — body, mind, and spirit. Guests can learn about natural healing remedies and ways to improve mental clarity or cope with stress. But sometimes a business person who has been leading a stressful life just wants a complete physical or, for a woman, a bone density scan." The staff includes physicians, nurses, nutritionists, acupuncturists, exercise physiologists, movement therapists, and behavioral counselors. Both Eastern and Western healing techniques are integral to Canyon Ranch's body-mind-spirit philosophy.

The spa complex houses indoor and outdoor tennis, squash and racquetball courts, and swimming pools, an indoor running track, and exercise rooms. More than 30 fitness classes each day are offered, including "boxercise," Tai Chi, basketball, yoga, swimming, and weight training. The mansion's formal gardens and estate are open to guests for walking, jogging, hiking and even kayaking.

Financial Benefits

While providing a better way of life for its guests, Canyon Ranch has also done wonders for the region's economy. It turns in $800,000 a year in room occupancy taxes and spends $15,000,000 on food, operating supplies, and equipment purchases. Guests spend an estimated $400,000 at local restaurants during their stay, and another $600,000 at local gift shops. There is also $125,000 a year in local gasoline purchases, and $1.5 million in sales receipts at the resort's boutique.

Roche estimates that Canyon Ranch makes a total impact on Lenox and the local economy of about $28 million a year, and, she says, that number is growing.

"But the most satisfying thing about Canyon Ranch — and I feel it every day when I walk through the halls and listen to people — is that we are making a positive difference in people's lives."

PALM BEACH ILLUSTRATED

THE BEST OF BOCA RATON TO VERO BEACH

MAY/JUNE 1996

Far & Away

By Judy DiEdwardo

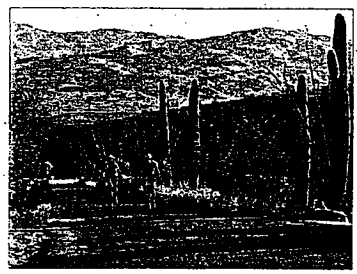
Summer Shape Up: Six Sizzling Spa Options

Canyon Ranch

TUCSON, AZ

Founded in 1979 by Mel and Enid Zuckerman, **Canyon Ranch** is a year-round vacation resort located on 70 lush desert acres in the foothills of the Santa Catalina Mountains.

That being said, scenery isn't the reason why readers of *Conde Nast Traveler* named Canyon Ranch "Best Spa" for three years in a row: fifty different fitness classes; a 62,000 square-foot spa; hiking and biking programs; lap pools and gymnasiums; tennis and racquetball courts; and a plethora of physicians and psychologists working on curing everything from obesity to impotence are just a sampling of Canyon's full-service approach to fitness and well being. As one guest noted after spending a week indulging in the facilities: "My mind thought it was on vacation while my body was working out." 800-729-8090



DIST. 8/16/96
11-15-01

SHAPE

mind and body fitness for women

SEPTEMBER 1996

FORGET STARVING TO A TEMPORARY SIZE 2. TODAY'S

CR001887

making changes

SPAS OFFER TOOLS FOR PERMANENT HEALTH AND FITNESS.

With her birthday fast approaching, Karen S. Shapiro, a television and film producer from Marina del Rey, Calif., was totally depressed. Recently she had lost her motivation and found herself 30 pounds overweight. "I felt old and tired," she said, "like I was going on 80."

Just two years before, fitness had been her big priority. But then her son reached the terrible twos and her career clicked into high gear, and she had no time left for herself. "I've always been a high achiever who got things done," she said. "But now I felt out of control — like a stranger in my own body — and like I could do for everyone but me." And deep inside was this little nagging voice wondering why she always put herself down, put herself last and backed off from success the moment it was within reach.

For her birthday, her parents gave her a weeklong visit to Canyon Ranch. Before she left, a counselor from the spa called to help her design a personalized program for change. Like a kid in a candy store, Shapiro pored over the options, finally zeroing in on Professional Freedom Strategy (the spa's time-management seminar) and "anything to do with sex," including a sexuality and intimacy workshop, yoga, chi gung, hypnosis and others.

BY CAROLE JACOBS

CR001888

ay *spa* and many people still envision the pricey fat farms of yesteryear, where people went to steam away cellulite as if it were the flu. As for food, *sorry* — not an option.

But there's a quiet revolution going on in fitness today, and spas are at the forefront of it.

Like a butterfly, spas and society have undergone a metamorphosis, emerging with the concept that there's more to becoming fit than losing five pounds, adopting a low-fat diet or exercising five times a week. Becoming fit is about living a more healthful and mindful life 24 hours a day — from the way we work and interact with others to the way we recreate, relax and sleep.

This is where the new *lifestyle change* spas come in. Instead of providing a Band-Aid to patch up what we think is "wrong" with our lives, they offer a more holistic, mind-body approach to fitness. If you want to stop overeating, for example, lifestyle change spas will do more than slash calories and fat so you eat less (which was the former "body-only" approach to dieting.) They'll also look at the "mind" side of the equation: Why you overeat, what triggers you to overeat, even how you feel about yourself after you overeat.

Rather than changing your diet from the outside-in, you change it from the inside-out — and in a mindful, personally meaningful way that is more likely to be permanent.

"Traditionally, there's been no profit in health; there's only been profit in disease," says Kenneth H. Cooper, M.D., M.P.H., founder and chairman of the Cooper Aerobics Center in Dallas. "Mind-body health is the wave of the future, and spas, who have traditionally believed in holistic health, are positioned to deliver it."

Ch... Ch... Ch... Changes

Lifestyle change. It sounds like rearranging your chromosomes. And for people dealing with serious lifestyle issues like depression, burnout or is-that-all-there-is-to-life — the sort of problems that don't sweat out neatly — it can sometimes *feel* like it. Fortunately, several of the country's top spas (see *Shape*'s Pick of the Best, page 208) were founded by individuals who understand such challenges. No strangers to change or pain, they opened spas as part of a personal quest for holistic health: Mel Zuckerman, owner and founder of the Canyon Ranch wellness centers in Tucson, Ariz., and The Berkshires in Massachusetts, was an overweight asthmatic who never exercised a day in his life when he decided to open Canyon Ranch. Ruth Stricker opened The Marsh after doctors diagnosed her with lupus and predicted she'd be confined to a wheelchair within five years. Noel de Caprio opened the Noelle Spa For Beauty and Wellness after she was diagnosed with breast cancer.

But a lifestyle change also can be as simple as tweaking your exercise or nutrition program, or finding time to sit on a mountaintop and ponder your past.

Instead of promising a quick fix, as did some spas in the past, today's lifestyle change spas promote permanent change through a lifelong process, says Dan Baker, Ph.D., director of Canyon Ranch's Life Enhance-

INSTEAD OF A QUICK FIX, TODAY'S SPAS PROMOTE PERMANENT CHANGE THROUGH A LIFELONG PROCESS.

CR001889

How to make a lifestyle change

Change is a given. It's the only thing guaranteed in life, says Ruth Stricker, owner of The Marsh and a foremost researcher on mind-body health. But permanent change doesn't happen haphazardly or in a vacuum. Being ready, willing and able is an essential first step, says Julie Kembel at Canyon Ranch. "Unless you're motivated to change, no one can force you to. The impetus has to come from you."

Lifestyle change spas are designed for people already in the psychological state of readiness. "Without this attitude," adds Kembel, "you could go to a spa and have a great time, and maybe even learn new fitness habits. However, you probably won't leave with a strong commitment to making lifestyle changes."

Even when you're ready, permanent change requires more than an educational prescription, cautions The Mind/Body Medical Institute's Richard Friedman. "You need to learn why you should change, what you should change to and how to make changes in a practical way."

Permanent change also hinges on conceptualizing why some things in your life are stressful, says Friedman. And while this is most successfully done with a trained psychologist, he believes that with some introspection, you can learn to do it at home or at a spa. He suggests three ways to make permanent lifestyle changes.

1. Think about how you spend an average day. List what and how you'd like to change: the way you exercise, eat, relate to people, etc.

2. Keep a journal of your psychological and physical symptoms or responses. For instance, if you overeat, jot down the events or feelings that triggered the binge. This will help you to isolate precipitators so you can change them.

3. Learn relaxation skills, such as meditation, yoga and tai chi, offered at spas. They can unleash powerful insights and painful feelings and serve as great stress relievers back home.

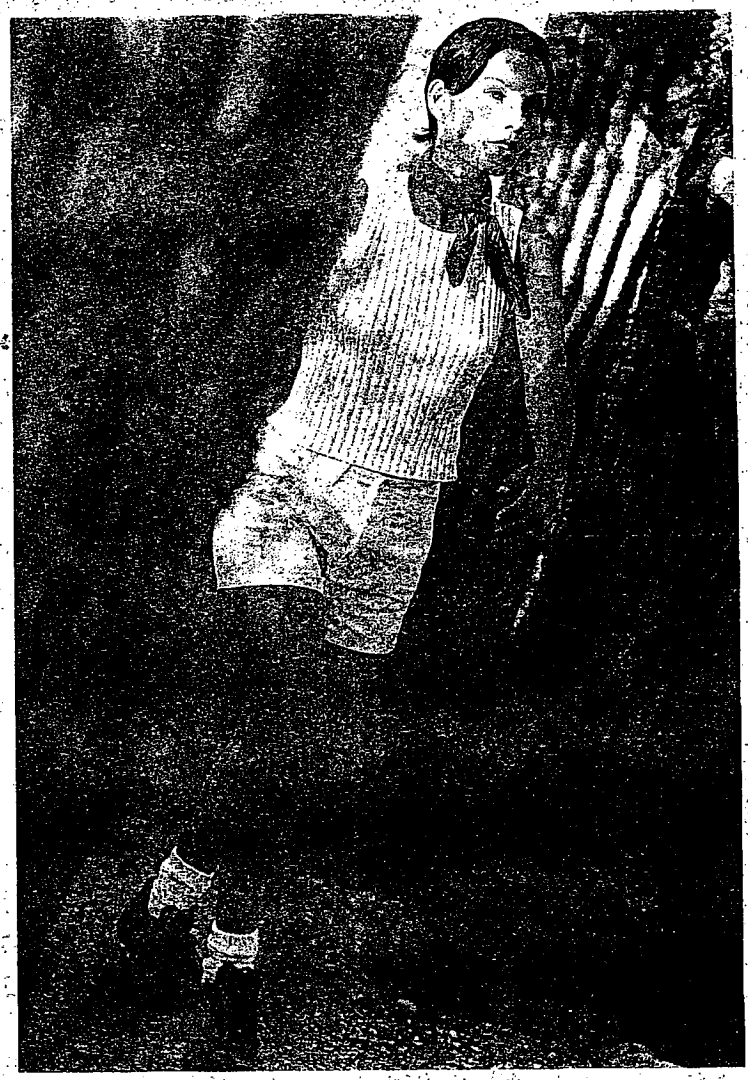
CR001890

IF EXPERTS CLAIM SPAS OFTEN FUNCTION AS A FAIRY-TALE EXPERIENCE DIVORCED FROM REAL LIFE, OTHERS ARGUE THAT THIS IS EXACTLY WHY THEY WORK, OFFERING GUESTS THE TIME AND SPACE TO REGROUP.

CR001891

ment Program (whose very name implies a metamorphosis rather than an abrupt departure from your life).

Says Peter M. Miller, Ph.D., founder of the Hilton Head Institute in Hilton Head, S.C., "If we focused on the destination instead of the journey, most of our guests would never get there. Instead of promising they're going to go home fit in two weeks, we teach them to make the right food choices and life decisions so they can establish a philosophy of life that revolves around self-management."



The Long and Winding Road

The "process" of lifestyle change varies among spas — some have structured programs that guide clients hour-by-hour; others offer a cafeteria of wellness choices from which guests can assemble their own program, doing as much or little as they want.

Canyon Ranch and other spas build in continuity on either end of the guest's stay through pre-arrival interviews, take-home programs and follow-up counseling.

"A lot of our guests go home with everything but the whirlpool," says Julie Kembel, M.S.Ed., CHES, education director of the Health & Healing Center at Canyon Ranch. A guest's "homework" is likely to include a personal exercise video, computerized biofeedback program and cassette tapes of her treatments as well as personalized meal plans and recipes and computer printouts of various diagnostic tests.

And just like a good mother, some of these lifestyle change spas keep close tabs on clients after they leave. Hilton Head Institute mails grads quarterly progress-tracking forms and offers a toll-free hot line; The Claremont Resort & Spa in Berkeley, Calif., makes four follow-up calls to guests attending its Weekend Adventure series. Most guests leave a lifestyle change spa feeling like part of an extended fitness family.

If experts claim spas often function as a fairy-tale experience divorced from real life, others argue this is exactly why they work, giving you the time and space to try new fitness habits away from your familiar, rut-enforcing environment, and to experience what it feels like when you spend entire days taking care of yourself. Besides, the changes don't have to last forever, says Zuckerman of Canyon Ranch. "People can always come back to us for a tune-up."

A Beautiful Gift

From the minute she arrived at Canyon Ranch, Shapiro experienced one "aha" after another. A cosmetologist showed her how to wash and moisturize her skin. A nutritionist analyzed her diet and suggested she include more fiber and protein. A personal trainer demonstrated a Dyna-Band workout she could do at home and when she traveled. A podiatrist examined her feet and her athletic shoes and said she should switch brands. And her yoga instructor showed her how to breathe deeply from her diaphragm, "helping me connect to my soul in a whole new way."

Then she lay quietly on a bed in a darkened room as a hypnotherapist guided her through a progressive relaxation exercise that left her feeling nearly weightless. Then he invited her

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A LIFESTYLE CHANGE CAN BE AS SIMPLE AS FINDING THE TIME TO SIT ON A MOUNTAINTOP AND PONDER YOUR PAST.

PHOTOGRAPHY: DAVID ROTH. Hair and makeup: Mauricio Lemus/Rex. Styling: Samantha Degen/Cloutier. See Buyer's Guide for retail information. Shot on location at Canyon Ranch Health & Fitness Resort, Tucson, Ariz.

Making changes

(continued from page 161)

to accompany him on a wonderful journey, assuring her that she would remain 100 percent conscious throughout it.

Taking a deep breath, she visualized herself drifting through space like a leaf, past the Earth, past the stars. Finally she arrived at a door, on the other side of which was the most beautiful place she had ever seen, the therapist said. "Open it!" As she did, she was enveloped by a luminescent world of swirling light and energy. In the distance, a stranger was walking slowly toward her, carrying a gift wrapped in beautiful papers and bows. "It's for you," the therapist whispered.

Shapiro began to cry. Did she dare accept it? In the soft distance of her dream, she heard her husband encourage her, saying, "I love you" again and again. She reached hesitantly for the gift, thinking how difficult and sad it would be to say goodbye to the old Karen. But as she opened the gift, white light flooded her being and filled her with "an indescribable joy."

Back on Earth, Shapiro felt strangely transformed, as if she had unclenched a psychic fist. But it would be days before she could put the feeling into words.

You Are Under My Power

Until recently, many Americans viewed hypnosis and other mind-body practices as somewhere between hocus-pocus and the devil's workshop. And without the research we have today that shows the inextricable link between mind and body, most spas were understandably reluctant to introduce mind-body practices into their programs.

The few who did usually paid for it: "We've believed in mind-body health since we opened in 1940, when women didn't 'sweat' but 'perspire,'" says Alexandre Szekely, president of the family-owned The Golden Door in Escondido, Calif., and Rancho La Puerta in Baja California, the first spa in North America. "But a lot of people who believe in it now thought we were *crazy* back then."

Today, "mind-body" fitness is on its way to becoming bona fide science, says Richard Friedman, Ph.D., director of research at The Mind/Body Medical Institute at Harvard Medical School at Deaconess Hospital in Boston.

And spas are incorporating it into every niche of their lifestyle change programs, from introspective movement therapies like tai chi and yoga to outdoor fitness (a k a the new universal gym), where lessons culled from "peak experiences" can be translated to the challenges of everyday life.

But can spas *really* become the hospitals of the next millennium? Kenneth Cooper thinks so. Physicians using the advanced nuclear medicine facility at the Cooper Clinic in Dallas are detecting cancer months before it could be found in the outside world, he says.

Andrew Weil, M.D., author of *Spontaneous Healing* (Alfred A. Knopf, 1995), dreams of the day when spas become universities of wellness that include other things that now exist in disparate parts of society, such as garden therapy and food processing.

Doubters Speak

Experts generally agree that spas are uniquely positioned to serve as lifestyle change centers. However, some believe they are not quite there yet in terms of carrying out the task — despite their advantageous location at the center stage of fitness.

Weil, for one, thinks today's spas focus too much on fitness at the exclusion of other holistic modalities. Nancy Griffin, a marketing consultant who represents spas as well as The Mind/Body Medical Institute at Harvard Medical School, says while spas like Canyon Ranch, which she affectionately refers to as the industry's "900-pound gorilla," have the resources to hire the best people and deliver the best service of education, many smaller spas don't.

I LEARNED TO STOP MY THOUGHTS FROM RACING AROUND AND GIVE MYSELF TIME TO REGAIN CONTROL OVER MY LIFE.

But Richard Friedman of the Mind/Body Institute thinks the problem goes much deeper. "Spas give people the tools for fishing, but they don't teach them how to fish," he says.

"Learning what to eat in a nonpressurized environment does not necessarily translate into learning how to maintain good health habits when

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Making changes

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you're back home in the thick of things," he explains. "As your anxiety rises, so does your likelihood of falling back into old behavior patterns. Spas do a good job teaching diet and exercise, but most of them ignore stress management. And the few that don't, focus on it in the wrong way. Their attitude is: 'Let me give you a massage or some other passive strategy that makes you feel good at the moment.' But that doesn't work in the long run."

But what about all the stories of people who go to spas and come home reborn? A woman with chronic pain who says healing touch seemed to peel away a dulling membrane of pain; another woman who reports walking into Canyon Ranch with chronic fatigue syndrome and walking out two weeks later cured — a miracle Zuckerman swears is business as usual around that spa.

"I believe in miracles, too," says Friedman. "But I don't think they happen as a result of the treatments. I think it has more to do with the caring, bonding and nurturing at spas.

Sometimes, all you need is love. And spas have always been very good at administering that."

Baby Steps to Fitness

Back home now, Karen Shapiro is making great strides through tiny changes, having learned that it takes 30 days to change a habit, one baby step at a time. Before leaving Canyon Ranch, she listed eight goals, then set a month aside for each.

Goal one was to give herself permission to pace herself. By listening to her hypnosis tape, "I learned to stop my thoughts from racing around and give myself time to regain control over my life."

Goal two was to re-establish a regular exercise program. Learning at Canyon Ranch that she didn't need a personal trainer or gym to get fit, Shapiro relaxed and expanded her fitness program with informal activities that better fit her hectic schedule — like morning walks.

On her future agenda are goals to revamp her diet while keeping a food journal (so the spa can analyze and revise it) and carving out more personal space for herself, perhaps through yoga.

True, she didn't figure out what made her put herself down and last. "But the reasons don't matter anymore." And she even experienced a recent "breakthrough."

"All my life I've been afraid to look into one of those magnifying cosmetic mirrors for fear of what I'd see. But last month for the first time, I was able to look in one. And instead of getting upset or searching for every wrinkle in my face, I looked at myself and it was . . . just fine."

"I know it sounds like a small thing," she says. "But for me, it was a major miracle." ■

WEST
TravelAge
THE FRONTLINE AGENT'S WEEKLY
July 15, 1996

Arizona

Canyon Ranch Offers a Haven for Therapeutic Serenity

By Caroline Scutt
Reed Travel Features

TUCSON, ARIZ. — If Mel Zuckerman had kept his New Year's resolution in 1977, Canyon Ranch might have been someone else's creation — or not exist at all.

The 17-year-old facility became a reality after Zuckerman's unsuccessful attempt to lose weight brought him to a health spa and the experience drastically altered his path in life.

After much difficulty finding backers for a health resort where there would be no smoking, no bar and no golf course, Zuckerman finally was able to open the doors of Canyon Ranch in 1979.

Canyon Ranch in Tucson: A healthy change of pace.

Today, guests from all over the country flock to Tucson and Lenox, Mass. (the site of Canyon Ranch in the Berkshires, which opened seven years ago), in order to immerse themselves in a place where they can "renew, refocus energy and discover new directions," according to a company brochure.

"The typical vacation feels good while you are doing it; our mission is to teach people to take home some semblance of a healthier lifestyle," said Brian Shultz, vice president of marketing for Canyon Ranch.

Shultz explained that there are three categories of spas: the glorified beauty salons or gyms, the spas found in hotels or resorts that are an extra amenity and not the focus of guests' stays and the destination spa.

Canyon Ranch is a destination spa; however, "we don't really like the word 'spa'," because of the continuing connotations such as 'a place to be pampered, lose weight or for women only,' he added.

"We want to teach people how to live better," he said, noting that other spas have some of the same elements, but "we are a totally comprehensive facility."

Canyon Ranch offers 50 different fitness activities daily as well as a team of medical doctors, nurses, psychologists and counselors, exercise physiologists, nutritionists, movement therapists, acupuncturists, fitness instructors, tennis and racquetball pros, aesthetitians, massage therapists, art and music therapists, and support staff.

In all, there are about 250 activities and services to choose from at each property, Shultz said.

Canyon Ranch also features week-long Life Enhancement programs, which are designed for smaller groups of people with common life-improvement goals.

Some of the themed programs include Arthritis Week; ElderCamp for seniors; Journey Through Mid-life: A Women's Retreat; Adult Asthma Week, and Healthy Heart Week.

In addition, guests may choose private consultations or workshops in lifestyle change, transition and stress management and the staff can prescribe personalized programs for disease prevention, smoking, healthy cooking classes and nutrition classes.

So who are the people that are motivated to come here in hopes of improving their quality of life?

"The ages, occupations and interests of our guests are all

Continued on Page 65

Canyon Ranch Offers Guests A Stress-Free Environment

Continued from Page 62

over the map," said Shultz, adding that the difficulty in marketing the property is that there is no typical Canyon Ranch guest.

Some people are dealing with significant life issues while others are looking for an active vacation or for something different, he said.

Since marketing Canyon Ranch is such a tremendous challenge, Shultz said the company relies heavily on word-of-mouth and on travel agents to bring in business.

Some people are dealing with significant life issues while others are looking for an active vacation.

It is important to make a personal connection with future guests and "travel agents are a wonderful vehicle to do that because they can match the needs of their clients," he said.

The ranch has a full-time sales staff that spends all of its time calling on travel agents, he added.

Canyon Ranch might be difficult to market, however, the repeat rate is between 80 and 90 percent, he said, adding that at any given more than half of the guests in house have been there before.

Located on 70 acres on the outskirts of Tucson and 21 miles from Tucson International Airport, Canyon Ranch accommodates 200 guests in single-story adobe-style cottages.

A fully air-conditioned, 62,000-square-foot spa complex includes a lounge, gymnasiums, aerobic and training rooms, one squash and three racquetball courts, a yoga/meditation dome, sauna, steam rooms, Jacuzzis, skin care and beauty salons, and massage rooms.

Additional facilities include eight tennis courts, a basketball court and one indoor and three outdoor pools.

Guests select from a selection of comprehensive vacation packages, all of which include accommodations, three meals per day, use of spa and resort facilities, fitness classes and sports activities, transfers, gratuities and a selection of services based on length of stay.

Rates vary depending on the program and length of stay; discounts of up to 25 percent are available for groups of eight or more people.

For additional information, call 800-726-9900.

DIST 4/26/96

Gourmet
THE MAGAZINE OF GOOD LIVING
MAY 1996

LENOX
MASSACHUSETTS

CANYON RANCH

HAVING IT ALL

If a spa exists that could be described as "having it all," it would most likely be Canyon Ranch. There are, in fact, two Canyon Ranches, located in different climes but embracing the same philosophy: the mother ranch in Tucson, Arizona, and its offspring in Lenox, Massachusetts. In the spa-poor northeast, the Berkshires ranch is a mecca for those seeking an active, wellness-oriented holiday, offering up a multitude of activities and year-round diversity in one of New England's most picturesque corners. The centerpiece of the 120-acre woodlands property is the historic 1890s Bellefontaine Mansion—reminiscent of the Petit Trianon at Versailles—from which the 120-room hotel wing and spa complex extend outward.

The impressive information packet and lengthy questionnaire that arrive after you book a stay (3- to 7-night packages) give the first hint of the magnitude of what's in store and, indeed, can leave one overwhelmed. This feeling is soon replaced by excitement at all the possibilities, combined with the frustration of knowing that you probably won't be able to fit in all the things you'd like to do. At the Berkshires ranch there are more than 40 fitness classes daily (from country line dancing to yoga to slide aerobics), indoor and outdoor pools, cardiovascular and weights equipment, a lineup of year-round sports to keep serious athletes occupied full time (including such exotica as kayaking and snowshoeing), a long list of massages and body treatments; life-style and mainstream or alternative medicine consultations, a lecture series on health and motivational topics, a nightly first-run movie, plus a variety of spiritual awareness programs (such as *tai chi* and meditation) to explore. Located in a culture-rich community, the ranch itself has a creative arts studio and provides easy access to such attractions as the Tanglewood music center. In summer, the main focus is on the out-of-doors; in winter, guests can take advantage of cross-country and downhill skiing but are otherwise protected from inclemency by a series of glass-enclosed walkways that connect the spa's component parts.

When mealtime rolls around, it comes as a pleasant surprise to learn that you can eat as much as you want, choosing items from a mini-buffet (fruit, cereals, and breads in the morning; salads at lunch and dinner) as well as from a printed menu. Everything is annotated with its calorie and fat-gram content, however, so there is no deluding yourself on just how much is being consumed. The good news is that the food is so uniformly tasty and satisfying that most people find it remarkably easy to remain within recommended guidelines—and even lose weight. Lone diners can request a seat at the Captain's Table to enjoy the company of other singles. A daily Lunch and Learn demonstration cooking class gives insights into how you too can prepare all manner of healthy fare back home, and the Canyon Ranch *Great Tastes* cookbook is available for sale in the well-stocked boutique.

Because of the sheer number of activities and the quality and breadth of the offerings, Canyon Ranch can be enjoyed on many levels by guests with very divergent interests. The winning combination of having fun, maybe learning something new, and doing something healthy for yourself in the process is infectious, and the effects of the experience often last well beyond a visit. It thus comes as no surprise that the spa has an enviable percentage of repeat guests.

Canyon Ranch in the Berkshires: 165 Kemble Street, Lenox, Massachusetts 01240. Tel. (800) 742-9000.◆

Clockwise from the top: Ranch complex and gardens; fitness equipment gym; boxercise class; relaxing in the whirlpool; fireside in the library

PHOTOGRAPHS BY LARS CHRISTENSEN

ENERGY TIMES

ENHANCING YOUR LIFE THROUGH PROPER NUTRITION

March 1997

Weekend at the Spa

Canyon Ranch visits are rejuvenating and focus on spiritual and physical wellness.

Want to have your healthy cake and learn how to cook it too? Well, the Canyon Ranch Health and Fitness Resort, one of the original American health spas, wants to show you how.

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Continued from page 53

Not that you won't have a luxurious spa experience—as we did—when you soak up the latest health, fitness, nutrition, and wellness information from Canyon Ranch's large staff of experts. But the Canyon Ranch philosophy is that spa-goers shouldn't just treat the spa as an oasis of health; they should also take away the knowledge necessary to make their everyday lives more spiritually and physically fulfilling.

Visiting either of the Canyon Ranch locations, in Tucson, Arizona or Lenox, Massachusetts is an invigorating hands-on experience. Masseuses and other therapists put their well-trained hands on you, and you get to try your hand at healthy cooking, plus meditative and fitness routines useful in your post-spa life.

Of course, none of the visitors to the Canyon Ranch have to do any more activities than they wish. Dedicated non-cooks can merely enjoy the delicious, low-fat cuisine rather than be indoctrinated into its preparation techniques. But if you want to master the art of healthy and delicious meals, the ranch's "Lunch and Learn" sessions offer opportunities to pick up the tricks of the healthy cook's trade.

The Canyon Ranch is an invigorating, hands-on experience. Masseuses put their hands on you, and you get to try your hand at healthy cooking and fitness.

Working Out the Kinks

Our sojourn to the Canyon Ranch nestled in Massachusetts' Berkshire Mountains, left us feeling rejuvenated and invigorated. Massages, body wraps and steamy sauna visits let us lie back and passively float into near-nirvana.

But during much of our weekend, passivity yielded to the abounding opportunities for participation in strenuous exercise as well as more laid back activities. Among the choices—hiking trails, well-stocked weight rooms, racquetball and the chance to partake in yoga, tennis, swimming, basketball, aerobics, and, in the winter, both cross country skiing and snowshoeing.

A recent addition to the exercise menu is spinning—directed aerobic workouts that feature exhausting exercise biking on specially equipped bikes. Any resemblance between peaceful peddling at home in front of your TV set and spinning is strictly coincidental. A spinning workout leaves you drained of perspiration but filled with feelings of well-being. The spa also features Boxercise, a chance to put on the gloves and bang away at a heavy bag until your arms are too tired to jab.

Assessing Lifestyle

In order to personalize each visitor's experience, guests at the ranch are evaluated by a health practitioner after which they meet with a program coordinator to decide which parts of the spa's programs fit in with their health and fitness goals. Although, historically, most of the visitors to the spas have been women, nowadays men visit the ranches in increasing numbers. Accordingly, the spa has incorporated more activities that appeal to the male psyche.

Of course, a well-rounded program of alternative medicine is also featured as part of the spa experience. Lectures by experts like Andrew Weil, M.D., are frequent occurrences in addition to the yoga sessions, biofeedback, breathing and visualization lessons. Plus you get plenty of opportunity to meditate in a relaxing, rustic setting. Of course, the knowledge you pick up includes advice on ways to continue stress reduction after you exit spaville and re-enter the real world.

Recently, the nutrition tips doled out at Canyon Ranch have expanded to include supplement information. According to the staff, many spa guests arrive with specific questions about the supplements they are taking as well as queries about a wide range of nutrients.

Perhaps the most impressive thing about Canyon Ranch is its emphasis on a relaxed attitude—the attitude that wellness and spiritual contentedness are more important than physical perfection. For information about the programs at Canyon Ranch, call (800) 742-9000. ❑

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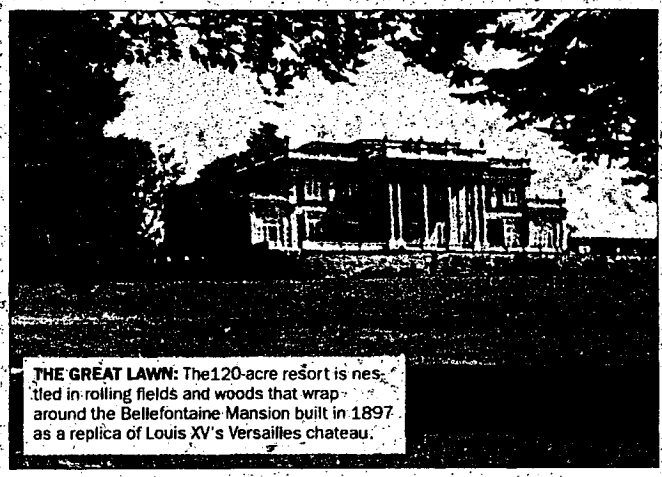
Meanwhile, back at the Ranch (Spa)

Lenox health resort offers fitness, relaxation and chance to 'de-stress'

By FYLLIS HOCKMAN (6940)



THE GREAT LAWN: The 120-acre resort is nestled in rolling fields and woods that wrap around the Bellefontaine Mansion built in 1897 as a replica of Louis XV's Versailles chateau.

Kathy Goriup came from Columbia, Md., "to get back on track" to lose weight she had recently put on. Jerry and Rocky Cullinane came to "de-stress" from the hassles of their South Carolina real estate business. Boston native Vic Goodman 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.

NEW ENGLAND ADVENTURE

The concept of what constitutes a spa has been redefined over the years. 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. Now, 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 premier 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.

MORNING TREK: Guests take a brisk morning walk on the ranch grounds.

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, which guests are free to do.

It's difficult to resist the more than 50 aerobic, strengthening and flexibility options available each day. This "menu of opportunity" — as described by Mel Zuckerman, Canyon Ranch creator — permits guests to discover a "Special Personal Adventure," the Ranch's own definition of "SPA."

To keep guests from becoming overwhelmed by 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, personal or 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 as a replica of Louis XV'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 lists 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 cetainly tasted like chocolate sauce on top, for a total of 125 calories) without remorse.

To get a firsthand look at how the food is made, check out a cook and learn class in the Demo 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 sweats and sneakers and still feel slightly overdressed for dinner.

WINTER RETREAT: Cross-country skiing is available during winter spa visits.

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 on such topics as stress management, nutrition and metabolism, and healing life's hurts.

Individual consultations with professional and knowledgeable staff members also can be arranged. Sue Silverman of Stockbridge, plagued by a family history of back problems, came away from her private session much relieved. "The posture class alone gave me so many tips on breathing, standing, lower back issues and so many other things I've never thought about that I'm no longer worried about stooping in my old age."

One of the most important hours you can spend at the Ranch is with Bill Day, 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.

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.

As you're dragged kicking and screaming to the car, you'll probably promise yourself that you owe it to your body and your psyche to return at least once a year to get revitalized. And if you should tire of all the exercise programs, the nutritious food, the camaraderie, the educational lectures — there's always a massage or facial to fall back on.

IF YOU GO

Getting There: Interstate 495 South to Route 2 West. Follow Route 2 West until you come to Williamstown, where you will pick up Route 7 South. Follow Route 7 South into Lenox Center. At monument in Lenox Center, bear left, then take a right onto Route 7A (also known as Kemble Street). Canyon Ranch is approximately one-quarter mile on left.

Information: Rates at Canyon Ranch through March 19, 1997, start at $1,255 per person, double occupancy, including service charge and tax, for a 4-night/5-day package, $2,588 for a 7-night/8-day stay. For more information, call 800-326-7080.

Fyllis Hockman is a free-lance writer who lives in Gaithersburg, Md.

PRIME HEALTH & FITNESS
Vol. III, No. 1

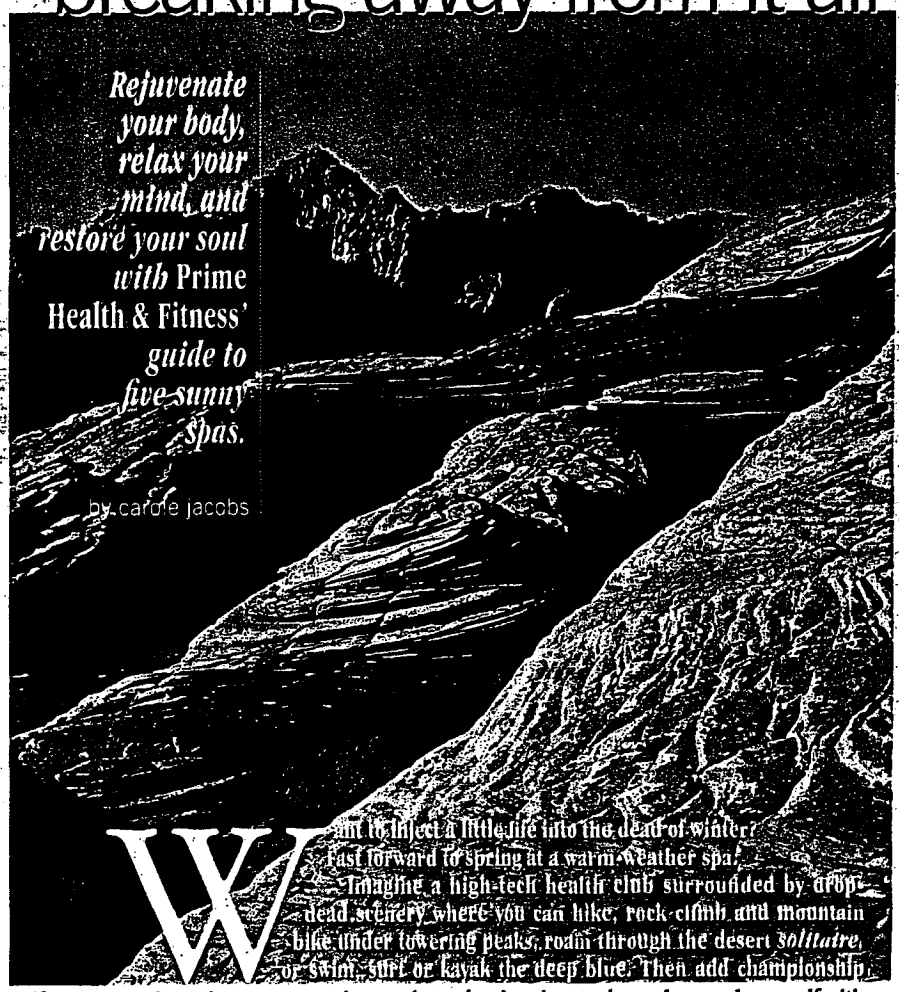
Thaw Out
Warm-Weather Getaways 38

spring '97

breaking away from it all

Rejuvenate your body, relax your mind, and restore your soul with Prime Health & Fitness' *guide to five sunny spas.*

by carole jacobs



Want to inject a little life into the dead of winter? Fast forward to spring at a warm-weather spa. Imagine a high-tech health club surrounded by drop-dead scenery where you can hike, rock-climb and mountain bike under towering peaks, roam through the desert *solitaire*, or swim, surf or kayak the deep blue. Then add championship golf courses and tennis courts, running tracks and swimming pools, and reward yourself with gourmet cuisine that bears no resemblance to the rabbit fare of yesteryear.

The best spas have evolved into sophisticated centers that combine a restful vacation with the opportunity to begin a more healthful lifestyle. Specialists can help you conquer many health concerns, including overeating, lack of exercise and problems that don't sweat out neatly, like depression and burnout.

What are you waiting for? Choose a spa nestled in eternal spring and give winter the heave-ho. Even real men have to come in out of the cold sometime.

Tucson, Arizona

CANYON RANCH

Part summer camp, part health club, part spiritual retreat, this flowering oasis on 70 lush desert acres in the foothills of the Santa Catalina Mountains delivers on its promise to provide "a vacation that lasts a lifetime."

Walking trails wind past cactus gardens, streams and pools to Southwestern-style casitas and rancheros. This is not a bargain spa, but where else can you find help for things that can ail you, like depression or stress, impotence or insomnia? Also check out the slew of mind-body programs: biofeedback, guided hypnotherapy and past-life regression. Medical and fitness professionals offer a range of health-enhancing classes, as well as fitness, nutritional and psychological counseling and testing.

While everything about Canyon Ranch is big (the facility, services, sky, desert and mountains), with a 3-to-1 staff-to-guest ratio, nobody gets lost in the shuffle (or the wilds).

Inside the 62,000-square-foot fitness/spa building are 40-plus fitness and mind-body classes daily (racquet sports, stretching, yoga, massage, hydrotherapy and weight training), plus an indoor track. Outside, swim in one of several pools, run along the stream, or walk or cycle in the wilds on guided excursions.

The Men's Program offers more macho stuff than the average spa: strength training, boxercise, volleyball, basketball and racquet tournaments.

Want to improve your handicap? Choose "Fit to a Tee," a fitness and golf vacation. For a complete overhaul, enroll in the Ranch's weeklong Life Enhancement Center, a program perfect for any man suffering from depression, obesity, impotence or burnout. Stop smoking, lower your cholesterol, manage stress or start a lifelong fitness program; you'll get plenty of individual attention plus group support.

Diet is a dirty word at the Ranch. No starving on Twiggy-sized portions. Guests order gourmet vittles (try tortilla pizza or cheesecake with fruit) from a menu that proudly lists fat and calorie content. Don't be afraid to look; it's still spa cuisine. Lone rangers are invited to dine at the Captain's Table, reserved for singles seeking company. Nighttime entertainment includes moonlight rambles and evening lectures on a variety of topics, including desert wildlife and dream analysis.

From $1,985 per person, double occupancy, for four nights (minimum stay), all-inclusive. Package includes four treatments and a $95 certificate toward a professional health or healing consultation. For more information, contact Canyon Ranch, 8600 E. Rockcliff Road, Tucson, Arizona 85750; (800) 726-9900. P

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Peace & Pampe

HOMO-FRIENDLY SPAS

by Michael Adams

So now it's officially autumn, and the carefree joys of summer are fading faster than David Carson's film career. Facing an accelerating social scene, the insistent, maddening pressures of your job, that tiresome to-do list stuck to your fridge, and the always-ominous specter of the holidays, who can blame you for letting your mind wander to the likes of deep-tissue massages, sturdy hikes and herbal body wraps?

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A spa vacation? What a good idea.

Think of spas as the opportunity for renewal—spiritual and physical—as well as a bit of indulgence. These are not party sites—you already know plenty of those—but places where inner peace has a chance to blossom within your chaotic soul. (They also make nifty spots for a second honeymoon: The family that gets loofahed together...well, you know the rest.)

There was a time, of course, when spas were the province of the overpaid and privileged, catering to those devout in their belief that "taking the waters" would cure whatever ailments their overstuffed and gout-ridden bodies fell victim to. (The word *spa*, in fact, comes from the German city of the same name, where ancient Romans availed themselves of the area's therapeutic waters.) But as the definition expanded to cover a wide range of health-related treatments and activities, spas became more accessible and (sometimes) more affordable.

Make no mistake: A first-rate weekend of body pampering can have you hocking your boyfriend's Miata, but there are affordable choices—including the possibility of day visits to many of these facilities—for the budget-conscious.

What follows is a mere sampling for the gay and lesbian spa-curious. We've chosen primarily from the Western half of the United States, but have included a few others for those who *really* want to get away from it all.

While none of these spas have an exclusively gay/lesbian clientele, they're all known to be gay-friendly (so designated by *Out and About*, *Fodor's Gay Guide to the USA* and other reliable sources). This primarily means that those behind the counter won't give you a hard time if you and your honey book a double bed or choose to hold hands in the mud baths.

Note: The rates quoted are meant as a guideline and were correct at presstime; many spas offer off-season rates and all-inclusive packages; check with the individual property for complete details.

ARIZONA

Canyon Ranch, Tucson
520/749-9000, 800/742-9000

Canyon Ranch has been called an "adult summer camp" for its wide array of activities and cheery staffers. Emphasis here is on physical fitness and holistic healing, so if you blanch at such terms as "group psychodynamics," better think twice. Still, the ranch has a superb reputation for its stop-smoking and stress-education programs, and a place with workshops in "exceptional sex" can't be all bad. For fitness freaks, there is hiking, aerobics, biking, swimming, etc. The less active can get treatments that range from facials to body scrubs with crushed pearls(!). The Life Enhancement Center specializes in clients ready to commit to serious change, and includes issues from weight-reduction to aging. Set on 70 desert acres in the foothills of the Santa Catalina Mountains, Canyon Ranch has a staff-to-guest ratio of 3-1; many on staff are physicians, dietitians, physical therapists and psychologists.

Note: A second Canyon Ranch, in Lenox, Mass., opened a few years ago; although the setting (on a 120-acre estate in the Berkshire Mountains) is wildly different—woodsy rather than dry—the sibling spa gets equally high marks for service and quality of experience.

Rates start at $1,895 per person for a 5-day,4-night package.

TROIKA

WIT, WISDOM AND WHEREWITHAL

ESCAPES

Canyon Ranch in the Berkshires
Lenox, MA

Head-to-toe pampering is Canyon Ranch's specialty. High in the Berkshire Mountains of Lenox, MA, this luxury health retreat is enveloped by an endless forest, wooded pathways and fresh air. This resort, sister to the Tucson ranch, consists of a New England-style inn, spa and the historic Bellafontaine mansion, now housing the library and dining room.

The professional staff, which outnumbers the guestlist three-to-one, offers each guest undivided attention, as well as unlimited amenities and services in every area of personal wellness. Massage, hydrotherapy, acupuncture and healthy, yet fine cuisine are just a few of the staff's fortés.

Canyon Ranch can even help visitors enhance their spiritual sides; Yoga, meditation and Tai Chi are among the "innercises" that are offered.

For those who can muster enough motivation to get outside and take a break from the ministrations of the massage and health specialists, Canyon Ranch offers hiking and basketball, swimming, canoeing and skiing. For those who prefer their outdoor activities indoors, there are indoor pools, aerobics and weight rooms. Accompanying these conveniences are, of course, trained instructors to help guests with proper breathing, posture and individual physical endurance and limits.

Reservations are accepted year round at Canyon Ranch in the Berkshires or in Tucson, AZ. (800/726-9900)

Chicago Social
CHICAGO'S MONTHLY SOCIAL MAGAZINE NOVEMBER 1997

THIS SEASON'S

Best Spas

Mens Sana in Corpore Sano

BY DINA M. ROTH

IN THIS STRESSED-OUT WORLD OF DEADLINES, PHONE CALLS, COMMUTES AND COUNTLESS OTHER HASSLES, MANY OF US FIND IT DIFFICULT TO FULFILL OUR DESIRES TO LIVE HEALTHIER LIVES.

IF YOU CAN'T FIND THE TIME TO BE KINDER TO YOURSELF ON A DAILY BASIS, ONE OF THE BEST GIFTS YOU CAN GIVE YOURSELF THIS HOLIDAY SEASON IS A GETAWAY TO A REFUGE OF ULTIMATE RELAXATION: A STAY AT A LUXURY SPA.

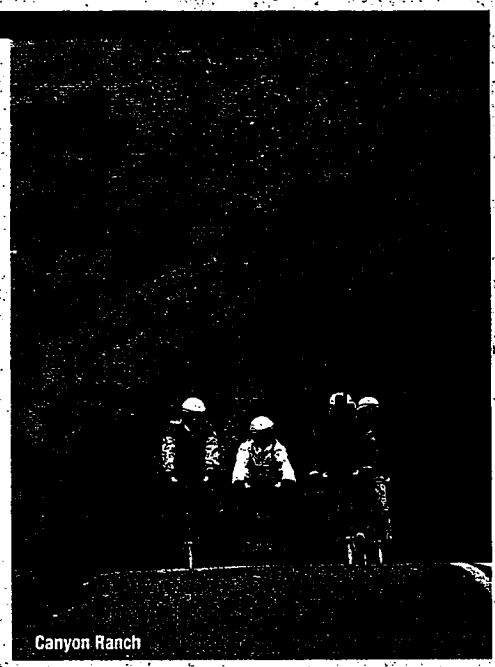
SPAS TODAY ARE MUCH MORE THAN JUST HIGH-POWERED WEIGHT LOSS CAMPS WHERE THE OVERINDULGENT FLOCK TO LOSE A FEW UNWANTED POUNDS. INSTEAD, THE UPSCALE SPAS OF THE '90S HAVE REDEFINED THE INDUSTRY WITH THEIR EMPHASES ON RELAXATION, STRESS MANAGEMENT AND TOTAL WELL-BEING. YES, YOU WILL STILL FIND FANTASTIC LOW-FAT CUISINE AND PLENTY OF CONCENTRATION ON FITNESS, BUT THESE ELEMENTS ARE NOW INTEGRATED INTO "HOLISTIC" PROGRAMS DESIGNED TO ENERGIZE BOTH MIND AND BODY. BY OFFERING EVERYTHING FROM CLASSIC SPA TREATMENTS SUCH AS MASSAGES AND FACIALS TO NEW-AGE INSTRUCTION IN BIOFEEDBACK AND AFRICAN DRUMMING, THE MODERN SPA GIVES ITS GUESTS AN OPPORTUNITY TO ACHIEVE A MORE PEACEFUL STATE OF MIND.

BECAUSE OF THE OVERWHELMING POPULARITY OF THESE STRESS-RELEASE GETAWAYS, SPAS ARE MORE POPULAR NOW THAN EVER BEFORE, WITH THE NUMBER OF SPAS IN THE UNITED STATES GROWING FIVEFOLD IN THE LAST 10 YEARS.

THE FOLLOWING ARE A FEW OF THE MOST ELITE SPA RETREATS AROUND THE COUNTRY TODAY. EACH PROMISES A UTOPIAN OASIS AWAY FROM THE DAILY GRIND—A PLACE TO RELAX AND REJUVENATE.

CANYON RANCH

Lenox, Massachusetts
800.726.9900


Canyon Ranch

Canyon Ranch in the Berkshires embodies old-school grandeur amidst the tranquillity of the New England woodlands. Once the summer home of a wealthy financier, the central turn-of-the century mansion was built as a replica of Louis XV's Petite Trianon at Versailles. Today it houses a sitting area adorned with crystal chandeliers and Italian marble trim as well as a dining room bubbling with French furnishings and charm. Separate from the main house are accommodations newly redecorated in contemporary New England style.

Staying fit lies at the core of Canyon Ranch's philosophy of combining fitness, nutrition and lifestyle education into the ultimate lifelong health package. Services range from medical evaluations and nutrition education to stress management and spiritual awareness sessions. Classes are offered on such topics as self-exploration through music, cooking for health, meditation, massage, biofeedback, sex therapy, reflexology and computer usage. Pampering sessions range from the tactile (skin treatments) to the spiritual (metaphysical services). And since the ranch is open year-round, the wide variety of sporting activities offered includes canoeing in the summer and cross-country skiing in the winter. The endless choices are listed in a thick booklet which is sent to guests before they arrive.

THE SKINNY ON CUISINE: Within the elegant dining room overlooking 120 peaceful acres, heart-conscious menu choices await the scrutiny of even the most sophisticated culinary aficionados. Start off your day with a breakfast of bread pudding and fruit coulis, try the salad niçoise with warm tuna filet for lunch and the beef tenderloin with port wine sauce for dinner. Or perhaps grilled vegetable strudel with bean ragout is more your style. Regardless of what you order, each dish at Canyon Ranch is prepared with fresh ingredients and is as low in fat as possible.

NEARBY CIVILIZATION: About one mile away is the charming northern town of Lenox which is home to wonderful antiques shops, boutiques and art galleries. In the summer, don't miss the musical performances at Tanglewood, which features the Boston Symphony Orchestra and popular artists. The nearby Norman Rockwell Museum is also worth seeing.

GUEST STARS: Canyon Ranch won't list its clientele, but bet on an all-star assortment of guests who enjoy the finest in life.

WHAT IT'LL COST YOU: From $1,120 (for a three-night minimum stay per person). Packages include allowances—for health and healing services as well as sports lessons and spa treatments—based on length of stay. Many seminars and fitness activities are complimentary, while some come à la carte at an extra charge. Tips, meals, tax and transportation are included. Coed year round. No alcohol on premises. Guests must be 14 or older.

natural healing

October Spa of the Month:

Canyon Ranch

Massachusetts

Spa of the Month Rating System:

Categories are rated on a sun scale — one means you're better off staying home; five is our way of saying "pack your bags — *now.*"

BY LAMBETH HOCHWALD

There's no hand-holding at Canyon Ranch. The staffers at this New England-style retreat are glad to guide you to your goals — whether they're to de-stress, trim down, or pump up — but you won't be babied in the process. And, without question, the Ranch's understated elegance will appeal to anyone looking for a jump-start towards a healthier path, minus the glitz and glamour. The Ranch, centered around an 1897 mansion with formal gardens, does have its share of celebrities — including John Travolta, whose visit to the spa coincided with mine. But even the most famous guests choose this spa because they know they'll be left alone here.

With Canyon Ranch's full array of sports, including cross-country skiing on the glorious 200-acre property in the winter and canoeing and hiking in the warmer months, there's something for everyone, including the man in your life. The only trouble is choosing what to do first, since you can opt to attend daily presentations by fitness, nutrition, and medical experts, or try one of more than 40 classes offered each day. You can even be a couch potato for the afternoon with a book or video from the lending library.

Canyon Ranch is a spa in the truest sense of the word, offering such services as complete medical evaluations with physicians, behavioral and stress management counseling, and weight management. If you'd like, you can try acupuncture, a Chinese herbal consultation, or something as basic as learning about your sleep disorders — if you can fit them into your already busy day.

CLASSES/ACTIVITIES:

The most rejuvenating way to get your engine rolling is to take the spa's morning walks. Not only will you really get to see the terrain of the country lanes surrounding the spa, but you can also pick one of three fitness levels based on the grade and pace that suits you. The instructors are perky and make the walks fun, with tips on boosting heart rate and advice on how to handle the steep climbs. Also try Sunrise Tai Ji, which combines walking with stretching. For even more of a challenge, you can sign up for mountain hikes through area wetlands and streams, kayaking outings, canoeing, and even sculling.

With at least four classes every hour, it's hard to choose. And this is a crowd that loves working out, so sign up early. The boxercise classes draw a crowd, and the spa's spinning and aqua aerobics classes are other popular workouts. Keep in mind that some of the activities have additional fees (for example, private sculling lessons are $95 and kayaking is $45). You'll also find daily yoga, tai chi, squash, tennis, and stretching classes, perfect after a long hike.

The seminars were varied on my weekend at the Ranch. Many of them were geared to a slightly older group, with topics ranging from coping with chronic pain to living longer to preventing osteoporosis. But the lunch-and-learn demonstrations — as well as such evening features as landscaping designs for floral artists, literary Lenox, ballroom dancing, and nightly films in the card room — appeal to everyone. If you want less structure, you can take a dip in the spa's indoor or outdoor pool, or sign out a mountain bike and zip into the ultra-quaint town of Lenox.

MEALS:

You really won't feel deprived here. You'll instantly know from the menu how many fat grams and calories are stowed in each food item you choose, but you'll be surprised how full you feel. The meals are elegantly served with plenty of options for every tastebud. While alcohol is prohibited and there's no alternative to the spa menu, you can request salt for your entrée, milk for your coffee and butter for your whole-grain roll and no one will raise an eyebrow. In exchange for alcohol, you'll find sparkling apple cider, chilled tomato juice, and cranberry spritzers while you wait to be seated. You can have seconds of anything you choose, but you'll feel so fueled it's likely you won't crave another helping.

Some of my personal favorites were potato-crusted salmon with shallot dijon sauce, Maryland crabcakes with jicama cole slaw, and polenta-crusted seabass with corn salsa. For breakfast, you'll feel full after three bites of the alpine muesli. If not, you can stroll over to the breakfast bar stocked with assorted muffins and cold cereals. There's always a salad bar with lunch — the salad dressings tasted like the real thing. The biggest surprise is the hot fudge sauce to go with desserts (which are plentiful as well). Return visitors

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claim it's the thing that brings them back year after year. It almost tastes too good to fit into the spa plan.

If you're traveling alone, be assured that there are many others eating solo. You can also opt to sit at the captain's table where there are daily speakers (including some talking about acupuncture, exercise physiology, and nutrition issues while I was there).

ACCOMMODATIONS:

The 120 guest rooms at the spa are simple and elegant. The details, again, are what make the stay so much more comfortable. The rooms offer soft, comfortable quilts and abundant blankets (even in late summer), top-of-the-line soaps and shampoos, and plush towels. You can pop a video into your in-room VCR or sink into a cozy armchair and read a book from the lending library.

During the evening, you'll hear crickets from your room through windows that open up to the scenic property and night air. (Which is about the only noise you'll here, since the rooms are amazingly quiet.) The best part? It's almost unnecessary to pack sundries since you'll find almost everything in your room or in the spa, including blow dryers and rubber thong sandals, razors, robes, and sunscreens.

SPA SERVICES:

In this 100,000-square-foot spa, you'll feel like you've entered an oasis. This isn't a New Age emporium replete with candles and drumbeats, though. It's more of an authentic European spa, with luxurious jacuzzis, steam rooms, and saunas, as well as unhurried staffers who greet you warmly, know how to pronounce your name, and treat you like royalty — even if you're not.

The spa is spotless and quite plain. The treatments, while abundant, emphasize doing the basics perfectly instead of offering a host of the latest and most trendy treatments. Several guests did rave about their "heavenly" 45-minute Austrian Mud Therapy treatments. The mineral-rich European Moor mud is brushed on and allowed to penetrate into the skin while your face and feet are massaged. Others enjoyed the spa's polarity treatment. One friend told me that while she was being rocked from side to side her attendant told her that her body was a meadow and that she had 20 streams flowing through it. She felt incredibly energized afterwards.

You'll find Swedish massage, sports massage, and shiatsu massage here as well. I had one of the best essential oil facials I've ever had, mostly because the esthetician was attuned to my skin and spent some extra time talking about skin issues before plunging in.

OVERALL:

CR001919

It's the attention to details that impressed me most about Canyon Ranch. From the moment we were picked up in Albany (the van was stocked with water bottles and fresh fruit) to walks through the spectacular gardens to juice bars wherever you turn, this was an exceptional place to recharge. While the guests tend to keep to themselves, you will see some chatting before classes start or while waiting for meals. It's a down-to-earth environment where all sorts of activities are just within reach. And, on the off chance that you want to get away from all the self-improvement, you can always take a quick jaunt into town and catch seasonal performances at such famous arts venues as Jacob's Pillow and Tanglewood.

Canyon Ranch, 165 Kemble Street, Lenox, Massachusetts 01240; (800) 742-9000. A three-night weekday package (Sun., Mon., Tues. arrival) is $990 per person (not including an 18 percent service charge) and includes all meals, gratuities, airport transfers, exercises classes, and seminars. This package also includes a $90 allowance for health and healing services and two spa & sports services. Canyon Ranch offers many different packages and prices adjust depending on the season.

Photographs courtesy Canyon Ranch

Spa of the Month for September: SoHo Sanctuary, New York, NY
Spa of the Month for August: Saddlebrook Resort, Tampa, Florida
Spa of the Month for July: Rancho La Puerta, Tecate, Mexico

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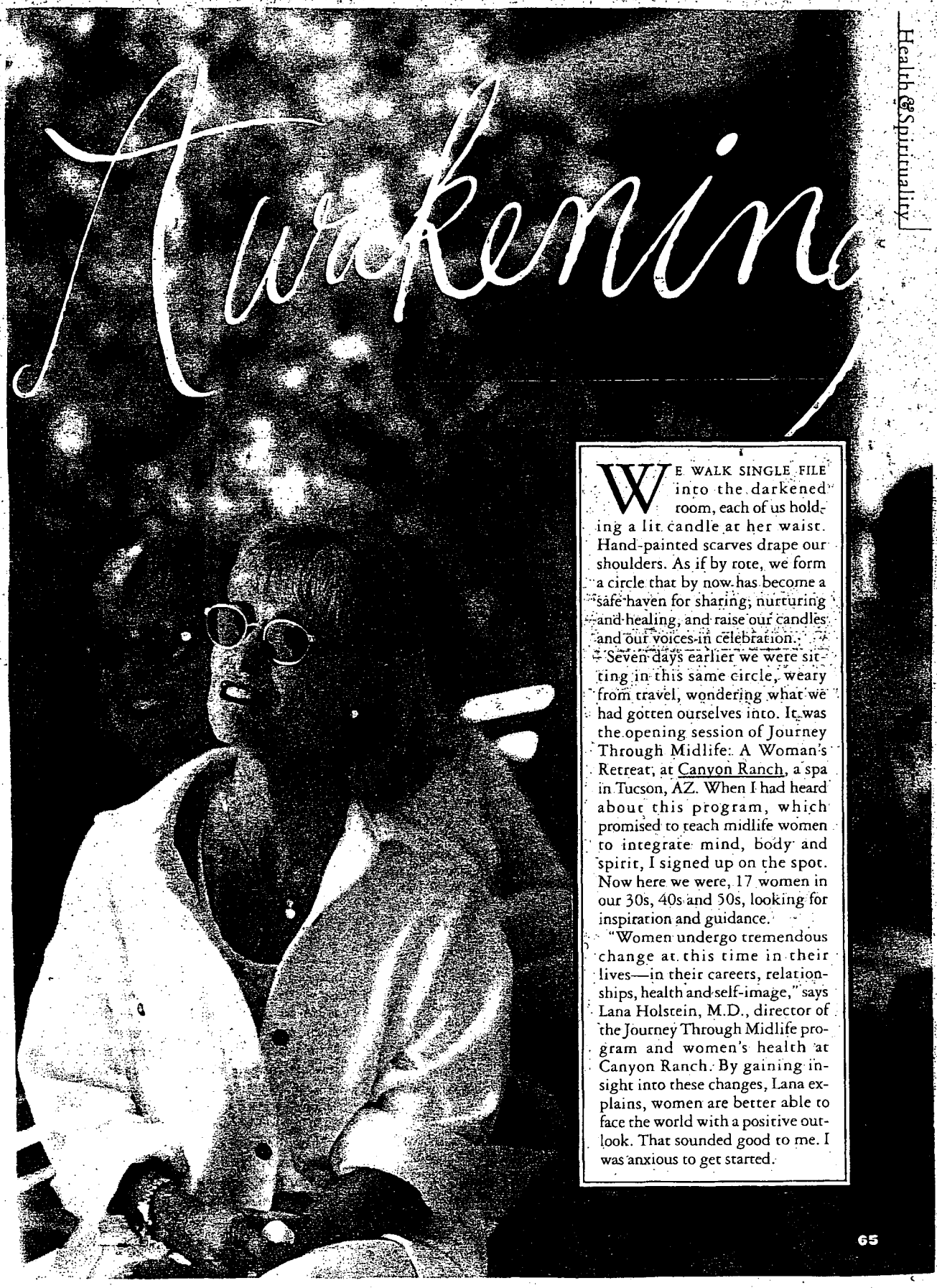
American health for women
SMART WAYS WOMEN STAY WELL

A Midlife

SEVEN DAYS REDISCOVERING MYSELF SOUNDED GOOD. BUT COULD CANDELIT CEREMONIES AND MEDITATION WALKS REALLY CHANGE MY LIFE?

BY NANCY INTRATOR

Awakening



WE WALK SINGLE FILE into the darkened room, each of us holding a lit candle at her waist. Hand-painted scarves drape our shoulders. As if by rote, we form a circle that by now has become a safe haven for sharing, nurturing and healing, and raise our candles and our voices in celebration.

Seven days earlier we were sitting in this same circle, weary from travel, wondering what we had gotten ourselves into. It was the opening session of Journey Through Midlife: A Woman's Retreat, at Canyon Ranch, a spa in Tucson, AZ. When I had heard about this program, which promised to teach midlife women to integrate mind, body and spirit, I signed up on the spot. Now here we were, 17 women in our 30s, 40s and 50s, looking for inspiration and guidance.

"Women undergo tremendous change at this time in their lives—in their careers, relationships, health and self-image," says Lana Holstein, M.D., director of the Journey Through Midlife program and women's health at Canyon Ranch. By gaining insight into these changes, Lana explains, women are better able to face the world with a positive outlook. That sounded good to me. I was anxious to get started.

CR001922

Our leader, Lana Holstein, M.D., above; the healing power of a *Watsu* session, right.

We shared information, swapped stories and found kinship along the journey, above and left.

During our first exercise, "circle time," we paired off to talk about why we had been drawn to the program and what we hoped to gain from it. "I always feel that whatever I do—work, family, whatever—it's never enough," I said. "I'm successful at work, but I obsess about how I should be even more productive. I spend a lot of time with my family, but I constantly feel as though I'm failing them."

Our reasons for being there were varied. One woman was trying to come to terms with an imminent divorce. Another needed a break from a troubled relationship with her teenage children. Several wanted to learn how to stay healthy and vigorous during midlife. And a few, like me, wanted to reduce stress and learn how to get more enjoyment out of life. What we shared was the need to find out who we were again as individuals—spiritually, mentally, emotionally and physically.

All of us were starting to experience physiological changes as we hovered on the edge of menopause. Kathleen Johnson, R.D., program director of the nutrition department, talked to us about how to get enough calcium to stave off osteoporosis, and she offered strategies for eating a balanced diet to prevent the seemingly inevitable midlife weight gain. We also received hands-on instruction in the four components of fitness: aerobic exercise, flexibility, muscle endurance and strength. I used this time to focus on the weaker part of my fitness regimen: strength training. Under the guidance of a fitness trainer, I learned new ways to use weights to help build my strength and keep osteoporosis at bay.

We also spent time learning to take care of ourselves spiritually and emotionally. One evening we all trooped to the indoor pool for *Watsu*, a healing exercise in which a trained practitioner gently stretches your limbs and manipulates your joints while cradling you in the water. The stretches are intended to open the channels through which our *chi* (life force) flows, according to ancient Chinese medicine. First two of us stood shoulder-deep in the pool, facing each other and cradling a third woman between us. Our instructor prompted us to rock, swing and stretch our "Watsu baby" while all but her face was submerged.

As the other women emerged from their floating cradles relaxed and serene, I began to panic. I didn't feel particularly comfortable holding another woman so closely, so how would I feel when I was the one being held? When my turn came, I lay back in the water reluctantly. But as soon as my ears fell below the surface and I started to float, I could hear the heartbeats of the women who held me, much as a fetus in the womb must hear its mother's. As the water enveloped me in a warm, comforting embrace, I found myself in a place of peace and serenity.

It was this type of peace that we had all been searching for in some form or another, and Lana explained that the key is to find balance by taking the time to relax, play and keep our eyes open to the spirituality in our daily routines. "The interaction between the body and mind has been medically proven time and again," she said. "Studies have shown that people who are

Tuning In To Your Spiritual Side

Spas and other places that offer inner-peace programs for women

Cal-a-Vie spa in Vista, CA, offers Women's Week twice monthly, which includes tai chi, meditation and yoga classes as well as use of spa facilities. **Cost:** $3,950 to $4,350 (depending on the number of spa treatments), including accommodations and meals. For information, call 760-945-2055.

The Himalayan International Institute in Honesdale, PA, offers holistic programs, such as A Women's Spirituality Retreat, held periodically, where self-awareness, meditation and yoga are just a few of the topics explored. **Cost:** Varies, but starts at $240 for three days and includes accommodations and vegetarian meals. For information, call 800-822-4547.

Kripalu Center for Yoga and Health in Lenox, MA, offers numerous programs for women, including a Woman as Leader, Woman as Healer, Woman as Mystic retreat February 22nd to 27th. The program focuses on women in the context of family, home, community and career and includes yoga, meditation and spiritual pursuits. **Cost:** $725 to $1,225 (depending on accommodations). For information, call 413-448-3152.

The Greenhouse Spa in Arlington, TX, is a women-only spa that offers daily meditation, yoga, tai chi, exercise, spa services and "tuck-in" massages before bed. **Cost:** Starts at $2,650 for a half-week program. Prices include meals, accommodations, classes and spa services. For information, call 817-640-4000.

Canyon Ranch Spa in Tucson, AZ, offers Journey Through Midlife: A Woman's Retreat every year. The next retreat will be held February 8th to 15th. **Cost:** Starts at $2,720 for the seven-night package. The price includes accommodations, meals, classes, workshops and various medical, spa and sports services. For information, call 800-726-9900.

—Julia Cibul

Watsu: Visko Hatfield. Walking: Jenny Schulder. Hand lettering: Stephanie Barba

CR001923

What did painting scarves and floating in pools have to do with spirituality?

stressed are likelier to get sick." By setting aside time for ourselves, we'll be happier and healthier.

Tuning in to our spiritual selves was also the focus of our "personal expression" exercise. We were each given a silk shawl to paint however we wanted. I became anxious: It seemed as if everyone but me had a clear vision of what she wanted to paint. "Each of these stars represents one of us in the group," explained one of the women, as I peeked over her shoulder. "See, here at the beginning we were all separated; now at the other end we're joined together." I was intimidated by her ability to translate her feelings into art. But I had to pick up a brush and begin. And once I stopped being critical of my efforts, I actually started to have fun.

What did painting scarves and floating in pools have to do with spirituality? That was the question most of us cynics asked. We found out that for creativity to inspire spirituality, we need to go to a place in our minds where we can shut out what's happening in the outside world. We can get to this deeper place through meditation, prayer, relaxation and rhythmic breathing.

I wanted to continue to find my spiritual self, so I joined the meditation walk early the next morning. "Meditation requires quiet, an open mind and a desire to relax," said Bob Crowley, the walk leader, as we prepared to set off. "It also requires mindfulness, being fully aware of everything."

As we walked slowly through the desert, Bob spoke softly to us, providing a rhythm for our breathing, and reminded us to concentrate on our senses: to feel our feet moving across the ground, to hear the sounds they made on the rocks and the paths, to smell the perfumed flowers as we passed by. Soon we were walking in complete silence, each of us assimilating the beauty of the desert and the peace of the moment.

Upon our return, we came out of our trancelike states more relaxed and at peace. That's when I knew the Journey Through Midlife program was beginning to work.

For our final group exercise a small tree was placed in the middle of the room. We were each given leaves made of paper and asked to write on them those parts of ourselves that we wanted to get rid of. Then we moved to the middle of the circle and cast off our offending traits. "I cast off the feeling that whatever I do is never good enough," I said. The others let go of their own self-defeating beliefs, such as that their needs were less worthy than those of their husbands and families, or that it was too late in life to pursue unrealized dreams.

At the closing ceremony the next night, we take our seats in the now familiar circle. One by one, each of us shows her scarf to the group, explaining the symbolism of the paintings on it. When my turn comes, I stand without hesitation. My scene depicts a sunset at one of my favorite spots: the waterfront at East Hampton, NY, with four sailboats gliding over the ocean. "I always knew that I was most at peace near the water, but I never quite knew why," I explain. "Now I believe that when I stand gazing at the water with my mind clear of everything but the feel of the breeze, what I'm actually doing is meditating. Since I'm more aware of what's happening now, I hope I'll learn to find that peace in other places too."

A year later, I unfortunately haven't found a way to incorporate Watsu or even meditation into my life on a regular basis. But this morning before I started work, I took a few minutes to sit on my front steps and watch the wind gently blow through the trees. I listened to the birds speak back and forth in a secret language and the distant sound of my four-year-old daughter, Sara, giggling at play inside the house. Relaxed and at peace, I decided to go inside and join in Sara's game for a few minutes before I began tackling my to-do list for the day.

It's a start. ◆

Nancy Intrator is a writer in Mount Kisco, NY. Her book, The Pregnancy Prescription, *will be published in January, 1998.*

Below: Putting a finishing touch on a personal-expression shawl.

Our retreat ends with an empowering candlelit ceremony and heartfelt good-byes, left and below.

Center: Vista Hatfield

www.usatoday.com

USA TODAY

Money

WEDNESDAY, DECEMBER 10, 1997

Holiday gift-shopping trend: Spas, cruises

By Chris Woodyard
USA TODAY

Well-heeled consumers increasingly are giving gifts of services this year — from splurging on spas and cruises to time-saving monthly shipments of cigars and toilet paper.

About a third of consumers are planning to give services or other nontraditional gifts this year, according to a survey by consulting firm Deloitte & Touche for the National Retail Federation.

"Nobody needs anything anymore," says Irwin Cohen of Deloitte & Touche. "It's better or easier to give something people will use, like a voucher at a nice restaurant or a spa."

The trend is so popular that the Great American Beer Club, which for $25 a month sends a 12-pack of microbrew beer to members' homes, has branched out into pizza, cigars, chocolate, coffee and wine.

A monthly shipment "continually reminds the person that it's from you," says Doug Doretti, president of the parent company, Clubs of America.

For time-pressed executives and other busy people, LesConcierges in San Francisco sells gift certificates starting at $500 for individualized help — last-minute theater tickets or dinner reservations.

"What people clamor for is time," says Valerie Raszka, marketing director. "In order to have that time, they need to have another set of hands."

Likewise, Gaiam's ecologically oriented Harmony catalog says regular shipments of essentials — toilet paper, fabric softener and automatic dishwasher soap — are popular gifts, especially for senior citizens and college students.

Among one-time splurge gifts, cruise lines increasingly are marketing themselves as a holiday alternative.

"People are realizing the memories they are able to provide their family, vs. getting stuff," says Steve Senft, president of The Cruise Co. in Omaha.

Ed and Jennifer Storm of Omaha bought a $4,500 Carnival cruise to the Caribbean last year for themselves and their three boys, then ages 9, 10 and 11.

"Our kids had reached an age where they had been inundated with all these gifts and trinket-type toys," says Storm, a stockbroker. "We wanted to do something different."

Stays at the Canyon Ranch health resorts in Tucson, Ariz., and Lenox, Mass., are being marketed to husbands as gifts that are both luxurious and easy to give. Four days in Tucson costs $2,500, and the certificates are boxed and gift wrapped.

"Most of the certificates we send out at holiday time go FedEx," says Vice President Roxanne Housely. "Male purchasers wait to the last second."

COAST MAGAZINE MARCH 5, 1998

SEEKING NIRVANA

A SAMPLING OF THE BEST SPAS IN THE WEST

Have you ever returned from a vacation needing some time off to recover from the frantic pace? You've rushed from one location to another, filled your days and nights with activities, scurried from planes to buses to cars, and eaten too many mud pies from room service. Not so with a luxury spa vacation. Whether you go for a weekend or a week, whether you want to be pampered, pummeled or presented with breathtaking adventure options, spa-goers return to the real world like tuned up cars - revved up for the next 10,000 miles life throws their way. For this issue, *Coast* sent a staff of four to destress at eleven of the best spas in the West, from Colorado, to Arizona to Northern and Southern California.

ARIZONA

CANYON RANCH, TUSCON

As they say, God is in the details. And, in the divine realm of spa specifics, Canyon Ranch makes sure its patrons get beyond heaven's gate at every turn. From the minute your private airport shuttle arrives at the serene 70-acre property located beneath Tuscon's majestic Catalina Mountain Range, you feel that sudden my-body-is-a-temple sensation Canyon Ranch encourages. But, before the body pampering part begins, there are over 50 fitness and spiritual awareness classes offered daily in the gyms, pools or the yoga dome, for as many as 250 guests, plus tennis and a renowned hiking program. Whether it be for a four-day recharge or a life enhancing month,

COAST
CORONA DEL MAR, CA
SEMI-MONTHLY 40,000
MAR 5 1998

Canyon Ranch's philosophy is that healthy living is both spiritually peaceful and actively fun and that prevention and wellness evolve from how successful we maintain harmony within ourselves. In fact, wandering back to my Southwest-style bungalow room one evening – the meditative trickling of a river rock stream providing a Sonoran desert serenade along pansy-covered pathways – it appeared that even the Saguaro cacti were holding hands.

EXPECT TO MEET A fairly large East Coast crowd of casually affluent men and women, couples, singletons, and the Hollywood rich and famous.

ON THE MENU Inventive dishes with a touch of the rustic. Veggie egg-white omelets were my post-walk favorite in the am, and the nightly fish specials (mahi-mahi w/soy ginger, Cajun roughy with citrus) were a delight. A comprehensive salad bar is available at every meal; and the daily printed menus feature a calorie and fat gram count for each dish.

DON'T MISS The inhalation steam room with an infusion of eucalyptus was my twice-a-day ritual followed by a sauna, 60-second cold dip and Jacuzzi. Another favorite was the Organic Mud Wrap, which includes a neck/shoulder massage and foot reflexology while the painted-on, gray-green mud does its detoxifying duty. For a luxurious topper at the end of your stay, try the Sisley Body Rejuvenating Treatment that polishes your skin to a silken texture with creams fit for a queen.

BEST CLASSES The novelties I brought home with me happened during the Chi Gong and Walking Meditation classes which were like metaphors for the whole Canyon Ranch experience: learning to cultivate one's inner energy force, or chi, in order to really engage our lives, rather than merely endure them.

BOTTOM LINE Minimum four-night stay is $2,010 for a single in a graciously appointed room with patio (double occupancy $1,640 each). Price includes three gourmet meals daily, spa facilities, fitness classes, hiking and biking, a health and fitness assessment, session w/exercise physiologist, one Health and Healing Service, four spa treatments, all gratuities and round-trip airport transfers. 800-742-9000.

– L.M.

Hiking in the Santa Catalina Mountains at Canyon Ranch

WEEKEND EDITION

TRAVEL

Saturday, April 4, 1998.

Exploration, discovery and vacations

998 The Globe and Mail

CANYON RANCH / *After years of debilitating spa envy, a writer heads to the Arizona hills in search of sumptuous face masks, glorious manicures and anxiety-numbing massage. Was it worth the trip? Read on.*

Make me happy

BY MARNI JACKSON
Special to the Globe and Mail
Tucson, Ariz.

I went to a spa last week . . . I think. Even on the flight home, anti-spa forces moved in fast, starting with the guy in front of me in economy who jacked his seat back until I was dining off his bald spot. The next day in the car, a man in a Toyota chased me down Carlaw Avenue in Toronto, just for barely *nudging* his bumper, which caused my take-out latte to tip over and pool under my feet. And so on. By the end of the week, my four precious days at Canyon Ranch in Arizona seemed to have happened to someone else.

But helpful shreds of spa-ness remain. In its irrepressible, all-American way, Canyon Ranch doesn't just pamper guests, it educates them. The bliss factor of a spa may fade quickly, but you do bring home new "tools," as they say in the lifestyle trade. For instance, when the automated arm of the parking lot came down on my head, I was able to breathe into my diaphragm and let it go. I have also learned to let my mind sink into my heels. And now I know that if you dip a fresh manicure in the cold pool, it sets the polish. These are life skills that last.

Herewith, a blow by blow-dry account of my spa stay:

Wednesday, 3 p.m.

I arrive at Tucson, where a driver shepherds three of us into a van for the short drive to Canyon Ranch, set in 28 hectares of desert in the foothills of the Santa Catalina Mountains. For years, I have read spa stories by other writers and experienced debilitating envy. Now I am here to write a spa story myself, and keep the envy alive. The Ranch has about 600 people on staff, for a guest population of 200. That's almost one person per limb, I calculate. I meet my fellow spa-sters — Marci, who sells commercial real estate in New York, and Bonnie, a former "spa junkie." The back of my neck tightens. What if I can't relax? What if I *fail at spa?*

I review my track record in the idyll department, and frankly, it's not good: a near-death experience in Bali, from taking rancid tetracycline. Anaphylaxis in the Bahamas. A night in the hospital on a Vermont ski vacation. Various car wax emergencies on cottage holidays. I mean, there's always something. How embarrassing, I thought, to come here, as the grateful guest of one of the safest, healthiest bits of monitored bliss on the continent — and then not have a good time! One would have to be a titan of negativity to manage that. This has me worried.

We pull into a compound of low pinky-brown buildings built in the tile-and-adobe southwestern style. The place was once a dude ranch, until owner Mel Zuckerman and his wife took it over 17 years ago, and turned it into the prototype of the spa vacation resort. Low-cal, low-fat,

The author in pampering mode. (PAULA STEG)

Enjoying that sinking feeling

gourmet meals. No alcohol on the premises. Three pools, seven gyms, and about 150 services, from "A Look Into Your Psyche" to "The Parisian Body Polish." Begrudging coffee, the sort that makes you wonder why you drink it in the first place. I caught a rogue whiff of cigar smoke in the air one night, but never saw anyone smoking. The place is dead by 9 p.m., and bingo is the wildest evening activity.

Rated the No. 1 North American spa for six years now, Canyon Ranch is a superbly run facility for can-do, can-afford people. At rates that vary from a low of $1,400 (U.S.) for four nights in the summer to a deluxe package of $6,270 for 10 nights in the winter, the ranch attracts a loyal clientele of celebrities and busy overachievers looking to recharge their batteries. They tend not to veg out by the pool.

Diana Ross is a regular — in fact, I learn that she's here now. The place is now so entrenched in the lifestyles of the privileged that it rates a line in the movie *Deconstructing Harry*: "I keep trying to get my lawyer on the phone," says Woody Allen's character, "but he's always at Canyon Ranch."

I go back to my room with my complex schedule of appointments, an organizer with tiny pencil, and a sheaf of information about all the complimentary activities available, from tai chi to boxercise to cooking demos. I am seized with the paralyzing desire to do everything, all at once. Instead, I lie down. Outside my room, I hear mourning doves, and a jackhammer. Yes, it's true — a road grader is going back and forth in front of my window, subverting my spa-ness. But, as my PR contact reminds me, I will be too busy running around relaxing for this to be an issue. "And there's a nap-room in the spa complex," she adds.

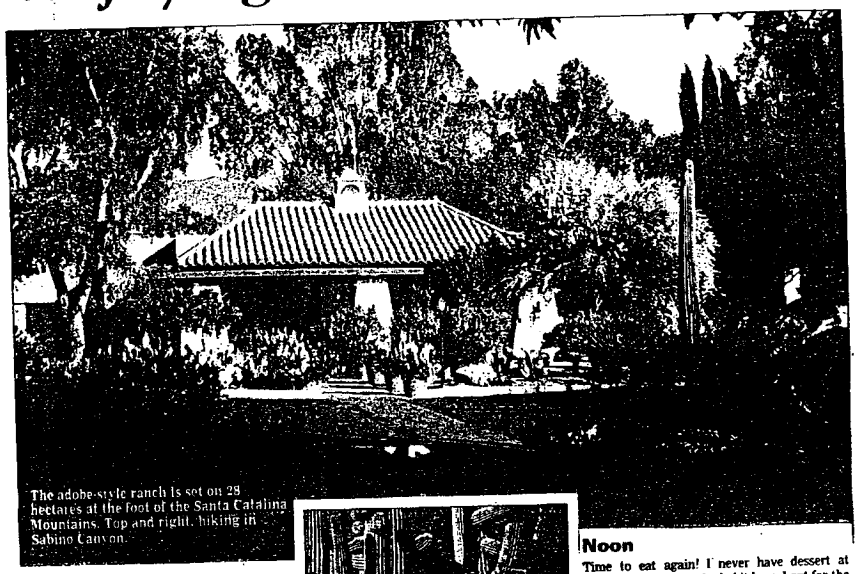
The workmen are nice, though. Every time they have to use the jackhammer, they knock on my door first.

At dinner, I am led to the Group Table, for lone guests (mostly women — about 35 per cent of the guests are male, except for special all-gal or all-guy weeks). I sit beside Trish, an impeccably tanned and toned bronze-haired woman from Chicago, who is here with her daughter. Everyone at the table is friendly, gracious, and has perfect nails. We're joined by Frank, who imports automotive parts, and comes to the ranch twice a year. "I've probably gained and lost a thousand pounds in the past five years," he says cheerfully. Tonight he's eating only turkey, not the mushroom sauce. The next day he'll bike 13 kilometres. He entertains us with a vivid description of a root-beer float he had just before he came.

I feel a bit unkempt, like a forest ranger from Kapuskasing, but I know that in just three days I, too, will be groomed and presentable, albeit not rich.

ıursday, 6 a.m.

ɜl like a desert vole just emerging from my row — the flood of light here feels like ɜth in the lungs. Arizona has the second-best incidence of melanoma in the world, ɜ Queensland, New Zealand, as one indis-ɜ staff member informed me. This explains pump-bottles of level-40 sunscreen sta-ɜed everywhere. In the spa complex, I sign for a bike trip into the canyon on the follow-day. As I squint at the list, I notice that y have provided reading glasses, in a little ɜ.



The adobe-style ranch is set on 28 hectares at the foot of the Santa Catalina Mountains. Top and right, hiking in Sabino Canyon.

7 a.m.

I join a few dozen guests in a dazzling array of brand new footgear and upmarket sweats for a choice of pre-breakfast walks. I choose the two-mile (three kilometre) group, and, arms swinging, we stride off.

The desert is new to me. Gradually, I pull focus on the vegetation, which is both delicate and outrageous — a staggering variety of plants that combine tiny blooms, fleshy succulence and contorted, frozen-tag postures.

It's easy to see why Carlos Casteneda wanted to talk to cactuses. Solitary, thick-trunked and vertical, it's impossible not to see them as plant-people in disguise (Gregory Peck comes to mind). By day two, I am on a first-name basis with the cactus beside my room. This is a sign of being relaxed (I think).

In the distance, I drink in the mountains, which are deeply shadowed, like some muscleman lying in an unmade bed. The air is cool, like a Canadian fall morning. The walkers fall into chatty pairs.

"I want to ask you ... would it be right ... should I just fax Jeff directly, then?"

"Yes, I would fax Jeff. He knows me. I think that would be appropriate."

Two women are discussing the "Telluridization of Aspen," and missing the old days on the slopes. Another pair of women with tortoise shell chains on their sunglasses are talking behind me.

"I'm having trouble letting go of the office. It's just really hard."

We whistle along, a clutch of middle-aged, Lycra-clad folk with visors and water bottles. How very peaceful we must look to the owls basking in the door of their saguaro perches. Cardinals flash through the trees. It's really beautiful, although the setting still strikes me as a special effect rather than a form of nature. I gaze at the mountains like someone attractive across the room, longing to make a connection with them.

8 a.m.

Breakfast at the Group Table. I have a made-to-order egg-white omelet with mushrooms, scallions, hot peppers, and a reckless dusting of parmesan cheese. The menus list only calories and fat grams, no prices.

Sylvia, 75, is just going home, after a session with a neuromuscular-massage therapist who cured sciatic pain so bad she had to get around in a golf cart. The Ranch, I learn, caters not only to the sleek and rich, but to people with chronic health problems. They come here to take advantage of the spa's outstanding Life Enhancement Centre, which offers seven-week programs that take an integrative approach to cardiac disease, arthritis, and asthma. "I'm telling you," says Sylvia, "what they've done for me here is nothing short of miraculous."

10 a.m.

I wander over to one of three pools on the Ranch, swim, and use the Aqua-ciser — a submerged treadmill with two speeds: faster and slower. After a short time, I feel silly, and swim laps instead. For ten searing minutes, I lie in the sun like a raw piece of bacon.

Noon

Time to eat again! I never have dessert at home, but I acquire the habit here. I opt for the outdoor barbecue lunch by the pool. Low-fat chicken sausage, wholewheat buns, no-egg mayonnaise, good brownies, lacklustre mango tea. Why not bracing, strong, real iced tea? Why not barbecued tuna burgers on pita with chutney? Call me churlish, but the Ranch cuisine, while fresh, healthy, and well-cooked, tends to mimic middle-American meals instead of going off in more adventurous, international directions. But perhaps I'm spoiled by Toronto's ethnically rich eating habits — other people rave about the food. A man behind me in line says to the server, "These sausages are great. Where can I order them? Would you mind writing down that address for me?" These are people who seize life by the neck.

2 p.m.

A private tennis lesson, with Gregg. Gregg is in his 30s, with skin the colour of an all-beef weiner from long days in the sun.

I'm capable of getting the ball over the net, but I don't have any technique to speak of. This is fertile ground for Gregg. With a few simple suggestions involving balance, and breathing, he has me delivering a blistering forehand. For this he praises me fulsomely.

"Good one! Now, point, step, freeze, and follow through."

"You must have been a tennis player in a former life," enthuses Gregg.

I don't reflect on the fact that he is not calling me a tennis player in this life. I take it as a compliment, and play on with gusto.

The key to tennis, I decide, is not giving a shit. Many guests at Canyon Ranch do not understand the concept of not trying, but I have a flair for it. The session ends, and I race for the shade with a discernible up-tick in self-esteem.

3 to 4 p.m.

I lie in my room and re-arrange my appointments. I see this as my Phone/Body Connection session.

4 p.m.

Restorative Yoga. Just five of us, lying on the floor in a fetal curl, breathing. At last, a discipline I excel at! With my blanket, I master the "heavenly fold," which supports the neck. The 45 minutes zip by, and I do in fact "sink into myself."

6 to 7 p.m.

I take my third shower of the day, look in the mirror, and assess my progress. My doomed-journalist posture has eased up a little, and the strained, slightly bug-eyed glare I arrived with has lightened a degree. The jackhammers outside my room cease, the mourning doves begin.

Friday, 6:45 to 9:30 a.m.

Led by two staff guides, eight of us embark on a 21-kilometre bike outing up into nearby Sabino Canyon. Our leader Ed warns us about the rain-swollen rivers, which means that when we cross the nine bridges on our route, we'll be riding through up to a foot of icy water. The day is still chilly, about 4 C. Peril! Discomfort! This I can relate to. I take the first bridge fast, which causes the cold water to plume up my chest and back.

But the 6.5-kilometre climb up the mountain is enough to keep me warm. I worry about being an out-of-shape writer dame, but biking is one thing I know how to do — especially mountain biking, which is 96 per cent psychology. You just lock into "granny gear" and spin away. The old not-trying trick.

By the time we get back to the ranch, I'm feeling that endorphin optimism kick in.

11 a.m.

Ninety minutes of Total Yoga, with Bob. Long ago, when yoga in Toronto was taught by a man who had to call himself Swami, I took yoga and even though it annoys me that Madonna is into it now, I'm going to take it up again. But today, I'm dismayed by my hips, stiff as a clothespin, and my unspringy spine. It's a fairly demanding class, and I note that the elderly woman in the front row can fold over like a soft tortilla. I find it hard to make a U with my rear end, and the last time I did the Breath of Fire, my soul exited out of the bottoms of my feet, so now I'm cautious. But the meditation that ends the class is wonderful. I'm getting so good at lying on the floor. A little blue flicker, like a gas-flame, begins behind my eyelids — the signal that my brain waves have gone alpha. (Not AWOL, alpha).

1 p.m.

A Movement and Balance Session, at the Health and Healing Centre. This is where the doctors, nurses, behavioural counsellors and mind/body manipulators hang out. I have mild scoliosis — as do many people — and I'm hoping an expert can point the way to some realignment.

My therapist praises me for how well I can lie on the floor. Then she leads me through exercises that are absurdly simple — flopping your knees one way, arcing your arm another — but which open up new spaces in the body. I learn how to turn my arm over using four muscles instead of 40. When she tells me I have a "smart body" I feel good, like the dog who caught the Frisbee. The session costs $95. I leave feeling rather tall and regal, like a Masai woman.

2 p.m.

I arrive at the Gadabout Salon for my facial — my third in 30 years. I lie in a warm nest of sheets, and my operator, Colleen, rigs me up in a turban and pulls a big magnifying mirror over my face. My skin care is pretty minimal. I imagine her gazing at the job ahead of her like a developer pondering a landfill site. Where to begin?

But Colleen is buoyant, warm, and even flattering. "You have pretty skin," she says, as she digs in with her thumbs to remove last year's deeply composted debris. "It just needs a little dwink." With a big, soft brush, she paints my face with something cool, then something thick. At a certain point, my skin fizzes like a Coke — that would be the fruit enzyme mask, ever so gently eating away at my face.

"Let me know if you're too warm," Colleen says cheerfully, massaging my shoulders. "I'm a bundler." As she works, she provides me with a steady stream of information about what she is doing to and for my face — hydrating, erasing, exciting and cooling. It sounds like the prestaging of a rocket launch, it's so technical. She inserts my hands and feet, inexplicably cold after yoga, into warm mitts and booties. I sigh. My infantilization is now complete.

Saturday, 10 a.m.

After a three-mile walk at 7 a.m., and a bike ride at 8, I take a Women's Stretch Class. This one is reassuringly full of pod-shaped older women, who have left behind the Lycra bra-top for the one-size T-shirt worn over the tights. My people. The class leader says things like "Pretend you're wearing Barbie high heels," to make us point our toes, and "Don't make your shoulders into earrings."

11 to 11:30 a.m.

Aiming for a morning hat-trick, I attend the popular Funk Aerobics Class, taught by Carlos. Diana Ross is in the class, and everybody pretends she's just another corporate lawyer. At 55 or so, Ross is slim, fit, and quite a hoofer. But Funk Aerobics is hilarious — a dance class disguised as a fitness drill, in which the black instructor (with Diana's help) does his best to teach white folk how to dance the mashed potato.

(The next day, on my morning walk, a woman comes up beside me to tell me about the Wild Pig Incident. It seems that Diana Ross left her bungalow door open while she was having a massage. They turned around and saw a collared paccary staring at them. A coyote visit is a good omen, but I'm less sure about a visit from a wild pig.)

2 p.m.

A manicure, my second ever. I choose a pearly white polish. Liz, my operator, is tactful as she assesses my hand. She saws away at the cuticles, clips and dips, and keeps up a steady and mischievous conversation. My hands look less like a forest ranger's when she is done, and I leave with a slight crush on my nails — a new sensation.

6 p.m.

My last indulgence — a Watsu treatment. This is a kind of submerged Shiatsu massage, in a warm pool — all very amniotic. The body-temperature water has the effect of erasing your boundaries at the same time it eliminates gravity. I close my eyes as the therapist ever so gently whirls me about, floating me into a state of suspension. I hear strange pings in my head, like guitar strings snapping — my vertebrae unhinging, apparently. She does lots of cradling and head-adjusting, and my body loosens up in strange and wonderful new ways. The lack of chat is welcome, too.

My mind, however, chatters on in court-steno style, and sensual as the session is, I don't meet the Buddha on the path. It would be excellent for anyone dealing with loss or grief, I think. I'm just dealing with the loss of wine with meals. Afterwards, however, my face looks as if I just had several hours of deep, refreshing sleep. This is as close to relaxed as I am capable of.

Canyon Ranch, located in northeast Tucson, operates year-round. Rates begin at $1,400 (U.S.) for a single room for four nights, June 8 to Sept. 30; $2,010 for four nights in winter. The price includes meals, tips, airport transfers, four spa and sport services, and $95 toward health and healing services. Telephone (800) 742-9000.

Marni Jackson is a Toronto-based freelance writer. Believe it or not, she is working on a book about pain. She stayed as a guest of Canyon Ranch Spa Resort. Jackson changed all names in this story, except for that of Diana Ross.

PHYSICIANS FINANCIAL
NEWS
NEW YORK, NY
16-TIMES/YEAR 125,500
APR 15 1998

MONEY-WISE TRAVEL

COMBINING MEDICINE AND VACATION

BY ELIZABETH YELEN *Associate Editor*

If you are like most people, the time you devote to vacation is too short and oh-so-sweet. That may mean you desire to get away from it all, sip cocktails on the beach while gazing at an aquamarine sea. But some of you may long for a dual-purpose experience: see the sights, and enhance your medical knowledge simultaneously.

A natural extension of that is to choose a travel destination where you have the opportunity to earn credits, as well. Continuing medical education is a must for all physicians, and while many doctors are choosing to earn credits by computer or via the Internet due to increased time and financial pressures, some still do it the old-fashioned way. What better way to kill the proverbial two birds than by visiting someplace new?

Tucson's Canyon Ranch Health Resort offers the opportunity to earn CME credits through courses sponsored by The University of Arizona College of Medicine at the Arizona Health Sciences Center, which is accredited as a continuing medical education provider by the Accreditation Council for Continuing Medical Education (ACCME). Resting at the foothills of the Santa Catalina Mountains, the spa's 70 acres of beautiful desert backdrop promise physical and spiritual rejuvenation.

Desert Retreat

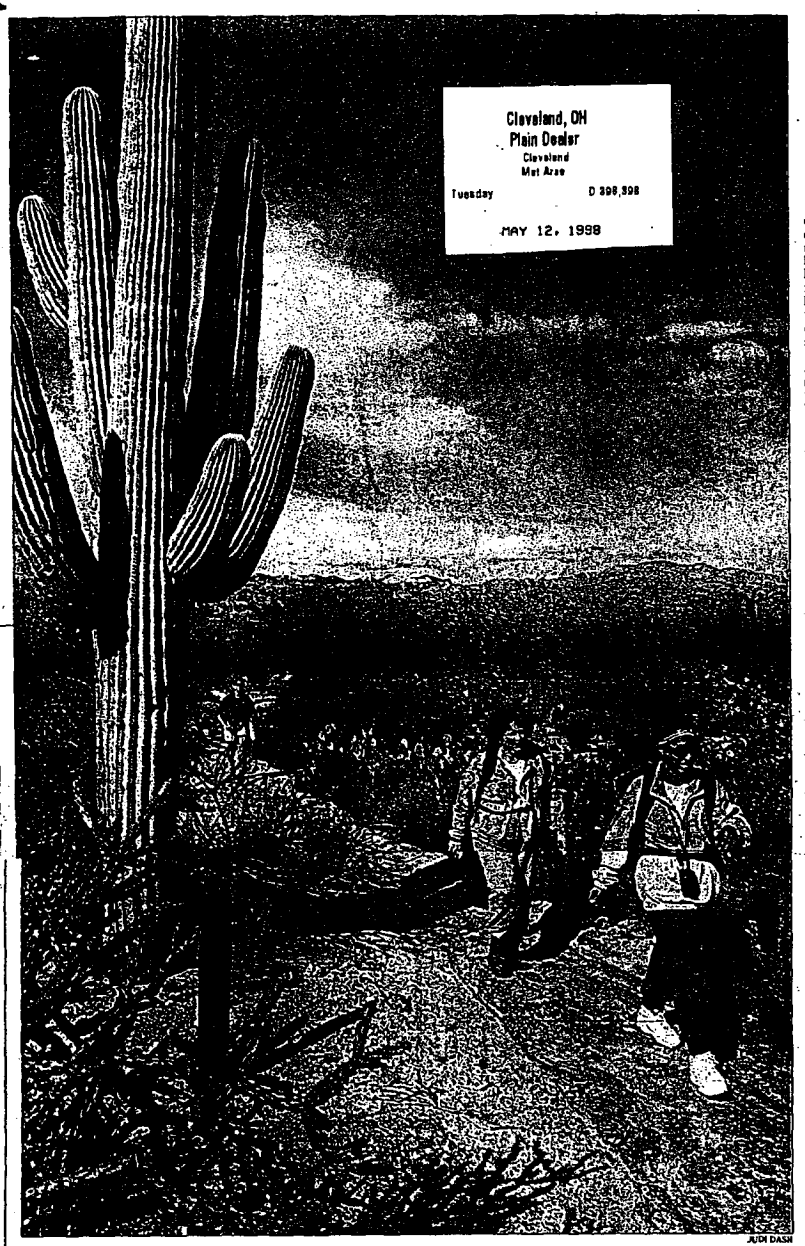
There are three types of CME programs offered at Canyon Ranch, all of which include three meals daily of healthy, gourmet food, use of extensive resort facilities, a selection of spa services, and, perhaps, the satisfaction you gain from personal discovery. Of course, there is plenty of time for R & R in the mysterious Sonoran Desert.

Because there will be non-physician participants, the Life Enrichment Program explores medicine in a layman's context. This gives the doctor the enhanced perspective of viewing medicine from a patient's point of view. The program examines nutrition, exercise physiology, and health psychology as contributors to a person's health profile. This program is offered year-round; the rate for a seven-night package is around $2,700 with an extra $300 fee for physicians participating for credit.

Specialty Weeks at Canyon Ranch include: Healthy Heart; Journey Through Midlife: A Woman's Retreat; Living With Arthritis, and New Directions in Diabetes. Each Specialty Week program is offered at the at the same rate as the Life Enhancement Program. (Call Canyon Ranch for dates or more information: 1-800-726-9900.)

Integrative Medicine Weeks are the third way to earn CME credit while staying at Canyon Ranch. The Integrative Medicine Program is chaired by alternative medicine guru Dr. Andrew Weil and features topics as varied as botanical medicine, Chinese medicine, Tai Chi and meditation. This year, the program is offered from May 10-17, and from September 13-20.

Trips that soothe the soul



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JUDI DASH

On a hike into Tucson's Sabino Canyon, pictured above, participants in the Women's "Journey Through Midlife" program take on new physical challenges, helping each other through the tough spots. Walking amid the majestic saguaro cacti was a head-clearing exercise after hours spent in group classes and discussion.

During the intense week of self-discovery, participants work through the physical, emotional and mental issues of aging. They witness each other's tearful disclosures of unresolved anger and grief, as well as laugh-filled descriptions of clashes and triumphs with mates, parents and offspring. And inevitably, they form close bonds, like the two participants pictured at right.

Fulfilling middle years are focus of retreat

By JUDI DASH

There were no marshmallows at our campfire under a full-moon sky on a clear Tucson night. But we had all the nourishment we needed as we joined hands, sang sweet songs about strong loving women and then tossed into the fire little scraps of paper on which we had written negative personal traits we wanted to cast off — low self-esteem, outdated grudges, rigid expectations of ourselves or others.

Thirty women, strangers when we met a few days earlier, were joined in a common bond of support and determination to make this midlife of ours not a crisis but a time of blossoming. We were businesswomen, teachers, homemakers or between jobs, mothers of teenagers, childless by choice or circumstance, grandmothers, married, divorced, widowed or never married. All in our late 30s to early 60s, we had come to Tucson, Ariz.'s Canyon Ranch health resort for a one-week program called "Journey Through Midlife: A Women's Retreat."

As the flames licked at our scraps of paper, sending crackling sparks into the inky sky, a lone coyote — female, we decided — howled plaintively from the surrounding mountains, a nice symbol of this wild journey into personal realms yet unknown.

Women's wellness retreats are a growing phenomenon in the travel market, a counterpoint to the traditional spa vacation where women have sought to improve their shapes and, they hoped, their lives through exercise and diet food. The new, more holistic programs emphasize inner harmony through workshops, hikes and hugs shared with other women experiencing similar life challenges.

Programs range from a women's ritual drumming and chanting retreat at the Esalen Institute in Big Sur, Calif., to a program on loving one's body — whatever its shape — via personal storytelling and yoga at the Kripalu Center in Lenox, Mass.

Canyon Ranch's Women's Journey Through Midlife retreat is perhaps the most focused and comprehensive — and the least New Age-ish — of the lot. Best known for killer aerobic classes, mountain hiking and slim-line spa dining, which have made it one of the nation's top fitness spas, coed Canyon Ranch departs from its usual fare to offer this twice-yearly women's retreat with issues deeper than dropping a few clothing sizes. As you might expect from this exclusive spa, the Journey Through Midlife comes with a sizable price tag. Cost for next year's retreat is estimated to be about $3,600 per person.

Run by Dr. Lana Holstein, director of Canyon Ranch's women's health department and a team of women staff doctors, behavioral therapists, nutritionists and physical fitness experts, the women's retreat was held at the resort's Life Enhancement Center, a kind of intimate resort within the larger spa, with its own meeting rooms, gym, dining room and massage rooms.

Circle of friends

Our circle of women — literally a circle, for we started and ended each day sitting in the round in a sunlit room overlooking the resort's flowering cactus gardens — bonded instantly.

We shared experiences that are guaranteed to become indelible memories. A group mountain hike amid the towering saguaro cacti of nearby Sabino Canyon took us out of our heads and into the euphoria of a fresh-air high. A dinner-time belly-dancing performance by one of Canyon Ranch's dance instructors in a filmy silk costume with tiny jangling bells reminded us of the sensuality and flexibility of the female body, our bodies. An art project hand-painting large white silk scarves in colorful dyes transported us — reluctantly for many who protested their lack of talent — deep into the often-ignored creative nooks and crannies of our beings. When the protests subsided and the painting got under way, a charged silence pervaded the art room, as each of us became absorbed in the shapes and colors of self-expression and American Indian flute music provided a soothing inspirational backdrop.

What were we looking for in this brief week of self-discovery and shared hopes and fears?

SEE RETREAT/4-F

Fulfilling middle years are focus of retreat

RETREAT FROM 1-F

Our opening circle Sunday night gave clues — bits and pieces of a puzzle that would come together more and more as the week progressed and we got to know and trust each other better.

Women at crossroads

"My new friend here is at a crossroads," went a typical introduction that first night. "With her kids grown and the last one about to leave the house, she wonders, 'What now?' How will she matter to the world and what will fulfill her?"

One woman who had recently gone through a painful divorce had been given the women's retreat as a gift from her adult sons; another gave the week to herself as a 50th birthday present. A third had initially come to Canyon Ranch that week for the regular spa program of aerobics and mountain hikes, then switched gratefully into the women's group when a cancellation created a space.

"Is it my hormones or am I going crazy?" this late registrant asked, throwing her hands in the air as she described an emotional state that zoomed and crashed willy-nilly.

We all wanted to know if the physical and mental turmoils we were experiencing were normal – should we blame our chemistry or our mates, our children, our bosses for the rages, weepiness, exhaustion that came without warning with such debilitating force? Why was our libido so low? Had we fallen out of love or simply fallen low on some hormone of desire? (A blood test included in the program provided clues for those of us whose testosterone levels were subpar. By the next day, several women were on low-dose testosterone pills prescribed by the staff doctors, who would monitor their progress by phone over the next six months, upping the dosage if needed.)

Hormone blood tests the first morning shocked some of us in our 40s into the realization that we were well into the menopausal process — low estrogen and progesterone counts, and high follicle-stimulating hormone levels are the key indicators. Holstein and the other staff doctors met one-on-one with us, a key perk of the program, to decide if hormone replacement therapy, herbal treatments or a wait-and-see approach was the best course of action. No one pushed pills on us, nor did the doctors take a grin-and-bear-it stance if symptoms were debilitating.

While we soaked up all the information we could get about the changes we were going through and ways to minimize their negative effects, we were not always engulfed in lectures and discussions. Woven into each day were classes to make our bodies stronger, more limber or just feel good. We did stretching exercises over giant rubber balls, pool aerobics to condition our hearts and take advantage of some brilliant sunshine, yoga positions to relax mind and body, and a strength training session with thick rubber Dynabands to build muscle mass for combating osteoporosis and increased calorie burning.

Our meals, taken in our private dining room, were the same low-fat, high-taste foods served at Canyon Ranch's regular dining room. At dinner, as we rehashed the facts and feelings of the day, we loaded up on fresh greens and low-fat dressings from the salad bar, begged a little extra parmesan at the pasta bar (where a serving really was precisely one measly cup of linguine) and agonized over menu choices that our servers described in detail, including their calorie, fat and fiber content. Should we have the chicken fajitas or the veggie pizza? Would the low-fat brownies or the frozen cappuccino yogurt better satiate our sugar craving?

Our servers graciously accommodated little indulgences, granting us half- and quarter-orders of dishes we wanted to sample without running up a gargantuan calorie tab.

The week included two pampering services; most of us signed up for massages and facials, spacing them out as delicious rewards just before dinner or bedtime. At the end of the week I added an extra bedtime massage ($75) as a present to myself after a particularly emotional afternoon.

Emotional releases

There were many of those. An intense session on understanding anger and forgiveness sent many of us down a memory lane congested with slights and injustices by family and friends that still tormented us. Some of us had taken a "fight-to-the-death" approach with our relationships, surrendering to rage or violence; others blocked out the feelings, numbing them with excess food or alcohol.

"You have the most options when you stay aware of being the creator of your own emotional state," cautioned one of our leaders, social worker Louise Levy. She guided us in a discussion of ways to express anger without letting it engulf us or our relationships.

We went through several boxes of Kleenex during our session on moving through grief and loss: Closing our eyes, we followed Levy's instructions to visualize an old or new emotional wound, to feel it fresh and see why it hurt so much and if we could find some way to heal it or let it go.

When we opened our eyes, some women were wracked with tears. They described parents or mates who had abused or abandoned them, or loving parents whose death had left agonizing holes in their hearts. Children, too, had wounded; choosing in divorce cases to live with fathers who had neglected the family instead of the mothers who had held it together. Or, they had turned to drugs or violence in a seemingly intentional destruction of family ties.

In a sexuality workshop we were told to visualize a perfect sexual experience, then consider the reality in our lives and analyze the beliefs and situations that kept us from our vision. In small groups we confessed all, some scribed fantasy games perpetrated on or by their mates. Others made us weep over years of loneliness, exacerbated by self-hate, shame and the belief that we were unattractive or unworthy.

We ended each of these emotional sessions sitting in our circle holding hands before moving on to the next activity — a reminder of the group's support and belief that from revelation came healing and growth.

Our last night we wore our best clothes and the scarves we had made to a closing ceremony in our meeting room. Holding white candles in our hands, the tiny flames casting our faces in a warm glow, we walked slowly and silently single file into the room and formed our circle for the last time.

Smiling proudly at each other for a week well done, hugging goodbyes and good lucks, we left each other wishing with all our hearts that each could find the grail she sought and the courage to follow it.

Dash is a Beachwood free-

JUDI DASH

A participant in Canyon Ranch's Women's Journey Through Midlife program checks out the silk scarf she hand-painted in art sessions to bring out creativity, which many women leave by the wayside as they age.

Participants celebrated a productive week with a graduation ceremony, wearing their handmade scarves and carrying little candles into their circle. They took turns saying what they got out of the week.

FOR YOUR INFORMATION

Canyon Ranch's Tucson resort will offer its "Journey Through Midlife: A Woman's Retreat" twice next year; the dates are Feb. 28-March 7 and Oct. 17-24, 1999. Price is not yet set, but is expected to be about $3,600 for the seven-night package, including lodgings, workshops, athletic activities, hormone tests, a private medical session and several pampering services. Partial scholarships are available.

A one-week "Executive Women's Retreat," for high-level businesswomen coping with the stress of juggling work, family and personal time, runs Oct. 4-11, 1998. Price: $3,641.

For information call the Canyon Ranch Life Enhancement Center; 1-800-726-3335.

Other inner-peace vacation programs

Here are some other vacation spots that offer inner-peace programs specifically targeted to women:

✓ The Himalayan Institute, Honesdale, Pa. 1-800-822-4547. Variety of holistic programs, including a Women's Spirituality Retreat, with meditation, yoga, self-awareness workshops. Price: from $240 for three days including lodging and vegetarian meals.

✓ Kripalu Center for Yoga and Health, Lenox, Mass; 1-800-741-7353. Three- to five-day women's retreats including Women's Ways of Knowing, Wild Woman Awakens; and Menopausal Years: Wise Woman Ways. Price: from $150 a day, including lodging and vegetarian meals.

✓ Esalen Institute, Big Sur, Calif.; (408) 667-3000. Personal growth workshops run year-round, including several for women only. A five-day program called When Drummers Were Women: Invoking the Sacred Feminine through Ritual and Rhythm, runs Nov. 8-13. The workshop explores and practices historical chanting, rhythmic breathing and drumming by women to increase spiritual growth and awareness. Cost: $795, including lodgings and meals.

✓ Marriage & Family Health Center, Evergreen, Colo.; (303) 670-2630. This therapeutic organization runs numerous seminars and retreats year-round for individuals, couples and families. A special Women's Retreat exploring sexuality, personal development and conflicting roles affecting women will be held at the Sylvan Dale Guest Ranch in Loveland, Colo., in the foothills of the Rocky Mountains, Oct. 1-4. Price: $350 for the program ($310 for those registering by Aug. 16); $243 for lodgings and meals.

✓ Cal-a-Vie Spa, Vista, Calif; (760) 945-2055. Women's weeks, held twice monthly, include meditation, yoga, tai chi, spa treatments. Price: $4,000 including lodgings and meals.

SHAPE®
mind and body fitness for women
JULY 1998

HEAD TRIPS

Whether you go to a mountaintop monastery or a seaside spa, these holistic retreats can lead you to a higher level of mind and body fitness.

I'm here to get naked. Not alone, but in a group of about 25 [illegible] I've never met [illegible] little

Spas Get Spiritual, Too

Today, the country's most enlightened spas are actually themselves wellness centers where mind/body health is incorporated into every aspect of the daily program. Rather than focusing purely on the physical, these holistic health spas combine fitness, low-fat fare and luxury pampering with a slew of mind/body programs aimed at flexing your spiritual side, from yoga and guided meditation to balancing your chakras.

At Canyon Ranch in Tucson, Ariz., and Lenox, Mass., guests can select from a wide range of spiritual fitness classes, including yoga, tai chi hikes, guided meditation and hypnosis, music and sound therapy, breathing and relaxation — even "The Inner Journey," where you can explore past learning and beliefs that still operate in your life. Each fall, the Lenox facility also sponsors a four-day Gateways to Spirituality workshop. (This year's dates are Oct. 22–25).

Another pioneer in mind/body fitness is Green Valley Spa & Tennis Resort in St. George, Utah. Its Native American program, which is available every week, is run by a Chippewa medicine woman and includes ceremonies like a "butterfly wrap," a purification/sweat lodge experience, and a "Singing Up the Sun" welcoming chant ceremony, as well as energy balancing, yoga, meditative nature hikes and hot-rock acupressure massages. In addition, the spa offers a Sensory Awareness Program in which different colors, sounds, smells and touch therapies are used to help guests get in touch with their senses.

At Rancho La Puerta, another holistic spa in Tecate, Baja California, guests take meditative hikes to the top of Mount Kuchumaa, a mountain deemed sacred by American Indians; at The Marsh, A Center for Balance and Fitness in Minnetonka, Minn., guests can climb to a meditation tower overlooking marshlands or visit a "mental gym" on the level below, equipped with meditation-enhancing games. Mountain Trek in British Columbia combines hiking with Contact Yoga, a partners' yoga aimed at building balance as well as self-confidence and trust in others, and soaks in nearby natural hot springs. Finally, the recently opened Aspen Club Center for

(continued on page 150)

Head Trips

(continued from page 149)

WellBeing in Colorado offers everything from sports-specific training to Pilates-based movement, acupuncture, reflexology, aromatherapy, biofeedback, meditation and hypnosis. Other spas that offer broad-based mind/body wellness and spirituality programs include The Peaks Resort and Spa at Telluride in Colorado (800-789-2220); Miraval in Catalina, Ariz. (800-232-3969); and New Age Health Spa in Neversink, N.Y. (800-682-4348).

Meeting of the Minds

In addition to spas, holistic health centers throughout the country offer ongoing and special workshops devoted to mind/body health and spirituality. The largest, The Omega Institute for Holistic Studies in Rhinebeck, N.Y., lures thousands for conferences headlined by big names such as Deepak Chopra and *Conversations with God* author Neil Donald Walsch. But they don't come just for the lectures. Omega's 80-acre campus itself is a big draw, with hiking trails, a jogging loop, tennis and basketball courts, a meditation sanctuary, a lake with canoeing, daily classes in yoga, tai chi, dance and meditation, and a Wellness Center offering spa treatments, nutritional counseling and holistic therapies.

Another is The Kripalu Center for Yoga and Health in Lenox, Mass., a spiritual retreat nestled in the Berkshire Mountains. Guests come to learn, among other things, meditation, stress reduction and Kripalu's unique combination of yoga and low-impact aerobic dance and to relax at the center's 300-acre campus, which includes a lakeside beach, forested hiking trails, and a small fitness center and spa facility offering a variety of bodywork treatments from shiatsu to reflexology.

Walking the Talk

Home now for almost a month, I still revel in my Esalen experience. A weekend isn't nearly long enough to create major life changes, yet I feel as though I've taken a solid step forward on my spiritual journey.

Penny and I e-mail each other, and her notes remind me of Armstrong's teaching that everything has a voice, if only we can hear it. Esalen definitely is better than a piña colada on the beach, I've decided. It has helped me see myself in a new light. I've stretched my mind and my horizons. I've come home lighter, leaving some unwanted baggage about self-limitation behind. I'm a little freer.

And I laugh out loud as I realize that this is one of the few vacations I've taken in which I didn't have to worry about how I look in a bathing suit.

Details

- Esalen Institute, Big Sur, Calif., weekend programs cost $425, five-day programs cost $795, and seven-day programs cost $1,220. Includes lodging, meals, workshops and use of facility. Call (408) 667-3000.

Other spirituality programs, facilities and escapes:

- Joan Borysenko's "A Gathering of Women"; average cost for a weekend is $350 per person, lodging, meals and workshop. Call (303) 440-8460.
- Breitenbush Hot Springs, Detroit, Ore.; from $55 per night for cabin lodging, meals and activities. Call (503) 854-3314.
- Canyon Ranch, Tucson, Ariz.; from $1,611 per person double occupancy for a four-night minimum stay. Canyon Ranch in the Berkshires, Lenox, Mass.; from $1,087 for a three night-minimum stay. Call (800) 726-9900.
- Green Valley & Tennis Resort, St. George, Utah; from $2,750 per week all-inclusive. Call (800) 237-1068.
- InnerQuest Wilderness Adventures for Body, Mind and Spirit, Sausalito, Calif.; prices vary depending on trip. Call (800) 990-HERO or (415) 289-0100.
- Kripalu Center for Yoga and Health, Lenox, Mass.; from $75 per night. Includes lodging, meals, workshops and use of facility. Call (800) 741-7353.
- Omega Institute, Rhinebeck, N.Y.; programs from $350 for weekend workshops to $550 for five-day workshops. Includes lodging, meals and use of facility. Call (800) 944-1001.
- Mountain Trek Fitness Retreat and Health Spa, Ainsworth Hot Springs, British Columbia; from $1,050 (Canadian money) for three nights. Includes lodging, meals and all activities. Call (800) 661-5161.
- Pecos Benedictine Monastery, Pecos, N.M.; from $40 per night. Includes dormitory lodging, family-style meals and retreats. Workshops may be extra. Call (505) 757-6415.
- Rancho La Puerta, Tecate, Baja California; from $1,560 per person double occupancy for minimum weeklong program, Saturday to Saturday. Call (800) 443-7565.
- Sedona Spirit Yoga, Sedona, Ariz.; from $995 for six days. Includes rustic lodging, breakfast and workshops. Call (520) 282-9592.
- Shoshoni Yoga Retreat, Rollinsville, Colo.; from $60 per night for dorm-style lodging in rustic bunkhouses. Includes meals and classes. Call (303) 642-0116.
- The Turtle Island Project's Women's Healing Journey Weekend; cost is $350, or register early for $310. Includes meals and lodging. Call (908) 753-9489. ■

Katy Koontz *is a free-lance writer in Knoxville, Tenn.*

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CR001935

DIST. 6/10/98

InStyle

volume 5, number 6, june 1998

spa report

mud, sweat & ch ers

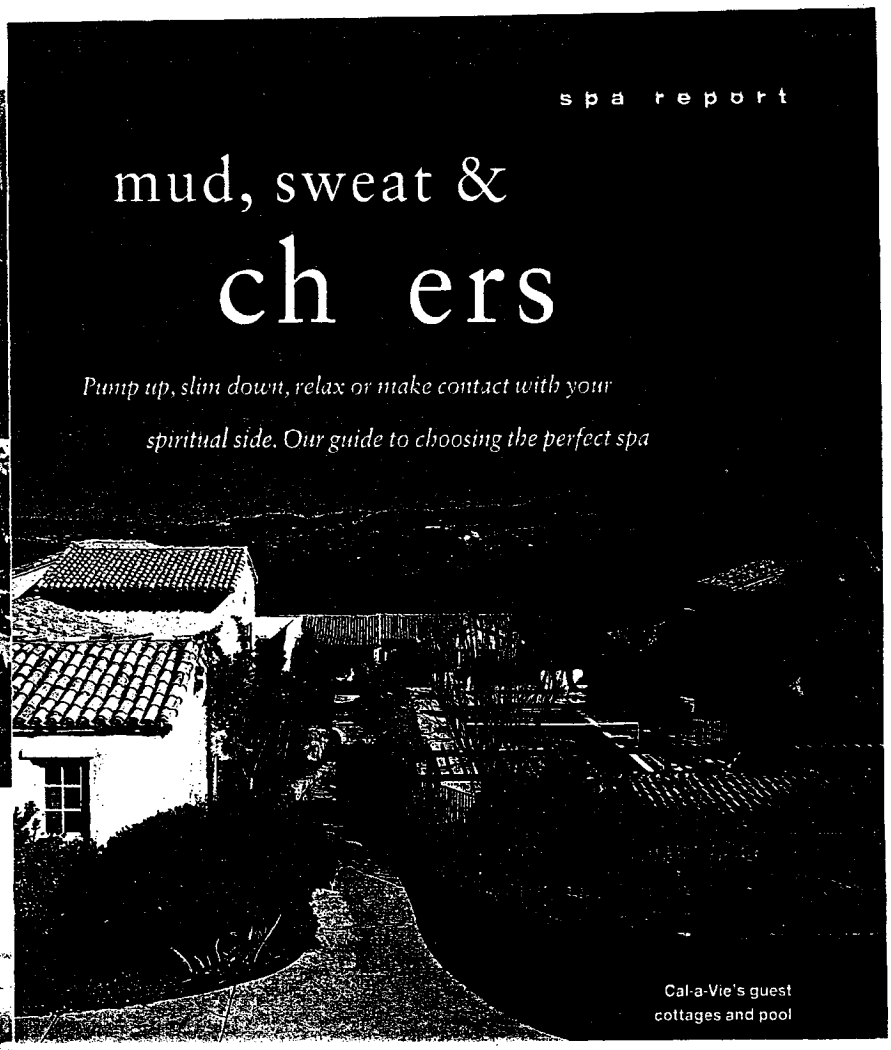
Pump up, slim down, relax or make contact with your spiritual side. Our guide to choosing the perfect spa

Sporty

Spiritual

Pampering

Healthy food


Cal-a-Vie's guest cottages and pool

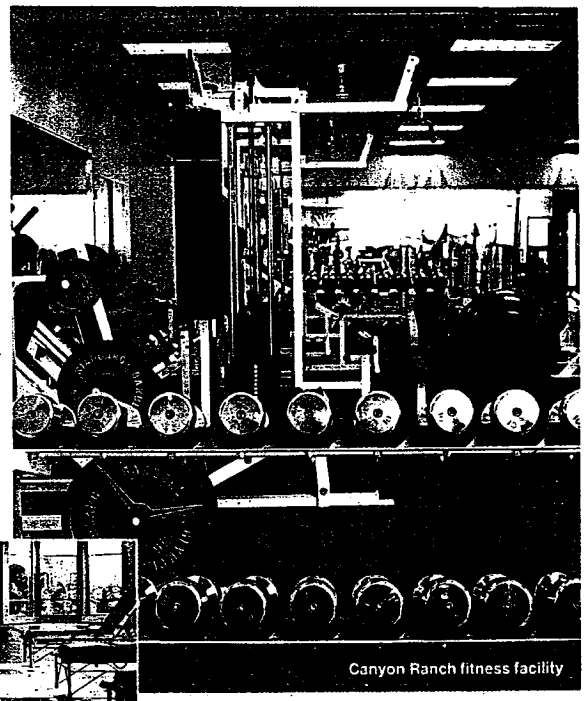
When it comes to choosing the right spa, there's just one rule of thumb: To thine own self be true. What kind of experience are you up for? Are you in need of a lulling massage, or a marathon session of meditation? Are you a jock seeking your next athletic high, or a cook looking for creative ways to ditch the fat? Determining what you want from your trip will help you decide where to go. Our team of reporters got the lowdown on the rubdowns, chanting, calorie counting and hiking; picked their favorite spots; then divided them into four personality-based categories. Here, spas that can kick you into gear, or let you just kick back. —**Rory Evans**

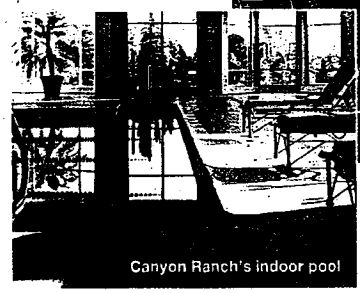
You work with a trainer three times a week, posted a personal best in the 5K, and love your gym's rock-climbing wall. For you, tired muscles mark the end of a great day. These spas can take you to the next level of physical adventure.

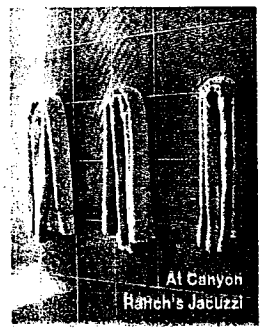
CANYON RANCH IN THE BERKSHIRES

philosophy: All-around physical fitness, featuring a wide array of indoor and outdoor activities.
class act: On average, the spa offers more than 30 fitness classes a day, including hydrofit, spinning and the Ballet Workout, which uses ballet techniques to strengthen and tone.
see for miles and miles: After hiking to the top of Mt. Greylock, take in views of Massachusetts, Vermont and New York.
winter wonderland: In colder months, there's pole hiking, snowshoeing and cross-country and downhill skiing.
after canoeing: Get Euphoria, a 100-minute treatment involving an invigorating Swiss shower, herbal wrap in a candlelit room, rose-geranium-oil scalp massage, botanical facial mask, and soak in grapefruit-scented bath.

location: Lenox, Mass., 1 hour from Hartford, Conn., and Albany, N.Y., airports.
maximum capacity: 200.
minimum stay: Three nights.
price: $1,295 double occupancy for three nights; 800-742-9000.


Canyon Ranch fitness facility


Canyon Ranch's indoor pool


At Canyon Ranch's Jacuzzi

MOST AEROBIC ACTIVITY
in the hands-on cooking class at Canyon Ranch: mincing vegetables.

This magazine is distributed in Asia . . .

MAY 1999

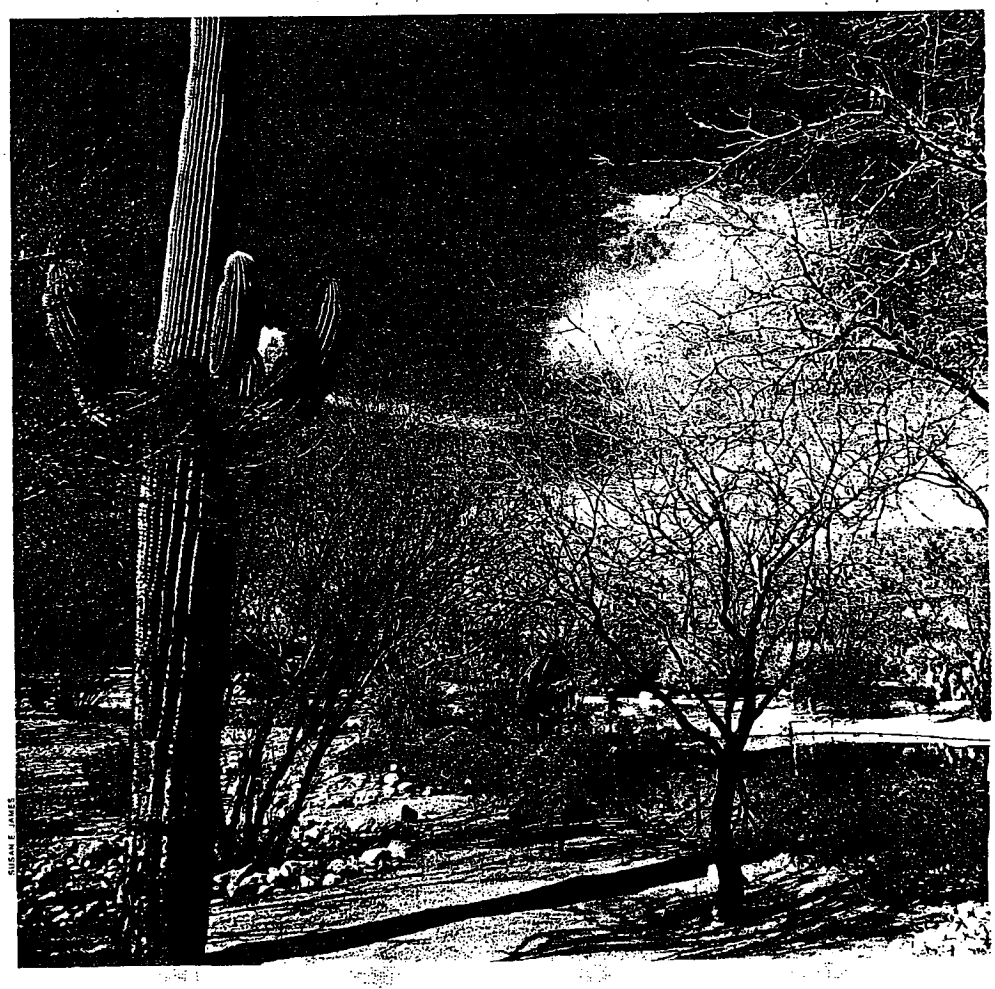
GOLD

THE MAGAZINE FOR STANDARD CHARTERED GOLD CARD MEMBERS

LEISURE

LIFE IN THE

When the stresses of modern living have taken their toll on your body and spirit, you can find renewal and a life-enhancing philosophy that will last long after you leave this soothing desert resort. SUSAN E. JAMES spends some quality time there.



SUSAN E. JAMES

SPA LANE

Right: Nestled amongst the foliage, the clubhouse has an air of intimacy in keeping with the Canyon Ranch environment. Below: The grounds of Canyon Ranch take advantage of the desert flora that characterises the Sonoran Desert.

Canyon Ranch is not the place for quick fixes. This top-rated spa resort in Tucson, Arizona, doesn't believe in passive participation or fleeting, feel-good activities that exercise the body but ignore the mind. What Canyon Ranch does believe in is personal commitment — by staff and visitors — to a tailored programme of life-enhancement training that tones the body, relaxes the mind, stimulates the spirit, and is completely portable. When you leave, your new knowledge goes with you.

Canyon Ranch founder Mel Zuckerman has established as the goal for guests, a mind-set that concentrates on a healthier lifestyle. In 1977, overweight, out-of-shape and a smoker, Zuckerman decided to turn his life around. An extended visit to a Californian spa gave him the tools to do just that. Inspired by his experience, Zuckerman and his wife Enid opened Canyon Ranch in 1979. A second property, Canyon Ranch in the Berkshires, near Lennox, Massachusetts, followed.

"What we concentrate on here," says Katie Garber Penner, Canyon Ranch's Communications Director, "is not only therapeutic programmes for people who either want to relax and unwind or have more specialised needs, but also preventative programmes for people at risk."

With 200 activity options daily, settling on a programme of activities is like being a kid let loose in a candy shop. It's hard to choose what to munch on first.

I arrived in Tucson on my way to Canyon Ranch by car, after dark. I do not recommend the experience. Tucson by day is an attractive and interesting town. At night, it becomes a no man's land of unlit street signs and dark, narrow roads — at least up in the hills. It took me an hour to

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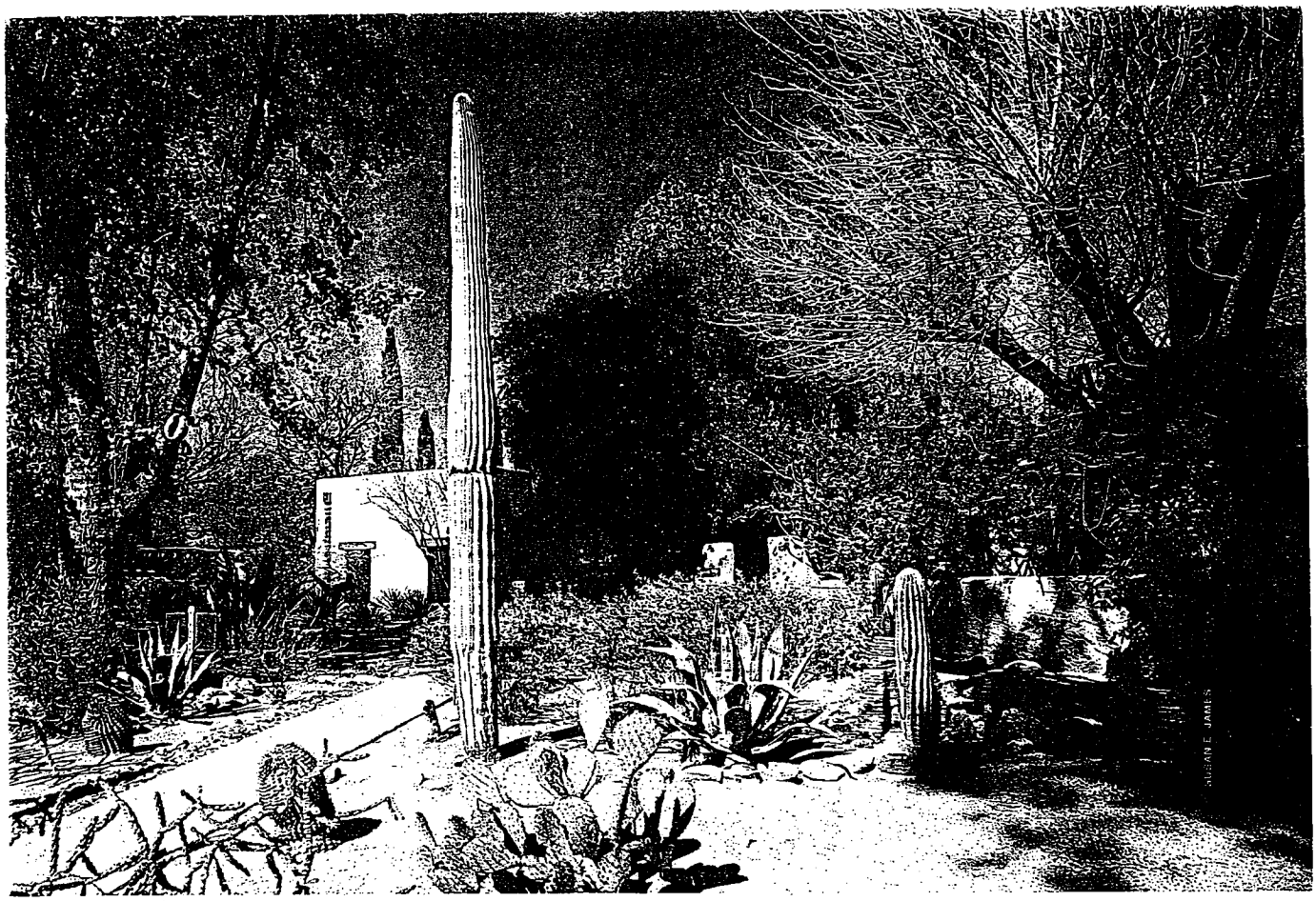
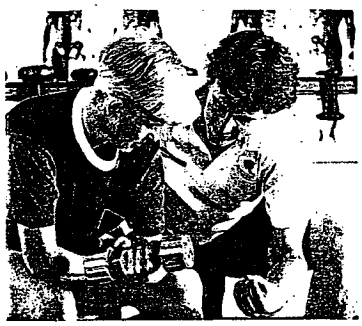




Above: Standing like sentinels around the ranch are 100-year-old saguaro cacti.
Left: A guest involved in an exercise physiology consultation.
Below right: Morning *tai chi* class.

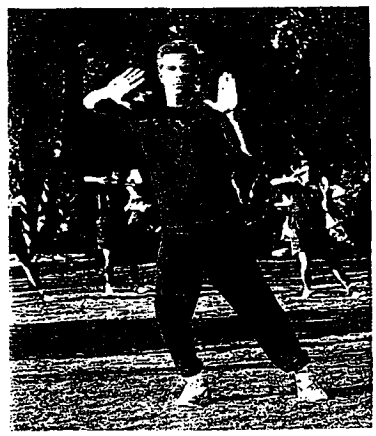
find the gated walls of Canyon Ranch.

Once inside the resort, I parked the car and entered a 5,760sqm complex which resembled a small city. An enormous lounge, seven gymnasiums, aerobic and strength training rooms, a squash court and three racquetball courts, a yoga-meditation dome and extensive locker rooms, with sauna, steam and inhalation rooms, whirlpools, salons, cold dip pools and massage rooms spread out in front of me. Hope springs eternal. It was now 6.10pm, but maybe I could still make it for my 6pm massage after all! But no, Tucson was an hour ahead of Los Angeles. So, that was that.

Tired, cranky and aching from an all-day drive, I poured out my tale of woe to one of the spa attendants. Skilfully and reassuringly, she checked me into a locker that I would keep for my entire visit, found me an embracing white terrycloth robe, poured me a glass of lemonade and led the way to the most opulent and relaxing of whirlpools I had ever been in. Twenty minutes later, my aches and crankiness falling away, I found my day, if not my life, noticeably enhanced.

Care And Concern

That attendant was just the first of many people who made my stay at Canyon Ranch so enjoyable. "There's a feeling that the staff really care," explained Brian Schultz, Marketing Director for the resort, "a feeling that they're glad you are here and that they want to help you. If you want to lie by the pool and read, fine, they'll help you all they can. If you want to address a more serious problem, like asthma, arthritis, smoking or sleep deficiency, they'll help you with that too."



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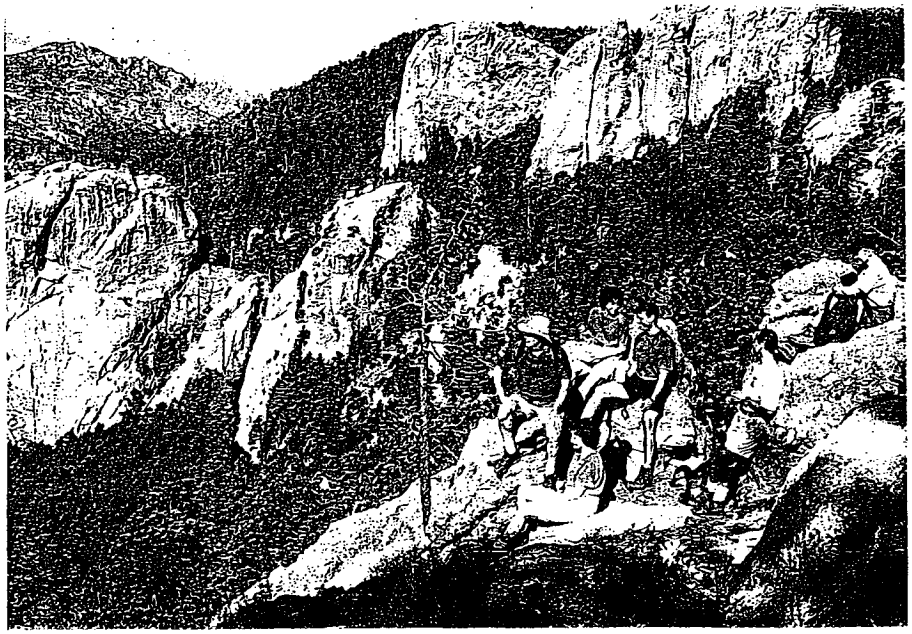


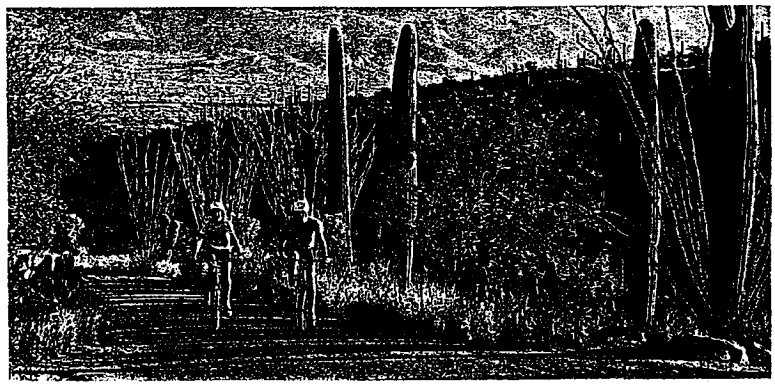
Clockwise from left: Hiking in the Santa Catalina Mountains; biking in the fresh canyon air; guests happily 'stretching and relaxing'.

The entire spectrum of aches and pains from modern life is addressed in this soothing, laid-back oasis in the Sonoran Desert.

When I finally checked into my comfortable bungalow, I was given a print-out of my already scheduled services, a water bottle, a canvas carrying bag and a package of literature on the wide variety of activities that I could choose to participate in.

One nice thing about the ranch is that the price is all-inclusive. You can store your cash and credit cards in your personal safe and forget about them — no tipping, no gratuities. A cashless existence makes life a lot easier, especially when you are concentrating on 'experience enrichment'.

Breakfast next morning brought my first encounter with the resort's cuisine. Each meal offers a carefully thought-out menu based on sound nutritional principles, and it not only tastes delicious, but is presented with the flair of a fine French restaurant. The menu provides you with notations on fat and calorie content of each of the dishes. You can count calories or chose to ignore the numbers — it's up to you.



Time To Relax

With a schedule of activities before me, I was ready to face the day. To help me make sense of it all was my programme coordinator, Ralph Summa.

"I'm an ex-fatman," he announced. So obviously, he knew the score. His pep talk about what was possible in life stressed the idea of a willingness to try. "If you *think* you can do it, then you can," he told me.

First on my agenda was a women's stretch and relax class. I was willing to try any class or activity which had 'relax' in the title. Before a panoramic window opening onto an inspiring view of magnificent mountains, 50 of us, in exercise clothes of varying degrees of sophistication, bent, stretched and breathed. I'm not sure of the philosophy behind the exercises, but I did feel more relaxed at the end of the 50-minute session.

Back in the hallway, chaos seemed to reign, like in a private and very exclusive college just before the bell rings for class. Men and women were hurrying in all directions, but there was a happy sense of camaraderie among them. Seeing the same people in the whirlpool, in the locker room, in the exercise room, in the dining room, gave us a reason to take an interest in each other.

People who had been strangers the day before were calling encouragement to each other. "How did

CR001941

your class go? What did the therapist say? Wasn't that watsu massage the greatest?" The supportive, interactive environment reinforced the sense of soothing comfort which Canyon Ranch exudes.

"There's a real catharsis to it," Schultz told me later. "A lot of guests will come here and make friends and then come back every year to meet those friends here at the same time."

After lunch I strolled around the grounds. Beautifully landscaped and carefully cultivated for intimacy and privacy, the grounds take advantage of the striking flora of the Sonoran Desert around the ranch. Giant saguaro cacti tower toward a brilliant blue sky, cacti and succulents bloom in bright colour, and everywhere there is the sound of water from a dozen fountains and myriad swimming pools.

Listen To Your Mind

From this oasis in the desert, I made my way to the Health and Healing Center for a biofeedback appointment with Louise Levy. A photograph of Tibet's Dalai Lama decorated the bookshelf. A sense of quietness pervaded the room in which I was hooked up to a computer. Levy taught me how to control the ricocheting lines that marked the acceleration and deceleration of my pulse and the temperature of my fingers.

"The mind is a drunken monkey bitten by a spider," said Levy, quoting an Eastern proverb. "You must learn to control your breathing and to listen to it. Take advantage of things that would usually make you impatient, such as a red light at a signal. Make that red light the opportunity to breath in and out and to look about at the things that surround you." The coloured lines on the screen resembled a video game, but the result of learning to control them was infinitely more satisfying.

The afternoon was a combination

Above: Aquatic class guests listen eagerly to their instructor.
Below right: A Canyon Ranch massage — the ultimate in sybaritic bliss.

of a restful yoga class and a walking meditation class. In restful yoga, we also listened to our breathing, twisted into ungainly but comfortable postures, and watched the glorious mountains changing colour outside the window. For walking meditation, the class headed out into the Arizona sunset.

"Be in the moment," our instructor told us, as we walked down a sandy path beside a narrow stream. All of a sudden, instead of listing the things I still had to do that day, the mental 'busyness' came to a quiet stop. I could hear the sound of the water, the cooing of doves, horses neighing in a stable nearby and the far-off, hungry howl of a coyote. A cottontail rabbit dashed across the path. Rosemary perfumed the breeze from the desert that rustled dried leaves in the cottonwood trees. We were told to look hard at the mountains and then close our eyes and imagine the shadows. When we opened them again, the shadows had changed completely. "Notice!" was the watchword and slowly, slowly we began to.

After a dinner of beef medallions on garlic croutons, pasta pearls, succulent baked sweet potatoes and a rich cheesecake (all low-fat, low-calorie!), I headed back to the spa for a Swedish massage. A tape of First Nations flautist Carlos Nakai played hauntingly in the background as I was stretched, pressed and kneaded. If life enhancement is Canyon Ranch's religion, the massage room is its temple, the ultimate in sybaritic bliss.

I was almost too relaxed afterward to totter down to the heated pool for a watsu session. Watsu was developed by a Zen Shiatsu therapist. It applies the principles of Shiatsu massage in warm water. As I was pulled around in the pool, stretched and pressed at my pressure points, I wondered just how much further relaxation could go.

My last scheduled treatment was an acupuncture session with Dr Kathleen Campbell, a specialist in Oriental medicine. She told me about yin and yang, passive and active aspects, water and fire, the body's 12 organs and the connective lines that run from head to toe. All

the mantras of Canyon Ranch — Relax! Be in the moment! Notice! Listen to your breathing! *Think* that you can and you can! — merged into a tingling sense of well-being.

If I felt my life being enhanced during my brief visit, what would a week or two do? "Our goal here has always been to provide a quality experience, first and foremost," Schultz had said. From my experience, Canyon Ranch is doing exactly that.

For more information about Canyon Ranch call: (520) 749 9000. Or visit their website at www.canyonranch.com

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FOR THE BRIDE by Demetrios

Winter 1998

We've Got The Skinny On Spas That Cater To Couples

BY PATTI COVELLO PIETSCHMANN

Thinking about a honeymoon where you can totally escape the maddening crowds? Think spa. That's right. Gone are the tofu-inspired menus and endless aerobics classes. Today, spas have fattened their menus with gourmet-styled menus and added plenty of romantic touches, too. It's the perfect place for newlyweds who need to de-stress from the hectic days of planning a wedding who find plenty of free time to indulge and be pampered.

While there are hundreds of health and fitness resorts throughout the United States and the Caribbean, we investigated all the possibilities, and to our delight, found six getaways ideally suited to super-stressed newlyweds in dire need of some R & R.

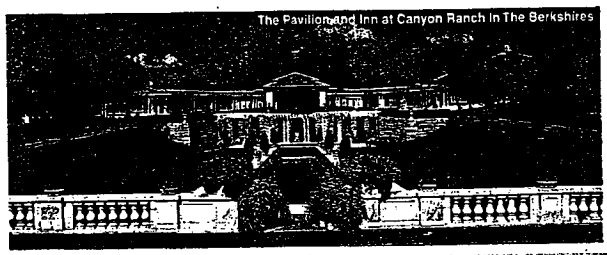
Canyon Ranch, Tucson, AZ & Lenox, MA

For honeymooners it's definitely The Berkshires, which provides a more intimate setting. However, both spas are tops in the field with the gamut of exercise options, healthy cuisine and pampering.

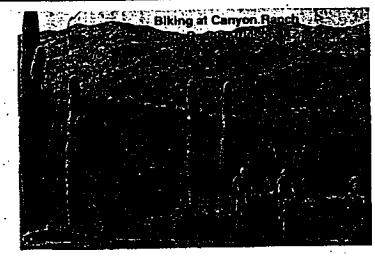
Set amid 120 acres of rolling hills, the brilliant Bellefontaine serves as the centerpiece at the Berkshires' property. An opulent marble and brick historic mansion, modeled after Louis XIV's chateau La Petite Trianon, it houses the dining room and original library. A dizzying variety of fitness options includes everything from the usual aerobics and step classes to racquetball, squash, tennis, bodybuilding, hiking, biking and snow skiing in winter.

Canyon Ranch in Tucson sprawls over 70 arid acres of desert inhabited by towering cactus plants, tumbleweed and sage. The program resembles the New England spa. Adorable single story adobe-style cottages provide housing for about 200 guests.

Guests at both these co-ed facilities take their health and fitness seriously. And there are even physicians, registered dietitians, psychologists, physiologists, and nurses on staff to help things run smoothly. The spa cuisine is good, healthy basic fare while the 120 rooms reflect a pastoral spirit.



The Pavilion and Inn at Canyon Ranch in The Berkshires



Biking at Canyon Ranch

Canyon Ranch Tuscon/Berkshires: For information and reservations call 800-726-9900. Rates vary depending on season and can runquite high when treatments are added. A perfect honeymoon getaway in the Berkshires is a three-night stay that includes room, meals, two spa services and a $95 allowance toward health and healing services for $1,140 per person or four nights in Tucson that includes four treatments, the $95 allowance, room and board for $2,220 per person.

NEW AGE

December 1998

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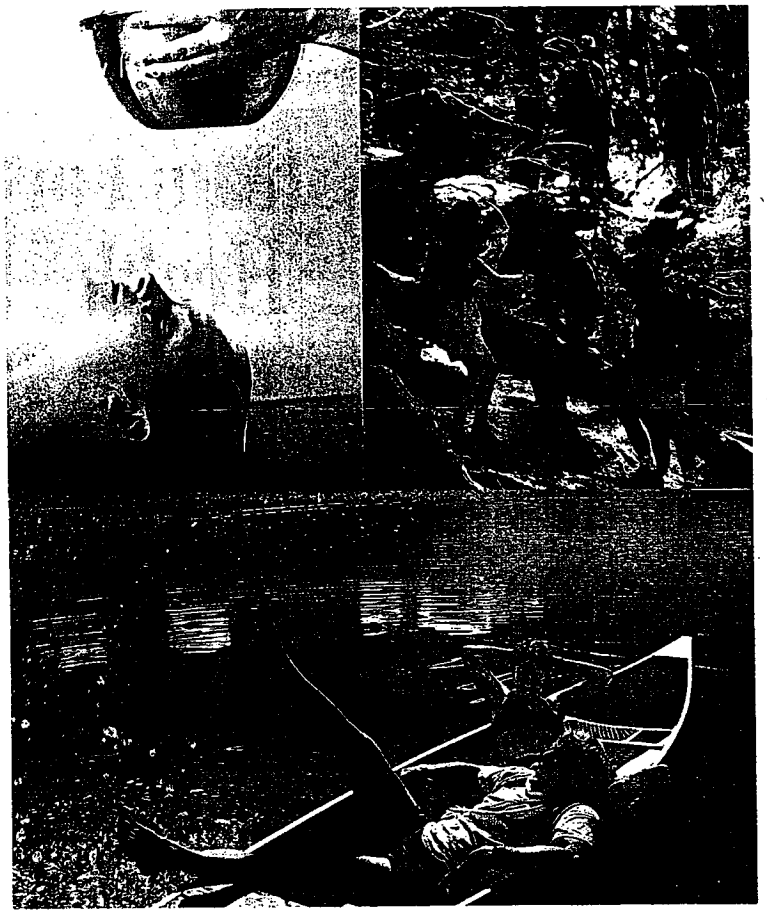

Top 10 Holistic Retreats

RECONNECT WITH NATURE AND BRING BODY, MIND, AND SPIRIT INTO BALANCE IN ONE OF THESE NURTURING ENVIRONMENTS. **BY PATRICIA LANG**

TODAY'S FAST-PACED world leaves many of us feeling anxious and unwell. We crave experiences that nurture the soul, heal the body and mind, and elevate the spirit, but often the only way we can find time for them is to escape, however briefly, into a kinder environment. This guide to holistic retreats is designed with that in mind. We've profiled getaways that provide a place for seekers to reconnect with nature, learn how to reverse stress-related illnesses, and bring body, mind, and spirit back into balance.

CLOCKWISE FROM TOP LEFT: A relaxation treatment at The Raj, hiking at Canyon Ranch, and boating at Omega Institute.

CANYON RANCH IN THE BERKSHIRES, LENOX MA

(800) 726-9900
http://www.canyonranch.com

The sister to Canyon Ranch in Tucson, Arizona, Canyon Ranch in the Berkshires offers a variety of specialized health packages including weight management, smoking cessation, nutrition, women's and men's health, and stress management, in addition to traditional spa pamperings. Specialists in nutrition, physiology, and behavioral health are available. The New England location gives Canyon Ranch in the Berkshires four seasons of attractions.

Location: 120 acres of woodlands in the Berkshires.

Services: Preventive health care assessments, relaxation training, weight-loss programs, nutrition programs, movement therapy, acupuncture, reiki, shiatsu, water massage, fitness and yoga classes, and beauty treatments. A creative arts center and a library are also available on the premises.

Accommodations: A 127-room inn with guest rooms, luxury suites, and meeting rooms.

Size of staff: Three-to-one staff-to-guest ratio. Staff includes physicians, nurses, psychologists, physiologists, nutritionists, movement therapists, acupuncturists, fitness instructors, art and music therapists, and hiking guides.

Food: Gourmet and nutritious meals, including lamb, lobster, chowder, and vegetarian specialties. "Lunch & Learn" demonstrations teach guests how to prepare healthy meals at home.

Costs: $990 per weekend–$3,630 per week, depending on accommodations and time of year.

The Paper
Houston, TX

The Splendor of Spas

By Carol Isaak Barden

PHOTOGRAPHY TIM BOOLE
HAIR AND MAKEUP SUSIE JASPER

The spa industry has its superstars, and here are our picks. If you want to look good but feel better, go straight to any one of these legendary health camps for a virtuous vacation. These are the classic, luxe spas for women, but men are quickly becoming converts. And pampering? Oh, yes.

Canyon Ranch

Canyon Ranch in Tucson was founded 20 years ago after 50-year-old Mel Zuckerman watched his chain-smoking father die of lung cancer and his own health deteriorate. "I was a man who had everything," he remembers, "high blood pressure, high cholesterol and ulcers." The type-A Zuckerman was a chronic asthmatic who was 40 pounds overweight, paralyzed by arthritis and out of breath. After visiting several spas, he experienced the miracle of restored health and launched his own place.

It's the medical and healing center that sets Canyon Ranch apart from all other meccas of fitness. Zuckerman's fat farm evolved into a luxurious co-ed fitness retreat with full-time doctors, psychologists, nurses, nutritionists and physiotherapists. Zuckerman knows that his guests arrive tired and depleted, and he offers a well-rounded, holistic approach to health.

For me, Canyon Ranch's great appeal is its inexhaustible list of things to do. Located on 70 acres in the foothills of the Santa Catalina Mountains, the Ranch has a 62,000-square-foot spa, a medical facility, a 75-foot pool, seven gyms, racquetball, squash, basketball and tennis courts, a running trail, a full-service salon and separate spa areas for men and women. Add to that 60 massage therapists, a health and healing staff numbering 55, and nine behavior therapists to deal with depression, stress, disabling pain, sexual problems, sleep disorders, midlife and compulsive behavior. There are movement therapists, acupuncturists, natural-healing specialists, exercise physiologists, tennis and racquetball pros, body work therapists, art and music therapists. Fresh mountain air and vigorous exercise are the foundation for total revitalization, and each week the Ranch offers dozens of hikes. Each day, approximately 50 get-fit options are offered: aerobics, toning and stretching, walking, tennis clinics, Tai Chi, weight and circuit training, water classes and yoga. Guests can sign up for biking in the spectacular Sabino Canyon and an assortment of gentle walks. Other reasons to visit are the peace and quiet, the miles of trails, the calm, unpretentious atmosphere and guest rooms with put-your-feet-up comfort.

Of course, there are several dozen pampering beauty and body therapies, and treatments are interspersed with workshops like More Grab 'N Eat to break the drive-through, walk-through, gobble-on-the-run habit. Or how about scheduling a cardiac treadmill stress test, a bone density evaluation or a private swim lesson or aqua workout? There are eight-day workshops on Living with Arthritis, Journey Through Midlife and Healthy Heart. At night, I have attended lectures on intimacy, acupuncture, dream analysis, desert wildlife and handwriting analysis. You will never be bored.

The visionary Zuckerman believes that mind fitness — emotional and spiritual health — is as important as physical fitness, and everything at the Ranch is calculated to help the fitness faithful open themselves to new personal possibilities. Zuckerman encourages guests who "aren't afraid of the S word" to try the spiritual programs: meditation, breathing, yoga and Tai Chi. Yes, it costs quite a lot of money ($250-$300 a day), but where else can you find help for your depression, smoking habit, disabling pain, sexuality problems, sleep disorders, compulsions and menopause? The directory of services includes hypnotherapy and biofeedback.

Although I'm miles away from a flute of champagne, Ranch food inspires me to eat healthier food at home. The low-fat fare is delicious, and the chefs dish up lots of clever substitutions.

Executive fitness has become a big deal here, and Canyon Ranch's message has drawn the attention of corporations. There are wellness programs for executive burnout victims as well as team-building seminars. "They come to decompress and be spiritually replenished," says Zuckerman. There is a sister property in the Berkshires, which is convenient to east coast residents. At the Tucson Ranch, you will spot a spiffy clientele of super achievers seeking respite from the fast lane. Madonna slept here. So have Courtney Love, Robin Williams, Kirk Douglas, George C. Scott, Jody Foster, William Buckley, Barbra Streisand and Donna Karan.

At the end of my stay, I am always genuinely sad to leave. I might have lost a few pounds, but it doesn't matter. I measure my progress not in inches but in how I feel when I depart. When I exit the Ranch, my head is always in mint condition. *Canyon Ranch, 5600 E. Rockcliff Road, Tucson, AZ 85750. Phone: 800.726.9900. Fax: 520. 749.7755.*

ON-SITE FITNESS™
October/November 1998

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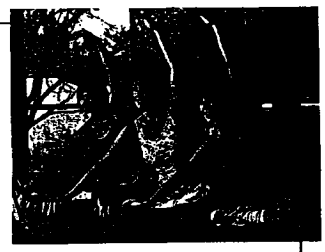
The mind, body, and spirit are one at Canyon Ranch Health Resort.



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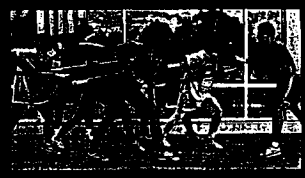
ON-SITE EVERYTHING



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SPA...IT USED TO BE A KIND WORD FOR "FAT FARM"—A PLACE FOR THE RICH AND FAMOUS TO STARVE THEMSELVES. AND TO MAKE UP FOR THE DIETARY TORTURE, MASSAGES, MANICURES, PEDICURES, AND OTHER BEAUTY SERVICES WERE AVAILABLE.

A one-on-one approach.

Canyon Ranch Health Resort in Tucson, Arizona changed all that. Founded by Mel and Enid Zuckerman in 1979, Canyon Ranch promotes a healthy lifestyle that is not concerned as much about weight, but concentrates rather on a *balance* of mind, body, and spirit.

Canyon Ranch's comprehensive approach to wellness includes fully staffed medical, behavioral health, movement therapy, nutrition, and spiritual awareness departments, as well as a full fitness and sports department. And, of course, part of the fun still includes pampering services such as several types of massages, facials, manicures, and other spa treatments for the face and body.

Focusing on high quality—services, equipment, staff—Canyon Ranch looks at each guest as an opportunity to improve a life. When guests arrive, they check in and are whisked away to see a nurse and a program coordinator. The nurse consultation ensures that Canyon Ranch staff are aware of all medications/medical conditions each guest might have. In addition, the nursing staff can guide guests to various activities/departments based on their evaluations. Program Coordinators help guests schedule appointments so as to avoid conflicts and again, assist if guests have questions or are not quite sure of their goals. Canyon Ranch has so many services available that days can be as action-packed or relaxing as each guest desires.

THE DIFFERENCE

Admittedly, Canyon Ranch has a advantage over most locations housing an on-site center: They *are* an on-site fitness center. Every building has a purpose related to health and fitness. And every decision and goal, both business and customer-services related, is based on providing a foundation for building a healthier body and spirit.

The fitness and exercise physiology departments are no different. Services include body composition and definition consultations, basic and in-depth fitness assessments, muscle quality testing, fitness program development, and athletic footwear consultations—the aches and pains that can be attributed to inappropriate footwear are amazing! In addition, a large four-room gym, equipped with a wide range of cardiovascular and strength equipment, is located in the building which houses the fitness department. The location is important because many of the evaluations and programs include hands-on instructions from the exercise physiologists and fitness instructors.

Every decision, both business and customer-services related, is based on providing a foundation for a healthier body and spirit.

The Canyon Ranch fitness department also offers guests multiple class opportunities, ranging from water and other aerobics classes, to stretch classes and body sculpting, to Spinning®, kickboxing, and group treadmill classes. Various combinations of classes are offered continuously throughout the day, and guests can begin their days with 1-, 2-, 3-, 4-, or 8-mile walks, a 5-mile jog, or various hikes into the surrounding mountains and desert.

YOU ARE WHAT YOU EAT

For those guests participating in the above activities (and even just being pampered can build quite an appetite) Canyon Ranch provides a plethora of healthy (and tasty) foods. Again, this is not the starvation approach. Ranch staff strongly advise guests to consume enough calories to support their daily activities. And the menu, which includes daily pasta and salad bars, as well as many other healthy choices, reflects that recommendation.

The nutrition department not only works with guests to improve their eating habits long term, they are intimately involved with determining the Canyon Ranch menus. Records are kept regarding the frequency of orders on each menu item. Although the overall menu changes four times per year, certain items become staples due to popularity.

Nutrition Administrator Lisa Powell, M.S., R.D., says, "We offer

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Healthy spirits at Canyon Ranch.

counseling and will develop healthy eating plans for our guests." She adds, "People are in a continuum of wellness. We encourage guests to identify one to three items—caloric intake, exercise, etc.—and work on those for several months; then evaluate, not only their weight, but also their energy and vitality. Healthy weight is a function of choices and exercise."

Healthy spirit, healthy body

While the above is obviously physical fitness related, Canyon Ranch is so much more. Says Katie Penner, Communications Director, "Our philosophy revolves around taking responsibility for your own health and well-being. Part of that is providing guests the tools to do so."

Canyon Ranch offers daily lectures and mind/body exercise classes. Yoga, meditation, and relaxation classes are offered through the fitness department. And lectures on stress management, relationships, spirituality, and many other topics are offered in the evenings. While Canyon Ranch is able to offer many of these lectures by utilizing staff members, they also bring in local and national speakers.

Wellness education is one area that, although rarely utilized by on-site fitness centers, is actually very accessible. Many on-site fitness centers can tap into local resources—mental health clinics, universities, and yoga practitioners—to bring a greater range of mind/spirit opportunities to your customers.

Taking it to the masses

Until now, "the Canyon Ranch experience" was only available in two locations—the original Ranch in Tucson and a second location in the Berkshires in Lenox, MA. However, Canyon Ranch is developing a plan to expand their philosophy through Canyon Ranch SpaClubs and freestanding wellness communities around the country.

OUR PHILOSOPHY REVOLVES AROUND TAKING

It began, says Gary Milner, Director, New Project Development, when hotels started realizing that they needed to increase their amenities to stay competitive. As *On-Site Fitness* has mentioned repeatedly, hotels are finding that simply having a fitness center is not enough. And many of the hotels contacting Canyon Ranch have decided that a fitness center within a full-service spa will provide the edge they need.

For the past five years, Canyon Ranch Enterprises has provided consulting services to hotels and spas all over the world. Those services include feasibility concepting as well as facility and service design. Milner points out that expanding Canyon Ranch to other locations is a natural next step. "We are proud of what we have accomplished at the Tucson and Berkshire locations," says Milner. "The Canyon Ranch SpaClubs allow us to broaden our audience. Our message of healthy and balanced living will be available to people who might not otherwise have access to us."

The first Canyon Ranch SpaClub will be established at the Venetian Resort in Las Vegas and will be 65,000 square feet, with the option to expand to 105,000. Typical of the Canyon Ranch SpaClubs, it will include most of the same services available at Canyon Ranch destination resorts.

Providing nutrition, behavioral health, and relaxation services—which can be hard to find on the road—in addition to fitness, can make a hotel attractive to business travelers. In addition, Canyon Ranch SpaClubs appeal to corporate clients because they do not have to be experts in the spa industry to offer a top-quality product to guests.

Currently, Canyon Ranch is considering developing SpaClubs in New York, Boston, Atlanta, Dallas, Puerto Rico, Southern California, and Hawaii. Because Canyon Ranch has a high expectation of quality at its health resorts, they accept nothing less in developing the Canyon Ranch SpaClubs. "The

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Exercise is part of the healthy balance.

match has to be perfect," says Milner. "There are a multitude of considerations, and unless these are all met to our satisfaction, we will not proceed with the project. Because of our consultation services, we can assist the hotel in developing their own spa; however, it will not bear the name of Canyon Ranch."

THEIR BASIC PRINCIPALS OF HIGH QUALITY AND A HEALTHY LIFESTYLE HAVE GUIDED THEIR ENTIRE BUSINESS PLAN.

When it's time to relax...

In addition to the two destination spa locations and the SpaClubs, Canyon Ranch Enterprises is in the process of developing freestanding wellness communities. These communities will be built around a wellness center, and again, focus on the whole person—mind, body, and spirit—offering medical staff, behavioral staff, exercise and fitness opportunities, as well as the spiritual aspects ingrained in the Canyon Ranch philosophy.

Bringing it Home

Space and budget restraints probably preclude you from offering the vast variety of services and classes available at Canyon Ranch. However, you can incorporate some of the Canyon Ranch principals into your on-site fitness center:

Quality—Everything about Canyon Ranch reflects a commitment to quality.

Healthy lifestyle — By emphasizing balance and wellness to your customers—through classes, or even magazines and posters—you not only help to improve their lives, but you increase the importance of your fitness center. As customers' lifestyles becomes healthier, they will utilize the fitness center more. In addition, you can work with local vendors such as massage therapists, personal trainers, or nutritionists to make their services available by appointment to your customers.

When considering Canyon Ranch's success, focus on the fact that once developed, their basic principals of high quality and a healthy, balanced lifestyle have guided their entire business plan, from what services to offer to expansion locations to equipment purchases. Regardless of what your company's objectives may be, the mission must play a prominent role in all decision making. Like at Canyon Ranch, excelling in those areas established as priorities will surely bring success. ■

DIST. 7/30/98

USA TODAY
THE NATION'S NEWSPAPER

USA TODAY Life Destinations & Diversions

FRIDAY, JULY 10, 1998 • SECTION D

Grand Bay rushes to offer luxury relaxation

By Gene Sloan
USA TODAY

Vacationers who like the pampering of Ritz-Carlton and Four Seasons soon will have another option.

Patriot American, which owns hundreds of hotels, including the Wyndham brand, is taking on the luxury leaders with a new chain called Grand Bay Hotels and Resorts.

Some of its properties are familiar. The company has scooped up half a dozen of the world's finest resorts, including the Boulders in Carefree, Ariz., California's Carmel Valley Ranch and Miami's Grand Bay Hotel.

It is building hotels in Toronto (opening this fall); Philadelphia (December 1999); Chicago and Key Biscayne, Fla. (both 2000). Marketing chief Mike Surguine hopes to have 25 properties in five years, starting in U.S. cities but going worldwide.

As for service, amenities and price, Surguine says Grand Bay will "be on an equal level" with Ritz-Carlton and Four Seasons. But don't expect cookie-cutter copies of the luxe chains. Grand Bay will set itself apart with an even greater emphasis on relaxation and healthy living, he says.

The biggest difference: The company bought the Golden Door spa in Escondido, Calif., this year and plans to expand its offerings throughout the chain. Room service will offer spa cuisine 24 hours a day, and health centers will stay open around the clock. Forgot your workout clothes? They're stocked in hotel rooms and laundered daily.

Hotel analyst Scott Berman of PricewaterhouseCoopers says it's a smart move. With the economy rapidly creating wealth, demand for the toniest digs is outstripping supply in many cities. "There have been very few new luxury hotels," he says.

Surguine says it'll take about six months for Grand Bay amenities to arrive at the Boulders and other existing properties. The Golden Door spas will go in over the next year, with the first at Puerto Rico's Las Casitas Village, which Grand Bay takes over Sept. 1.

Patriot American isn't the only hotel company toying with the idea of a luxury chain. Starwood Hotel Group, which owns Sheraton and Westin, has two luxury properties under the St. Regis banner and is considering more.

Spas spread out

California's Golden Door isn't the only famous spa planning a coast-to-coast expansion.

Canyon Ranch, the hideaway that began in Tucson, Ariz., also is taking its concept of healthy living nationwide with a chain of giant day spas in urban areas.

"To do this five or 10 years ago would have been madness," Canyon Ranch development chief Gary Milner says. But vacationers now want spas closer to home so they can "stay with the program."

The Canyon Ranch SpaClubs will be on a scale never seen in big cities.

Like the original in Arizona and its sister in Lenox, Mass., they'll have up to 30 massage rooms, 15 facial rooms and therapy pools.

They'll also have a full-size gym with a four-story rock-climbing wall, a wellness center with nutrition counseling, a beauty salon and a cafe.

The spas mostly will be in or near hotels and open to local members as well as walk-ins. The company is negotiating for locations in New York City, Boston, Atlanta, Orlando, Fla., Las Vegas and the Caribbean, Milner says.

This magazine is distributed in the United Kingdom . . . .

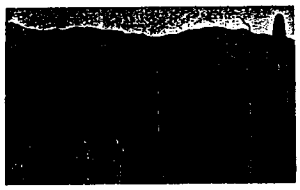
SUMMER 1998

Frank

The great Spa trek

Photographs Kate Garner Fashion editor Madeleine Christie

Finding the right spa is like finding the right gynaecologist: tricky, time-consuming and in the end it all boils down to chemistry. *Frank* has the how, why and wherefore



Canyon Ranch, Tucson, Arizona

'How many hours did you exercise today?' is a common question at Canyon Ranch Health & Fitness Resort. Not for the fainthearted, this mock (yet convincing) Spanish colonial paradise, set in the Sonoran Desert at the foothills of the Santa Catalina Mountains, is dotted with cactus gardens, tropical trees, streams, pools and fountains. With 40 daily fitness classes offered – as well as tennis, biking, hiking and 'spiritual' exercise programmes – the emphasis is on 'get up and go', rather than 'stay in and be'. A break at the 700-acre resort is a kick-start to a healthy lifestyle, not an excuse to crash – although in true Spanish style, a midday siesta is encouraged. Guests have little choice other than to focus on the physical. So, unless you're up for suffering a few aches and pains, pacing yourself is key to enjoying time at the Ranch.

AM The very keen get up for the 6.30am, eight-mile walk. A five-mile jog and slower-paced walks are offered an hour later. From then on, the Canyon Ranch Guide – which lists the 8am-5pm fitness schedule, as well as the medical, nutritional, spiritual, exercise, beauty and behavioural health services offered – becomes an indispensable personal planner.

PM Spiritual awareness classes – chi gong, t'ai chi, meditation and yoga – are big draws. Beauty treatments finish at 8pm. Metaphysical services – handwriting analysis, clairvoyant and tarot card readings, astrology – and lectures with a slightly flaky Californian-style 'self-improvement' bent are equally popular after dinner.

Diet Ab fab, to use the hackneyed phrase. Although the cuisine is lean, anything is possible – pizza, lobster, lamb chops, cheesecake and hot fudge sundaes. For sceptics, the waiter recites the precise number of calories in each mouthful of these culinary wonders thrice daily.

Going solo? If it's a serious shape-up you're after, go it alone. You can be as insular or as outgoing as you choose.

Star treatment The aloe glaze cools down and moisturises skin exposed to the Tucson sun and heat. A cool gel made from Sonoran Desert aloe is applied to the body, followed by an application of calming rosehip cream. A mist of lavender essential oil completes the treatment. Invigorating yet soothing, it relieves sunburnt skin and encourages cell regeneration.

Staff Super-friendly and seemingly everywhere, the staff-to-guest ratio is nearly three to one. The ranch has all its bases covered, employing top-notch medical doctors, nurses, psychologists, exercise physiologists, nutritionists, movement therapists, acupuncturists, fitness instructors, tennis and racquet ball pros, aestheticians, massage and bodywork therapists, art and music therapists and hiking guides.

Spotted The beautiful and the super-rich – Cindy Crawford, Julia Roberts and Donna Karan.

Rooms Cool, comfortable single-storey adobe-style cottages have a tasteful Tex-Mex feel.

Clientele Understated wealthy.

Escape route Head for the Arizona-Sonora Desert Museum, tel (520) 883 2702, which is 30 minutes' drive from Canyon Ranch.

Go Year round, but spring and autumn are the best times to visit.

Cost In summer prices fall (from $500 to $350 per night) because temperatures can soar to 45°C. 'Our guests spend most of their time indoors in summer,' said one member of staff, which rather seems to defeat the purpose of a stay at the Ranch.

For more information Canyon Ranch, 8600 E Rockcliff Road, Tucson, Arizona 85750, tel (001 520) 749 9000.

November 1999

WORKING WOMAN
NEW YORK, NY
MONTHLY 780,000
NOVEMBER 1999

Type-A Getaways

Spas are the ultimate places to relax, learn tae bo, and make a deal—all at the same time. By JoBeth McDaniel

AT TODAY'S SPAS, you're just as likely to see fit executives rock climbing, mountain biking, and holding court in the sauna as you are society matrons in seaweed wraps and mud masks. Spas are still great places to get the latest health and beauty treatments, but they're also networking havens that offer classes, sports training, and lots of activities that encourage high-powered mingling.

"Experienced spa goers often carry business cards in their fanny packs," observes Kim Marshall, executive producer and host of *The Spa Life*, a new show on the Health Network. "The women who go to a spa are hip and aware, the kind of people in good jobs you want to know." They're women like Karen Gilles, CEO of Bio-Vascular Inc., a St. Paul medical devices company. Gilles often takes a spa break after her company's busy season, not only to get away and relax but also to make connections. Referring to her spa mates, Gilles says, "There is some commonality among all of us, and we talk about the kinds of things we struggle with. You share things, and you gain inside knowledge."

So which spas are best for making connections? Look for facilities with active offerings; they're more likely to attract the Type As who run companies or hold high-level corporate jobs. Here are some of our top picks in five categories.

All-out luxury. Catherine Washabaugh, an engineer in Bay City, Michigan, says she works extra hard to get in shape before her annual spa week, so she's fit enough to take advantage of all the activities. For her 40th birthday, she's treating herself to a stay at Canyon Ranch Health Resort in Tucson, Arizona (800-726-9900; canyonranch.com; $3,020 a week and up), which has hundreds of activities—from wallyball to water treadmills. It's also a good place for people to make positive changes in their lives, such as quitting smoking and improving heart health. Canyon Ranch has just opened a day spa in Las Vegas at the Venetian Resort and also has a destination-spa location in Lenox, Massachusetts.

The Golden Door in Escondido, California (800-424-0777; goldendoor.com; $5,250 a week), is one of the most expensive spas—a place where you can find CEOs and rock stars yakking away

S. ILLUSTRATION: CAROL FREDO.

THE ONLY AIRLINE MAGAZINE IN THE WORLD PUBLISHED TWICE A MONTH!

AMERICAN AIRLINES · AMERICAN EAGLE NOV. 15, 1999

AMERICAN WAY

A GUIDE TO
10 HOT SPAS

A NEW SPIN ON SPAS

Yesterday's fat farms are now heavenly retreats that pamper body, soul, mind, and palate. For ten choice places to get blissed-out, and some spine-tingling treatments, read on. **BY ELAINE GLUSAC**

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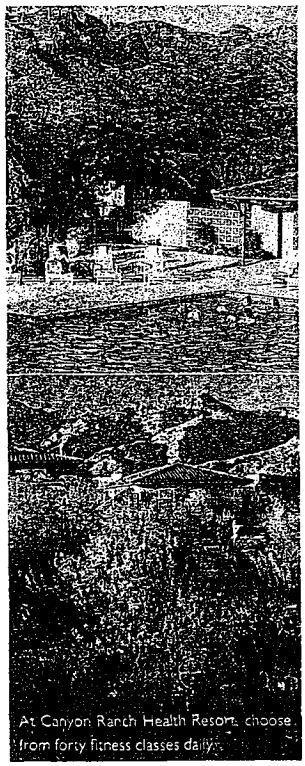
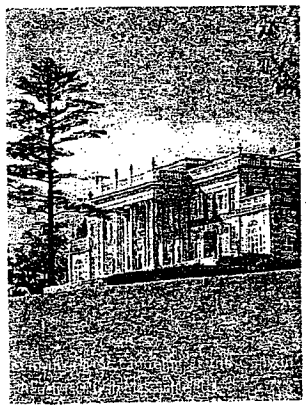


At Canyon Ranch Health Resort, choose from forty fitness classes daily.

What makes a spa great? Service and serenity, sure. But options matter, too: You'll want the choice of indulging in pampering or intensifying via athletics. The best ones also boast a sense of place — of culture in Hawaii or geography in Arizona — rather than hew to the coldly clinical. These ten stellar resort and destination spas offer it all.

CANYON RANCH HEALTH RESORT, TUCSON, (800) 742-9000; FOUR-, SEVEN-, AND TEN-NIGHT PACKAGES FROM $2,290

Canyon Ranch employs not only massage therapists and trainers, but doctors, nutritionists, and psychologists. Guests at the desert destination custom-design a stay that samples wellness, fitness, and alternative therapies. Among options, get a bone-density evaluation or biofeedback consultation. From the forty-class-a-day fitness schedule, you can receive instruction in the ancient Chinese physical meditation practice called *chi gong,* walk on a treadmill underwater, or hike the cactus-studded Santa Catalinas. Choose *jin shin jyutsu* massage to open blocked energy flows and a Parisian body polish to exfoliate skin with crushed pearls. Later, learn to design a Web page or have your handwriting analyzed. Too enervating? Then relax in your cozy casita or linger over elegant meals.



CANYON RANCH IN THE BERKSHIRES, LENOX, MASSACHUSETTS, (800) 742-9000; THREE- TO FOURTEEN-NIGHT PACKAGES FROM $1,250

The cultured East Coast sibling of the trendsetting Tucson spa, this Canyon Ranch takes the Western wellness orientation and plops it down amid green and rolling New England. Berkshire guests canoe the rivers, hike the forests, and cross-country ski winter's snow cover while exploring other fitness and wellness programs that mimic the Arizona model. Escape into a good book in the wood-paneled library housed in the elegant 1897 vintage Bellefontain mansion, the social locus of the retreat.

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american spa
DECEMBER 1999 AN ADVANSTAR PUBLICATION

Profile *(MOVERS AND SHAKERS)*

BY KATHLEEN EWALD

KING OF THE CANYON

Mel Zuckerman on the past, present and future of Canyon Ranch.

IN 1978, REAL ESTATE developer Mel Zuckerman had what he likes to call his "a-ha" moment. Forty pounds overweight, he checked into California's Oaks at Ojai not long after his father had passed away from lung cancer. The experience was a turning point for him; he started working out, shed the pounds, and realized he had the power to transform his health. Armed with a newfound sense of purpose, Zuckerman and his wife, Enid, decided to build their own health resort dedicated to changing people's lives. One year later, they opened Canyon Ranch in Tucson, AZ. Two decades later, Canyon Ranch—now three properties strong—is consistently named "best spa" in the consumer press, and its cutting-edge health and healing services are models for the entire industry.

PHOTOGRAPHY: COURTESY OF CANYON RANCH

What was the spa industry like in 1979?
There were probably three types of spas, and that was before the advent of the term "day spa." In the 1960s and 1970s, spas were places you went to for some period of time. There were what I call pamper palaces, where wealthy women went to be pampered. Then there were the resort spas, which were basically spas at resorts. And the third category was the fat farm spas. And when I decided to [build Canyon Ranch] in 1978, I decided to take the best of all of them, to combine the empowerment of a fat farm with the elegance, enjoyment and quality of a resort. We basically changed the industry.

Did you have any prior experience building resorts?
My wife and I, when we made the decision to do this, knew absolutely nothing about what we were getting into. All I knew was the positive result that people could get from having an experience like I had.

Was there anyone in the industry you went to for guidance?
There was a woman by the name of Karma Kientzler, who had guided my experience at the Oaks. I said to her, "I'm going to go into this business." And we had become good friends, and she said, "Well if you ever do, I'd love to come to work for you." She came on board, [along with] a woman named Jeanne Jones, a nutritionist who was writing books on healthy eating for diabetics and people with heart disease.

When and why did you add the medical department?
We opened it in 1985. We wanted to expand our programming right from the very beginning. Maybe it was because I had no exposure to spas before the Oaks, maybe because I had such a transformation in my lifestyle and my health profile that I wanted the spa experience to be much more than losing weight and gaining some fitness. Most people's knowledge of their health was miniscule, because when they didn't feel well they went to their doctor and the doctor didn't tell them anything, he just gave them a prescription. The research today is impeccable on the likelihood of disease and disease-related disability being reduced significantly by lifestyle. And so as I got into this I decided I really wanted to make it a more serious place for people to come in as seekers and address how they could live a healthier lifestyle.

How do you come up with all of the cutting-edge treatments and services?
We meet once a year at both properties; we have a health and healing

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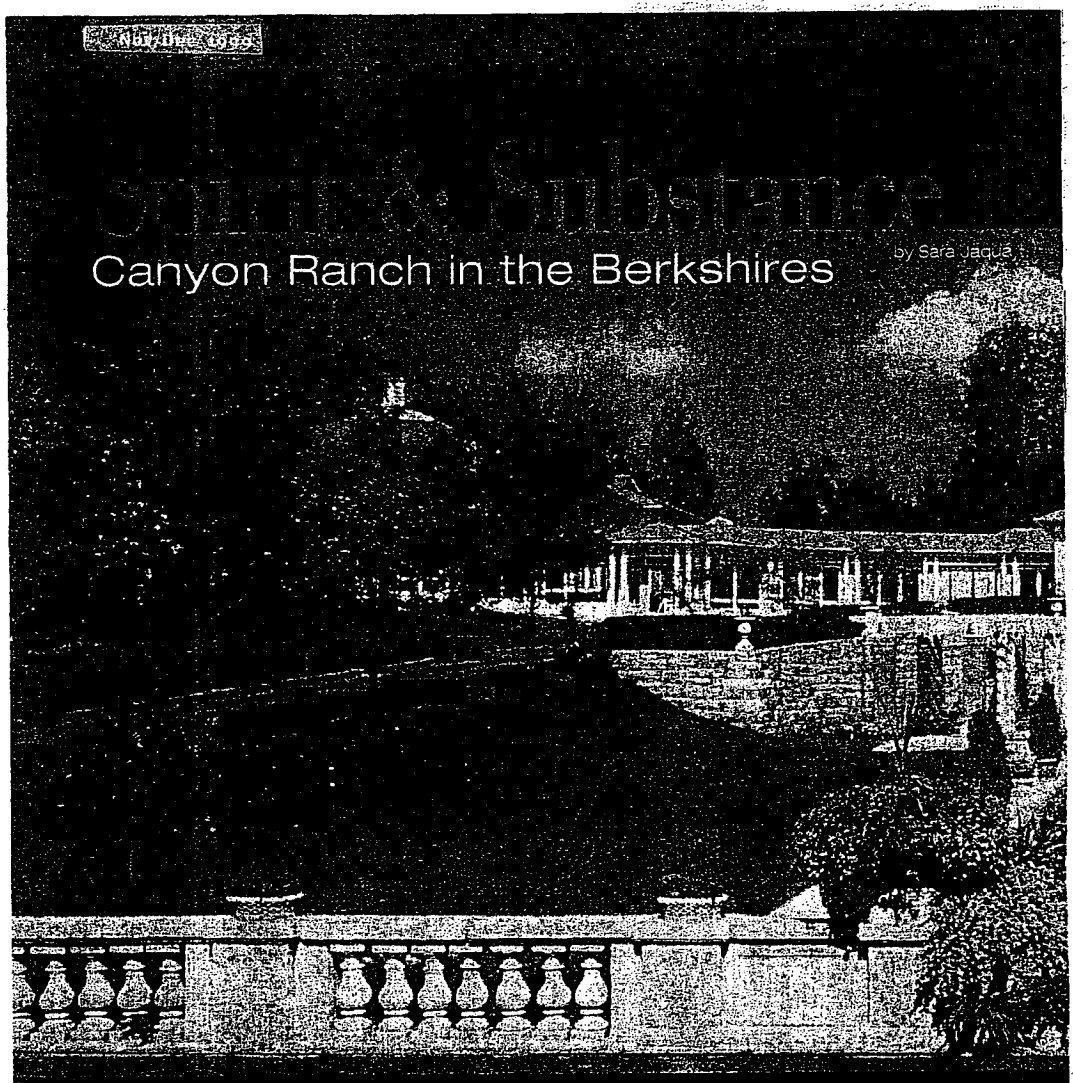
Healing Retreats & Spas

Nurturing & Healing Alternatives for the Global Community



Canyon Ranch in the Berkshires

by Sara Jaqua

heard of the name enough times that I am sufficiently intrigued when I arrive. *Condé Nast Traveler* magazine has repeatedly rated Canyon Ranch as one of the top spas in the world, and other articles I've read depict the spa as if it were in a category of its own.

But I know how writers can exaggerate, and I am determined not to be one of them.

Besides, if the truth be told, I am not that excited about spas any more. Too many of them have jumped on the bandwagon in the hopes we won't notice they really aren't

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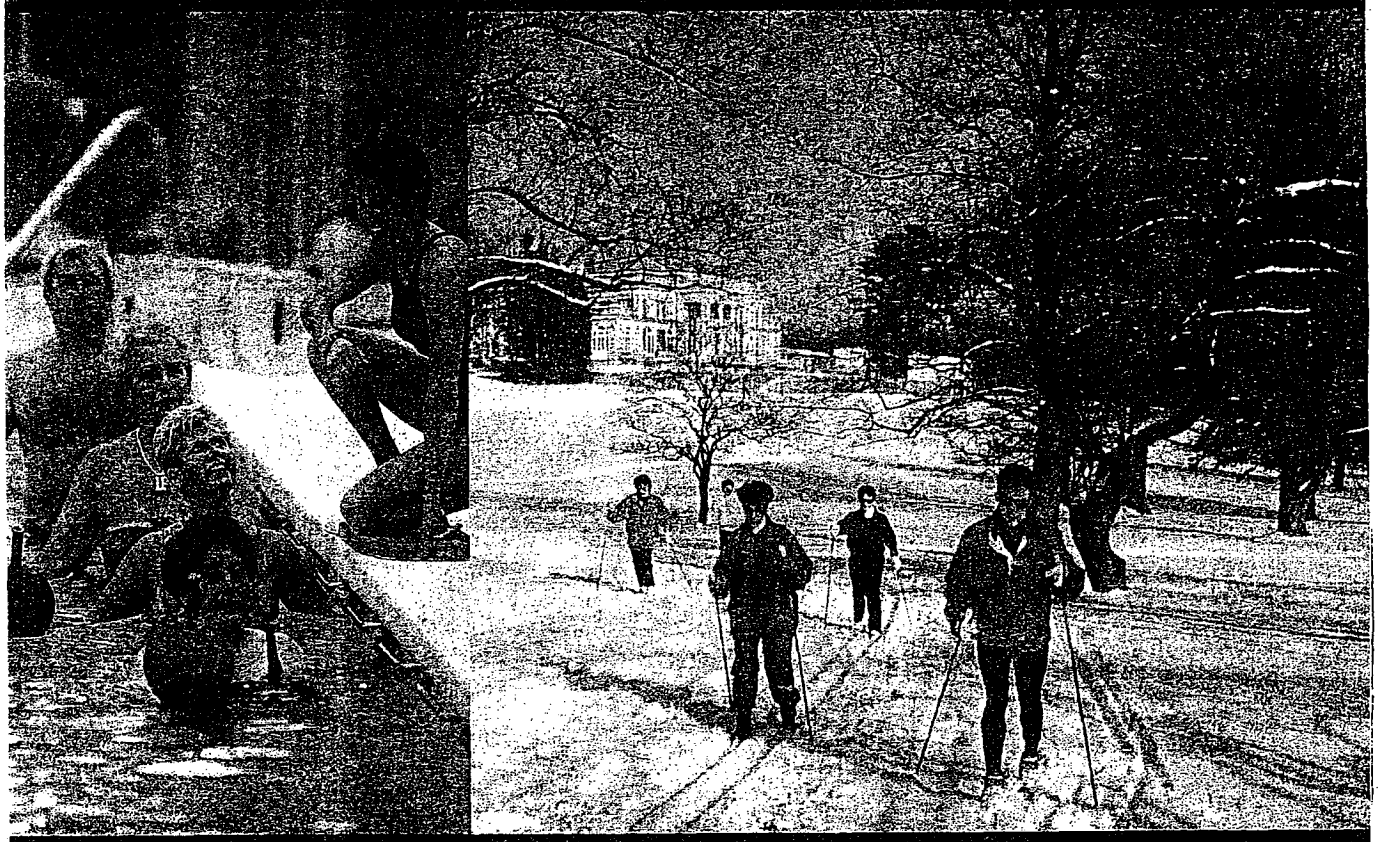
I begin to feel inspired to take care of my body, amidst the camaraderie of my fellow spa-goers.



Above: Working out in the pool.

Right: A group of inmates escapes on skis.

hour, I am not exactly stress free, but I do feel more invigorated.

At dinner, my first meal at the Ranch, I experience mild disappointment, followed by a pang of fear: everything looks fat free, tastes fat free, and the portions are small. It doesn't help that other people in the dining room are talking about the food, too. "Tomorrow I'm having real food. I can hardly wait," I overhear a woman say. "Somehow it all looks like play food," her friend says. "The things that are missing are salt, butter, chocolate chips, and cake," she says, and then reaches for another piece of bread. I try to recall how far the closest town is, the nearest restaurant.

I'm soon to find, though, that what I'm experiencing is simply withdrawals from months of fattening foods. The Ranch is serious about getting people back on track foodwise, and they have a series of nutrition and behavioral health experts to help make it happen. I get a consultation from a health educator on food habits and learn that I should be visualizing myself moving calmly and eating slowly when in a restaurant or other place where I might be tempted to overeat. I'm told that if I eat while in a stressful state my body stores more fat cells. Even though I don't have a serious weight problem, this is stuff I need to know.

I see a physiologist who recommends I stretch my muscles after a workout, that I get aerobic exercise five days a week, and that I add more variety to my workout. She teaches me the squat and lunge, and how to lift weights for my biceps and triceps muscles.

From the thirty fitness class options per day, I choose an aqua aerobics class and work some extra flab off in the pool, kicking and jumping to rock music along with twenty-five other swimmers, all of them women. I begin to feel inspired to take care of my body, amongst the camaraderie of my fellow spa-goers and the obvious caring of the staff.

CR001958

Spiritual revelations do occur at Canyon Ranch—they just don't make a big fuss over them.

healing and wellness take place if you are properly informed about exercise, nutrition, and stress management.

The staff, and the education and support they provide, is the most important thing the Ranch has to offer. The staff-to-guest ratio is three to one, and among the professionals the Ranch employs are physicians, nurses, psychologists, aestheticians, and acupuncturists, all with a vast knowledge of their subjects. I find this to be true time and again as I complete my program there.

The majority of my treatments at the Ranch deal with my inner self, since it is my goal to remember my experience here beyond three days. The elderly woman who guides me through 110 minutes of movement/bodywork is not only knowledgeable about the human body and the emotions that get stored there, she is incredibly caring and intuitive. The bodywork involves lying on a table while various parts of my body are touched, massaged, and rocked. I'm asked to describe how I'm feeling at every moment, and somehow my practitioner knows when to ask and where to touch to get a response.

Although this therapy is touted in the Ranch's brochure as helpful in releasing tension for those with arthritis or asthma, I find it to be a cathartic, personal experience, one in which old emotions come up and get explored, pushed through, possibly let go. I hug her when I leave, feeling as if I'm leaving my mental baggage behind.

Other treatments are equally unforgettable. I take an "Inner Journey," designed to get me in touch with a "rich reservoir of memories, images, feelings, and messages." My practitioner has a Ph.D. and is extremely knowledgeable in the field of hypnotherapy, as well as psychology. I'm told that a past life may or may not appear during this session, and am surprised to find that one indeed does appear. After I have come out of the hypnosis, my practitioner is careful to not place too much emphasis on whether or not past lives are real, and concentrates instead on why these particular images came up for me now, in this life.

My favorite body treatment is "Euphoria," which includes a Swiss shower, body wrap, aromatherapy scalp massage, body mask, body scrub, and immersion in a hydrotub. It lasts 100 minutes, and by the time it is over I am so relaxed I go to my room and sleep for three hours.

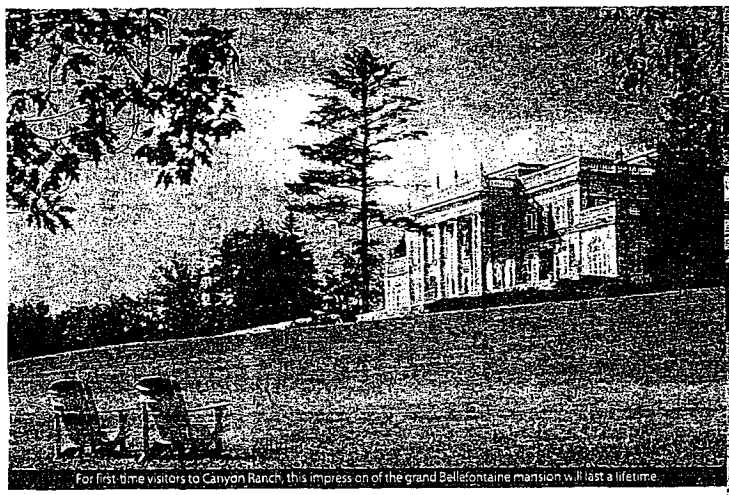
I know I will remember my time here when I go home. I am relaxed, which the average spa can make happen, but I am also spiritually renewed. The Ranch seems to work hard to avoid turning off people who are suspicious of anything "new-agey," instead emphasizing the practicality and educational aspects of their services. Underneath the surface, however, spiritual revelations do occur. They just don't make a big fuss over them; which is refreshing. It's telling that the word "spa" does not turn up in their literature. They call themselves a "health resort," and as such, they truly stand alone. Life's

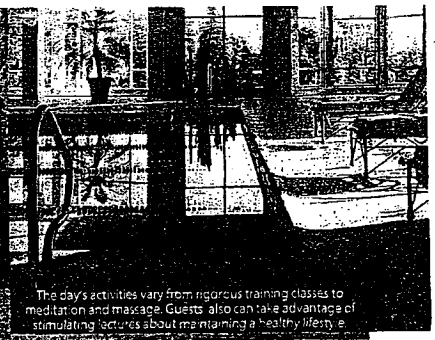
TRAVEL

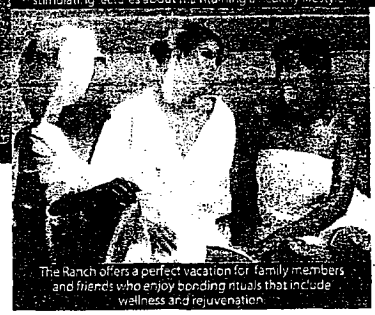
By Lorna Franklin

Berkshires Rejuvenation

Canyon Ranch paves the path to wellness in a majestic setting


For first-time visitors to Canyon Ranch, this impression of the grand Bellefontaine mansion will last a lifetime.


The day's activities vary from rigorous training classes to meditation and massage. Guests also can take advantage of stimulating lectures about maintaining a healthy lifestyle.


The Ranch offers a perfect vacation for family members and friends who enjoy bonding rituals that include wellness and rejuvenation.

Five years ago, the women in my family started a summer ritual of health, weight loss, rejuvenation and bonding. After reading and hearing about Canyon Ranch, we knew we must experience what Julia Roberts, Cindy Crawford, Donna Karan and countless others rave about.

Upon our arrival at the airport in Hartford, Connecticut we were welcomed by a warm and friendly staff member who whisked us on an hour-long drive through the serene mountains of wildflowers that blazed the roads to the majestic entrance of Canyon Ranch and the breathtaking grand Bellefontaine mansion, which was built in 1897 as a replica of the Petite Trianon, Louis XV's Versailles chateau. We were immediately disappointed to learn that this was not our private suite, but the luxurious dining room and home to a grand library with many cozy lounges in which to enjoy the tranquility of Massachusetts' Berkshire mountains.

Eager to trade our Gucci city gear for sweatpants and natural no-fuss hairdos, we dashed to our well-appointed suites to begin a week of bliss. Our party consisted of seven women and took over two double suites. Our next stop was the Health & Fitness Assessment Center, where we were given a light health evaluation before working with a staff member to map out a week's program specifically designed for our individual goals. By ten p.m. we were exhausted but exhilarated about what lay ahead in the next few days.

Alarms blared at 6:30 a.m. the following morning. Approximately 50 other guests met us and we began our day with a lively walk. Groups separated into levels of walking speed and though we felt that we could accomplish a brisk five-mile jaunt in one hour, what lay ahead in those curvy and sometimes steep hills pushed us back with the slower walkers.

After enjoying a savory breakfast with delicious choices that included sweet-potato waffles with maple syrup, our day's activities varied from rigorous exercise classes of Aerobic Circuit Training, Cardio Box and Spinning, to Meditation, Restorative Yoga and Chi Gong. Some members of our group also took in specialized classes such as Pilates, Energy Flex and Heart Smart. Outdoor activities were abundant, from hiking—overlooking the famous century-old towns—to sculling the Great Lakes of the Berkshires. We rewarded ourselves each afternoon and evening with different glistening body treatments. From deep-tissue massages and herbal wraps, to craniosacral and neuromuscular therapy, even spa regulars could succumb to the Sisley facials and gentle hands of the experienced therapists. Each evening, following meals crafted for a true gourmand, a different lecture was given about physiological well-being.

> Outdoor activities were abundant, from hiking to sculling the Great Lakes of the Berkshires.

It's easy to appreciate all that the Berkshires offer. Known across the country for legendary theater—in August, Gwyneth Paltrow appeared in *As You Like It* at the Williams Town Theater, a stone's throw from the resort—and summer music at Tanglewood, the Berkshires summer cultural series and concert series, coupled with Canyon Ranch's nonstop schedule provide more extracurricular activities than you could crowd into one week.

In addition to the exhilarating classes, there are motivational lectures. So, while my mother and I feasted on a scrumptious lunch of sweet-potato soup and a duck-breast wrap with scallions and a red-currant glaze, we listened to Canyon Ranch co-founder Mel Zuckerman.

In middle age, Mel Zuckerman's highly stressful career and sedentary lifestyle caught up with him. First, Mel's father was diagnosed with lung cancer and died within a few months. Then, a visit to his own doctor alerted the 50-year-old accountant and land developer to the fact that he had the body of a 71 year old. Remembering his father's words, "If I'd only quit smoking and taken better care of myself," Mel took off to the Oaks Spa in Ojai, California. Although he only intended to stay one week, he hung around longer and managed to loose 28 pounds. By the third week he could run over a mile in only 11 minutes. That was his "Aha" moment. This year, Mel celebrates his ninth anniversary at Canyon Ranch in the Berkshires and his 20th year with the original Canyon Ranch in Tucson, Arizona.

The goal of a resort like the Canyon Ranch is to teach us how moderate our lifestyles. Though I doubt we will all cook every night, using the fabulous organic foods we were treated to, we've become more enlightened about living life to its fullest and never having to look back and say, "If only."

Get lost: Call 800-742-9000 or log on to the website www.canyonranch.com.

CR001960

Travel Today
OCTOBER/NOVEMBER 1999

A Healthy Retreat

BY RUSTY KRAUSE & PHYLLIS SMITH

Learn how to create a sense of balance in your life at Canyon Ranch — and how to integrate it into your everyday routine when you return home!

In a world full of hectic schedules and daily pressures, it's more important than ever to take time for yourself. In years past, women saw a weekend getaway as a peaceful resort in the sun while today, women seek out a retreat that nurtures the soul as well as the body.

As a working woman, I only recently learned how to treat myself to these necessary and indulgences when I persuaded my friend Phyllis to join me for five days of pleasurable fulfillment at Canyon Ranch. What we discovered was a great deal more than just a few days of relaxation. Through the presentations and programs at The Ranch, we learned how to make better, healthier choices that would help create more balance in our lives and enjoy a healthier lifestyle.

HOME ON THE RANCH

Canyon Ranch is the ultimate award winning health retreat in the Berkshire Mountains of Lenox, Massachusetts. The focal points of Canyon Ranch are the Inn, the Spa and the Mansion connected by an all weather glass enclosed walkway set upon beautiful land scaping and surrounded by woods.

The two story wood en Inn has 126 guest rooms and suites. The spa offers extensive treatment and fitness facilities as well as indoor pool, tennis courts and jogging track. The Bellefontaine Mansion built in 1897 as a replica of the Petite Trianon at Versailles, houses the dining area, library lounges, computer center and professional services. Around the Ranch are miles of on/off walkways, hiking, biking and cross country trails which create a soothing environment of tranquility.

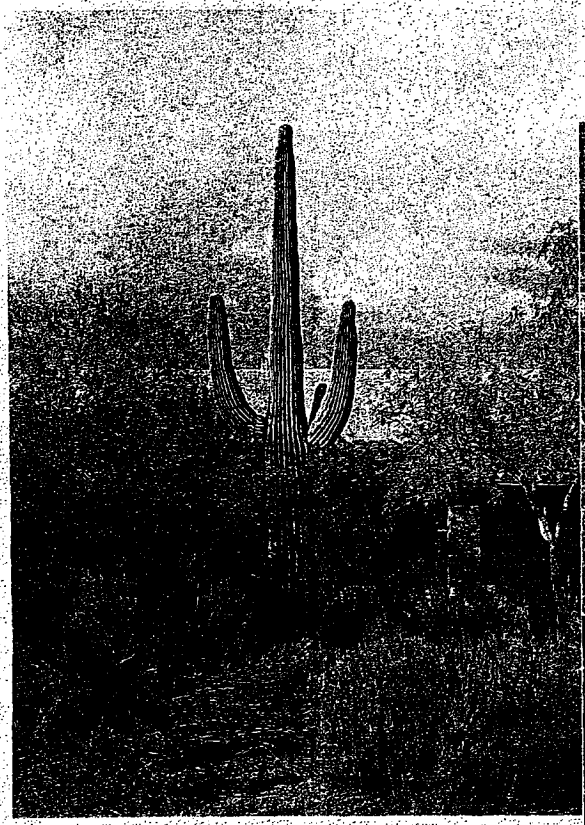
CR001961

FORTUNE
OCTOBER 25, 1999 / $4.95

Dist. 10/22/99

PERSONAL FORTUNE

LIFE BEYOND WORK



VISITORS TO CANYON RANCH learn the art of "aging well" by taking walks, practicing tai chi, or simply contemplating the cacti.

Better (And Fun!) Aging

The author gets life lessons. And finds his waist. BY LAWRENCE A. ARMOUR

SIX MONTHS AGO, 33 MEN AND WOMEN AGES 49 TO 72 checked in to the Life Enhancement Center at the Canyon Ranch complex in Tucson for the kickoff of a new program called Optimal Aging. I was a member of the group—the skeptical one. I mean, now that boomers are in their 50s and Viagra reigns as the recreational drug of choice, there's no shortage of programs selling us on graceful aging. The Can-

PHOTOGRAPHS BY ANN SUMMA

CR001962

BACK ON THE SQUASH COURT, the author (left) has learned to play by lumbar-friendly rules; a week at Canyon Ranch includes consultations with M.D.s and physiologists.

NALLAH FANNY—SABA

yon Ranch program looked suspiciously like yet another attempt to jump on the longevity bandwagon.

I was wrong. It turned out to be a cool gig. The food was great. We had serious one-on-ones with M.D.s, psychologists, and exercise physiologists who know their stuff. Outside experts gave us the skinny on everything from nutrition and stress to herbal medicine and cardiovascular fitness. We got insights into the latest thinking on the prevention and treatment of Alzheimer's, hypertension, arthritis, and the other aging phenomena we worry about. We meditated. We worked out. I lost four pounds.

Okay. Four pounds isn't much to brag about, but the Optimal Aging program isn't about short-term transformation. It's about changing how you live. "Back when Canyon Ranch was essentially a fat farm," one of the old-timers told me, "we'd put the guests on an 800-calorie-a-day diet and work their butts off. They'd lose ten to 12 pounds in a week. But when they headed down the driveway, their first stop would be McDonald's or Burger King."

Which brings us to the real questions: Did my weight stay off? Did the lessons I learned sink in?

The answers are yes, and yes again. In addition to the four pounds I left in Tucson, I dropped another ten after I got home—and they've stayed off despite a two-week, lobster-filled vacation on Cape Cod and the business lunches that go with my everyday territory. But that's only part of the story. The headaches that used to plague me have just about disappeared. My blood pressure is down. Same goes for my cholesterol. I wake before the alarm goes off in the morning, and I've got energy to spare at the end of the day. (Full disclosure: All of the above are great, but the thing I really love is that for the first time in 15 years, I've got a waist.)

So what's the secret? The answers won't shock you if you've been at all conscious during the past decade. I now have breakfast every morning. I rarely eat meat. I limit myself to one cup of coffee a day, drink lots of water, and have discovered that I can do without beer at lunch and Scotch at night. I take vitamins and supplements. I don't exactly meditate, but I do carve out a couple of minutes twice a day to stare into space and focus on breathing. I make it to the gym two or three times each week, and I manage to get a little exercise on the off days.

This, of course, is stuff we all know we're supposed to do. The difference is that the folks in Tucson got me from "supposed to" to actually "doing." How'd they do it? A combination of things. The Canyon Ranch people are skilled at conveying what they know. And, for lack of a better term, there was peer pressure. Lots of it. It helped that members of my group constantly reinforced the messages we heard. So did the fact that I was ready. I had done too much yo-yo dieting and seen too many friends go down with heart attacks. This time, I wasn't just writing all the do's and don'ts in my three-ring binder; I was ready to put what I was hearing into practice.

The 33 of us in the program—ten couples, 13 individuals—came from 15 states. Occupations ran the gamut: lawyers, money managers, business consultants, a judge, a Napa Valley winery owner, a social worker, and an associate commissioner of education from Connecticut. I was the only writer and, at 64, in the mid-

CR001963

NAJLAH FEANNY—SABA

GETTING TO THE GYM several times a week, our man remembers that stretching should be as routine as brushing your teeth.

dle of the age range. We were a serious bunch. We had demonstrated that a month earlier by filling out a 20-page "Confidential LifeStyle Questionnaire," which gave our counselors-to-be at Canyon Ranch an intimate view of virtually every detail of our daily lives. To plug in the remaining blanks, the medical staff drew seven vials of blood from each of us the morning of our first day in Tucson.

We were shown to adobe rooms and *casitas* that were large, luxurious, and stocked with all the amenities you'd expect from a spa with a weekly tab of around $5,000. Not that we spent much time in our rooms. Our days were packed with activity. But it wasn't boot camp either. If you needed a break, it was okay to sit in the shade and contemplate the cacti and bougainvillea.

Each day began at 7 A.M. with two choices: a brisk walk through the desert or a session of tai chi or chi gong. Next came a short period of meditation, then breakfast featuring an egg-white omelet bar. Nine to noon was serious stuff: (1) lectures on exercise, stress, weight control, vitamins, antioxidants, memory, heart disease, the aging frame, chronic fatigue, sexuality, and insomnia; (2) classes in strength basics, weightlifting, agility, balance, yoga, water aerobics, and dance; and (3) individual consultations with Canyon Ranch doctors, nutritionists, fitness instructors, and psychologists.

Lunch, which ran from noon to one, was often accompanied by a minilecture on an aspect of nutrition or a demonstration of how to prepare a great-tasting, low-calorie meal. The afternoon was a rerun of the morning—lectures, classes, workouts, and one-on-ones. Dinner featured a pasta bar, lots of salad and veggies, and your choice of meat, fish, or poultry. The evening activities, which ran from 7:15 to 8:30, varied—a discussion, a demonstration, even a campfire with roasted marshmallows.

Dr. Evan Kligman, the gerontologist who designed and runs the Canyon Ranch program, set the tone in his opening lecture. We know lots about aging, he said. We know, for instance, that easily measured things like strength and the body's ability to use oxygen decline with age. Still, said Kligman, who teaches at the University of Arizona College of Medicine, there is no scientific way to determine why some people in their 80s and 90s remain active, alert, and happy while others wind up hobbling around with walkers or living out their lives in nursing homes.

Full stop. Although all of the above is true, the men and women who demonstrate what Kligman called "enhanced adult health status" have a lot in common. They sleep seven to eight hours a day, eat breakfast, don't eat between meals, keep their weight within 10% of ideal levels, exercise regularly, don't smoke, and consume little or no alcohol. That's it? Yup. Kligman said that the blood work his team was doing would provide insights into the vitamins and supplements we need. Then they'd do a personalized assessment of our day-to-day lives. Of course, there are differing opinions about whether all drinking is bad, or how useful vitamins and supplements really are, but the Canyon Ranch goal was to get us to adopt new behaviors, then help us figure out how to maintain them when we left Tucson.

By the end of day two, it was clear how they intended to do it. Regardless of which activity we were engaged in, every presenter was working from the same playbook—eat right, exercise daily, reduce stress. Okay. Intellectually, we got it. But how do you make it happen?

In my case, the exercise part was easiest. I spent my formative years in a gym, and working out has always been part of my life. So Karen Nelson—the exercise physiologist assigned to my case—and I talk the same language. When she said my abdominal crunches would be more effective if I tightened my stomach muscles on the way down, I immediately felt the difference. Same thing when she watched me go through my weight routine. Add a few more pounds to each exercise, she said. If you can bench press 120 pounds ten to 15 times without straining, keep adding weight until you reach the point where you can barely make it. Then rest for two minutes, and do another ten to 15 repetitions. Then rest again and repeat the procedure a third time.

There was more. Bench pressing is great for your chest, Nelson said, but you need to give equal time to working the muscles in your back. You don't want to throw your body out of balance. As for the treadmill, the 20 minutes at a four-mile-an-hour pace

Medicine and Massage: Where to Find Doctor Spas

If **Canyon Ranch** (800-726-9900) doesn't do it for you, the **Cooper Aerobics Center**, which has always focused on fitness and preventive medicine, has added spa services to its 30-acre campus in North Dallas. A week's stay at the Wellness Program at Cooper (800-444-5192), which includes a comprehensive physical at the Cooper Clinic and is designed to produce "permanent life-enhancing changes," runs around $6,000. Another option: the **Pritikin Longevity Center** (800-421-9911), a disease-management facility staffed by doctors, nutritionists, exercise physiologists, and the like. A week at Pritikin, which now offers a full range of spa services at its new digs in the Loews Santa Monica Beach Hotel in California, runs around $4,500.

CR001964

I do makes sense, given the fact that I've had surgery on both knees, but 30 minutes would be better, and it would be better yet if the treadmill were set on an incline. "To get a real aerobic benefit," said Nelson, "you need to break a sweat, and you want to push yourself to the point where you can't carry on a normal conversation while you're working out."

Thing is, while I get a kick out of crunching and grunting in a gym, the only place I really like to sweat is on a squash court, which is tricky because I've had two lumbar disks and a hernia patched up in the past ten years. Holly McCarter, a psychologist whose job was to guide me through an assortment of midlife issues, listened to my tale for about ten minutes, then came up with the answer. "If I hear what you're saying, you're not interested in winning matches. You want to be on a squash court because you get pleasure out of running around and hitting the ball. So what's the problem? Just change the rules."

So here's my new routine. I now play squash once or twice a week, but instead of trying to win points by blasting the ball past my opponent or making it die in the front of the court, I give myself a mental point each time I keep a rally going and another point each time I don't kill myself by attempting to return a particularly difficult shot. I'm not winning tournaments, but I'm having a blast being back in the game. In addition to squash, two or three times a week I get to the gym, where I go through a 50-minute routine that employs the tweaking Nelson prescribed. Having learned that any exercise is better than none, I also throw in other tricks I learned in Tucson: Make stretching as routine as brushing your teeth, get off the subway one or two stops early and walk, use the stairs instead of an elevator.

OPTIMAL AGING turned out to be a cool gig.

Changing my eating habits was harder. The food at Canyon Ranch bordered on gourmet, and the calorie, fat, and fiber counts that went along with each item made it clear the food fit into the good-for-you category. And yet I was never hungry. How come? Maybe breakfast had something to do with it. Maybe the fact that most things we ate were high in fiber. Maybe my eyes had always been bigger than my stomach: the steak, chops, and veggie burgers were only three ounces, but they were filling. And although ice cream and cake were usually on the menu, the yogurt and fresh fruit that came as options were delicious.

It took a few months to incorporate Canyon Ranch nutrition into my home routine, but I did it. In place of a bagel and cream cheese at breakfast, I now usually have a hard-boiled egg, a slice of whole-wheat toast, and a banana or a cup of berries. By snacking on fruit, I'm no longer famished at lunch and dinner. Cutting back on red meat was hard, but I like chicken and my wife does a fabulous job on salmon, tuna, and swordfish. Alcohol was easy. I just stopped. Coffee was harder. I had been doing six to eight cups a day; I've weaned myself down to one at breakfast and I fill in the gaps with green tea (which you can get used to) and lots of water. Carrying a bottle of Poland Spring into a meeting makes me feel totally yuppie.

I've always been into vitamins and supplements. Before Canyon Ranch, my daily intake included a heavy-duty multivitamin, extra vitamin C and E, a few Tums for calcium, and a bunch of supplements. After my blood work was analyzed, the Canyon Ranch doctors said I might want to add two others to the mix: coenzyme Q-10, an antioxidant that helps fuel cellular activity, and folic acid, a member of the B vitamin family, which helps make red blood cells and is thought to protect against heart disease. Do all these things really work? Beats me. I'll tell you in 20 years.

Getting a handle on stress involves a lot more than popping a few pills, and I still have a long way to go. I live in New York City, and my business revolves around deadlines. Two strikes right there. The tai chi I did at Canyon Ranch was a great stress buster, and the videotape I brought home is easy enough to follow, but a flesh-and-blood leader and a group setting are what make tai chi work. Yoga is good, but it takes time I don't have.

I do have time for a couple of two- or three-minute stare-at-the-wall breaks every day, and focusing on breathing does clear my mind. A suggestion from Phil Eichling, the medical director of Canyon Ranch, also works for me: Change your expectations of the people around you. If I recognize that people are not going to return phone calls when they say they will and that my computer is not going to work flawlessly, it's easier when the calls don't come and my Mac crashes.

Not that any of this stuff is easy. I got a letter recently from John Bruens, CFO of a cable network in West Virginia, who said he and his wife, Kay, talk about their Optimal Aging experiences all the time. But then he wrote: "We had a lot of fun and met some great people, but have found it difficult to stay with the program. Old habits are hard to break." I haven't heard from half of the others I e-mailed, which suggests that the Bruenses were not the only ones who struck out.

But there were lots of singles and doubles. Dave Redo, president and CEO of Fremont Investment Advisors in San Francisco, now lifts weights two or three days a week, walks 30 minutes five or six days, takes vitamins, and has overhauled his eating: "Fish or chicken most days. A lot more salads and fruits. I hardly ever eat beef. Overall, I feel a lot better, and I have a lot more energy."

Michol Oconnor, a judge from Dallas, now exercises seven to ten hours a week. "I'm in training for retirement," she says. "My term is up at the end of next year, and I am not going to run for office again. I want to be in good health and in great shape to take on the challenges of this new part of my life."

Some of the things they wanted us to do at Canyon Ranch were weird. I, for one, did not set my alarm for 3 A.M. the first night to spit in a bottle so that the medical staff could measure my melatonin level. But I like the mantra they left us with: "The goal of a personal longevity program is to add life to your years, not necessarily years to your life." I like the lifestyle changes I'm still into six months later. My stomach isn't rippled, and I'll never do a four-minute mile, but I like the way I feel and the energy I have. Have I fallen off the wagon? Of course. Hey, weddings, deadlines, and the flu will make a mess out of anyone's best intentions. But there's a simple answer: Every time I stumble, I just get back on and pick up where I left off. ■

CR001965

ATLANTA sports&fitness MAGAZINE
November 1999 • Complimentary
www.atlantasportsmag.com

AN OASIS IN THE DESERT

FIT-AWAYS

Canyon Ranch Health Resort Opens the Mind, Body and Soul

by Jennifer McLean
photos courtesy of Canyon Ranch Health Resort

Nestled in the canyons of Tuscon, AZ, lies the dream vacation spot for people needing to unwind, relax and revive. With 20 years under its belt, Canyon Ranch Health Resort is everything you could imagine and hope for in a resort and spa. From an array of fitness classes and equipment, to hikes and bikes in the surrounding mountains, to a tranquil spa and an exceptional staff who cater to your every need, Canyon Ranch offers something for everyone from the top fitness enthusiast to the person who just needs to de-stress and get away from it all.

Upon arrival, you immediately get a feel for the totality of the resort through a guided tour of the spa and health club, the behavioral sciences building that houses the nutrition and wellness department, the dining room, the pools, and the cottages. All that is required of you is to decide what you *want* to do and when you want to do it. Remember, this is *your* vacation and how you spend it is entirely up to you. Although this is a "health" resort, you are not expected to exercise for eight hours a day! The philosophy behind Canyon Ranch is to balance your life physically, spiritually and emotionally. The staff encourages you to balance your days with exercise and relaxation time, which may include lying by the pool or having a massage. Their emphasis is on the *whole* person.

If you enjoy exercising, there is a complete, state-of-the-art weight and cardio room staffed with experts to assist you, as well as classes taught every hour on the hour. Personally, I enjoyed Ranchbo® (Canyon Ranch's version of Taebo®) and Funk the most — partly because both classes were taught by the same charismatic, witty instructor and partly because they were both very upbeat and energetic! Usually, I shy away from Funk classes because, well, I have little "inner funk" to begin with, but this instructor taught in such a way that even us uncoordinated, non-dancer types could pick up the moves well enough to get a good workout.

Overall, I was extremely impressed with the staff and the care and concern they expressed for everyone visiting. The instructor's job, as well as every staff member of Canyon Ranch, is to educate you so that you leave with a better understanding of yourself and your needs. Whether they were handing you a towel or refilling your water bottle in Spinning class, or explaining precautions you should take when trying different moves during Ranchbo, they made it known their job was to be there for the clients.

If you prefer to exercise in the great outdoors, Canyon Ranch is known for its hiking and biking department. During the summer months, experienced guides take guests to the higher elevation, alpine environments of the Santa Catalina and Rincon Mountains, while in the winter, guided hikes begin near the desert canyons close to the Ranch. Guided bike tours are also offered for groups and individuals, but guests may bike around on their own if they wish. For many Canyon Ranch guests, these nature retreats are the reason they return year after year.

"The hiking out there is wonderful and so different than hiking here because it's in the desert. Traditionally we think of the desert as dry and flat, but these hikes are actually very mountainous and beautiful. We saw lots of blooming cacti. It's also a great workout. We did the intermediate to advanced hikes, hiking between six and seven miles. But you hike in intervals — hiking for 20 minutes and taking a water break for five to 10 minutes — so, while it's strenuous, it's not impossible for those who aren't in just the best shape," explains Training Zone owner Meri Van Houten, who takes a group to Canyon Ranch every year.

While the Ranch is the site of various activity, there are also many ways to relax and unwind. The Yoga Dome overlooking the vast mountains surrounding the Ranch sets the mood for various levels of yoga classes. Or you may choose to lounge by one of the outdoor pools, take a stretching or meditation class, or, let someone else de-stress you with the many spa treatments offered. You can choose from a variety of facials and massages, herbal wraps, mud baths, salt rubs, etc.

One of the newest types of massage given at Canyon Ranch is called Watsu®. A water-based Shiatsu massage, Watsu is done to increase range of motion, decrease pain, balance body energies and increase circulation. Operating under the theory that our bodies exhibit a larger range of motion in the water, Watsu enables the body to stretch further and also creates a deeper sense of relaxation.

"To get the best results, you have to let yourself go and surrender to the therapist. Floating in water, you have a sense of weightlessness as the masseuse stretches, massages and cradles you," says *ASAFM*'s Sherri Adair.

Watsu has become so popular, in fact, that Canyon Ranch is building individual pools in their new aquatic center just for Watsu treatments.

The resort also has many medical experts on staff, ranging from nurses, doctors, and physical therapists to nutritionists and behavioral therapists. During my stay, I was able to meet with one of the resident nutritionists. After speaking with him about my diet and exercise routine I was amazed to discover that, despite my effort to eat a well-balanced diet, I was still nutrion-deprived in the one area all women need: calcium. Furthermore, I learned that because I am an active person, I should be taking a multi-vitamin,

CR001966

This article appeared in Annapolis, MD, Baltimore, MD and Washington, DC daily newspapers on May 9, 1999 . . . . .

SUNDAY CAPITAL
ANNAPOLIS, MD
SUNDAY 50,000
MAY 9 1999

A trip for body and soul

Health resort works off stress, pounds

By MARY ANN TREGER
For The Capital

The idea of going to the nation's premier health and fitness resort was a little intimidating for this fiftyish, aging baby boomer.

Visions filled my head of young, body beautiful types strutting about in trendy workout clothes revealing perfect pecs and tightly toned abs while I'm facing (and fighting) the effects of menopause. Would these imagined Adonises make me feel better or worse? Despite keeping an eye on my diet and treadmilling mileage that feels like it could take me from here to Miami, my jeans continue to struggle with my hips. Where was I going wrong?

Packed with our list of health and weight concerns, my friend Linda and I headed to Canyon Ranch in the Berkshires of Massachusetts, consistently voted the best spa in America by many travel and fitness magazines. They've been offering healthy food, fitness classes, medical services and spiritual awareness to an almost Zen-like following since 1989.

As we approached Lenox, Mass., we felt like we were entering the millennium we are about to leave. Small, peaceful country towns dotted broad open valleys and vast stretches of forests. Lush green scenery created an infectious feeling of peace and tranquility. Some say the Berkshires have an energy vortex — an energy field emanating from the mountains with healing and spiritual powers, making the air fresher, the atmosphere calmer and the outlook clearer.

Scientists scoff at the idea, but who cares? There is a blood-pressure lowering feeling you get just looking at these magnificent mountains and towering trees. So what if the stress reliever is just nature at its best? It works.

The area's natural beauty and remoteness has attracted writers, musicians and artists for years, so I figured they couldn't all be wrong.

Canyon Ranch is situated on Bellefontaine, a magnificent 120-acre estate. During the Gilded Age, wealthy families built ornate cottages — 20-room mansions — as summer retreats in the Berkshires.

But we were here to work out, to tone and trim, not sightsee, and we did what every first timer does: We took too many classes too soon. But how could we resist?

Kick-boxing, spinning, aerobics, yoga, stretching. We tried Pilates, a muscle conditioning system and trendy newcomer to the growing list of exercise techniques designed to fight boredom.

"Barefoot Boogie" worked on our minds as well as muscles. We danced barefoot, of course, while our instructor — or "movement therapist" — talked about accepting and loving our bodies, flaws and all, and "connecting with our spiritual essence through movement."

I'm not sure what that means, but about 20 women of all shapes and ages sweated and shared a common goal — to be our best as the years click up. Our daily reward was a pampering massage or herbal wrap.

Tai chi and qi gong were almost spiritual experiences as we went through the slow motions outdoors, to better connect with the earth, our instructor said. Movements look quite simple but can be difficult and complex. These ancient forms of Chinese exercise are a way to tap into or generate our "chi," or energy in our body.

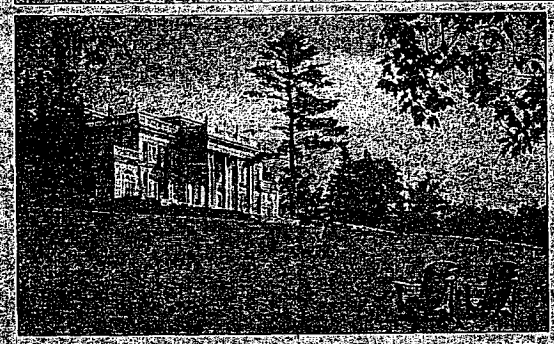
The place runs with Swiss-watch precision. There's a staff-to-guest ratio of 3-to-1, and there was always a fresh towel on every machine. Classes start on time in big, spotless rooms, most with to die for views of all that outside energy. Fresh fruit and juice appeared whenever we needed it most.

All this exercise worked up our appetites, and while every menu item indicated calories, fat and fiber grams, we ate as much as we wanted, including an occasional double frozen yogurt with extra chocolate sauce. Pizzas, pasta, lamb, beef, seafood and divine desserts — we were hardly deprived.

Their secret is lots of fresh herbs and spices, plus portion control — something quite evident when the chocolate cheesecake at 155 calories was the size of two teeny bites.

Our minds got workouts, too. "How to Get Unstuck Without Becoming Unglued" and "Create Miracles in Your Life" were evening classes that helped us think positive and forget about the missing mini bar or cocktail lounge full of diet dangers.

While my initial goal was to lose five pounds, I returned with major gains, though not the kind measured in pounds. My gain was in the learning process. Canyon Ranch treated my head as well as my hips. For four glorious, exhausting, exhilarating days, I experienced an elixir for my body, mind and spirit. After a brief dose of this mecca for health and fitness, I feel no less determined to succeed with a healthy lifestyle than if Nike's mantra was permanently etched on my thighs: Just do it.



Canyon Ranch, consistently voted one of the country's top spa resorts, is nestled in the Berkshire Mountains. The resort offers a wide variety of exercise classes for the body, mind and soul, as well as great food and great views of the surrounding countryside.

OHIO MOTORIST
CLEVELAND, OH
10-TIMES/YEAR 440,000
JUNE 1999

Spas
The ultimate luxury getaway

By Tara Aronson

As Trish expertly massaged stress-reducing oils over my tiniest toe, marking the end to a gloriously extravagant 90-minute full-body spa treatment, a single stress-less thought came to mind. What ride?

My spa getaway, completed all too soon, has clearly done the trick. I lay prone between white muslin sheets, skin tingling clean from the just-completed oatmeal, cornmeal and clay, detoxifying body mask. My children, husband and little, ornery — all of whom were probably wondering what was for dinner at this very moment — seemed light years away.

As I actually bowered to be home from my mind-and-body respite at the lodge at Skylonda, one of California's coolest spa getaway destinations found 35 miles south of San Francisco, in less than an hour. Like it or not.

Knowing I'd be back for another Deep Forest Exfoliation body treatment to help work out the kinks of daily life — or perhaps discover a new and wonderful spa treat on my next vacation — made heading home bearable.

Spas, spas everywhere

Among the best things about getting away, for an hour, a weekend, a week, are the relaxing, de-stressing full spa services you'll find at today's best resorts and on the finest cruise ships.

Whatever the reason for this proliferation of spas, you're likely to be a towel's throw away from some head-to-toe, stress-reducing and relaxing spa treatments on your next getaway, wherever that may be.

Today's top resorts are hip to the fact that helping guests unwind, in addition to providing a great vacation locale and activities, is key to keeping us busy bodies relaxed and happy.

My, how times have changed.

In 1978, the United States was home to but 30 spas, most of which could be best described as fat farms and pamper places for ladies of leisure. These no-nonsense havens for the overweight and the overwrought were usually regimented places where low-cal, low-fat food was king and caffeine, alcohol and tobacco strictly forbidden.

Today's more than 250 resort and destination spas couldn't be more different from their sister spas of the '70s. Traditional destination (overnight) spas, including Skylonda and the top-rated Golden Door spa in San Marcos, Calif., have relaxed their rules to the point where non-fitness buffs can usually find something to love about a weekend visit. Or, at least get them through it without too much pain.

As a result, these spa resorts are enjoying record occupancy rates today. Hotel and resort spas, where dumbbells and rowing machines once passed for "fitness facilities," are upgrading their offerings and diving into the spa craze bubbling around them.

While upgrading the facilities, most destination and resort spas have downgraded the spa rules on indulgences to the point where just about anything goes. For example, you can smoke in designated sections at Skylonda. Order a latte or bottle of wine from the menu at Miraval in Catalina, Ariz. Sink your teeth into a Texas-style barbecue at Lake Austin Spa Resort.

On both land and cruise ships, the spa offerings vary; each with its own personality temperament.

Looking for an active getaway? At the Canyon Ranch in the Berkshires in Lenox, Mass., a full preventive health care assessment and guidance and a variety of spiritual awareness classes such as yoga, tai chi, chi gong and meditation are offered daily. This is in addition to a thigh-burning 30 fitness classes plus group hiking, rafting, canoeing, bicycling and downhill and cross-country skiing.

Need a little mental centering? Forget scheduling here — there isn't any set curriculum. Instead, in Arizona, Miraval's Personal Guides tailor

(Continued on Page 19)

For planning...

Spa vacations and getaways, which include spa treatments are available through AAA Travel. There are many well-known spas in the region which includes the Club's Northeast Ohio service area, and AAA Travel counselors can help you arrange trips to these and to other spas located across the country. Some of the nearby facilities would include Mario's in Aurora, Glenmoor Spa and Country Club in Canton and Nemacolin Woodlands Resort & Spa in Farmington, Pa. in southwestern Pennsylvania. There are many others.

If you are planning a cruise and want to use the spa facilities on board your cruise ship, talk to a AAA Travel counselor. Spa packages can be pre-purchased on some lines when you are booking a cruise.

For more information on the Lodge at Skylonda in Woodside, Calif., call the lodge at [illegible] or AAA Travel at [illegible]. Rates for packages [illegible] $295 [illegible] and include three gourmet meals daily, [illegible] activities and massage.

Spas

(Continued from Page 15)

help you choose between stress management, self-discovery and luxury resort recreational activities such as horseback riding and swimming that aid in putting "Life In Balance".

At sea, spa treatments are available on more than 100 cruise ships, including top-rated luxury cruise line Crystal Cruises. While at sea aboard the *Crystal Symphony* and *Crystal Harmony*, you can combat cellulite with the Ionithermie classic treatment guaranteed to trim one to eight inches from your physique; remineralize your body with seaweed aroma spa therapy; drain impurities from your face with a biotherapie facial.

If you're going cruising or to a resort, be sure to have a travel agent book spa or beauty treatments in advance if possible. If not, plan to head directly to the spa desk upon embarkation or land arrival. Spa treatments often fill up for the week well in advance.

After all, there's no better way to assure you get away mentally as well as physically than to schedule yourself for a little prone time. You'll be glad you did — even if you can't (or because you can't?) quite picture those kids you left behind afterward.

City Sports Magazine

COMPETITOR
SOLANA BEACH, CA
10-TIMES/YEAR 90,000
MAY 1999

COMPETITOR
MAY 1999
California's Fitness Magazine

FITNESS GETAWAY

CANYON RANCH

Four Days at the Ultimate Spa

BY BETH HAGMAN

When Jean first invited me to Canyon Ranch Spa, I politely declined. Ten years ago, I spent a weekend at a local hot springs/spa — a restyled hippie commune that specialized in mud baths. I still remember the tie-dyed and sandaled girl who earnestly told us that soap was a bad thing.

Been there, done that.

Besides, it's hard not to feel self-conscious around Jean, although we've been friends forever. She's lean and beautiful. I'm built like a Welsh pony. She's athletic. I... well, I used to be athletic. She has a wonderful husband and two beautiful little boys. I have my work.

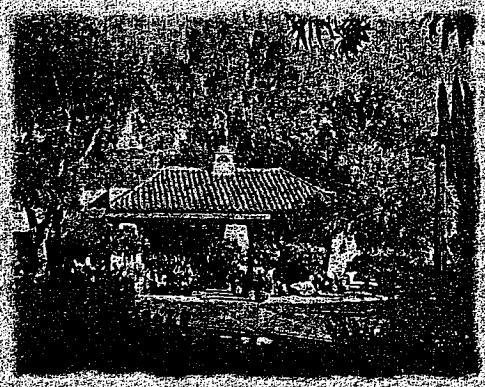
Don't get me wrong. I love my work. Apparently, that's the problem.

"If you don't come to Canyon Ranch with me, you're going to face an intervention," Jean threatened. "You haven't taken a vacation in far too long, you're terminally stressed out, you eat nothing but junk food and you don't exercise. Besides, I already paid the deposit, and it's non-refundable."

It's hard to say which argument was more telling.

"All right, all right. But I'm warning you, I'm not the mud bath type."

As it turns out, Canyon Ranch offers much more than mud baths. They give you a sort of newsletter when you get there, with two pages of fitness activities (beginner, intermediate, advanced and all levels) and then a full page for each day, filled with fitness and spiritual classes, daily lectures and workshops and two or three evening events of various types, not to mention a full range of spa stuff like massages and beauty treatments. You get a personal program coordinator to help you navigate through the maze. This is a person you will come to depend on.



A few days at Canyon Ranch provides endless opportunities for outdoor fun. You can check out the spectacular grounds (above), spend some time on the bike (below) or simply take a hike (bottom).

We arrived on Sunday, flying into Tucson and then shuttling to the Ranch, a veritable oasis in the desert. Our room was very comfortable, with its own patio, but when I go back, I'm opting for one of the little casitas. Oh, yes, I'm going back. My four days at Canyon Ranch were a revelation. There *is* a life outside of work — a great, big, wonderful life.

I was afraid the place would be full of old women, but there's actually sort of a sliding scale of ages, both men and women, with some quite young and some retired types, but most in their 40s and 50s.

You can be as active as you like or as pampered as you like — or actively pampered (which is what I like). Jean went for the aerobics and free weights, the treadmill and stationary bike classes. (They've got *triathlon* training here!) I discovered Feldenkrais and the underwater treadmill, chi gong and facial exercises.

We both enjoyed massage, sports massage for her, shirodhara for me. By the third day, Jean was ready for a Parisian Body Polish, while I splurged on a Sisley Rejuvenating Body Treatment (more wonderful than you can imagine) before dashing off to a gourmet cooking demonstration. Jean stayed behind for a sports make-up session.

Jean ended up sore and exhilarated. (Those guys take exercise *seriously*!) I ended up rejuvenated, relaxed and newly appreciative of my good friend.

Meals, use of spa facilities and most of the fitness classes and workshops are included in the $1,750 (four nights, high season, double standard room) pricetag of a Canyon Ranch stay. Consultations with qualified medical personnel, specialized programs and many of the spa treatments are extra. There are package deals for four, seven and ten nights, and room options that include the hacienda/casita ($3,340 for seven nights/double). And they'll be opening a spa in the new Venetian Resort Hotel in Las Vegas this year, for a different kind of getaway.

While it's admittedly more expensive than your average vacation, Canyon Ranch Spa offers an experience that can really change you, providing the knowledge and inspiration for a better, fitter, healthier life.

For a brochure or more information, call 520/749-9000 or hit www.canyonranch.com. ▲

CITY AZ
PHOENIX SCOTTSDALE
June 1999

spaAZ

Putting the aaahhh in spa: *CITY AZ* takes a closer look at some Arizona spa favorites and their most unique and extravagant offerings.

"W

Watsu Canyon Ranch

An elegant water dance? A massage in water? You must experience Watsu to understand this unique, multi-sensory movement therapy. And where better to experience the health and healing properties of Watsu than at Arizona's ultimate health destination, Canyon Ranch in Tucson, voted one of the best vacation destinations in the world by readers of *Condé Nast Traveler* magazine?

Watsu is an assisted aquatic movement remedy for deep relaxation, as well as for emotional healing. Watsu uses elements of shiatsu massage, dance, stretching, music and yoga in a shallow pool of heated water. Water assists in both relaxing and supporting your body, as the support of the water takes weight off the vertebrae and relaxes your spine.

A certified Watsu therapist places floaties around your knees to keep your lower body afloat, and after a brief breathing exercise, Watsu begins. Your therapist cradles your head and neck in one hand (your face is never submerged) while massaging and stretching your muscles with the other hand. Accompanied by soft music the therapist swirls and floats your body through the calming water while you remain motionless. All physical and psychological resistance is eliminated, allowing your body to stretch in ways you never thought possible.

Created nearly 20 years ago by a shiatsu therapist, Watsu is based in the shiatsu philosophy of stretching the meridians, the pathways for chi, the life force. The therapist developed Watsu when he discovered he could more easily stretch the meridians with the help of warm water for relaxation and support.

Watsu can benefit anyone who is stressed out, as well as people with acute and chronic pain, postural imbalances and stress-related disorders. In fact, Watsu has become so popular at Canyon Ranch, three new Watsu pools will be available in the new Aqua Center, opening in June 1999. Dive in!

Canyon Ranch requires a four-night stay minimum. Prices start at $1,750. Stay at Canyon Ranch between June 13 through September 23, and save approximately 25 percent. (520) 749-9000. www.canyonranch.com

Destination: Spa!

Guests at Canyon Ranch may choose from a variety of fitness classes that exercise the body, mind and spirit, including a daily stretch class (right).

Photo courtesy of Canyon Ranch

Today's spas teach people to live the fullest, and most healthful lives, possible through exercise, cooking classes and alternative therapies.

Stories by
BARBARA RUSSI SARNATARO
Citizen Staff Writer

It's 11:30 a.m. and Canyon Ranch's funk aerobics class is packed with sweaty bodies trying to find a glimmer of a funky bone in their bodies.

Heavy bass music pulses and the floor-to-ceiling window with a gorgeous view out to the perfectly landscaped piece of the Southwest desert is obscured by steam.

Upstairs in Gym 9, isolated from the high-energy activity below, another fitness instructor guides guests through a breathing and relaxation class.

Down the hall, a spirited game of Wallyball – like volleyball in a racquetball court – is under way.

And this is just in the fitness wing of the spa. Across the foyer, therapists are giving guests herbal wraps, salt glow body treatments and deep tissue massage.

It's a scene that's repeated at spas across Tucson and the country. And people are paying impressive amounts of money to be wrapped, exercised, and spiritually and mentally rejuvenated.

With so many Americans focusing on living well, spas are becoming popular destinations. More than places to lose weight or quit smoking, spas are luxury vacations where you can be pampered and challenged.

Spa attendance in 1998 was 70 percent higher than the previous year, according to the International Spa & Fitness Association. With more than 1,100 choices across the country, spa vacations are a growing trend.

And Tucson is a hot spot when it comes to luxury spas, boasting Canyon Ranch and Miraval, Life in Balance Resort, as well as smaller spas in places such as Loews Ventana Canyon Resort, Westward Look Resort and The Westin La Paloma.

Healthful living is the philosophy at many of the spas around the country, including Tucson's two major ones, Canyon Ranch and Miraval. Restriction isn't in, but education and wellness – from the inside out – is.

"In the '60s and '70s, spas were fat farms, they weren't vacations," said Mel Zuckerman, who founded Canyon Ranch 20 years ago.

"Clearly, the '80s and '90s have been a period of tremendous enhanced consciousness about individual participation in health and wellness," Zuckerman, 71, said. "People have become really conscious about what they can do to live more healthfully, lower risk of disease and to age better."

That consciousness doesn't end when the vacation's over, so spas are teaching what to do after going home with nutrition and cooking lessons.

SPAS, continued/6B

A brisk morning hike (above) awakens the heart and gets the blood flowing while a mud treatment (right) rejuvenates the body and mind as it revitalizes the skin.

Photos courtesy of Canyon Ranch

A sampling of Tucson Spa resorts

Canyon Ranch
5600 E. Rockcliff Drive
(520) 749-9000

Hook: Healthful living that nurtures the body, mind and spirit.

Known for: World-renowned spa featuring Swedish and Shiatsu massage, organic mud wraps and ayurvedic (ancient Indian healing) treatments.

And, for the fitness enthusiast, Canyon Ranch has classes beginning at sunrise and continuing all day.

Best-kept secret: Evening talks. Guests can get spiritually rejuvenated with a talk on finding happiness, or learn the benefits of acupuncture with a lesson in the benefits of Asian medicine.

Bonus: The spa also offers full preventive health-care assessments and consultations with staff physicians.

Cost: Off-season rates (June 13 through Sept. 23) range from $1,340 to $1,850 for the minimum four-night stay. This includes accommodations, meals, use of fitness facilities, group programs and activities, $100 toward health and healing services, and four spa and sports services. A stay of 10 nights ranges from $2,990 to $4,190 and includes $200 toward health and healing services and eight spa and sports services.

Miraval, Life in Balance
5000 E. Via Estancia Miraval
(520) 825-4000

Hook: Mindfulness. Living in the moment.

Known for: World-class spa, featuring hot stone massage, European facials and ayurvedic treatments.

Best-kept secret: Miraval's challenge courses – such as the Quantum Leap – allow you to explore the limits of your comfort zone while incorporating the mindful philosophy. Also unique to the spa is the Equine Experience, a chance to gain insights into your relationships by practicing equestrian ground skills.

Bonus: Miraval recently began offering a day spa package (from $199) with three beauty treatments, lunch and use of the facilities.

Cost: Off-season rates (June through September) range from $275 to $1,050 per person per night. These include accommodations, meals, use of fitness facilities, group programs and activities and one personal service.

More resorts, 6B

Spas teach people to live fullest, most healthful lives

Continued from 1B

When David Unger first came to Canyon Ranch in the late '80s, he came to get back in shape.

"I used to be quite an athlete when I was in college," the 57-year-old business owner from Ohio said. "But building a business and traveling a lot, I got really heavy and really out of shape."

Shortly after he and his wife arrived, his first instinct was to turn around and go back to Ohio.

"I was intimidated." he said. "I thought everybody was going to be out of shape and they weren't."

Then Unger went on a hike led by a Canyon Ranch staffer.

"I loved it, and I stayed."

And he lost weight, fell in love with exercise, and worked to make himself healthy.

At Miraval, Life in Balance in Catalina, every activity is centered on mindfulness – awareness of how you feel, your surroundings and what you are doing at the moment you are doing it. The theory is that by living with that awareness, you gain insights into yourself and learn to bring your life into balance.

The 3-year-old Miraval also offers a course in mindful eating and challenge courses, which help conquer fears and expand personal boundaries.

Jeff Hanson, a Microsoft programmer from Seattle, was able to find that awareness during a cranial sacral therapy session.

"It was the most amazing thing. I'm a man of science but I felt a rush. I felt a very spiritual release, beyond my beliefs, beyond my comfort zone," the 30-year-old said.

Guests can venture outside their comfort zone with spa treatments, too. Besides the standard beauty treatments, massages and herbal wraps, Tucson spas offer ancient healing treatments and body work.

At Miraval, Clinton Horner, a practitioner from The Chopra Center for Well Being in La Jolla, Calif., mixes essential oils with select herbs to prepare for an ayurvedic (ancient healing system of India) treatment that balances the body with the earth's five elements.

Canyon Ranch has an entire department devoted to movement therapy, where therapists guide guests toward a more healthful relationship with their body.

"Canyon Ranch changed my lifestyle from sedentary to the need to work out every day," said Unger, who now lives in Tucson. "Even today when I go on a vacation, I don't go on the same vacations, I go on hiking vacations."

Of note:

▼ Canyon Ranch is taking its healthful living philosophy on the road. It has just opened the first in a series of day spas called Canyon Ranch SpaClubs. The first is a 63,000-square-foot facility at the Venetian Resort in Las Vegas. Possible future sites include San Francisco and Miami.

▼ Healthful living scholarships – which equate to all-expense-paid stays at Canyon Ranch – are given out once a year to Pima County residents between the ages of 21 and 59 with health risks and limited income. Applications for 2000 scholarships will be due early next year. Call 749-9655, ext. 650.

A sampling of Tucson Spa resorts

Loews Ventana Canyon Resort
7000 N. Resort Drive
(520) 299-2020
Known for: Two 18-hole golf courses rated eighth out of 25 nationally in a Condé Nast Traveler magazine survey.
Best-kept secret: Huge bathtubs in the rooms.
Bonus: The Ventana Room and the Flying V Bar & Grill restaurants.
Cost: Summer room rates from $109 per night. Golf packages from $145. A spa package including accommodations, massage and choice of one additional spa service, use of spa facilities and tennis center, one fitness class and breakfast begins at $260.

The Westin La Paloma
3800 E. Sunrise Drive
(520) 742-6000
Known for: Jack Nicklaus signature 27-hole golf course and, particularly in the summer, the water slide and swim-up bar and grill.
Best kept secret: Local golf enthusiasts may stay for a low rate during the summer and have access to the golf course, which is usually available only to guests and members of the country club.
Bonus: Janos restaurant is on the property.
Cost: From $89 per night through Sept. 11.

Westward Look Resort
245 E. Ina Road
(520) 297-1151
Known for: World-class tennis facilities.
Best-kept secret: Unique body treatments that incorporate desert plants and minerals such as sage, aloe vera, jojoba and clay.
Bonus: The Gold Room restaurant.
Cost: From $69 to $139 through Aug. 31. Spa services are extra.

Omni Tucson National Golf Resort and Spa
2727 W. Club Drive
(520) 297-2271
Known for: Golf.
Best-kept secret: Native grains exfoliation body treatment.
Bonus: Day of beauty package.
Cost: From $165 to $265 per night through Sept. 11.

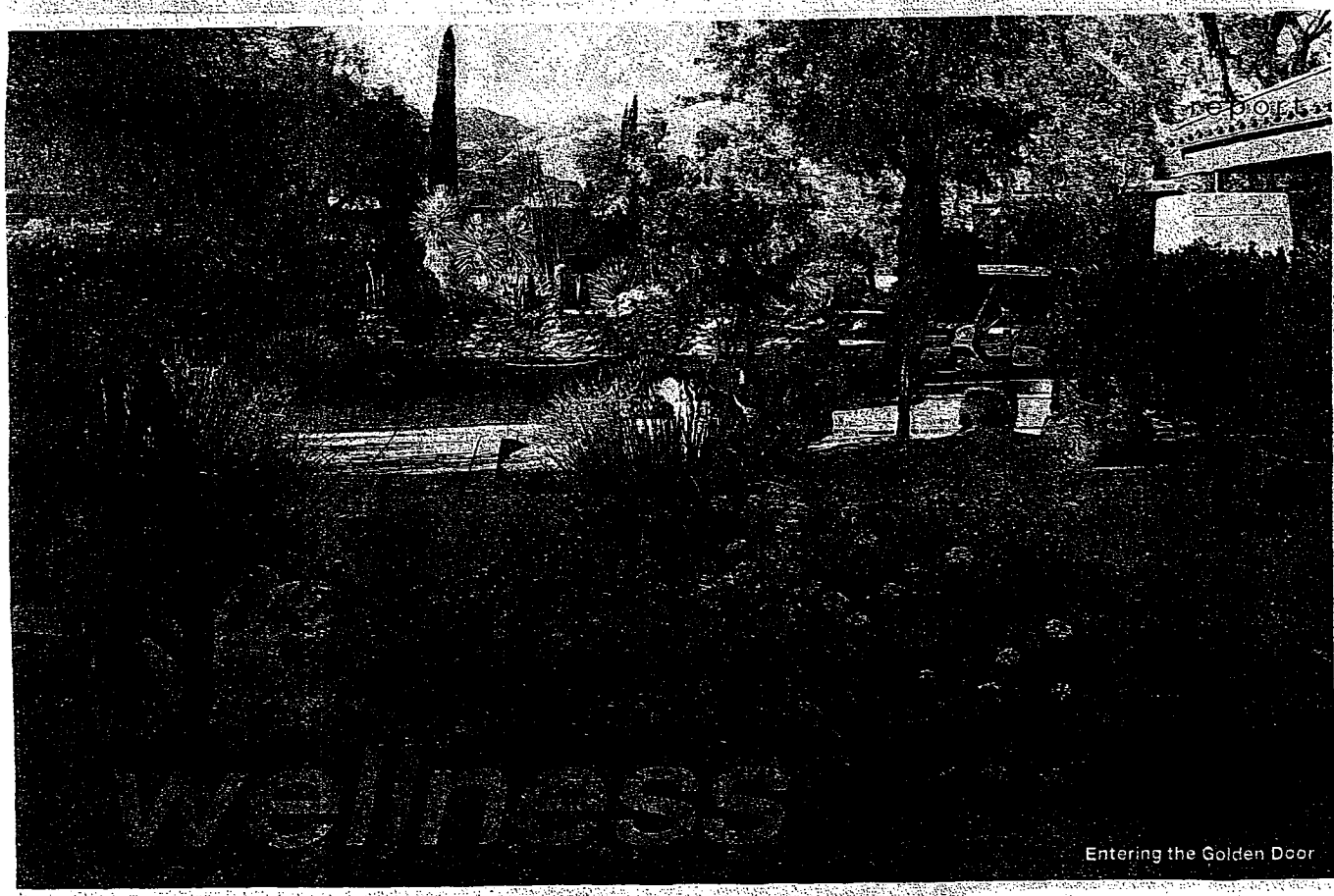
Sheraton El Conquistador Resort & Country Club
10000 N. Oracle Road
(520) 544-5000
Known for: 45 holes of golf.
Best-kept secret: Hot stone massage.
Bonus: Horseback riding from on-property stables.
Cost: From $89 per night through Sept. 7.

IN STYLE
NEW YORK, NY
MONTHLY 966,908
JUNE 1999

InStyle
volume 6, number 6, june 1999

THE ULTIMATE spa REPORT

Whether you want to take a hike, a seaweed soak, or just a little time to find yourself, we've got the best getaways coast to coast BY ANNE WEINTRAUB AND WENDY SCHMID



Entering the Golden Door

canyon ranch health resort *tucson, arizona*

At this spa, holistic meets high-tech; just browsing the hefty directory of services seems like a workout. Whether you do yoga in a geodesic dome or take an herbal medicine workshop, the emphasis is on changing your life, not just your hairstyle. Prices: four-day packages from $1,750; 800-742-9000.

DIST. 6/4/99

THE Canyon Ranch. PER

USA TODAY

NO. 1 IN THE USA . . . FIRST IN DAILY READERS

USA TODAY Life

Destinations & Diversions

FRIDAY, JUNE 4, 1999 • SECTION D

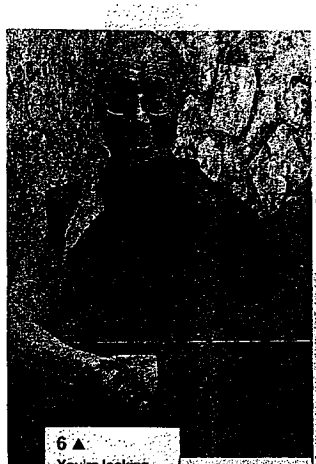
SPAS

Trend sparks spate of spas

Day spas, continuing to take the nation by storm, have entered brand-name territory. Canyon Ranch, the giant destination spa that draws vacationers for a week or more to Arizona and Massachusetts, opens its first day facility Monday in Las Vegas. The 63,000-square-foot SpaClub, in the Venetian Hotel, will offer most standard treatments and nearly 70 new ones ($35-$1,000). Information: 877-220-2688.

ELLE

JUNE 1999



june calendar

ELLE's guide to an eventful month. By Lisa Kogan

Tuesday | Wednesday | Thursday | Friday | Saturday

1
Nothing could be finer than to be in Charleston, South Carolina, for the Spoleto Festival. Works from Puccini, Kurt Weill, Laurie Anderson, Ricky Jay, and Miami City Ballet highlight this two-week event. 843-722-2764

Ten years ago today in a place called **Tiananmen Square,** the People's Liberation Army opened fire on unarmed Beijing student demonstrators. And the rest, as they say, is history.

4

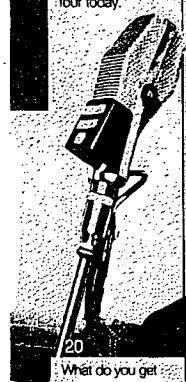
5
Prepare snotty put-downs for celebrity hair and clothing. **The Tony Awards** air tomorrow at 9:00 P.M. on CBS.

6 ▲
You're looking swell, Dalai. Tibet's spiritual leader turns sixty-four today.

11 ◀
Bizarre, hallucinatory, enigmatic, dreamy, disquieting depictions of everyday life. No, we're not talking about an episode of *Ally McBeal,* we're describing "Surrealism: Two Private Eyes," now on display at New York's Guggenheim. With over 500 rarely seen masterworks from the collections of Nesuhi Ertegun and Daniel Filipacchi, this show is both beautiful and haunting. 212-423-3500

12
"In spite of everything, I still believe that people are really good at heart."—Anne Frank would have been seventy years old today.

14
If the Venetian Resort-Hotel-Casino had opened Canyon Ranch SpaClub with its **65,000-square-foot facility and 150 spa treatments** twenty-two years ago, Elvis might never have left the building. Viva Las Vegas! 888-288-5228



20
What do you get the man who has you for a daughter? Frank Sinatra along with Tommy Dorsey and his orchestra swing to previously unreleased recordings of classic dad pleasers on *Learn to Croon.* **Say Happy Father's Day** with this little blast from the past.

21
Some of the best players on the planet compete for the world's most coveted titles in tennis, starting this morning at **Wimbledon.**

23
Cheesy tourist trap or fabulous high-tech interactive attraction? You be the judge. The NBC Experience (all 20,000 square feet of it) is up and running at Rockefeller Center. Be Jay Leno's guest for a virtual interview, explore New York with Conan O'Brien, test your sports knowledge with Bob Costas, and do God-knows-what with Al Roker.

24
Didn't get to Wimbledon? The forty-sixth annual **Watermelon Thump** continues through Sunday in Luling, Texas. Kick off summer with music, dancing, food, rodeo, a parade, a melon auction, and, of course, the World Championship Seed-Spitting Contest. 830-875-3214 ▶

25
We worry: **What if George Lucas doesn't have all the money in the world yet?** That little indie flick *Star Wars: Episode I—The Phantom Menace* has been at your local arthouse for more than a month. Help the man out—see it a third time.

27
Anybody can send roses; Peanut Butter & Co. **sends the gift that keeps on sticking.** This sweet little Greenwich Village restaurant puts together baskets of made-to-order peanut butters in six flavors (the cinnamon-raisin is thrilling) along with the chewiest cookies ever baked and ships them all over the U.S. 212-677-3995

28 ▶
Man can not live on the Farrelly brothers alone. Eleven classic François Truffaut features and two rarely seen short films, each in gorgeous new 35-mm prints, are playing all month long at the Castro in San Francisco, and the Nuart in Los Angeles.

DALAI LAMA: MICHAEL THADY; ETTEGUN AND FILIPACCHI: COURTESY OF THE SOLOMON R. GUGGENHEIM FOUNDATION, NEW YORK; ...

Dist. 1/18/00

DECEMBER VOGUE

VOGUE
NEW YORK, NY
MONTHLY 1,123,456
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

BON APPÉTIT

JANUARY 2000 $2.99 AMERICA'S FOOD AND ENTERTAINING MAGAZINE

DESERT STORM

In the new Las Vegas, dining, shopping and sight-seeing create an around-the-world experience on the three-mile Strip. Come along with our intrepid reporter as he dips into today's most popular—and over-the-top—vacation.

Best of the Year **THE HOTTEST DESTINATION**

TOP TREND

AND DON'T FORGET...

Vegas's new status as every other celebrity chef's second home means that even the cheaper eats don't taste like afterthoughts. The following are among the best of the city's more casual restaurants.

Wolfgang Puck's SPAGO was the first serious kitchen to bust up buffet-land, and it's still cooking some modern classics and serving them near The Forum Shops at Caesars Palace.... CHINOIS, Puck's other Caesars Forum restaurant, does well by pan-Asian items.... The stylish bistro that is OLIVES, in Bellagio's shopping arcade, finds its echo in noted Boston chef Todd English's stylish food, including delicious thin-crust pizzas.... OSTERIA DEL CIRCO shares its kitchen with Le Cirque, and it shows; the food is as addictive as what is served at its more formal cousin next door.... SAM'S AMERICAN is the Bellagio's version of a family diner, but at the Bellagio that means burgers and fries give way to crisp oysters and venison meat loaf.... CANYON RANCH CAFE, which juts off The Venetian's full-service Canyon Ranch SpaClub, offers a 175-calorie chocolate cake, so you can splurge without paying the price. That's probably the closest Vegas comes to a safe bet, or any semblance of restraint.

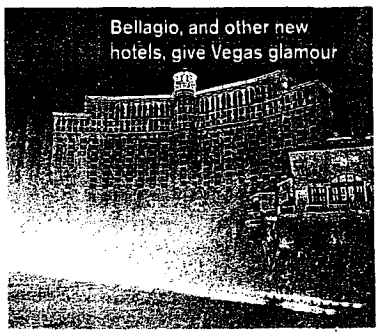
SMART TALK FOR SMART WOMEN™

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.

Women's Health & Fitness

The greatest athlete of all time

JAN/FEB

SPA handbook

Do you want to kick butt or kick back? The best spas let you do both.

THIS SPA'S FOR YOU

If you want more out of a spa than low-fat food and relaxation, finding the right resort takes research. Do you wanna schmooze with power brokers or overdose on power yoga? Find a husband or just take a break from the one at home? Here's how to satisfy your underlying agenda when a free robe and slippers just aren't enough.

Warming up at Canyon Ranch

So you want to . . .	Then head for . . .	Where you'll find . . .
sell your first script	Two Bunch Palms, California	Disney execs in the floating pool
get a divorce	Chateau Whistler, British Columbia	hunky Aussie ski instructors
feel like a POW	The Ashram, California	6-hour hikes, no food
climb the corporate ladder	The Aspen Club, Colorado	executive survival courses
lose weight *and* money	Canyon Ranch, Las Vegas	scrambling and gambling
find a husband	Sandals, Bahamas	buff bachelors
pig out	Cal-a-Vie, California	food so good Oprah stole the chef
recline and dine	CuisinArt, Anguilla	puree of mood and food
OD on exercise	Miraval, Arizona	18-mile hikes
stay young without surgery	Pritikin Longevity Center, California and Florida	state-of-the art fitness machines

Fitopias

Some spas offer more classes in a day than many gyms do in a week

Need to whip your body into shape? The activity options at these fitness getaways are so numerous you'll need a week just to fit everything in.

CANYON RANCH Tucson, AZ This desert mecca is constantly improving itself, which is why it's one of the most popular spas in the country. Last year alone saw the arrival of a golf school and a huge aquatic center. Sporty types spend their days pedaling through the Santa Catalina foothills or swimming in one of the spa's five pools. For an additional fee—what's another $85 at the rate you're paying?—a pro will perfect your tennis or golf swing.

Indoors, the aerobic possibilities are nearly endless, thanks to the spa's 45 daily classes. Spinning and yoga abound, but don't miss Funk Aerobics—it's an excuse to dance in the daylight.

Of course, it wouldn't be a spa without a little pampering. Services run the gamut from sports massages to sports makeup (don't ask). And while craniosacral therapy (gentle pressure applied to the skull and spine) is a massage alternative, Watsu—shiatsu in a pool—guarantees relaxation. Then again, if you're too out of it, you might not notice Brooke Shields next to you in the locker room. (800-742-9000; www.canyonranch.com)

—*Joey Bartolomeo*

SHAPE

MIND & BODY FITNESS FOR WOMEN

February 2000

inshape

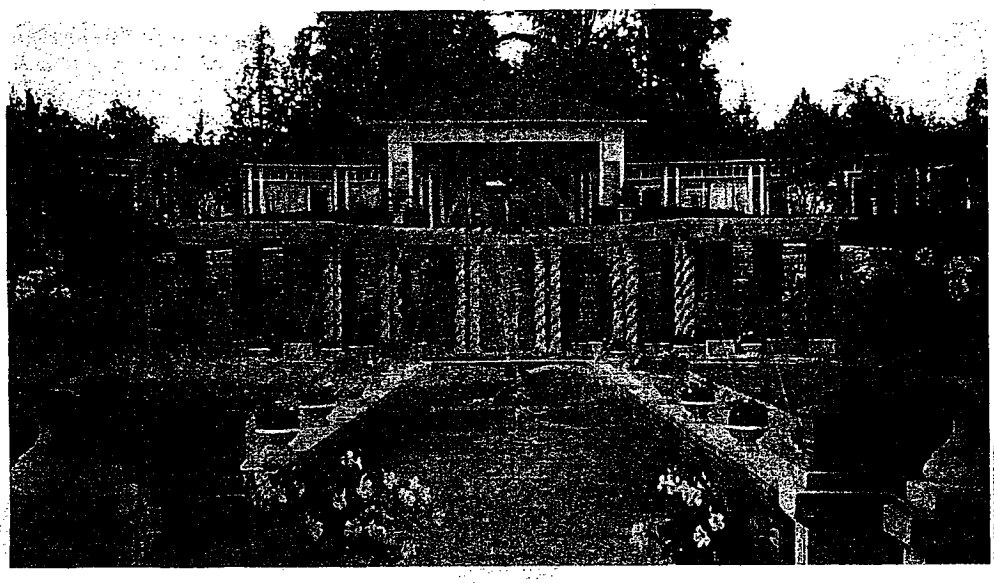
DOES YOUR BODY IMAGE NEED A BOOST? If so, you'll want to attend one of *Shape*'s Body Positive Seminars. What: Learn to build a better relationship with your body through movement, lectures/discussions and interacting with other women who have similar goals. When: April 2-6 or April 6-10. Where: Canyon Ranch in the Berkshires, Lenox, Mass. Who: Conducted by psychologist/body-image expert Ann Kearney-Cooke, Ph.D., Rebecca Gorrell, director of movement therapy, Canyon Ranch, Tucson, Ariz., and *Shape*'s editor-in-chief, Barbara Harris. Details: (800) 742-9000.

CENTRAL PENNSYLVANIA
LIFE
LANCASTER, PA
6-TIMES/YEAR
JANUARY 2000

Hedonistic Havens

BY MARY ANN TREGER

Indulge in the spoiling services of weekend spas



COURTESY OF CANYON RANCH

MILLENNIUM MADNESS LEAVE YOU OVERWEIGHT AND UNDER-EXERCISED? Need a little quality time with yourself? Ignore your voice mail, send the kids to Mom's, and just say, "spaaaaaaa." No other one-syllable word conjures up visions of rest and relaxation, soothes the soul, or maybe even lowers the blood pressure quite like this one tiny, magical word. Once considered hedonistic indulgences, spas have refined their image to become respected, healthy retreats for maintaining the overall well-being of body, mind, and spirit. It's no wonder spa business is booming. With all of the overworked, aging baby boomers living lives of less than quiet desperation, attached to kids, palmcorders, and car faxes, more than ever people are in want of pampering, healthful escapes.

An assortment of great weekend spas lies just a few hours' drive from Central Pennsylvania. Closer still are fabulous day spas—great escapes without leaving the area. There may be no better way to cure a bad case of post-holiday winter blahs and no better time than now.

CR001981

Canyon Ranch in the Berkshires
Lenox, Massachusetts

As you approach Lenox, Mass., an easy, six-hour drive from Harrisburg, you might feel like you're entering a quieter era. En route to Canyon Ranch you'll pass small, peaceful country towns sprinkled throughout broad, open valleys and vast stretches of forests. Lush, green scenery creates an infectious feeling of tranquility. Some say the Berkshires have an energy vortex—an energy field emanating from the mountains with healing and spiritual powers—making the air fresher, atmosphere calmer, and outlook clearer. While scientists scoff at the idea, who cares? There is undoubtedly a calming effect from being overwhelmed by these magnificent mountains and towering trees. The stress reliever is simply nature at its best—and it works. The area's beauty and remoteness have attracted writers, musicians, and artists for years. They can't all be wrong.

Canyon Ranch is situated on Belleontaine, a magnificent 120-acre estate, once thought to be the site of the most lavish and beautiful homes in the area. It was built in 1897 when wealthy families such as the Vanderbilts, Roosevelts, and Carnegies built their ornate, summer "cottages"—20 room mansions—in the Berkshires. The grounds are grand for strolling. Public rooms offer all the right amenities for rejuvenation and renewal—massive fireplaces, sink-into furniture, walls of books, and panoramic vistas.

Canyon Ranch tends to your head as well as your hips. This spa emphasizes changing attitudes about exercise, fitness, and diet more so than pampering amenities—although it has plenty of those, too. A weekend getaway is a great way to kick-start a diet, create a regular exercise program, or develop better eating habits and a healthier lifestyle. The best part is that Canyon Ranch actually makes it fun to accomplish all of these lifestyle goals.

While dozens of exercise classes and outdoor activities are offered, you choose the classes and your pace. Or, simply sit by the pool all day without being hassled. Kick-boxing, spinning, aerobics, yoga, stretching, kayaking, hiking, and trendy newcomers such as Pilates—a muscle conditioning system designed to fight exercise boredom—are offered. "Barefoot Boogie" works on the mind as well as the body. Participants dance sans shoes while the instructor or "movement therapist" discusses accepting and loving your body, flaws and all, and "connecting with the spiritual essence through movement."

The place runs with Swiss-watch precision. With a staff-to-guest ratio of three to one, there is always a fresh towel on every exercise machine. Classes start on time in big, spotless rooms, most with to-die-for views of all that energy outside.

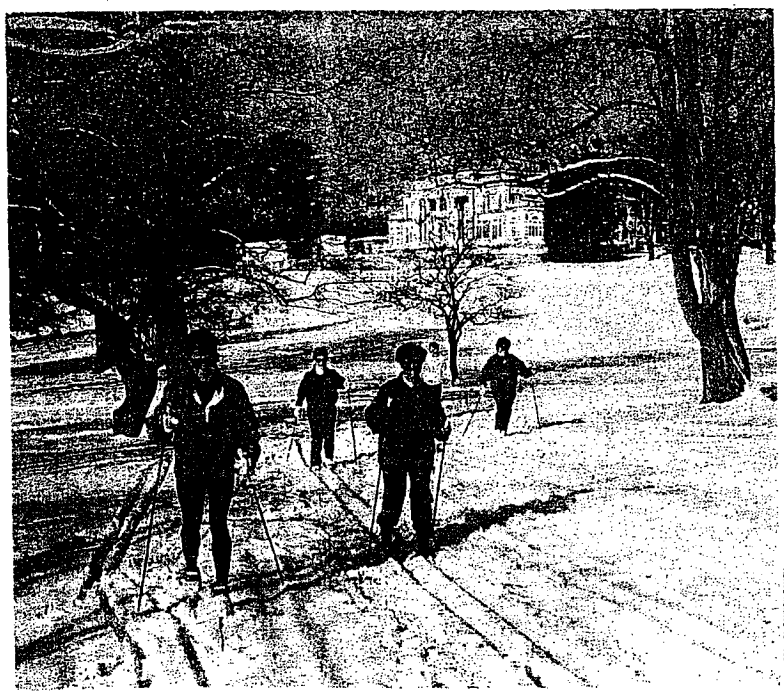
All meals are included and, despite the emphasis on healthy eating (calories and fat and fiber grams are listed for each menu item), you'll hardly feel deprived with yummy choices ranging from pizza to pasta to divine desserts. The Canyon Ranch secret to healthy eating is lots of fresh herbs and spices, plus it's belief in portion control, made quite evident by the minuscule size of the chocolate cheesecake weighing in at 155 calories. Don't worry, you can ask for seconds, and thirds, too.

The waiter won't even blink.

After a hard day's work, some serious spa pampering is called for. Their exotic "C and Sea" facial is a high-potency concentration of vitamin C mixed with pure, freeze-dried seaweed in a three-step, lift-off mask promising to reduce fine lines and strengthen the skin's elasticity. Thalassotherapy aqua massage is a body treatment designed to increase circulation, relax muscles, and tone skin. Algae crystals are dissolved in a 47-jet tub while the therapist uses a massage wand to relieve sore joints and tired muscles. This is followed by an application of sea silk body milk. In all, there are 16 different bodywork treatments plus 27 skin care and beauty services.

In the evening, mental workouts are offered through classes designed to help you cope with everything from body image to confidence building. Perhaps their real purpose is to keep the mind off the missing minibar or cocktail lounge harboring diet dangers (no alcohol is served here). For rates, reservations, or more information, call 800-742-9000.

Cross Country skiing at Canyon Ranch in the Berkshires.



COURTESY OF CANYON RANCH

CR001982

Fairfield County magazine
January 2000

New Year's Resurrections

FIVE EASY WAYS TO RELAX YOUR BODY, REJUVENATE YOUR SPIRIT AND REPLENISH YOUR ENERGY

hopskipjump

HOPS = Day trips within Fairfield County
SKIPS = Longer jaunts within Connecticut
JUMPS = Weekend excursions within five hours of Fairfield County

BY ANDREW COLLINS

Whether it's a spiritual journey or a respite in the lap of luxury, a spa getaway can help banish post-holiday blues and jump-start New Year's resolutions. You may need more than just a massage to unwind in the aftermath of the holidays, so here are five one- to three-day trips to help you de-stress. Choose from holistic pampering at Canyon Ranch, meditation at a yoga center in the Berkshires, beauty treatments in Manhattan, a sybaritic post-gambling retreat in eastern Connecticut, or seaweed wraps on the Jersey shore. Whatever you do, leave the cell phone, pager and laptop at home and come back glowing and renewed.

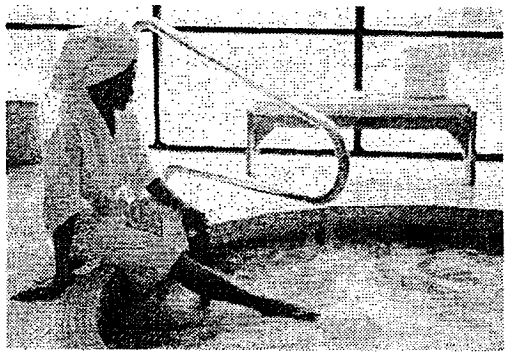
Back at the Ranch

If you don't have a week to spend in Arizona's saguaro-studded Canyon Ranch Health Resort, try the celebrated facilities and mountain views of its cousin, Canyon Ranch in the Berkshires. Because glass-enclosed walkways connect the 120-room inn, the 100,000-square-foot spa and the dining rooms in the Versailles-inspired Bellefontaine Mansion, winter presents no obstacles to having a wonderful time.

This ultra-luxurious resort, frequently voted the best spa in America in *Condé Nast Traveler* reader polls, occupies 120 wooded acres of a fabulous 1897 Victorian estate in Massachusetts. In addition to renowned spa treatments and meditation, you'll find about 40 daily fitness classes, cross-country skiing on the premises and downhill skiing nearby, plus indoor swimming, jogging and racquet sports.

Weight-loss programs, once a primary focus of Canyon Ranch, remain, but the resort's emphasis has shifted toward developing an overall plan for healthy living, including smoking cessation and sound therapy programs. Additionally, the staff-to-guest ratio of three-to-one ensures that someone will always be available to assist you on your journey toward inner enlightenment–or to the dining room for a second helping of pumpkin crème brûlée.

Canyon Ranch in the Berkshires Health Resort is located at 165 Kemble Street, Lenox, Massachusetts; (413) 637-4100 or (800) 742-9000. A three-night wintertime package, based on double occupancy, ranges from $930 to $1,410 per person. Visit www.canyonranch.com for more information.



Winter pleasures: Cross-country skiing and indoor swimming make a winning combination at Canyon Ranch in the Berkshires.

ALSO INSIDE:

CLARITY®

A Guideposts Publication for Women
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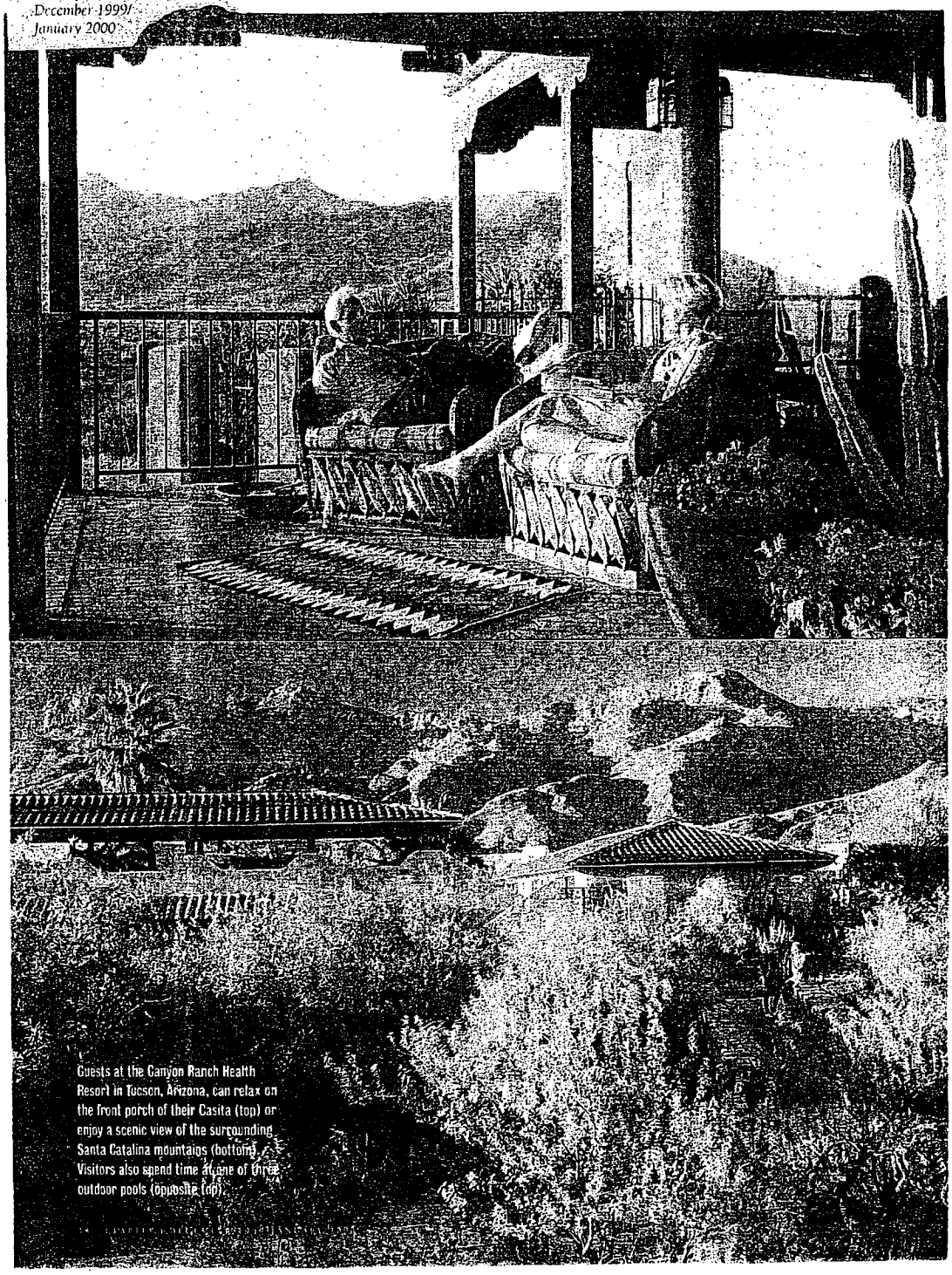
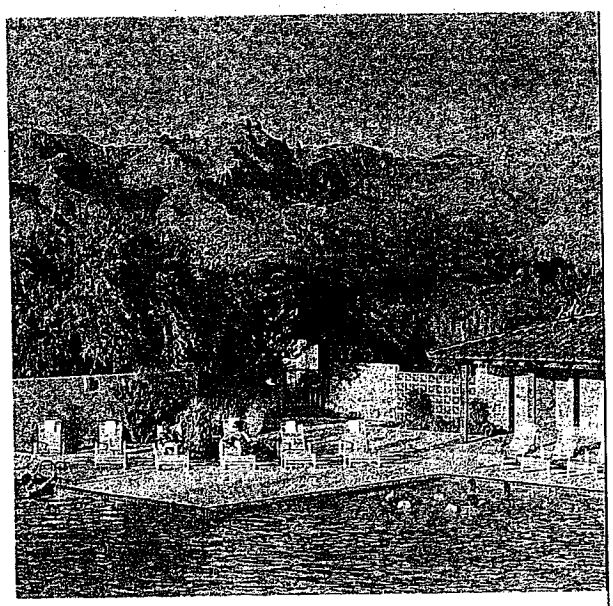
January 2000



Guests at the Canyon Ranch Health Resort in Tucson, Arizona, can relax on the front porch of their Casita (top) or enjoy a scenic view of the surrounding Santa Catalina mountains (bottom). Visitors also spend time at one of three outdoor pools (opposite top).



Soothe your body and soul at a rejuvenating spa hideaway, where your wish is the attendants' command

Sanctuary for the SENSES

IMAGINE WAKING UP IN ONE OF THE WORLD'S MOST BEAUTIFUL settings. The day is yours. Within the gates of this sanctuary, you can do as you please: dance, doze, play racquetball, curl up with a book, swim, try a pottery class, work out with a personal trainer, attend a lecture on artists of the American West, hike, exercise on an underwater treadmill, relax in an herbal bath, bike or do nothing at all. Nourishing meals await you, flavored with herbs freshly gathered from a nearby garden. You order as much as you want from a menu without prices. The food is prepared and presented perfectly and whisked away when you are full. You are not dreaming. You're at a spa.

BY MARGARET WINCHELL MILLER

CR001986

MY SISTER AND I SHARED THIS ULTIMATE experience at Canyon Ranch Health Resort in Tucson, Arizona. Though neither of us had ever been to a spa before, that spring seemed the perfect time for one of life's greatest indulgences. Laura was expecting her fourth child. My 15-year marriage had just come to a painful end. At life's crossroads, we wanted to spend a brief intermission with each other, without the distraction of children and chores, telephone calls and schedules.

What makes a visit to a spa different from other kinds of vacations is that it thoroughly drowns your senses. Everywhere we turned, we found something new to savor, hear, touch, breathe in or discover.

Upon our arrival, we were escorted to a charming adobe cottage decorated in gentle southwestern colors. We found baskets of fruit and spa goodies—sunscreen, herbal lotion and other complementary favors arranged in our room. We were enchanted.

We awoke early each day to a Sonoran desert sunrise, radiant and rose-colored. The spicy aroma of rosemary wafted from long hedges lining the landscaped courtyards as we walked to breakfast. We dodged baby quail scooting across the path on our hikes past prairie dog holes and pale green Palo Duro trees, under cloudless skies. The desert wind warmed our faces as we biked through the nearby foothills. Afterward, the soothing stroke of a skilled hand massaged our tired muscles with oil that smelled of eucalyptus and lemon.

Like two girls at summer camp, we wore ourselves out with fun. Surrounded by mirrors, we learned hip-hop routines in an exercise class. We caught up on each other's news while glazing our handmade clay vases from the craft hut with a half dozen other women also enjoying a respite from their daily routines. Traipsing about in rubber spa sandals and soft terry robes, we turned our fingers and toes over to experts who painted each nail the pink of a cactus flower. It was as if the spa masterminds had anticipated everything that could possibly captivate and satisfy a weary sojourner in search of rejuvenation.

Three times a day, we feasted on tasty spa cuisine, including frittatas and muffins, fresh fruit, vegetarian sandwiches, low-fat french fries, frozen yogurt, snacks and tall, spicy, tomato juice afternoon cocktails. Some of our most intimate talks took place over the gourmet dinners served by candlelight. (Laura claims the meals left her hungry, but she was eating for two!) She earned an unprecedented reputation as the guest who preferred egg yolks in her breakfast omelet, salt on her fries and butter on her corn bread—all contraband at most fitness resorts. Her requests were accommodated graciously. Our wishes were their command.

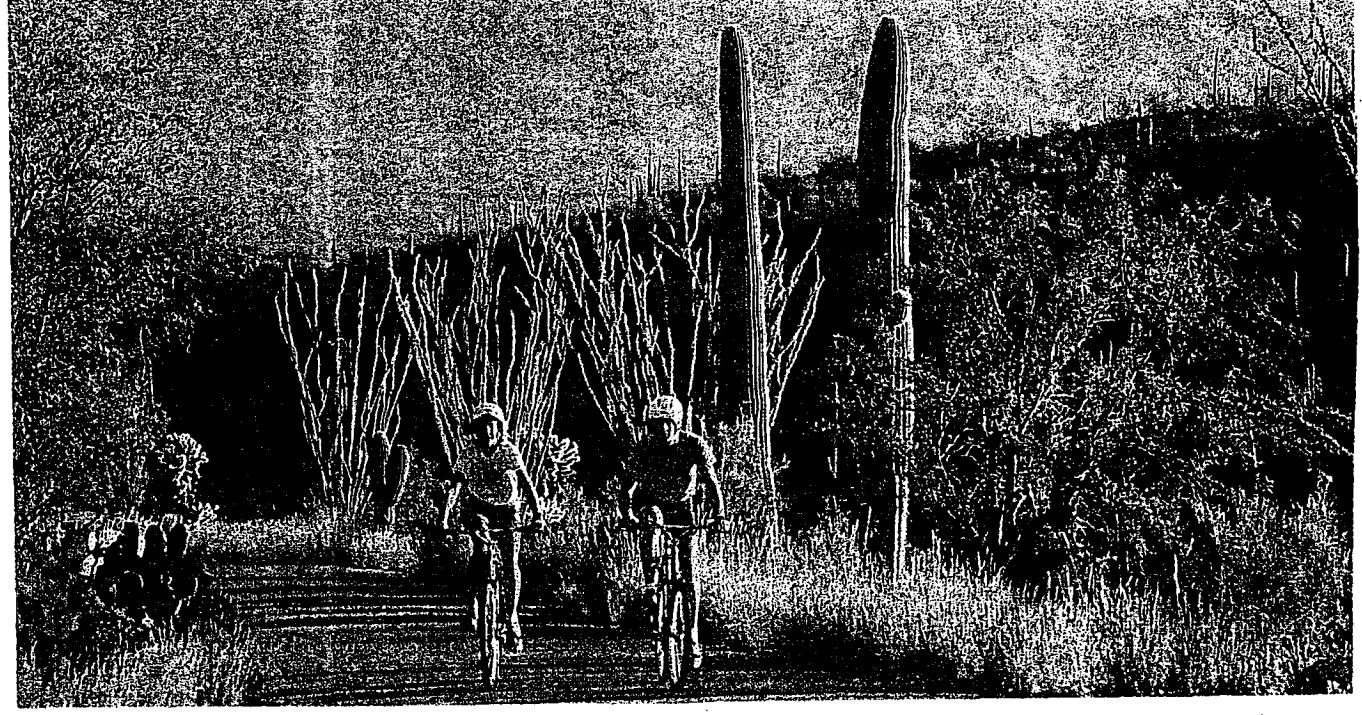
Afternoons were lazy. Some days Laura napped, a real treat for a mother of three. After dinner, we listened to a string quartet in the living room or practiced the two-step to the lilt of cowboy tunes. The last night, our senses saturated, we borrowed a movie from the spa's library and camped out in our room (crunching on candy bars, but don't tell anyone).

It was an ecclesiastical vacation—there was a time for everything: weight training and cooking class, bingo and laughter, watercolor workshops and unhurried walks. There was also a time for calm. We lounged by the pool, tossed around baby names and talked at length about a handsome stranger I'd recently met at my dentist's office. We prayed for our children. We pondered and planned and imagined our futures.

CANYON RANCH IS ONE OF HUNDREDS OF hideaways around the country that offer the spa experience. It was my first choice because of its spectacular scenery and the price; though higher than some, it includes everything. For those who can't stay the four-day minimum or just want a more uncomplicated experience, plenty of resorts allow guests to book a room for one or two nights. Day spas allow you to enjoy a sensory adventure without leaving town.

Julia Child, one of the world's finest chefs wisely suggested that "life itself is the proper binge." My sister's and my pilgrimage that spring helped us seize the day and reminded us that the world is chock-full of God's riches. All we have to do is open ourselves up to see them, not just at a spa but wherever we are. ■

Writer Margaret Winchell Miller lives in Houston, Texas.



TOWN & COUNTRY

JANUARY 2000

A NEW AGE FOR OLD FAVORITES

BY MELISSA MILRAD GOLDSTEIN

Not so long ago, many well-known destination spas offered only a token yoga class or some variation on Ayurvedic massage to appease guests who were searching for a more holistic spa experience. Today these same spas are awash in Ayurvedic and Eastern-based treatments with a distinct mind–body skew—evidence of a larger trend away from superficial pampering and toward a more in-depth search for inner beauty and serenity. We revisited facilities profiled in *T&C*'s January 1996 issue—those we'd chosen as "the best" U.S. spas—to see how they've beefed up these services. What follows is a select rundown of the spas we feel have made the biggest commitment to making well-being a part of their (and your) everyday life.

CANYON RANCH HEALTH RESORT TUCSON, ARIZONA

No one leaves Canyon Ranch without some exposure to healthy living. Whether you visit for some P&P (pampering and pedicures) or for one of the Ranch's week-long workshops held in its Life Enhancement Center, everyone is encouraged to personalize her program with one of many health and healing services, including visualization and relaxation, herbal medicine, Watsu and healing touch. Don't miss the classes with a more spiritual tilt: yoga, chi gong, jin shin jyutsu (which unlocks your body's energy "blocks"), shirodhara and astrology. Similar classes are offered at the Berkshires facility. Oh, the sacrifices we make for wellness. *(800) 742-9000 for both.*

THE GREENHOUSE ARLINGTON, TEXAS

The winds of change have swept through the Greenhouse spa: this southern oasis cum sorority slumber party has looked East Ayurvedic massage, shirodhara, dosha balancing, Tibetan botanical therapy, Hawaiian hot rocks, shiatsu, and its newest treatment, Hanoki (a Japanese mineral bath in a tub constructed from Hanoki cypress, a prized oily, lemon-scented wood believed to cure all that ails you), have given this straight-and-narrow pampering pad a decidedly New Age lift. But fret not: this isn't the end of indulgent treatments. From cellulite wraps to craniosacral therapy, it's all here. *(817) 640-4000.*

NEXT LEVEL SPA PROGRAM AT THE PEAKS RESORT AND GOLDEN DOOR SPA TELLURIDE, COLORADO

Total mind–body immersion is the tack taken at the two-year-old Next Level Spa, located within the Peaks Resort's Golden Door compound. Next Level guests are given quarters close to the spa, 24-hour spa access, a snack center stocked with healthy goodies, a serenity room and a meditation deck. The journey begins with choosing a "quest" (rejuvenation, vigor, tranquillity, adventure or change) from which your schedule is shaped. Such workshops as "Waking to Oneness," "Breath," "Relax!" "Tibetan Healing Sounds" and "Journaling" round out the experience—along with a few well-chosen body treatments that complement your regimen. Banish any thoughts of chocolate before going to sleep; the gift you're likely to find on your pillow will be something more esoteric—a journal, a relaxation CD or an aromatherapy candle—and more likely to expand your horizons than your waistline. *(800) 789-2220.*

THE CENTRE FOR WELL-BEING AT THE PHOENICIAN SCOTTSDALE, ARIZONA

Although not a "destination spa" in the strictest sense, The Phoenician stands out for what it offers as a whole: its location (the heart of the Sonoran Desert); its spiritual approaches (common to the Southwest); its other amenities (golf, tennis, swimming) and its commitment to healing (the spa is appropriately named The Centre for Well-Being). What's hot at the Phoenician? Meditation. At classes held in the Meditation Atrium, guests kick back in leather chaise longues and inhale aromatherapeutic scents while listening to a gentle waterfall. This state of bliss is elevated with several Ayurvedic rituals like bindi (an exfoliating herbal body mask) or the Centre's signature kachina aromatherapy treatment. Do have your tarot cards read before you leave. *(800) 888-8234.*

RANCHO LA PUERTA TECATE, BAJA CALIFORNIA, MEXICO

Rancho La Puerta's list of fitness classes is so inspiring, you're likely to abandon all preconceived notions about spa vacations involving a great deal of rubbing (as in massages, facials and wraps). When Edmond Szekely founded the spa in 1940, he called it the "Essene School of Life" to teach students how to "integrate health and wisdom into the vital new 20th-century lifestyle"—and it still holds true today. Demand for classes focusing on the mind and body continues to grow, and new classes are always being added; for example, Feldenkreis (for range of motion); an African dance workout (bring your own hip wrap); NIA (Neuromuscular Integrative Action), a jazz and modern dance workout; drumming and percussion classes; restorative yoga; and a once-a-week meditation dinner enjoyed without conversation, just inspirational music. They've recently added three "Spirit Gyms," where most of the classes are held. At the end of the day, don't miss the Rancho La Puerta Herbal Wrap, developed in the 1940s "to ease muscular soreness." *(800) 443-7565.*

GOLDEN DOOR ESCONDIDO, CALIFORNIA

From the day its gilded doors first opened in 1958, the Golden Door has distinguished itself as *the* temple of serenity. Its trinity: mind, body and spirit. This week-long, women's-only bastion (they do schedule men's and coed weeks) is set in an environment devoid of any unnecessary distractions, leaving you free to turn your attention inward. Devotees return year after year to rethink, reevaluate, retool and reawaken their lifestyle and spirit: it's nothing short of a catharsis (guests have been known to shed the occasional heartfelt tear in the process). And with a 4-to-1 ratio of staff to guests, there's no shortage of personal attention. Begin your journey in the labyrinth, a replica of the one laid in Chartres Cathedral in France. It's not a maze but a meditation circuit, "a metaphor for our journey through life." Then make an appointment to find your inner self at an Inner Door workshop, where the "resident visionary" will guide you through journaling, dream sharing, sand raking and a "wise woman" circle—exercises to help you decipher the puzzle of life. *(800) 424-0777.*

AMERICA'S #1 CHOICE FOR HEALTHY LIVING JANUARY 2000

PREVENTION®

NEW! FRESH START PLAN

Nutrition News

Edited by Holly McCord, RD
Prevention's nutrition editor

This year, make your New Year's "toast" with whole wheat bread!

If You Make Only One Diet Change This Year, What Should It Be?

Six top nutrition pros share terrific ideas

You say that you want a nutrition resolution for the New Year? No problem. We asked six nutrition experts to chime in on the following question: If people can only manage one change, what should it be? Here are their responses, any of which would make a fabulous resolution:

Jane Brody, health columnist for *The New York Times*: "Start drinking eight glasses of water daily. None of your body parts, from your brain to your toes, work well without adequate hydration."

Walter Willett, MD, chairman of the nutrition department at Harvard School of Public Health: "Switch to whole grain carbohydrates such as whole wheat bread and brown rice. High intakes of refined carbohydrates and sugar are the main sources of calories in the US diet, and thus a major contributor to being overweight."

FAR LEFT, HILMAR; DR. ANDREW WEIL BY CHARLES MANN; FAR RIGHT, MITCH MANDEL/RSI

Andrew Weil, MD, author of *Eight Weeks to Optimum Health* (Knopf, 1997): "Eliminate all foods containing partially hydrogenated oils. There's growing evidence that these unnatural fats are not good for us, and avoiding them and the processed foods that they come in would be a huge step to improving nutritional health."

Kristine Clark, PhD, RD, nutrition consultant to the US women's soccer team: "Eat more fruits and vegetables. Besides all the nutrients that produce contains, it also plays a role in weight loss. Fruits and vegetables fill you up for a small amount of calories."

Kathleen Johnson, RD, director of the nutrition program at Canyon Ranch Health Resort in Tucson: "Watch your portion sizes. Most of us eat far more food than we really need, and there are many reasons to eat less, including slowing the aging process."

Moshe Shike, MD, director of the Cancer Prevention and Wellness Program at Memorial Sloan-Kettering Cancer Center in New York City: "Control your calorie intake, get no more than 20% of your calories from fat, and be sure to get five to nine servings of fruits and vegetables daily. I know that's more than one change, but I couldn't resist, because these three go hand in hand."

by Karen Cicero

CR001989

THE JERUSALEM POST INTERNET EDITION

Someone, somewhere, is looking for You! THE JERUSALEM POST JCN Personals YOUR MEETING PLACE ON THE NET

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Never-never land in the Berkshires

By Barbara Sofer

(May 1) - "We'll take care of everything for you," promised the broadly smiling young woman behind the Canyon Ranch guest desk. The lobby smelled of firewood and hot cider. Outside, the snow was melting in the Berkshire Mountains of Western Massachusetts. I had come there from Jerusalem after a 10-day trip during which I gave 18 lectures. Being taken care of sounded wonderful.

For years, my Boston friend Sarah Wernick had been urging me to book a stay in Canyon Ranch. I needed the deep relaxation, she argued, and I could add razzle-dazzle to my exercise routine. I liked massage, and mud baths and even mikve, she reminded me. She knew I'd love Canyon Ranch. But my usual visits to the US were crowded with assignments.

"Free" time meant fulfilling shopping lists for my family, and trying to catch up with relatives.

I finally agreed. Sarah would meet me at Boston's Logan Airport and we'd drive the 200 kilometers to Lenox.

Ironically, at the last moment Sarah couldn't go. I took a cab to South Station bus station and boarded the Peter Pan line. It delivered me to Never-Never Land.

The ride from Boston took three hours (it's three and a half from New York City) and to my delight, there was an en-route movie. Lenox is a "request stop" which means you have to ask the driver to stop there. In the pretty resort town, with white wooden houses on streets lined with boutiques and antique shops, a Canyon Ranch van was waiting to drive me to the grounds.

Despite the name, Canyon Ranch is neither a ranch nor located in a canyon. The original (some say even posher) Canyon Ranch is in Tucson, Arizona. East

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ɔoast customers wanted something closer to home. The Berkshires sibling was opened in 1989 in the econstructed marble-and-brick French Renaissance 3ellefontaine mansion, built by the Foster family in .897, bought (for a reported $5.1 million) and efurbished (for a reported $40m.) by owners Enid ınd Mel Zuckerman.

:ravel and Leisure Magazine rated Canyon Ranch in he Berkshires the third-best spa in the US for 1999, ›ehind the Tucson Canyon Ranch and Golden Door n San Marcos, California. (In some years, it has been ated first.)

\ "destination spa" (there are about 30 in the US) as ›pposed to a luxury hotel that offers massage, mud, nd moisturizers, aims at a holistic mind-body vellness experience. It offers not just relaxation, but lso a physical and psychic tune-up geared towards hanging of habits. The motto of Canyon Ranch is The Vacation You Take Home with You." At least his was something I could take home without queezing it into my luggage.

Ay suitcases were delivered to one of CR's 127 ooms - large, with thickly carpeted floors, floral urtains, a VCR, and audio player.

ınother of the endless supply of attractive, young,)isneyworld-like staff (even more impressive ecause there's no tipping) was waiting to give me my rivate tour of the premises. The resort boasts three taff members for each guest.

shed my winter coat in the room. Every facility in ıe spa can be reached by a bright, eated/air-conditioned, windowed walkway that links ıe main buildings. Along the hallways are tea- and offee-making facilities, lemonade, fresh-squeezed range juice, and cider. (There are no diet soft drinks r alcoholic beverages on the premises.)

'he art is for sale. I felt a touch of home to see a Dale 'hihuly shell, similar to those displayed in David's 'ower in Jerusalem. For $30,000, I could have it ıipped or carry it in my hand luggage.

'HE HEART of the Canyon Ranch is the 0,000-square-meter spa, with its variety of exercise nd weight-training rooms, indoor tennis, racquetball nd squash courts; indoor swimming pool and jogging track, massage and treatment rooms, separate men's and women's facilities, including sauna, steam, inhalation rooms, whirlpool baths and a cold dip that looks exactly like a mikve.

Several floors of the building are devoted to more medical and psychological services than I'd expected. Health insurance companies in the US have cut back on preventive care, the guide explained. You can get a full physical or order a health consultant in subjects like combating cancer or cholesterol, menopause management, smoking cessation, stress management, and chronic pain. Personal evaluations of possible risks such as dementia, heart disease, or arthritis have become popular in the US, and you can sign up for them here. Complementary medicine, acupuncture, healing touch, and Chinese healing are also offered.

At the far end of the building, beyond the elegant dining room, is the single room left over from the original mansion: a library with three-meter-high bookshelves and plush furniture. There are other lounges with cozy corners and fireplaces to curl up, read, or just think.

The dining-room menu lists each choice by its fiber, calorie, and fat content. Spas have moved away from ascetic diets to gourmet low-fat. The menu offered pizza, lamb chops, cheesecake, pasta, apple pancakes, frozen yogurt, and strawberry soy shakes. Portions are small, but guests can order as many of them as they wish. Every meal comes with an unlimited salad bar.

At this point I thought it was appropriate to bring up my kosher dietary restrictions. I should really have discussed these before arriving, but I never got around to it. On a previous visit, Sarah had noticed a woman wearing a long skirt and long sleeves, carrying a wig case, so I assumed Orthodox folk had trodden the treadmills before me.

If necessary, my suitcase still had its supply of pop-top tuna and gefilte fish.

Without a blink at my request, my guide got the chef on the house phone. He wanted to know if I preferred "salmon and baked potato - no sauce - double-wrapped in aluminum foil" or a glatt-kosher frozen dinner. Paper plates and plastic forks would be supplied, and I'd get a printout of which products had

kashrut approval. Was there anything else I would want?

AFTER MY tour, I was directed to my program coordinator, another of Canyon Ranch's supply of fit, good-looking, young people. He tried to sound me out on goals and preferences to help me choose from among the enormous smorgasbord of daily activities and services.

CR's health resort guidebook runs 75 pages, with descriptions of possible activities. In addition, there are weekly updates of classes and lectures. There are brisk guided walks (weather permitting) starting at 7 a.m., and for late risers, at 8:30, there's Wake Up Warm Up Stretch. At 11, there's a choice of: dance aerobics (funk, jazz, Broadway, and Latin dance, to get you moving and increase your heart rate), stretch (to improve total body flexibility and awareness), aqua shape (to tone and condition muscles in the water), Canyon Ranch kickboxing (a total-fitness workout incorporating kickboxing techniques, abdominal strengthening, and flexibility), cardio box (an aerobic workout using boxing techniques, jump robe, and heavy bag sparring), spinning (non-impact cardiovascular workout using stationary bikes), and total yoga (combining physical conditioning, flexibility through yoga postures, relaxation, breathing, and meditation.)

If you desire the great outdoors, there are bikes, hiking trails, golf, cross-country skiing, and downhill skiing.

Elsewhere there is a lecture on menopause or osteoporosis, and a cooking lesson in an experimental kitchen.

At any hour, I could also have scheduled one of 150 ˆ la carte services like shiatsu or Swedish massage, craniosacral therapy, Reiki (each $85 for 45 minutes); thalassotherapy aqua massage, ($100); phyto pumpkin enzyme peel ($50); handwriting analysis ($60); painting with watercolors ($95 for individual consultation); meditation training ($100, or $145 for a Ph.D teacher); memory enhancement ($200 for two 50-minute sessions; $290 with a Ph.D); hikes to beaver dams (free); oriental vitality ($300 for 110 minutes including two private consultations); sensuality and connection ($100); life crafting ($300 for three sessions); couple's journey, mother/daughter sojourn life coaching ($100 each); biofeedback ($145); and more.

One treatment is called euphoria ($190 for 100 minutes), "which combines an invigorating Swiss shower, and candlelit room with soft music where you're draped in warm blankets as towels dipped in sage envelop your face, your scalp is massaged with rose geranium oil and your body treated to a botanica mask. After buffing you are immersed in a hydrotub scented with grapefruit oil."

The only offering I found paltry was the spiritual - mostly yoga and tai chi variations. But then, I'm from Jerusalem, the major-league spiritual city. Tarot cards were offered almost every day. Yuck.

Guests get an adorable, small, suede notebook to mark daily choices. I penciled in some options of exercise and lifestyle classes, and then ordered the check-up with a nurse and the body-composition test (both free), plus a squash lesson ($85), a coaching session ($100), and a massage ($85).

THERE'S A debate among spa aficionados over whether you should ideally go to a location spa with a spouse, a friend, in a group, or alone. Even though I unexpectedly came alone, I didn't feel lonely.

When Sarah joined me on the last day, I also savored sharing the time and experience with a close friend. For each meal, you have a choice of joining a "captain's table" for conversation and to meet people, or having a table to yourself. Most of the women I talked to had come with friends. There were a number of husbands and wives, and mothers and young-adult daughters. No children under 14 are allowed (I didn't see anyone under 20), no pets, and cellphones only in areas where public phones are used.

The women I met were mostly balancing busy home lives and careers, and they'd opted for spending their vacation time replenishing their energy. Nor were they all lanky and lean. They came in all ages and sizes. Half a dozen of the women looked as if they'd tip the scale at 100 kilos.

I set my alarm to make it for the morning walk at 7. There are two levels: beginners, at 6.5 kilometers an hour, and advanced, which is faster and on hillier terrain. A handsome man with a weather-beaten face

led the advanced walk. "I carry the cattle prods," he joked. Later, I learned he was 80.

After breakfast, I kept up a steady flow of activities. I liked being able to try so many of the options. I tried several yoga techniques, had a class in using Thera-bands for resistance (good for travel) and my maiden attempt at spinning - an invigorating exercise system to improve flexibility and strength developed by a trainer for dancers in the 1920s.

Although a class like spinning was limited to 17 people, I never saw anyone bumped from a class for lack of space. There seemed to be more than enough equipment for everyone all the time.

I'd never had a private athletic lesson before but squash is one of my sport passions. My sinewy, middle-aged squash coach asked me to hit a few so he could get an idea of my level. I'm a self-taught squash player with more enthusiasm than style. The teacher never winced or made me feel bad, even though he suggested I make a few changes: grip, stance, and forehand. I never realized how challenging a private sports lesson would be; I kept waiting for it to be someone else's turn so I could goof off.

"Life coaching," a new trend in the US, was one of the CR activities I'd heard about before arriving. Like the short, short story, this is the short, short-term psychotherapy. According to the brochure, coaching offered "a supportive, practical, focused and goal-oriented approach for such issues as weight management, smoking cessation, work performance, stress reduction,ion, formulate your goals and the strategies for achieving them. Follow-up-at-home phone session provides ongoing support and problem solving. Your coach will serve as your consultant and ally in attaining what you want most in your life."

Let's face it, in 50 minutes you're not going to waste time on your mother's bottle-feeding strategy or first-year marriage fights. This is a session to outline purposeful action, not wishful thinking. I liked my coach instantly and worked with her on immediate and future goals.

Fifty minutes, I discovered, goes a long way when you're not just shmoozing.

In between classes, I used the gym with its treadmills galore, dozens of weights, medicine balls, stretching machines, exercise balls; I swam, soaked, and steamed. Facilities are perfectly clean. I noticed that even after doing several shoeless sessions, my socks stayed snow-white.

Activities end by 10, and you can take out a video - if you're really ambitious you can take out a self-improvement tape to watch after hours.

BY THE SECOND day, I got limber. On the third, I'd achieved a good balance of hard work and relaxation and felt I earned my fabulous massage.

I admit to approaching such classes as "Physicalmind" with a certain, shall we say, Litvak skepticism. Still, I went. My first class was Guided Imagery, an introductory meditation class in one of the deep-chaired lounges. The teacher led us through a series of visualization exercises.

She warned us that we might feel itchy, and not to feel guilty if our minds wandered: That was part of the process. I liked not being pressured to get it perfect. I felt pretty groovy; some of the women in my class nodded off.

I tried to keep my mind open to "How to Get Un-Stuck Without Becoming Unglued," wherein a behavioral health therapist introduces you to mind mapping and promises to master this problem-solving tool. "Watch creativity and productivity skyrocket," it promised. On the table were paper and colored markers. We were told to write our problem in one word in the center of the sheet and to free-associate. If we got stuck, we should lift our writing hand and wave it in circles. When we finished, we should draw arrows to ideas and underline those with connections in the same color.

Frankly, it sounded silly.

Lo and behold, I solved a problem that had been bothering me on the trip.

IT WAS time to leave.

One of the classes I took, taught by spa manager Carl Pratt himself, offers hints at integrating what you learn at Canyon Ranch when you return to the real world. He started by passing out small rubber balls

for us to play with and reading an essay by a woman from Louisville, Kentucky, that began: "If I had my life to live over, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have on this trip."

Wellness is about being able to tie your shoe while standing on one foot, not about going for the burn.

The stay at Canyon Ranch isn't only a way to get away from the tension of everyday life, but a way to help you out of the rut when you get home, he said.

But, as Pratt reminded us, nothing was going to be different when we got back home: not our own busy schedules, not the kids' rooms, nor our own hard-to-break eating habits. "Forget about the hour-a-day yoga you're dreaming of," he said. "It's not going to happen. But don't say, 'I have only 10 minutes, it's not worth exercising.' Ten minutes is better than nothing. Go for it."

Chances are you're not going to continue with yoga either, if you don't really like it. So choose something you do like; natural motivation goes a long way.

Aim for fun. And don't sabotage yourself. No, you don't have to even out the leftover cake or the Oreos package.

I felt relaxed and ready to rejoin the world.

The test of my newfound equanimity came before I even got home. When I got to Boston, the airport was overheated; the flight to Newark was canceled. I managed to get on another plane, but my luggage was misplaced. I didn't feel desperate: I had my CR water bottle. On the flight, the high-fat cheeses in the breakfast and the sticky cakes didn't even appeal to me. OK, I slept and didn't use the stretch bands I bought for the long plane ride home, but I've packed them in my suitcase for my upcoming family vacation.

More than a month later, I'm still feeling unusually cheerful.

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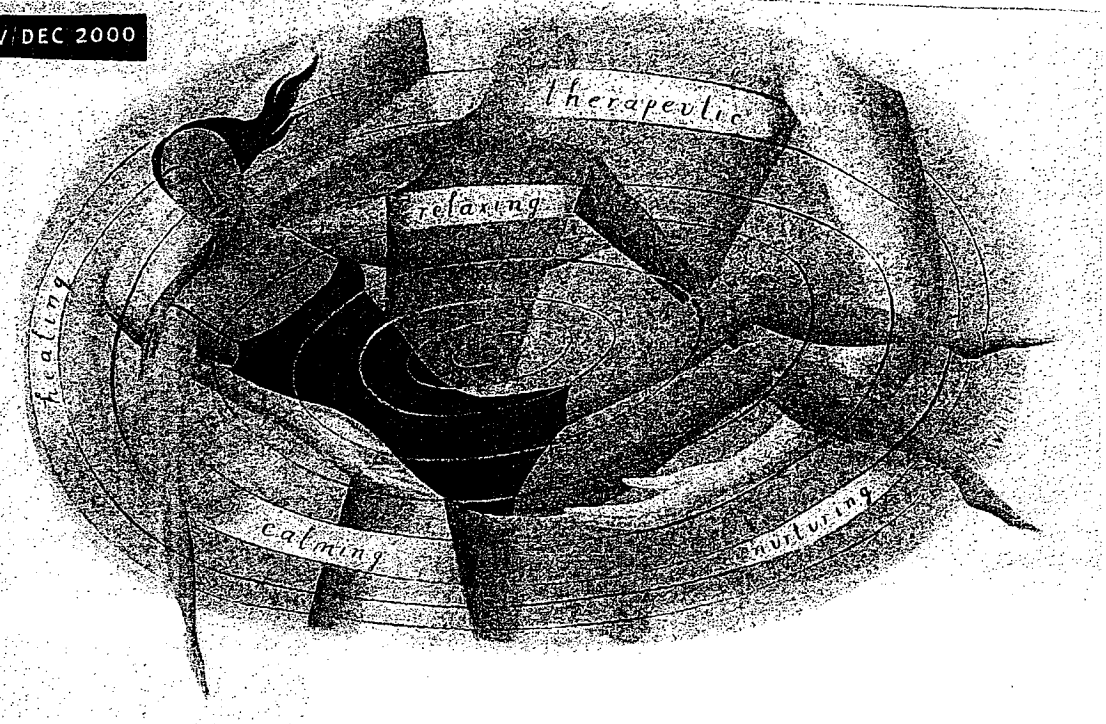


Go With the Flow

WATSU, AN OFFBEAT AQUA-MASSAGE, IS GOING MAINSTREAM. **BY AIMEE LEE BALL**

I HAD ACHIEVED A CRITICAL MASS OF STRESS WHEN I arrived at Canyon Ranch in Tucson, Arizona—utterly fried after finishing a project that was the hardest money I ever earned. Otherwise, I don't know that I would have signed up for Watsu in lieu of a more familiar laying on of hands. But a lot of information goes out on the jungle grapevine at a spa, and at Canyon Ranch I kept hearing that this weird-sounding water treatment was a return to the womb. That seemed like a fine place to be, particularly when the tension I carried in my back was so hard you could build condominiums there. Wearing a bathing suit, I reported to the new Aquatic Center, an 11,000-square-foot Leviathan, with three round pools dedicated to Watsu, each the size of the rubberized backyard swimming holes of my suburban childhood.

The giggle-inducing name Watsu is an acronym for water shiatsu, a type of "aquatic bodywork" developed by a Beat poet named Harold Dull (more giggles), who went to Japan in the late 1970s to study Zen shiatsu. Wowed by this form of massage, which concentrates on pressure points and uses stretches to unblock energy that the Japanese call *chi*, Dull returned home to teach at Harbin Hot Springs, a commune and retreat in northern California. But he improvised on the Asian techniques by having his subject float in chest-high warm water, theorizing that it would liberate the spine from the strictures imposed by gravity and permit the body to glide more easily into relaxing positions that were impossible to achieve on land. (Picture the astronauts training for the weightlessness of outer space in swimming pools.) The freedom of movement afforded by the water made it feasible for a small person to treat a large person, or a physically limited person, or a person in pain. Even psychic pain: Watsu exponents have often claimed the treatment could achieve pro-

found emotional and spiritual healing.

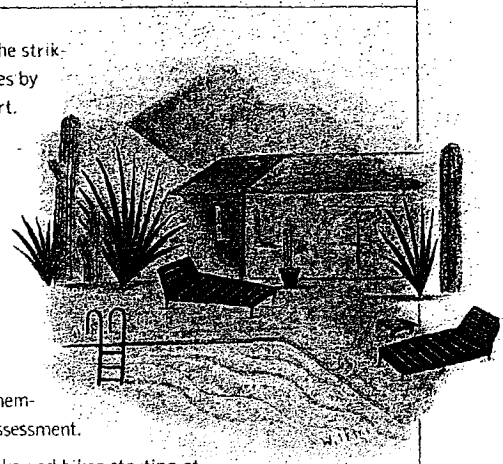
Watsu advocates don't talk about "practitioners" and "clients" but about "givers" and "receivers." Giver Jim, also in a swimsuit, offered me earplugs and asked me to begin with a few deep breaths. Then, almost literally sweeping me off my feet, he proceeded to lift and cradle me in his arms, gliding me through the water, gently and slowly moving me into different positions, intermittently pressing his fingertips into my neck, back, and arms. (I learned later that he was working on the meridians, which are considered by Watsu and other massage practitioners to be the body's energy pathways.) I did nothing, a passive lump in Jim's care, at first suppressing nervous laughter, then submitting utterly. If there were others Watsu-ing in the adjacent pools, I was oblivious to them and had no qualms that I was being observed myself: Watsu is the ultimate solipsism. Occasionally I glanced up at the ceiling, decorated with animal images that are traditional Native American healing symbols, then closed my eyes and flowed with the rhythm of the soggy pas de deux. The reporter in me stayed awake to remember the experience, but I could easily have napped.

Dull's disciples have riffed on their own, creating other Watsu-y treatments: *Wassertanzen* (or Waterdance) takes you all the way underwater (wearing nose plugs) and employs positions with names like "snakes," "captures," and "parachutes"; Aqua Soma uses flotation devices; and Waterbalancing pipes in dolphin and whale sounds.

But Watsu is not just for spas. At the Mapleton Rehabilitation Center, part of the Boulder Community Hospital in Colorado, it's considered legitimate therapy, says medical director Robert Scaer, M.D., a neurologist who has run chronic-pain and brain-injury programs for 20 years.

"It tends to regulate the autonomic nervous system," he explains, adding that this system consists of two compo-

CANYON RANCH RÉSUMÉ



Getting There Canyon Ranch is in the striking Sonoran Desert, about 40 minutes by car from Tucson International Airport. For flight information, consult **www.expedia.com**.

The Big Picture Don't dare call Canyon Ranch a spa—it's a "health resort." There's a full spectrum of fitness classes and pampering treatments, plus four swimming pools, seven tennis courts, and special "wellness services" (at an additional charge), including herbal medicine, memory enhancement, and body-image assessment.

The Routine There's a menu of walks and hikes starting at dawn and ranging from warm-up to rigorous. (One morning I offered $1,000 to anyone in my group who would carry me back down the mountain. No takers.) Classes are listed on a weekly bulletin (it will remind you of college), and I was never bored with the smorgasbord: an introduction to free weights called Above & Below the Belt; Abs Plus, an hour of crunches; both Tai Chi and in the water Tai Chi; salsa; spinning—there's a lot to do.

Meals Skip the grim vegetarian Boca Burgers at the poolside barbecue in favor of the daily Lunch & Learn in the demo kitchen. There you watch the chef prepare a low-fat dish, maybe poached salmon with orange sauce or Moroccan vegetable stew, and then you eat it. You can request the recipe for any dish, and it will be mailed to you. To compensate for the absence of liquor on property, the dinner hour starts with "mocktails" served in the lobby—spicy tomato juice or strawberry-orange spritzers.

Don't Miss The Canyon Stone massage, done with polished basalt rocks heated in a boiler pan. Better than even the most talented pair of hands.

Miss The evening entertainment, which runs to bingo, stargazing, or Linda Richman—mother-in-law of comedian Mike Myers and the inspiration for his "Coffee Talk" character on *Saturday Night Live*. She is now drawing a salary at Canyon Ranch with her seminars about "Healing Heartache Through Humor."

I Especially Liked addictive banana bread at breakfast, free access to a computer for checking e-mail, and hand-carved hiking shillelaghs made from saguaro cacti.

Cost Canyon Ranch offers 4-, 7- and 10-night packages in standard or deluxe rooms, hacienda or casita suites. A one-week package with double room, including seven spa and sports services and a $315 allowance for health and healing services, ranges from $3,310 to $5,690 per person (valid through June 9, 2001), plus 18 percent service charge. The price includes all gratuities, round-trip transportation from the airport, a health and fitness assessment upon arrival, three meals a day, use of all spa facilities, and fitness classes.

Further Information **www.canyonranch.com**

Reservations 800-742-9000

nents. The sympathetic system controls primitive flight-or-fight response: It's what allows you to defend yourself against a predator, whether that's your boss or an oncoming car. The parasympathetic system includes digestion, rest, muscle relaxation, and metabolism. "One is energy-expending, the other energy-restoring—both necessary for survival," says Scaer. "Watsu helps produce homeostasis or balance between the two, and it seems uniquely suited to doing that. Adding movement is therapeutic, because it provides your brain with a sense of where you are in the world. It regulates sympathetic arousal, which is what biofeedback is about—turning down muscle-tension responses and sweating responses, warming the skin—all reversing the peripheral effects of adrenaline, your stress hormone."

It's no coincidence that so many Watsu-ers invoke imagery about the womb. "All of this is theoretical," says Scaer, "but there's a reason why water is nurturing, why warm water is relaxing. It goes back to where you developed. You're reproducing some sense of deep well-being and safety. It's a powerful combination of calming and regulatory states." Scaer believes Watsu can be part of the treatment for chronic pain, auto-accident injuries, post-traumatic stress disorders, even cerebral palsy. "It's often palliative therapy," he says, "but it can reduce spasticity and calm the person down. It's temporary, but that's no small thing. It's one tool, a little weird. That's why it isn't used in more rehab facilities. It's considered too Boulder airy-fairy."

When I signed up for my session at Canyon Ranch, I was asked if I had any objections to a male Watsu-er and quickly learned why: There were times when my leg was slung over Jim's shoulder, when my arm was wrapped around his waist. (In some primitive societies, we would be engaged.) At Harbin Hot Springs, clothing is optional—a controversial alternative not remotely plausible in a spa setting, as it would leave management legally vulnerable to serious Wat-suits. (Sorry, these puns seem inevitable.)

Even though I was wearing a maillot, Watsu was certainly an intimate and trusting experience. Shaking hands with Jim at the end of our hour together seemed somehow inadequate. More than anything else, the experience made me recall being cradled in my father's arms as a toddler while splashing in the Atlantic surf.

A friend once remarked that she'd like to turn the reins of her life over to somebody else and say, "Here, you drive for a while." That's what Watsu feels like: a pleasant loss of control, slightly disorienting, deeply calming.

The ancient Egyptians believed that water was given to the soul as compensation for taking on a bodily form. I didn't have any epiphanies, and I didn't make any life-altering decisions during my Watsu session. But I did fall asleep at 8:30 that night and dreamed that I was the love child of Esther Williams and Mark Spitz. ■

WATSU ON THE WEB

www.flowmotion.com/watsu.html
Not a lot of background, but you can actually watch two live-motion video clips that show the positioning and movements.

http://aspen.forest.net/waba/default.html
Home site of the Worldwide Aquatic Bodywork Association, with good information about the origins of Watsu.

www.yoga.com/raw/massage/info/watsu.htm
Limited info from *Share Guide*, a holistic health magazine.

www.mindspring.com/~watsufi/
Not much here—mostly about the building of a new Watsu complex in California.

www.thriveonline.com/serenity/spas/treatments/watsu.index.html
An Oxygen site, with basic info and links to some spas that offer Watsu.

www.alltheweb.com
Type *Watsu* in the search box, and you'll get 2,127 listings—at last count. It seems that everyone who has ever given or received a treatment has posted a website about it. Knock yourself out.

WATSU SPAS

Watsu is now available at the following spas:

Desert Springs Marriott Resort & Spa, Palm Desert, California **www.marriotthotels.com/CTDCA**

Grand Wailea Resort, Wailea, Hawaii **www.grandwailea.com**

The Greenhouse, Arlington, Texas **www.thegreenhousespa.com**

Green Valley Spa, St. George, Utah **www.greenvalleyspa.com**

Kalani Oceanside Eco-Resort, Pahoa, Hawaii **www.kalani.com**

Ojai Valley Inn & Spa, Ojai, California **www.spaojai.com**

PGA National Resort & Spa, Palm Beach Gardens, Florida **www.pga-resorts.com**

Sonoma Mission Inn & Spa, Boyes Hot Springs, California **www.sonomamissioninn.com**

Two Bunch Palms, Desert Hot Springs, California www.twobunchpalms.com

www.usatoday.com

USA TODAY

Life

SECTION D

Thursday, July 6, 2000

USA TODAY
WASHINGTON, DC
THURSDAY 2,113,882
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Recess reminds adults how to play like kids

LENOX, Mass. — "Are you ready to play?" fitness instructor Rick Schultz shouts at his class. No, he's not talking to kids, but grown-ups.

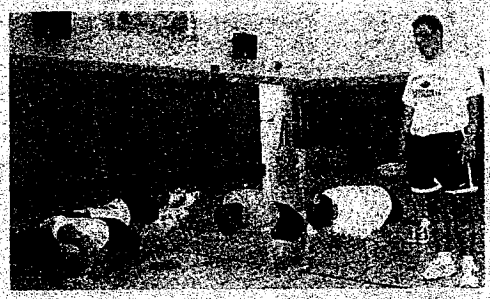
Schultz is the mastermind behind a class called Recess, which just started here at Canyon Ranch in the Berkshires, a luxury health resort.

Play is the name of the game in the class, which is offered — when else? — right after lunch.

Participants play games like dodge ball, freeze tag, red light/green light, Simon says, field hockey and Frisbee basketball. To warm up, they skip, hop, leap, slide and walk backward.

Schultz, who used to be a recreation director, says he created the class after conversations with harried adults who said they were so busy with their children's activities that they didn't have time to work out themselves.

The class helps adults relearn the games of their youth so they can play them with their children, grandchildren, nieces, nephews or neighborhood children. "Every adult should know three or four games really well so they can play with kids during the weekend, at family reunions, picnics," Schultz says.



By Alan Solomon for USA TODAY

Simon says: Simon Marxer, standing, says the adult classes at Canyon Ranch in the Berkshires take him back to the fun days of gym class at school.

Many adults also have to relearn how to be playful, says Suzie May, another fitness instructor who leads the class. When they get in the class, "they have more fun than they ever anticipated. They go back to being a kid at heart."

The class increases agility, balance, coordination, strength, dexterity, and other basic skills that adults tend to lose as they age, Schultz says. The 45-minute recess class probably burns 300 to 500 calories, depending on the size of the participant and the amount of energy put into the program, he says.

Canyon Ranch encourages not only its guests, but also its employees to take the class. Recess participant Simon Marxer, who really worked up a sweat during a recent class, says the games reminded him of the fun he used to have in gym class. Participant Beth Larrow says the workout is good for people who are intimated by the weight room.

Too often, adults take fitness so seriously that they forget to have fun, Schultz says. "Just the terminology 'workout' designates work. It should be called 'playout.' "

By Nanci Hellmich

CR001998

THE WALL STREET JOURNAL
(EASTERN EDITION)
NEW YORK, NY
FRIDAY 775,153
JUN 23 2000
FRIDAY, JUNE 23, 2000 W1

WEEKEND JOURNAL

TRAVEL

TAKEOFFS & LANDINGS

By Michelle Higgins

Gas Pains For Summer

THE HIGH COST of gasoline is driving summer travelers off the road, with drivers paying more than $2 a gallon in some regions.

A gallon of gas in Miami costs about $1.60, up 3% from just last month and 39% from a year ago. In Detroit, gas has soared to more than $2 a gallon, up 36% from last month and 72% from a year ago. That amounts to an extra $5 or so each time you refill your tank than what you would have paid a year ago. **With gas prices so high, travel agents say many travelers are choosing to fly instead of drive.** "If you haven't booked your seat you may want to consider doing it now," says Steve Loucks, a spokesman for Carlson Wagonlit Travel in Minneapolis. Low-fare carrier Spirit Airlines offers a $79 one-way fare from Newark to Orlando, which calculates to $632 round trip for a family of four.

Trying to counter the effects of rising fuel costs on the hotel business, **Hotel Reservations Network will rebate up to $30 for a customer's fuel expenses, provided the driver books three or more nights of accommodations through the company's Web site, hoteldiscount.com.** Some other options: At www.driveandsave.com, you can search for the lowest gas prices by zip code, state or airport. Priceline.com lets you bid for gas. TravelSmart, a New York-based newsletter, offers this tip: At high speeds on the highway, you'll use less gas with the air conditioner on than with the window down, which increases wind resistance.

Hotel Hollywood

HOTELS ARE BUILDING cinemas, hoping guests will pay per view in public.

Illustrations by Michael Sloan

The new TriBeCa Grand Hotel in New York has a 98-seat movie theater with contoured seats and "surround sound" that can be rented for $400 an hour. The Envoy Club, an upscale extended-stay hotel in New York, recently added a 14-seat "Cinema Room" where guests can sit in oversize leather reclining chairs in front of a 5-foot screen for $200 an hour. **Those willing to share pay less:** A ticket for one of three daily showings in the 300-seat theater at the McMenamins Kennedy School hotel outside Portland, Ore., is only $3, and cocktails, beer and pizza are available.

Even hotels without theaters are catering to movie fans. **Loews Ventana Canyon Resort in Tucson, Ariz., and Loews Coronado Bay Resort in Coronado, Calif., are showing "Dive-In Movies" on Saturday nights this summer.** Guests can float around the pool in inner tubes and watch films projected on a large screen.

Sun Strokes

THERE'S A HOT NEW MARKET for hotel spas: massages for burnt skin.

Among sunburn treatments offered at Rosewood's Las Ventanas al Paraiso in Los Cabos, Mexico, is the "Frozen Stone Massage," a 50-minute, $90 toning-and-healing session that involves getting rubbed with frozen marble stones and rose-hip lotion. **There also is the $50 aloe body wrap, which provides instant relief with a lavender mist spritz, followed by a rubdown with tea tree recovery gel.** Agua spa at the Delano hotel in Miami offers a $100 Marigold Mask that soothes using extracts from marigold and "promotes tissue rejuvenation" with aloe applied with cold balls. "If you're blistered, we advise you to get medical help," says Leila Fazel, co-creator of Agua.

Another option: **Canyon Ranch in Lenox, Mass., offers the Body Be Bronze self-tanning treatment with exfoliation.** It is followed by an application of self-tanning cream. The combination costs $155 and lasts 80 minutes. Of course, you could always just buy a $4 bottle of suntan lotion at the corner drugstore.

Odds & Ends

"LAGOON SWIM-UP ROOMS" are 50% off as part of an opening special through Sept. 30 at the new Hyatt Regency St. Lucia. Just be careful not to swim up to the wrong room: From the pool, all 24 rooms in this category look the same, and none have numbers on them yet . . . . **Dentist on board: Michigan-based Sea Dentist Inc. is testing a program** on Holland America's new Zaandam cruise ship that will offer passengers dental care. Services include oral exams, ($40); fillings, ($80); denture repairs, ($175); and crown recementing, ($75) . . . . **The latest in travel entertainment: the Sony Glasstron PLM-A35.** It is a personal movie player about the size and shape of a pair of sunglasses that give the illusion of watching a 52-inch screen from a distance of 6.5 feet. Cost: about $500 . . . . **Battle of the sexes?** According to a survey of women business travelers by Wyndham Hotels & Resorts and New York University Center for Hospitality, Tourism and Travel Administration, **"Women think that flight attendants and front-desk staff treat men better, while men think that bell staff treat women better."**

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Gourmet

the world's *best* hotels

THE MAGAZINE OF GOOD LIVING

and the Winners are...

YOU WALK INTO THE LOBBY and your heart sinks. You have just traveled halfway around the world ... and find you've picked the wrong hotel. We hate that, too. Which is why we've done everything we could to make sure that our hotel poll won't lead you astray. We began by tracking down our best-traveled readers and grilling them about their favorite places. Then we asked the network of 5,000 luxury-travel specialists called Virtuoso to share their expertise with us. In the end, though, there's no substitute for personal experience, so we sent a different GOURMET editor to each winning hotel. The result is the most opinionated poll we've ever published; we even threw in a few of our own favorite places along the way. One warning: If you're like us, checking out won't be easy.

PR Files - Dist 5/3/00

IN THE FOOTHILLS of the Santa Catalina Mountains, Canyon Ranch sits on 70 beautiful acres that guests share with wild rabbits, hummingbirds, and the occasional javelina. Spa-goers take invigorating mountain hikes and are rewarded with spectacular views of the cacti-covered desert. They cycle in Sabino Canyon and choose from more than 40 exercise classes. Some guests simply give themselves over to pampering and beauty treatments and learn the benefits of a hot-stone massage over, say, a seaweed wrap.

And what about dinner? Gone are the days of celery sticks and consommé. Scott Uehlein, Canyon Ranch chef for the past year and a half, has brought the cuisine into a new dimension. After a vigorous set of tennis, an hour of walleyball, or a 12-mile trek, who wouldn't feel that broiled lobster tail with saffron caper rice, followed by homemade (low-fat) ice cream with (low-fat) hot fudge sauce, is well deserved?

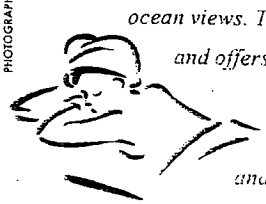
Now celebrating its 20th year, Canyon Ranch infuses its guests with a sense of well-being—of mind, body, and spirit. (And, of course, there's the food.) No wonder so many keep on coming back. (800) 742-9000

2. Miraval Tucson, AZ (800) 825-4000
3. Brenner's Park Baden-Baden, Germany (011-49-7221) 9000
4. Rancho La Puerta Baja, Mexico (800) 443-7565
5. Golden Door Escondido, CA (800) 424-0777

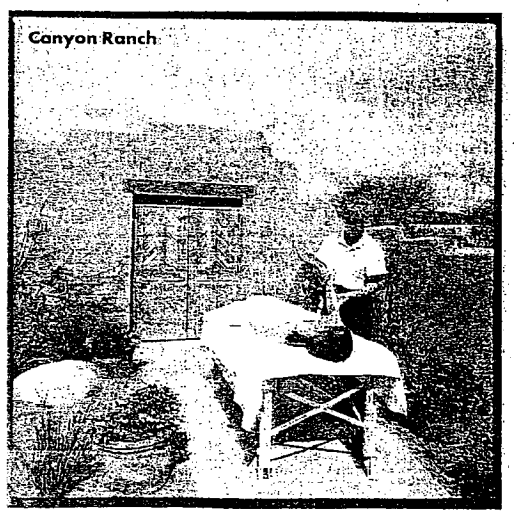
we also love

Shambhala *Turks & Caicos, British West Indies*

WHEN IT OPENED two years ago, Parrot Cay resort won raves for its straightforward, timeless Caribbean look and sand-in-your-shoes luxury. Now the hotel has added a spa, Shambhala, next door, in three beachside bungalows with the same gorgeous ocean views. The spa emphasizes a holistic approach and offers yoga classes and personal training in addition to a full range of Asian and European massages and treatments. (877) 754-0726



PHOTOGRAPHS: FRICK BYERS



Tough Love

Ann Patchett tells a tale of friendship, taxes, and smaller portions

THIS STORY IS NO Ultra Slim-Fast ad campaign. There will be no before-and-after pictures so completely disconnected from each other that the only logical conclusion is that two different people were photographed. This is a story about real life. The triumphs of the characters are quirky and small. Their failures are discouraging. What appears at first to be a moving display of altruistic love for a friend turns out to be something less generous in spirit. There are cigarettes in this story, and Scotch, and Kentucky Fried Chicken. It's best that you know this going in.

I am a novelist. Debbie is a certified public accountant. We were close friends long before Debbie started doing my taxes. I never wanted to ask her, because I knew she wouldn't charge me, but then my finances got complicated and she's been there to straighten things out ever since. And she never takes a dime.

Most of the time we get together we don't talk about money. We talk about cigarettes. While we talk we usually smoke. I'm the kind of person who doesn't smoke unless someone hands me a cigarette and says, "Here, smoke this." Since all my other friends have quit, it doesn't happen very often anymore. But Debbie is always smoking, and, slipping her lighter from her purse, I tell her that she has to stop.

"I know," Debbie says, "I know." She fires up another. She smokes two packs a day, so there are a lot of cigarettes to get through.

We have this conversation for about five years. It isn't the only thing we talk about, but sooner or later our conversation usually comes back around to different ways to quit smoking, to start exercising, to lose weight. I am a bastion of good habits, vegetables, and long jogs—and I want this for my friend. She has three clever children, a fine husband, her own thriving accounting firm, and asthma.

As morbid a thing as this is to say, it often occurs to me how miserable we'll all be when she's dead. Hanging around with Debbie, it's not hard to imagine such a thing. Her color is bad. She needs to lose weight. She wheezes. She holds on to the railing when she walks up steps. When we are together, we daydream good health. I come up with plans, and she listens intently. Unlike other smokers who tell you to mind your own damn business, Debbie seems genuinely interested in the notion of health. She promises to cut back, at the very least, but the years go by and nothing happens.

Then something happens: Debbie's mother, a champion smoker from an entire family of full-time smokers, gets lung cancer.

The next week Debbie stops smoking.

This is the silver lining, the triumph out of the tragedy, but I'm used to badgering my friend, and even without the cigarettes, I don't miss a beat. I start to badger her about exercise. She tells me soon. She tells me next week.

I see this as my big chance to make my move. "I'm coming over tonight," I tell her.

Debbie meets me at the door with a bottle of sake. "It's the cold kind," she says. "I've never bought sake before."

"Put your tennis shoes on."

She looks at me nervously, like maybe she misunderstood our agenda.

"Aren't we going to talk about exercise?"

I tell her we're going for a walk.

It isn't much of a walk, less than a mile of suburban streets with one gentle rise and a slow descent. My accountant walks very slowly. She says she will listen but can't really talk. I give her the outline: We will meet every morning at 6:30 in a little park, and we will walk.

ILLUSTRATION: JEFF JACKSON

CR002002

I have other plans, bigger plans, but I keep them to myself.

By the time we get back to the house, it is all agreed. Debbie has always agreed with me, but this is the first time the agreement has shown any sign of action. "I didn't think I could walk that far," she says happily. "I didn't know if I could do it."

Without the cigarettes to hold us back, progress at the park comes quickly. One day we lengthen the walk; one day we speed it up. I bring two sets of weights to lift from the park bench as we lap past, first five pounds, then ten. Then I introduce the smallest amount of jogging, something Debbie claimed would not, under any circumstance, be possible. But she had said that about the weights and the walking. "If you tell me to do it," she says, "I'll do it."

By now we have passed through the unbearable humidity of August and are enjoying the cool mornings of late October. We are doing a slow, shuffling jog, but we are doing it for two miles without stopping. While we run, Debbie saves her oxygen for breathing rather than talking, so I take the opportunity to tell her how she needs to scale back to two cups of coffee a day (she drinks six or more), reserve Scotch for the weekends, and avoid eating at any place that has a drive-in window. She nods and pants while I tell her to try and pick up the pace.

Why do people seek out counsel and then neglect to take it? It was one of the mysteries of life until I became my accountant's personal trainer.

I get an awful lot of credit for what we're doing; the people in the park, my family, Debbie's family, they all praise me for my tenacity and compassion. They tell me what a good friend I am.

We go out in the rain. We go out when it's dark and there's frost on the field. Even when I come down with a midlife case of the chicken pox we go, because Debbie has already had them and by now it's too cold for anyone else to be in the park that early.

We run and we lift, and when we simply can't, we just show up and walk. But I am not such a heroic friend. Even though I long for the right to sleep until 7:30 every now and then, I know that this is the relationship I've waited for my whole life.

I like to give advice. How much of my life has been spent listening to friends complain about their miserable relationships, their miserable jobs?

They wish they could quit school or go back to school. They want to lose weight, take up painting, move west. I

listen. I advise. I have a reputation as someone who gives especially level-headed advice, and for that reason I am the person many people call. But the simple truth is, people make up their own minds. They change their lives when they're good and ready, not when they get a sensible tip. And certainly this is how it should be, but it's hard not to feel like all those phone calls received in the middle of the night were a giant waste of time. Why do people so fervently seek out counsel and then neglect to take it? It was one of the mysteries of life until I became my accountant's personal trainer. That's when everything changed. When I say run, she runs. When I say lift one more set, she bites her lip and pulls up her weights. Does this make me a good friend or just another person with control issues? I can't say for sure. All I know is that it feels great.

And Debbie is starting to lose some weight. She has taken on an oxygenated glow that makes her friends praise her beauty everywhere she goes. She passes the compliments on to me. Other people begin to ask me if I will work out with them, and for a few minutes I consider dumping the book I am writing and changing careers.

Hard winter sets in, and Debbie picks up a couple of colds from her children. She coughs violently in the morning, but I blame it on grade-school germs. We give up running for walking. We slack on the weights. She wheezes. I decide it's time to consult the professionals. I book us a trip to Canyon Ranch Health Resort.

Three days before we leave for the spa in Arizona there is a message on my answering machine. Debbie is crying.

"I've been cheating," she says. "I had to tell you before we left."

Debbie's mother has done phenomenally well with her chemotherapy and radiation treatments, and the massive tumors in her lungs have shrunk down to nothing. She has quit smoking. Meanwhile, Debbie has started to backslide and is up to five cigarettes a day, which accounts for her recent return to hacking. She has her reasons. The stress in her life at this time would make most people turn to heroin, much less slip back a little toward a 20-year habit. When I pick her up to go to the airport, she tells me she had put a couple packs of cigarettes and several travel-size bottles of Scotch in her suitcase but then, at the last minute, had taken them out again.

I want to tell you that I act with compassion, sympathy, that I reach out to

At Canyon Ranch I get to see what a personal trainer looks like, and it shows me up for what I really am: a moderately fit novelist.

We live from meal to meal. We are served delicate portions of steamed vegetables and grilled fish, which we fall on like bears just up from hibernation.

help. Clearly my dear friend is struggling. Instead, I open up my newspaper at the airport and stick my head inside. I am sullen. Smoking!

The rule is supposed to be that I get to make all the rules! I start to resent those cold mornings I dragged myself out of bed. If I had known she was going to smoke, I would have just as soon slept in.

Still, it's a long flight once you factor in a change of planes in Dallas. By the time we arrive in Tucson, I adjust my attitude back to one of friendly support. We are in the desert now, with no gas station or liquor store in sight, and I know Debbie isn't the type to set off on foot.

Canyon Ranch is a good place to go if you want to start all over again. It's an even better place if you've already started over again and just want a little shove to get back on course. We are given water bottles and tote bags and tours. When they take us to see the nurse after registration (it's all part of the check-in routine), I ask if we can go together. Our request is declined.

"You're not joined at the hip, you know," Debbie's nurse tells her sharply as I'm led away. "You don't have to take her everywhere you go."

Debbie explains that we are friends.

"If you ask me, that girl needs to get a life of her own."

I wonder if the nurse is onto something. Do I need to get a life of my own?

We meet with the exercise physiologist, who gives constructive advice on how to improve our morning park workout. We meet with a nutritionist who makes Debbie come clean about every single thing she eats. If there had been a food component to the Spanish Inquisition, I can only imagine it looked something like this. While taking copious notes, the woman gets more and more specific. "And when you go to Captain D's and order the two-piece fish dinner, what do you get with that? Do you eat both of the hush puppies? How many of the french fries do you think you eat? Do you put ketchup on them? At KFC, do you get the original recipe?"

Two days later we go back to see her again. She has come up with a brilliant reconfiguration of all the food, including the KFC, adding and subtracting things within the realm of what is reasonable to make Debbie's diet healthy.

Between these counseling sessions, we go to exercise classes, sit in the steam bath, and hike up a mountain in the desert. At every moment I am filled with admiration for Debbie. Though she is at

the back of the group, she never complains or asks to be excused. She simply pants and presses on.

"Look at the view," she says, taking an opportunity to stop and marvel at the desert from our new, high vantage point. Three of the people on this outing have decided that enough is enough and have turned back with one of the guides. "I would have been with them," Debbie whispers. "Six months ago that would have been me."

"Six months ago," I remind her, "you wouldn't have gotten out of the van."

We live from meal to meal. We are served delicate portions of steamed vegetables and grilled fish, which we fall on like bears just up from hibernation. When Debbie orders a sweet potato on the side, what arrives is about three inches high and sits flat on the plate like a small, brown stocking cap.

"Can I get you anything else?" the waitress asks.

"The other half of her potato, maybe," I say.

The young woman laughs as if I have just said something especially clever, but the rest of the potato never arrives.

In the restaurant, nutritionists with clipboards wander from table to table, asking if there is anything we want to talk about. In the gym, a whole host of genetically engineered young men and women are available to show us the proper form for biceps curls and triceps dips. In a cold neighborhood park at 6:30 in the morning, I am a perfectly respectable personal trainer because, let's face it, I am the only thing available. But at Canyon Ranch I get to see what a personal trainer looks like, and it shows me up for what I really am: a moderately fit novelist.

AFTER FIVE DAYS of having completely too much attention heaped on us (Would you like your massage firm? How well do you sleep? What vitamins do you take? Did you drink eight glasses of water today?), we are both thrilled to crawl back into the van for the airport. The visiting sexologist (who knew there even was such a thing?) is heading home as well. She leans over the back of her seat and says that if we have any questions, we should just fire away.

There are no 10K races at the end of this story. Our progress remains small and regular, and we're proud of what we accomplish. Or I should say, I am proud of what Debbie accomplishes. Mostly, that she hasn't had a cigarette since the morning we left for Canyon Ranch. She got rid of all ten packets of the Hawaiian Iced Tea mix she loves, which is something like 97 percent sugar, and the four jars of extra-creamy blue-cheese dressing. We are still at the park every morning. I am still telling her to breathe more deeply and step it up on the next lap. I know I need to keep my personal investment in her good health at a reasonable level, but really, what's reasonable when you love your friend and want to make sure she's around for a long time so she can do your taxes?

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Spiritual Spas

Spa resorts have long offered relaxation, advice on healthy living, methods for retooling your diet, athletics, romance, and fun. Now many are adding a new component to the standard regimen — spirituality. Whether through Native American traditions, Eastern philosophies, or New Age preachings, spas are finding new ways to reach the soul and mind as well as the body. Here, LuxuryFinder.com's Matt Frampton rounds up four of the best.

Finding the divine at the world's top spas.

- Banyon Tree Bintan
- Green Valley Spa
- Canyon Ranch
- Rancho La Puerta

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Spiritual Spas

▸ Banyan Tree Bintan ▸ Green Valley Spa ▸ Canyon Ranch ▸ Rancho La Puerta

Canyon Ranch: simply inimitable.

What's new, however, is an increased focus on spiritual well-being.

Canyon Ranch *Tucson, Arizona*

Perhaps the most luxurious of all spa resorts, the Tucson branch of the Canyon Ranch Health Resort is nestled on 40 acres in the scenic foothills of the Santa Catalina Mountains, where there's 360 days of sunshine a year and an average yearly high temperature of 81°F and a low of 54°F. That fact alone is enough to explain the resort's stunning success. Throw in one of the world's best spa facilities, an 11,000-square-foot Aquatic Center, one of the country's finest golfing schools, unique health care and life-enhancement programs, stunning accommodations, a world-class demonstration kitchen, cuisine as delectable as can be found at any spa, a 3-to-1 staff-to-guest ratio, and . . . well, you're starting to get the picture.

Travel to Canyon Ranch with luggage from Ghurka.

SEE IT PURCHASE

Canyon Ranch isn't merely a spa resort, it's a virtual oasis of relaxation, activity, fun, and sun, and for nearly 20 years it's been the cream of the spa crop. The 62,000-square-foot spa complex offers more than 40 fitness classes a day, including just about every exercise trend-of-the-moment you've ever heard of (and some you haven't).

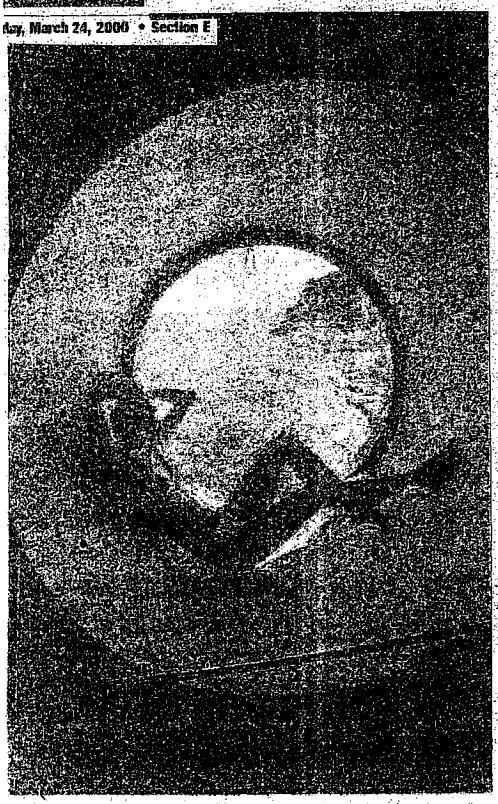
What's new, however, is an increased focus on spiritual well-being. The resort now offers intriguing programs like biofeedback, in which the body is taught to relax by gentle touches manipulating its natural energy waves. There are also classes and exercises in breathing and relaxation, Chi Chong and Tai Chi — ancient Chinese disciplines intended to help you get in touch with your natural energy — meditation, and yoga. If that's not enough, you can even enter the realm of the metaphysical with instruction and participation in astrology, clairvoyant reading, handwriting analysis, and tarot card reading. There's even a special program entitled Foundations of the Human Journey, which helps participants enrich both the soul and the body by focusing on the inner life. The program includes workshops, time for reflection, meditation hikes, mindful eating, and other activities to help you focus on the here and now. If it all sounds like a mouthful, it is. The only problem you might have at Canyon Ranch is finding the time to take it all in. *Rates, for four-night stay: Standard double room with patio: $1,860 per person, double occupancy; Hacienda/Casita master suite with living room, dining area, washer/dryer, kitchen, and patio: $3,210. For reservations call (800) 742-9000, or visit* **www.canyonranch.com.**

USA TODAY
WASHINGTON, DC
FRI/SAT/SUN 2,380,035
MAR 24 2000

Life
day, March 24, 2000 • Section E

THIS WAY
Where to go, what to do

10 great spas for him and her



Les Thermes Marins de Monte-Carlo: This ultramodern spa on the Mediterranean includes a restaurant, beauty salon and sauna-equipped gym in addition to a wide range of body treatments. 'Cure packages' are offered with and without accommodations at four hotels.

Today's wellness-oriented spas are drawing more and more couples — indeed, 35% of spa-goers are men. "And spas are becoming such a part of every hotel that more people are going to put their toe in," says avid Spa-goer **Gary Walther**, editor in chief of American Express' exclusive *Departures* magazine. USA TODAY's **Anne Goodfriend** asked him to suggest spas for a Mr.-and-Ms. visit.

Golden Door
Escondido, Calif.

"The hands-down best fitness spa. . . . You check in and forget about the world because you have a personally tailored exercise program (emphasizing) individual attention and a whole range of spa treatments." Information: 800-424-0777.

Canyon Ranch
Tucson

This "fitness resort as spa (offering) a huge menu of activities (is) great for two people already into fitness who have a sense of what they want to do. . . . Walleyball (volleyball played off the walls of a racquetball court) immediately became my favorite thing." Information: 800-742-9000.

Rancho La Puerta
Tecate, Mexico

"The hiking is great" at this 60-year-old pioneer spa 35 miles south of San Diego. Among the wide range of other activities are yoga, tennis-pro clinics, African dance and Spanish classes. "You can do a lot, but if you don't get out of bed, that's your problem — or not." Information: 800-443-7565.

Green Valley Spa
St. George, Utah

"If you like *real* hiking," go for this resort in the heart of red-rock country. "They have great guides, which they have to do if they're going to take people 9 to 16 miles. . . . Great treatments" include Native American rituals. And the new Coyote Inn casitas feature fireplaces, whirlpool baths and private balconies. Information: 800-237-1068.

The Lodge at Skylonda
Woodside, Calif.

"Kind of a spa retreat, (this) completely different" getaway amid redwood groves and forested mountains offers "the luxury of peace and quiet and simplicity. A strong emphasis on Eastern meditation is woven into" scenic morning hikes and afternoon treatments. Information: 800-851-2222.

Ojai Valley Inn & Spa
Ojai, Calif.

A $10 million overhaul two years ago included adding a large, "beautiful, major pampering" spa to the already acclaimed golf resort. A spa standout is the Kuyam, "a whole tiled room with built-in chaises where you smear your body with mud from Hungary. Then they hose you down, and you take a hot-then-cold series of showers." Information: 888-772-6524.

The Spa at the Four Seasons Resort Bali at Jimbaran Bay: The 'healing waters' bath is scented and sprinkled with gardenia, rose, jasmine and tropical flower petals.

Les Prés d'Eugénie
Eugénie-les-Bains, France

"You're going to a luxurious, exclusive place" in the rural Landes region. The spa/hotel/restaurant is owned and run by three-star chef Michel Guérard, the originator of *cuisine minceur* (light cooking), and his wife, Christine. One specialty is a bath in kaolin (fine white clay used to make porcelain) to draw out toxins. Information: 011-33-5-58-05-0607; www.relaischateaux.fr/guerard.

Les Thermes Marins de Monte-Carlo
Monte Carlo, Monaco

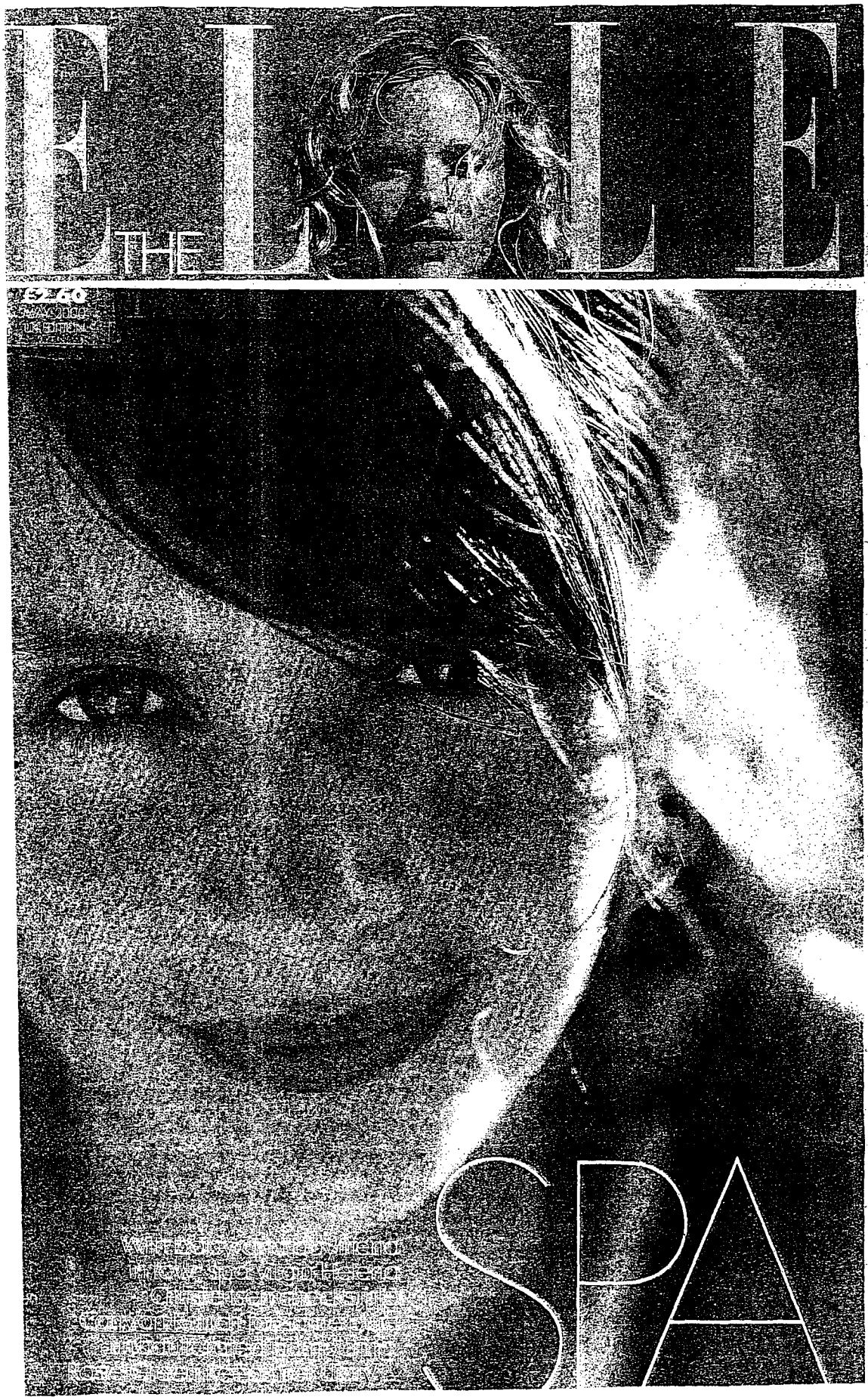
"It has a fabulous pool with a two-story glass window overlooking the harbor and a very well-equipped gym with the same view." One floor of the four-level complex is devoted to thalassotherapy (sea-water treatments); the *pièce de résistance* is the two- or four-handed affusion massage "with (essential) oils while sea water runs over you." Information: 800-221-4708.

Brenner's Park-Hotel & Spa
Baden-Baden, Germany

The spa at this grand old hotel features a unique amenity: a two-room spa suite. "The director, "a physical therapist and masseur, will custom-design a program for you. There's even a cabin with an undulating heat bench to relax your muscles before massage. . . . After (or between) treatments, you don't have to go back to your room, you just carry on." Information: 800-628-8928.

The Four Seasons Resort Bali
Bali, Indonesia

"At (the resort at) Jimbaran Bay, they added a big, new spa. And they built one at the (2-year-old resort) in Sayan," in the highlands near the sacred Ayung River. "Both are dreamy (and feature) exotic massages for two, where they smear your whole body with yogurt." Information: 800-332-3442.


THE ELLE

SPA

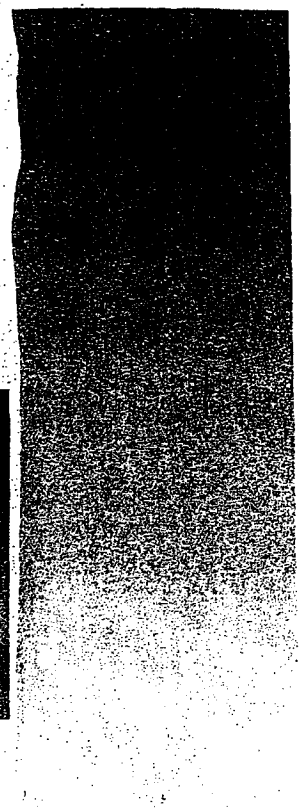
ELLE woman
STAR

It was easy talking Helena Christensen into doing a spa diary ('Are you kidding? I'm there!'). Working out the logistics was the hard part. First she had to fly to LA from Denmark with five-month-old baby Mingus ('He wouldn't let me sit down for the whole 12 hours'). Then she had to persuade her actor boyfriend Norman Reedus that flying to Tucson, Arizona was preferable to a 10-hour drive. And if that wasn't enough, their plane sat on the ground for nearly three hours at LAX (which meant Helena missed her first treatment).

So it's early Friday evening by the time the stressed-out supermodel, her boyfriend and her baby arrive at [illegible] Ranch. Good job the spa [illegible] [illegible] going to re[illegible] [illegible] for me anyhow. And [illegible] Mingus has left her really tired. 'Becoming [illegible] the best thing I've ever done,' she smiles. 'But it's also the hardest. You get pretty exhausted.'

In the golf buggy on the way to our villas, Canyon Ranch's communications director Katie explains the spa's philosophy. 'It's about total well-being,' she says. 'Exercise, healthy food, treatments and [illegible] cacti, swerve to avoid [illegible] and rabbits and stop at Helena and Norman's casita, a deluxe two-room villa that overlooks the Santa Catalina mountains and rugged desert landscape. No wonder stars like Oprah and Barbra [illegible] have checked in here (though diva Babs [illegible] [illegible]!)' Everyone mixes [illegible] the ground rules [illegible] rooms or public places, no ➤

a low-cal treat (bottom)



cell phones in public places and no alcohol.' Norman and Helena look at each other in disbelief. 'Right,' says Helena. 'I'm starving. If I'm going to test this place out properly, I'd better order everything on the menu.' 'After your facial,' says Katie.

FRIDAY 8PM
Freeze mask facial

'The therapist asked me when I had my last facial,' laughs Helena. 'I told her I've never had a proper one.' So that's it, girls – life is officially unfair. 'I had the freeze mask,' Helena continues. 'It was really hot, then very cold and it's meant to clean your pores.' Effectiveness rating? 'My skin looked more even and glowy afterwards. But the cool thing was the mask came off in one piece. I wanted to keep it.'

SATURDAY 11AM Mud treatment

'I'm really sorry,' gasps Helena. 'Norman's watch was still on LA time so I missed it. Sounded nice in the brochure, though.'

1PM Watsu

Helena doesn't want to OD so Norman road-tests watsu, an eastern-style treatment. To be honest, it sounds a bit weird. You sit in a small warm pool with a therapist who manipulates and massages your limbs underwater. So *was* it odd? 'Oh, yeah,' Norman laughs. 'I completely forgot where I was and who I was. It was a bit like when I went in Timothy Leary's

'I'VE NEVER HAD A PROPER FACIAL.' SO THAT'S IT, GIRLS – LIFE IS OFFICIALLY UNFAIR

light-deprivation tank.' Let's not go there. His verdict? 'It's really relaxing once you get over the initial embarrassment.'

2PM Lunch

'We used to be really calorie controlled,' Katie tells us, 'and restrict what people could eat but now it's more relaxed. Everything we offer is low fat and low calorie. You can order anything you want off the menu. But if you want to shed serious pounds (*à la* Oprah), we can do a special, stricter regime.'

Our supermodel tester is more than willing to check out the cuisine. 'I love food,' she tells me. 'And it's usually all the wrong kinds.' So she's excited about getting healthy. 'I know I should eat more fruit and vegetables and drink more water but I just never do.' So how does she feel about a whole junk-food-free weekend? 'It's all delicious. But you have to order two portions of everything.' She's a big fan of the fruit smoothies. The one food issue? Helena ordered dinner after an evening facial and was told the kitchen was closed. 'Good job Norman had bought some pepperoni pizza at a supermarket earlier,' she grins.

3PM Swedish massage

'It doesn't sound like the most interesting treatment in the world but this was the best massage I've ever had,' ➤

PHOTOGRAPHS AXIOM/ABBY COCOVINI

CR002011

proclaims Helena. 'My masseur Donald told me what causes all my back problems – he even asked me if I carried children a lot! [I reckon he just reads *Hello!*] And he used the perfect pressure.' Don't male masseurs make you nervous? I ask, thinking of all the teenage boys who'd do anything to be in Donald's position. 'Oh, he sees 10 women a day,' says Helena, like she's nothing special.

7.30PM Herbal wrap

'I felt like a mummy,' laughs Helena. 'The therapist covered me in lavender oil then wrapped me in hot towels. They were so tight I couldn't move my arms.' And this was pleasurable? 'Oh, totally,' she enthuses. 'My skin was so soft afterwards. It drank up every bit of oil.'

8PM Ultra-moisturising treatment

'Did you have this one?' Helena asks. I nod. 'It might be another skin treatment, but I loved it,' she says. 'Didn't you?' Yes, I nod. Apart from the bit where they wrap you up so tightly you can't move. The ultra-moisturising treatment is a new one at Canyon Ranch. First they body-brush the skin, then use a herbal gel and loofah to exfoliate even more. Next, they smear goat butter all over you (not as smelly as it sounds). Finally – and this is the exciting bit – they wrap you in towels and plastic sheeting and drop you into a hot tub. It's like sitting in a bath, only it's so big you float and because of the plastic you don't get wet. 'I had to drop in really slowly,' Helena tells me. 'Things like that make me nervous. Plus it was really dark. I felt like I was at my own funeral!' We laugh about being too polite to the therapist. 'I was really hot,' says Helena, 'but when she asked if I was okay, I was like "Oh yeah, I'm fine". Then the therapist asked if I wanted an eye mask and I said, "Oh, yes please". Then I realised I was sealed in.' So would she do it again? 'Oh,' grins Helena, 'I'd do it every day if I could. It made my skin so smooth. What about you?' I think I'll deal with my alligator skin another way.

SUNDAY 7AM
Morning walk

'Want to do the 7am morning walk?' I ask Helena half-heartedly on Saturday night. 'I love walking,' she says. 'But it's hard at that time with Mingus. You go and test it out for me,' she laughs, digging me in the ribs. Cheers. I rise at the crack of dawn and join the others on the basketball court to stretch. I soon realise my fellow walkers are taking this very seriously indeed. They're all wearing heart-rate monitors, multiple support bandages and sun visors. I slouch along at the back and earwig on everyone's conversation. I soon realise the man power-walking next to me is *Batman Forever* director Joel Schumacher and the woman in front is a big NY PR guru. The funny thing is, despite their huffing, puffing and sweating, they don't seem to be going any faster than me. Probably all that gear weighing them down. But watching the sun come up over the mountains was pretty awe-inspiring. I suppose if you have to go for a walk, this is the place to do it.

1PM Aromatherapy massage

'Bliss, total bliss,' laughs Helena. 'What more can I say?'

2.45PM Spa pedicure

'Forget manicures,' says Ms Christensen. 'I've got no fingernails left. [She's a biter.] But I adore pedicures. I love people touching my feet.' We Europeans have such terrible feet compared to American women, I say. 'Yeah, I know,' agrees Helena. 'I had to clean mine up this morning before I let anyone see them.' Nice to know she has the same neuroses as the rest of us. And how was the pedicure? 'Fantastic,' she says, wiggling her pink-painted toes.

5PM

Helena's weekend is over. So how was the spa virgin's first time? 'I loved it!' she enthuses. 'I want to try more! Someone said I have to experience this treatment called Euphoria and I really wanted to have reflexology. There's never enough time.' I leave her and Norman having breakfast (three portions of everything) and planning a return trip. 'Thanks for letting me do this,' says Helena. 'I just wish I could stay longer. Any time you want me to do another story, call me. Right?' ■

For Canyon Ranch information and reservations, tel (001 520) 749 9000 or visit the Canyon Ranch website at www.canyonranch.com. Packages start at £886 for a four-night stay.

STYLIST: ROSIE GREEN

CR002012

THE TWO-HOUR VACATION AND OTHER [redacted] GETAWAYS

WHO GETS THEM, WHO TAKES THEM, WHO NEVER GOES ANYWHERE. BY LIZ WELCH

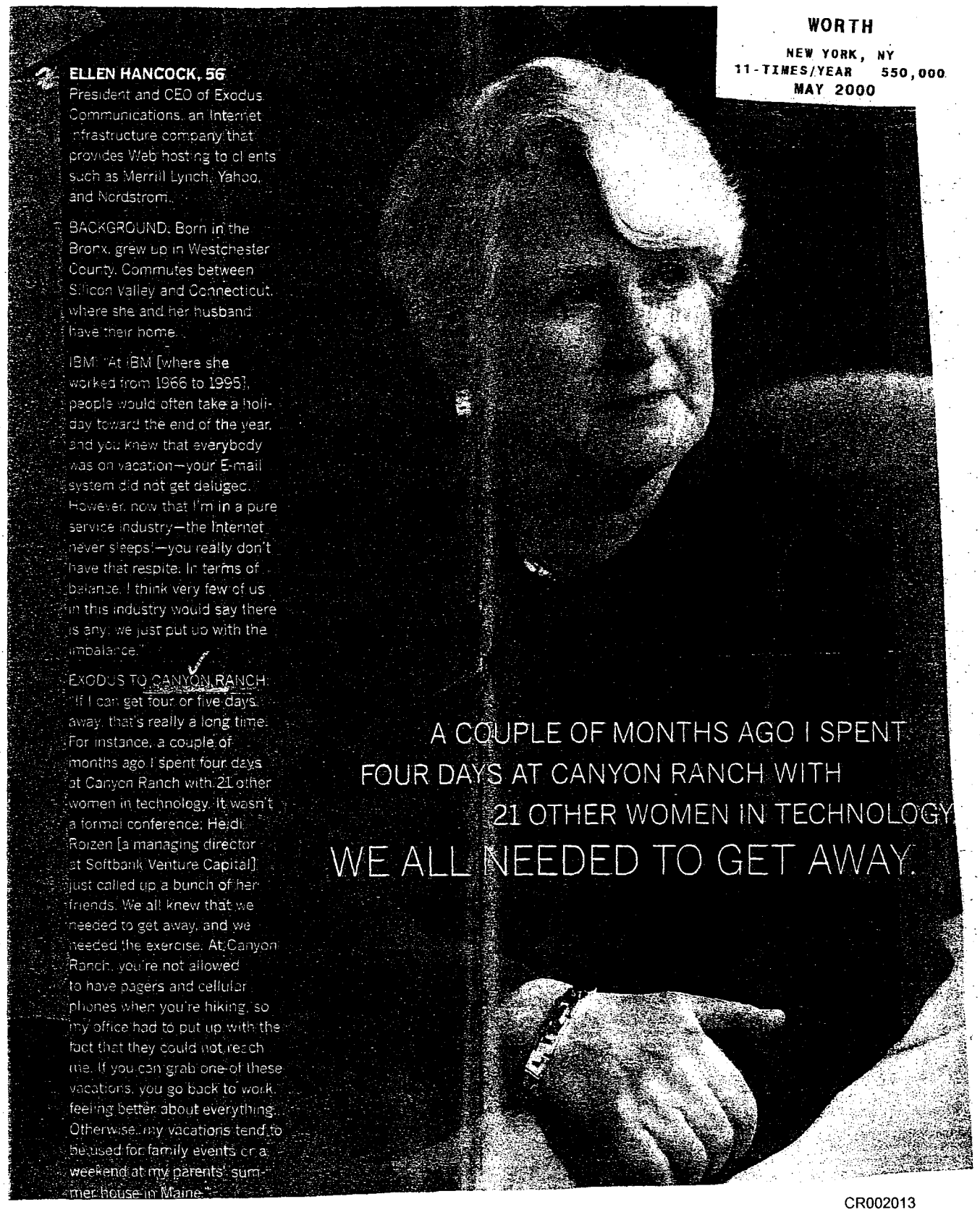
WORTH
NEW YORK, NY
11-TIMES/YEAR 550,000
MAY 2000

ELLEN HANCOCK, 56
President and CEO of Exodus Communications, an Internet infrastructure company that provides Web hosting to clients such as Merrill Lynch, Yahoo, and Nordstrom.

BACKGROUND: Born in the Bronx, grew up in Westchester County. Commutes between Silicon Valley and Connecticut, where she and her husband have their home.

IBM: "At IBM [where she worked from 1966 to 1995], people would often take a holiday toward the end of the year, and you knew that everybody was on vacation—your E-mail system did not get deluged. However, now that I'm in a pure service industry—the Internet never sleeps!—you really don't have that respite. In terms of balance, I think very few of us in this industry would say there is any; we just put up with the imbalance."

EXODUS TO CANYON RANCH: "If I can get four or five days away, that's really a long time. For instance, a couple of months ago I spent four days at Canyon Ranch with 21 other women in technology. It wasn't a formal conference; Heidi Roizen [a managing director at Softbank Venture Capital] just called up a bunch of her friends. We all knew that we needed to get away, and we needed the exercise. At Canyon Ranch, you're not allowed to have pagers and cellular phones when you're hiking, so my office had to put up with the fact that they could not reach me. If you can grab one of these vacations, you go back to work feeling better about everything. Otherwise, my vacations tend to be used for family events or a weekend at my parents' summer house in Maine."



A COUPLE OF MONTHS AGO I SPENT FOUR DAYS AT CANYON RANCH WITH 21 OTHER WOMEN IN TECHNOLOGY WE ALL NEEDED TO GET AWAY.

WASHINGTON POST
WASHINGTON, DC
SUNDAY 1,140,564
APR 9 2000

By Carol Sottili 674
Special to The Washington Post

My 16-year-old daughter and I are looking for options in the Southwest or Rockies—a dude ranch, health spa or other spiritual activity that will invigorate, revitalize and restore a sense of adventure and discovery. We're hoping to stay in the moderate spending range.

Nina Foley
Fairfax

Most spas that offer a strong spiritual component don't come cheap. Canyon Ranch in Tucson, for example, which invites you to "explore your inner world and discover peace, serenity and clarity," costs $2,360 per person for a four-night visit in high season; a child age 14 or over gets a 50 percent break on the room when traveling with a parent. Information: 1-800-742-9000, *www.canyonranch.com.* Enchantment Resort (1-800-826-4180, *www.enchantmentresort.com)* in Sedona, Ariz., home to many holistic retreats, is not as opulent and offers spa treatments, nature walks, yoga, tai chi and meditation classes; cost for two is about $250 a night plus spa services.

For a more active, less pampered vacation, consider staying in a Native American tepee. A four-night "Tipitrek" program that includes a stay in a tepee, horse-riding, river-rafting and Indian storytellers, is offered at Skyland Ranch, 50 miles northeast of Seattle; rates are $695 per person. Information: 206-367-0275, *www.tipitrek.com.*

Arizona Foothills
THE LIFESTYLE MAGAZINE FOR AFFLUENT DESERT LIVING

ROAD-TESTED travel

By Len Sherman

ARIZONA FOOTHILLS
PHOENIX, AZ
MONTHLY 20,000
APRIL 2000

canyon ranch

STILL NUMBER ONE, AFTER ALL THESE YEARS

My, oh my, this is a bit embarrassing, don't you think? After all, you've traveled to France for the waters, to Switzerland for the injection, to India for the enlightenment. You've done it all, from personal trainers to universal gurus, philosophy to fitness, all in search of a healthier, happier you.

You've gone far and wide, thinking that the answer is out there, in some exotic locale. So now that you've gone to and fro, here and there, tasted, touched and tried this and that, we're faced with the, ah, well, awkward reality that all that bouncing around the planet was unnecessary. Just like the prettiest, sweetest girl isn't waiting in some bar in far Bombay, or at the baccarat table in Monte Carlo, but right next door in your old hometown; so is the smartest, surest route to actually achieving some of your cherished goals and fondest dreams. It's awaiting your pleasure right here in our beloved Arizona.

Canyon Ranch has been in business exactly 20 years, though business is hardly the word for it. Mission is more appropriate—mission to change how people think, feel and act, mission to empower each and every guest to finally comprehend that health is neither an accident nor a mystery.

Canyon Ranch is the future already here—the future in which we more fully appreciate how mind and body interact to determine our well-being. It's the future in which we understand that achieving that state of physical and mental well-being is within our reach and awaits our summons.

Beyond the individual, and assuming the societal perspective: In so many ways, Canyon Ranch is the future model of health care that is proactive instead of reactive. It's health care that is an uplifting, empowering force rather than a necessary, dreaded response to pain and disease—health care that creates an entirely new relationship between health-care givers and recipients.

The essence of the Canyon Ranch experience is to gain a clearer grasp of what changes one can make in one's life to improve the quality of that life. The measure is not blind obedience to a philosophy or program, nor merely doing another sit-up or eating another piece of broccoli, but rather a new understanding of why and how to take command of one's body, one's soul, one's destiny. Some people might only require a reminder of what they already knew—and subsequently forgot—while others might need to reconstruct their entire

The AHA! moment that can change everything.

PHOTOGRAPHY COURTESY OF CANYON RANCH

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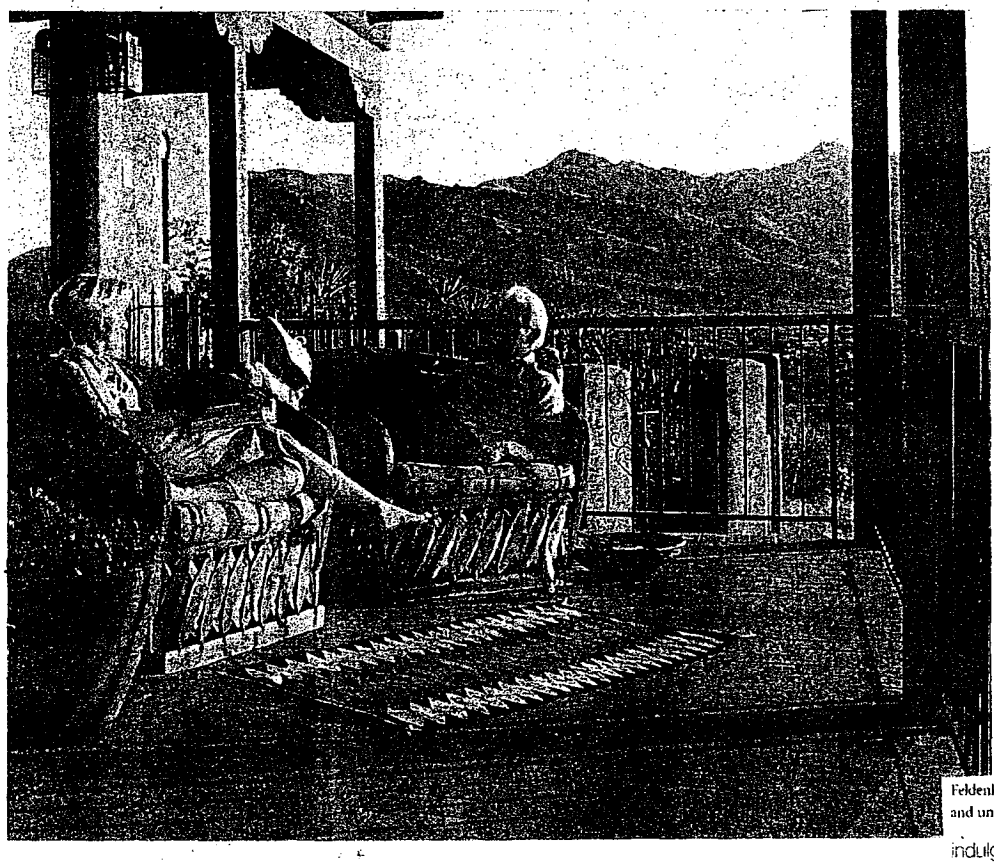


personal world view. The point is to explore oneself—one's habits, values, priorities—in order to appreciate with a fresh eye and enthusiasm all that life has to offer. The point is to take all that Canyon Ranch has to offer, and synthesize everything into that moment of epiphany—the Aha! moment, as Mel Zuckerman, the founder and owner, calls it—the Aha! moment that can change everything.

But all that's philosophy and theory. You want to know the hard facts, the nitty-gritty, the classes and the meals and the therapies. Okay...

food for thought

The food is varied and uniformly terrific at Canyon Ranch and guess what? You can eat as much as you want. The servings are huge—not by a long shot—but you can have as many as you desire. And you can belly up to the salad bar and serve yourself, or stroll over to the pasta bar, and direct the chef to prepare you a special feast. At lunch, you can sit inside in the dining room, or outside at the chuckwagon, and enjoy a barbecue. Yes, Virginia, there's dessert for one and all. cakes, cookies and yogurt.

How can this be, you ask? Not at a spa, you say. Listen, you want to lose weight. Fine. Join the club. That's the number one reason why people go to any spa, including Canyon Ranch. But you're not going to accomplish anything by starving for a week or two, and then stopping at the first McDonald's on your way home. With all the diet books and weight loss centers and spas in the world, less than five percent of those who try to lose weight actually succeed in not only losing it but keeping it off. In any business, those are not good percentages. Starvation doesn't work. Restricted diets do not work. You have to fundamentally alter your nutritional habits and understanding, and that's what Canyon Ranch tries to do. So eat—but eat smart. Know what you're putting in your mouth. And enjoy.

working it out

Canyon Ranch has got it all, in astonishing variety. You want the traditional stuff, both indoor and out? There's strength training, spinning, aerobics classes, racquetball, tennis, biking, hiking, jogging and stretching. You want something more cutting edge? Try physicalmind, Feldenkrais, movement in balance, aquatherapy, chi gong and underwater treadmills.

indulgence

It's not all sweating and straining. How about an aromatherapy facial, glycolic skin treatment, seaweed-paraffin body treatment, not to mention a range of massage techniques: Swedish, sports, shiastsu, reflexology, reiki, on and on.

Back to the serious side—medical and behavorial health. Check out the state of your body with a cardiac treadmill stress test, cholesterol and heart health consultation, bone density evaluation. Or concentrate on your mind with biofeedback, hypnotherapy and meditation. Go a step deeper and sign up for a consultation to work on your mother-daughter relationship or a workshop entitled "Healing Heartache Through Humor" or another called "Pursuing Balance Through Values."

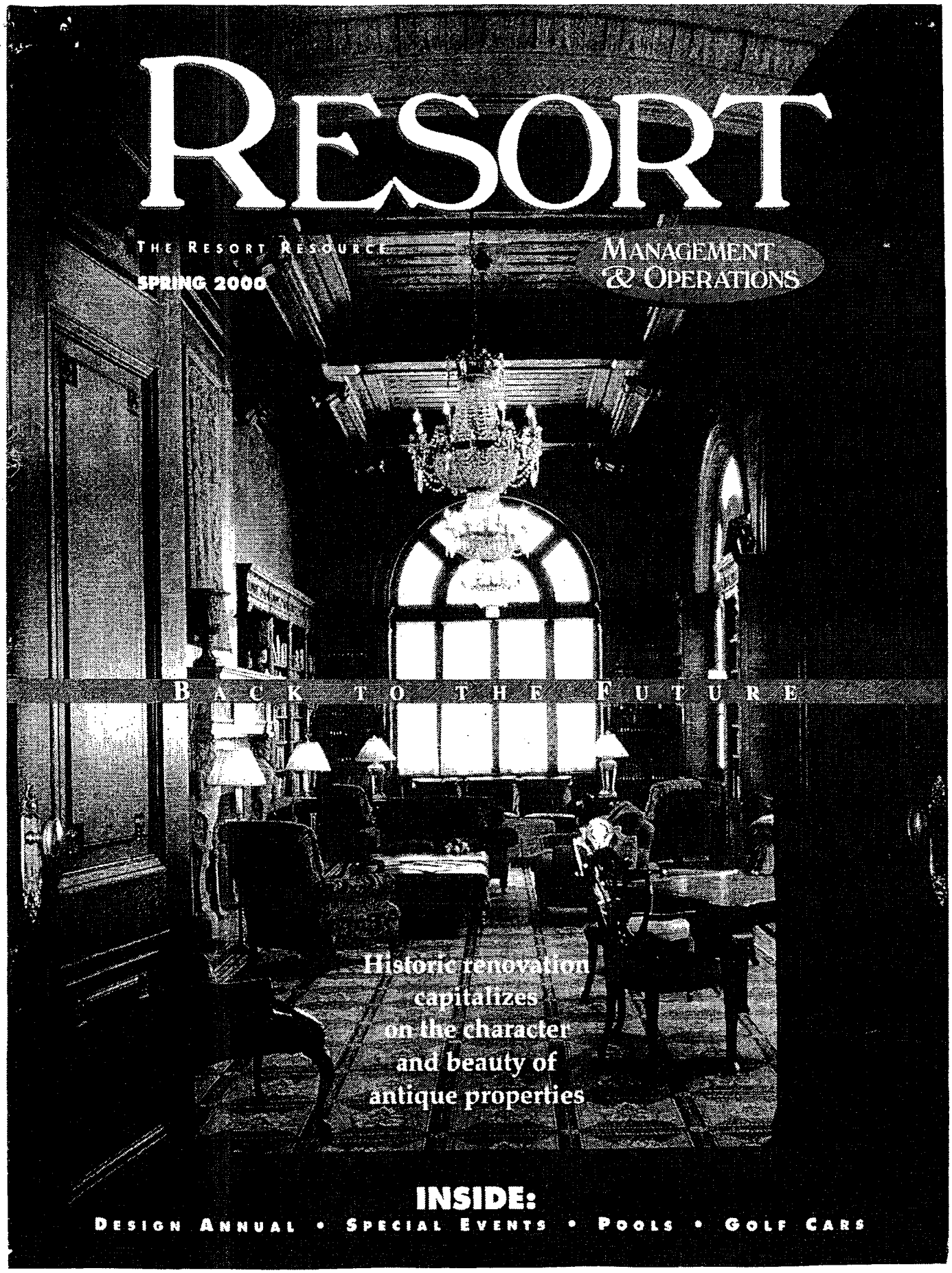
Literally hundreds of opportunities to learn, to try and to have fun present themselves. Take a healthy cooking class. Take an art class. Attend a lecture on the fauna of the Southwest. Attend a lecture on herbal medicine. It never stops.

RESORT

THE RESORT RESOURCE

SPRING 2000

MANAGEMENT & OPERATIONS



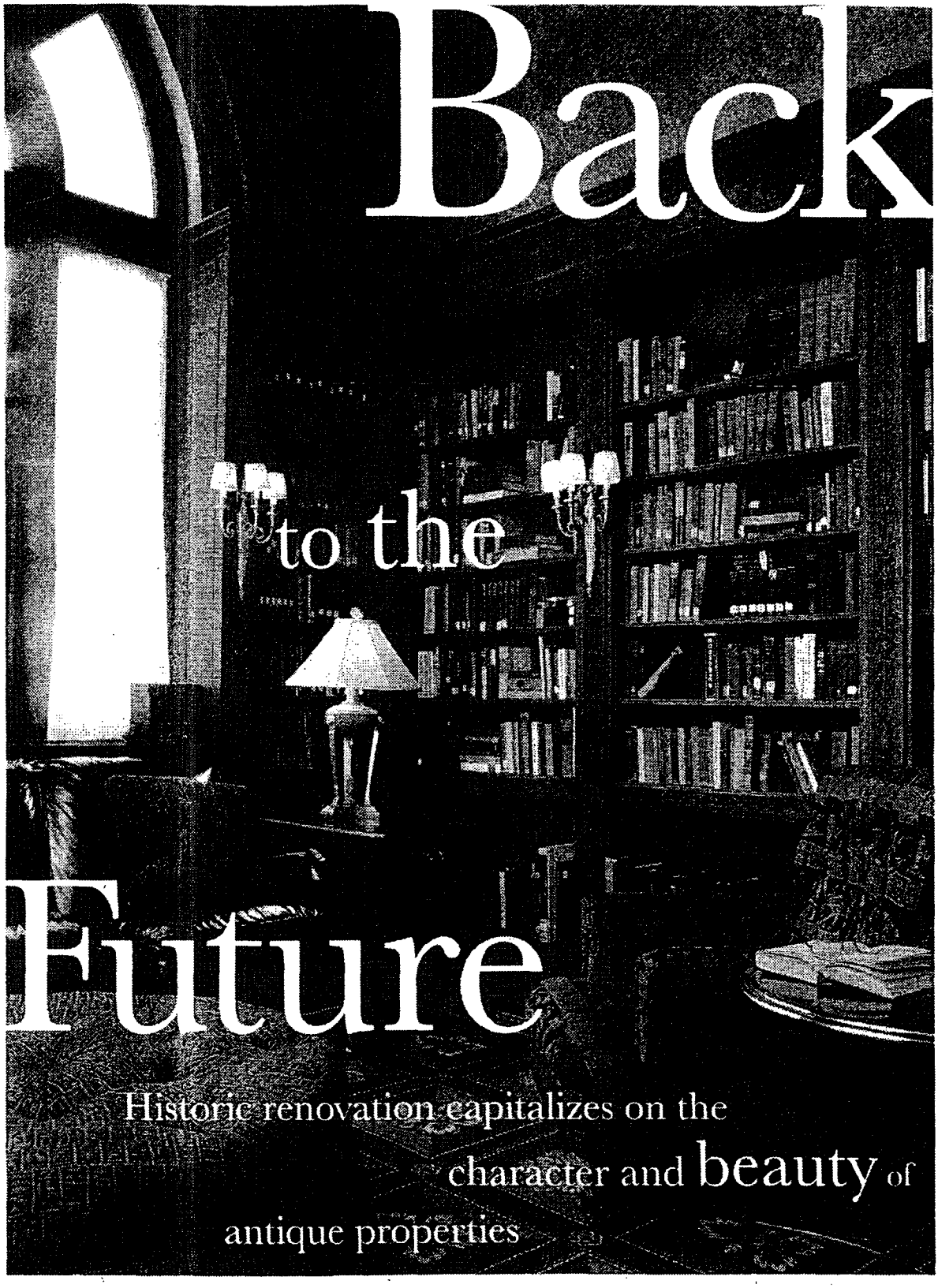
BACK TO THE FUTURE

Historic renovation capitalizes on the character and beauty of antique properties

INSIDE:

DESIGN ANNUAL • SPECIAL EVENTS • POOLS • GOLF CARS

CR002017



Back to the Future

Historic renovation capitalizes on the character and beauty of antique properties

CR002018

by Matt Zimmer

In history as in architecture, we can learn more about the present through an appreciation of the past. Today, some resorts are choosing to renovate their historic properties by replicating the decors of an earlier age — coupling centuries-old style with 21st century convenience. Your guests will be enchanted by the elegance, and you can do it all without breaking your remodeling budget.

During the '50s and early '60s, many of America's historic properties were lost in a tragic push to embrace modernity. Pre-fabricated buildings replaced traditional structures, and for a while, it seemed as if our architectural past would soon vanish forever. The old ways were not the cheapest ways, and the velvet tapestries of the 19th century clashed mightily with the revolutionary urgings of the Vietnam era. Eventually, something had to give.

But all things old are destined to be new again. And if there was a likely harbinger of change — a catalyst for inspiring a renaissance in American antiquity — it would be the resort industry, with its business to provide guests with a place for personal renewal. The posh Berkshires community in Massachusetts is a hotbed for historic renovation. Two properties in particular — The Cranwell Resort & Golf Club and The Canyon Ranch Resort & Spa— have reintroduced the styles of past centuries into a functionally modern resort setting.

The Berkshire community has an established relationship with the hospitality industry. Lenox, a Berkshire town, is known as the spa capital of New England, and hosts the region's largest concentration of inns. Lenox is also home to Lenox Design Resources, a comprehensive design studio recognized for its expertise in historic restorations and renovations. William Caligari founded the company in 1989, and acted as managing principal in The Cranwell Resort & Golf Club and The Canyon Ranch Resort & Spa projects.

The Cranwell Resort & Golf Club sought to display its rich history by recapturing the look of the Gilded Age. "We were hired by the current owners to create a Victorian look," said Caligari. "So the first thing we did was go to the library and researched the styles of the Victorian time."

The Cranwell's history as one of the great estates of Berkshire County reaches back to 1853, when the Reverend Henry Ward Beecher purchased a plot of land known as Blossom Hill for a sum of $4,500. Beecher eventually sold the property to General John F. Rathbone in 1869, who proceeded to construct the first Wyndhurst mansion on the property.

That structure stood until the property was eventually sold to John Sloane, a relative of the Vanderbilts and co-owner of the famous furniture company, W&J Sloane. He tore down Rathbone's mansion and constructed a new Wyndhurst in 1896. This new mansion was even more magnificent than the first, aided in part by the skills of landscape architect Frederick Law Omstead, who also designed New York's Central Park.

It is the second Wyndhurst mansion at Cranwell that Lenox Design Resources was hired to restore. Baroque, Tudor, Georgian, Federal, and English design elements were combined in the original decor of the house. The original grandeur, however, was excessive by modern design standards.

"Many of the original Victorian styles were a bit too pretentious for our restoration of Wyndhurst," said Caligari. Considering Wyndhurst's wealthy past, replicating all of the old features would also have been considerably more expensive. "We replaced and restored the millwork, but we couldn't restore the original printed leather ceilings."

Over the past five years, Cranwell Resort & Golf Club has spent $15 million on historic renovation for the 380-acre property. "We went with historic renovation because we wanted to bring back the original splendor of the mansion for our guests," said Victor Cappadona, hotel manager for Cranwell. "Our guests have been really impressed with the unique details, especially the mahogany woodwork."

The marble floor was added in the 1980's, and is now accentuated by antique oriental carpets. The chair and sofa in the Great Hall Lobby are by Edward Ferrell furniture. "We chose Edward Ferrell because it is similar to the original George Smith, which is what they would have imported back then," said Caligari. For many of Lenox's projects, Caligari travels to Hudson, NY, to select suitable antiques to compliment the decor he envisions.

"For Cranwell, we developed a rich, warm, heavily patterned scheme appropriate for the period of the building. For the interiors, we focused on the carved paneling and millwork. Our color theme was comprised of dark greens, reds, and blues," Caligari said. The physical restoration began in the summer of 1993, and concluded in June 1994.

For every renovation project, Lenox Design Resources follows a series of steps as part of the preliminary planning stage:

1) Research. At Cranwell, Caligari was fortunate enough to find the original dusty blueprints for reference. The Lenox library also offered a wealth of information on many of the Berkshire sites.

2) Conceptualize a color palette. Aesthetic goals are determined by color schemes; from wallpaper, drapes, and carpeting on down to the sofas and chairs.

3) Select furnishings. This is where you figure out how extensive your renovation will be. The quality of antique or reproduction furniture will greatly influence your final cost.

After gaining approval on the various elements, the rest of the planning stage is spent on developing millwork drawings and renderings. The refurbishing of the original woodwork is an integral part of the process, and requires the most physical work.

In the pursuit of timeless beauty, however, it is important to remember the property's need to function as a modern resort. According to Caligari, many of the classic styles are too delicate to employ in a facility in commercial use. "There were certain limitations of what could be done with design, color, and specifications," noted Cappadona.

The Canyon Ranch Resort & Spa, also located in Lenox, is another site that has experienced the benefits of historic renovation. Originally a private summer residence, the Belle-

Continued on page 38

CR002019

Berkshires—

Continued from page 37

fontaine mansion at the site was commissioned to be built in 1897. Patterned after the Petit Trianon at the Palace of Versailles, the Bellefontaine features Beaux Arts-style design reminiscent of the Gilded Age.

Canyon Ranch is also a good example of the coming together of the old and new. Mel Zuckerman purchased the property in 1987 as a New England expansion of his highly successful Canyon Ranch Health Spa in Tucson, AZ. Today, the full-service Berkshires spa is considered a hip, new-age retreat, where celebrities such as John Travolta and Shirley McLaine have been known to visit.

The Great Hall Lobby of Wyndhurst is a showcase of original detail including refurbished oak panels on the walls and red leather inserts between the ceiling beams.
Photo courtesy Lenox Design Resources.

Believers contend the Berkshire energy vortex is a positive energy field radiating from the nearby mountains. Its alleged healing and spiritual powers have drawn writers, artists, and musicians for decades. And at $3,000 for a one-week stay, Canyon Ranch also attracts executives looking for a wide range of new age services, including shamanic healing, Reiki massage, macrobiotic diets, and even past-life exploration.

Canyon Ranch is an expansive compound: 120 deluxe guest rooms, a state-of-the-art spa featuring 100,000 square feet of space, medical and behavioral health offices, a relaxation center, and a health and fitness assessment center. The Canyon Ranch facility combines the best of both worlds, uniting progressive resort service with historic ambience.

Carl Pratt, executive director of the hotel at Canyon Ranch, sees historic renovation as another way to enhance the resort experience. "Our guests love the nostalgic feel and the uniqueness. I believe that the more money people spend on their stay, the more unique they want the experience to be."

One of Lenox Design Resources' challenges was to balance the existing décor of the mansion's make the Beaux Arts-style Library's existing décor balance with the rest of the building. The room's original exquisite features — walnut bookcases, 20-foot Tudor ceilings — remain intact. Most impressive is the seven-foot fireplace with carved devilish figures on either side. "The gorgeous fireplace was originally imported from Italy. How could you go wrong?" Caligari said.

Floor treatments in the Library consist of Wilton carpets in wine and olive shades. Three crystal chandeliers light the room, and the sofas and chairs are upholstered in high quality leather. "We chose leather instead of an ivory cotton velvet simply because of durability concerns. When you have a lot of people coming in and reading newspapers, you end up with a big mess all over your fine furniture," Caligari said. Once again, in a resort setting, a compromise must be reached between functionality and aesthetics.

The renovation of the library had not gone unnoticed. "The Library seems to be the favorite room of the entire property," Pratt said.

Caligari's firm is currently working on five more projects at Canyon Ranch, including an aquatic center, a new yoga facility, and a fitness center. "At Canyon Ranch, we are always finding ways to reinvest in the property to address the needs of our guests," said Pratt.

When choosing the course of historic renovation, resort managers must consider many questions. First, how dedicated are you in maintaining authenticity when faced with certain costs? If buying genuine antiques to furnish your rooms, the expense can rise quickly. Quality reproductions, however, can give you the classic looks at a cost that is consistent with contemporary furniture. The goal, however, is to know the quality reproductions from the second-rate.

"At Cranwell and Canyon Ranch, we were fortunate to have the ownership back us up 100 percent. They did not make compromises on the furniture we suggested. It's important to have the owner care about the end result," noted Caligari.

The biggest challenge in an historic renovation, according to Caligari, is getting the final product to match the original concept. Contractors who do not understand the subtle differences in furniture and materials sometimes suggest to owners that they opt for the cheaper alternatives. Over-compromising will defeat the original purpose of the renovation. "As a business, we're always trying to minimize our expenses, but we wanted to do as high-end a renovation as possible without compromising quality," said Cappadona.

Is an historic renovation more expensive than a modern remodel? "Not really," said Caligari. "The pricing is actually similar to a modern renovation. In a basic lobby renovation, if you aren't going to do extensive repairs, the price will still be between $25-$75 per square foot. Only if you have to repair damaged millwork will you encounter a significantly higher cost."

CR002020

Furthermore, a resort manager can expect to do a remodel every five to seven years, although most end up waiting seven to 10. "The problem with waiting 10 years before remodeling is that your decor doesn't wear out, it 'uglies' out," Caligari observed.

An historic renovation is a unique undertaking, creating an ambience and setting that most resort guests are not exposed to regularly. It gives your guests yet another reason to come, and something for them to get excited about.

"We knew that a modern restoration just wouldn't fit with the feel of our property. By restoring the Cranwell's original character, we knew that distinction would set it apart," Cappadona said.

"Think about it as if it were your home and it's been a decade since you redecorated. You don't really notice anything until you go out of town for a while and start seeing other places. When you come back you might be shocked at how unattractive your decor really is," said Caligari. "And anytime you renovate your resort, you can expect a dramatic increase in business."

A yellow marble surround on the fireplace is the centerpiece of the Cranwell Music Room. Rich shades of gold, yellow, and russet on the walls and ceiling carry the theme. Photo courtesy Lenox Design Resources.

Henry Ward Beecher, the original owner of the Cranwell estate, once said, "Hold yourself responsible for a higher standard than anybody else expects of you." This is especially true for today's resort managers. The inevitable remodeling job presents an opportunity to make that which is old new again. An historic renovation requires a great deal of planning and forethought, with the implicit goal of making your resort property a more inviting and satisfying experience for your guests.

TRAVEL

Luxurious spas, near and far

MEADOWBROOK TIMES
EAST MEADOW, NY
WEEKLY 2,000
OCT 5 2000

6740A

On The Road Again

MARCIA ABRAMSON

Five Towners and Eastern South Shorites to the Merrick and Massapequa borders have found Capellini's Salon & Day Spa the perfect answer for luxurious pampering and stress relief. This is usually only to be found far away from home at Resort and Cruise Spas. I found that Woodmere's Capellini's Day Spa, at 964 Broadway, offers a good number of the body treatments from seaweed body wraps to papaya body scrubs, shiatsu massage in addition to the other massages and treatments. Some of the spa day of beauty packages start at $295 a day and include a spa lunch. There are a few other Day Spas on the North Shore. Roslyn has Bogart's with another Bogart's on Old Country Road in Westbury.

The renowned Greenhouse Spa of Texas is coming to Manhattan this month at 122 East 57th Street, located in the epicenter of New York's most glamorous retail district. The famous architect, Russell Groves, who conceived the design for Giorgio Armani, Takashimaya and the Coach flagship stores on the upper East Side of Manhattan, has been charged to create the NYC Greenhouse beauty and wellness sanctuary. Well worth a visit if just for breakfast or lunch of double latte and seared tuna salad while having collagen injections, laser treatment or sclerotherapy for leg veins. Dermatologists provide the medical treatments while masseurs, hair stylists and beauticians complete the staff of this all purpose house of beauty and good health. From my experience with the Greenhouse Spa in Texas, this NYC establishment should be worth the short trip to the East Side of Manhattan.

NICOLE HAISLETT, a three-time Olympic Gold Medalist, is the Chef de Cuisine at PGA Spa.

Just 61 miles from Pittsburgh, Pennsylvania in Farmington, Pa., there is the Woodlands spa at Nemacolin Woodlands Resort. This spa features "stone therapy" with a hot stone massage and a most unique stone pedicure. I saw a guest fitted for stones. The appropriate size stones are placed between the toes after the stones undergo a good soaking in warm water treated with essential oils. Then a foot massage focusing on reflexology points is administered. During the 80-minute treatment, there is callous removal, paraffin wrap, aroma leg and foot exfoliation and mail nutrition for a mere $110. The resort offers water rafting, a 30-mile bike trail, an equestrian center, a 36-hole PGA-rated championship golf course and a ski facility for both downhill and cross-country aficionados. A private airfield is also available with a 3,900 foot airstrip for those who fly.

A particular favorite Spa of mine is the Canyon Ranch in the Berkshires at Lenox, Massachusetts, easily reachable by car or plane. This is the 10-year-old offshoot of the original Canyon Ranch Health Resort in Tucson which recently celebrated its 20th anniversary. Mel Zuckerman, the CEO and founder of Canyon Ranch, also opened its first day facility at the Venetian Resort in Las Vegas, Nevada, called the Canyon Ranch Spa Club. It incorporates fitness activities for all levels "away from the gaming tables," massage and body treatments, wellness services, spiritual growth opportunities, exercise physiology, physical therapy, movement therapy, nutrition counseling and skin care and beauty salon services. Some of the medical services may be covered by health insurance. I found a four-day visit at the Berkshires Canyon Ranch an ideal pampering yet healthful experience. Of course, the walking and hiking in my Timberland Outdoor shoes was just a break in for the more extensive hiking trails in Tucson. But then again, the latest endeavor by Mel Zuckerman to be completed in the year 2002 will be two luxury Cruise vessels, the Canyon Ranch at Sea, Quest I And Quest II. They will focus on the value of salt air as a health and healing benefit with a bit of adventure added to the mix. What a great way to spend a vacation with all the good health blessings!

Not to be missed is the PGA National Resort & Spa at Palm Beach Gardens, Fl., where Donald Trump and his former wife, Marla Maples, were spotted in happier times. At this spa, sports nutrition will be emphasized. Nicole Haislett, a three-time Olympic Gold Medalist Swimmer and graduate of the Florida Culinary Institute, will be the Chef de Cuisine. Her menus will focus on improving endurance, increasing energy while meeting all aspects of an active lifestyle. This in addition to all the fitness and wellness programs at the spa.

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spa.com

11/20/2000

article

Learning the Ropes

by Mike Clark

Spas are supposed to be relaxation centers...so why was I standing on a wobbly wooden disk atop a 25-foot-tall telephone pole?

Sure, I was wearing a safety harness, but my shaking legs didn't get that message. "Breathe!" my captain yelled. So I took a few deep breaths, and my body miraculously calmed down. When my legs - and that wooden disk I was standing on -- stopped shaking, I made one giant step into the sky.

These days, more spas are adding challenging, spine-tingling activities to their schedules, such as the Quantum Leap, the name of my high-altitude adventure at Miraval Spa near Tucson. At the Heartland Spa in Gilman, Illinois, you can play Tarzan - or Jane, for that matter - by scaling 12-foot walls or swinging on a rope above a pond. Canyon Ranch in the Berkshires compares its Ropes Challenge to a giant jungle gym for adults, with obstacles including a cable you walk like a tightrope to a thrilling 250-foot zip line that whisks you through the treetops. Though the heights are dizzying, and the courses can be physically challenging, you are safely harnessed, and coached from start to finish by trained professionals.

"All people should have healthy fear of heights," says Jude McCarthy, Canyon Ranch's director of outdoor sports. "But does that fear make you freeze, or do you work with it and accomplish a task? It can be fun and adventurous, and get your endorphins flowing." A bonus: many people have psychological breakthroughs into aspects of their lives. "It's a small battle you win, and it makes you think: if I can do this, maybe I can do other things," says McCarthy.

Will all this high-adrenaline activity blow the serenity you get from a spa stay? Consider this: with the exception of my first tense moments atop the pole, that Quantum Leap helped me relax more, in the long run, than even a massage. It showed me with startling clarity that if I remember to breathe deeply, my body and mind will relax. And once I am relaxed, I can do anything - even step off a 25-foot pole.

MUSCLE MEDIA
JANUARY/FEBRUARY 2001

REWARD YOURSELF

It started innocently enough. One day during a story meeting, we started talking about the concept of rewarding yourself after completing the Body-*for*-LIFE Program. Where could healthy people go to continue their active lifestyles and treat themselves after a year of hard work?

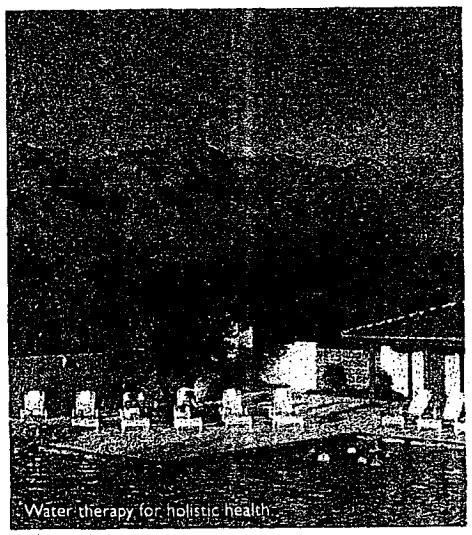
After a long search, we're proud to present the *Muscle Media* Spa Review, designed to bring you the best destinations for rejuvenating your mind and spirit while maintaining your best Body-*for*-LIFE. We hope you enjoy your trip!

CR002024

21ST CENTURY HEALING

Canyon Ranch's health and wellness programs strengthen the mind and muscles

/ **By Meiling Hazelton**



Water therapy for holistic health

DR. ANDREW WEIL, A PIONEER IN THE field of mind-body healing, once wrote that if medicine placed more emphasis on preventive care and the power of patients to heal themselves, hospitals might look more like spas. They'd be places where people could go not just to cure illnesses, but to prevent them from happening in the first place.

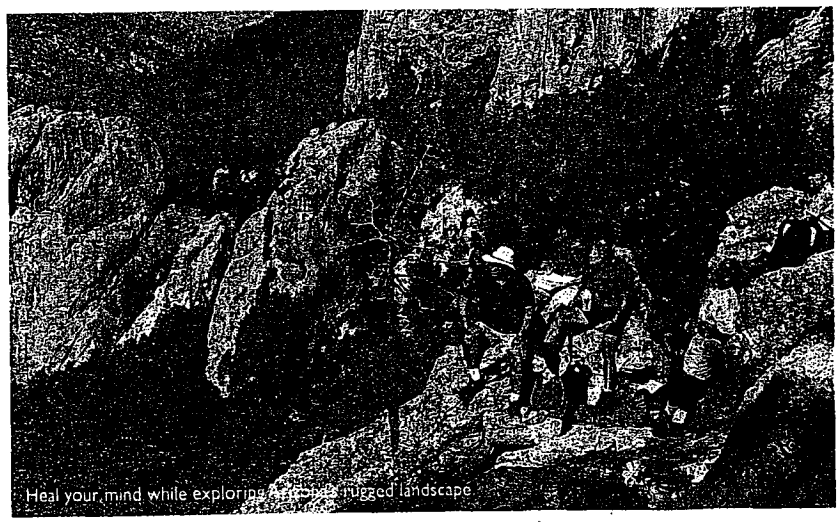
Canyon Ranch in Tuscon, Arizona, is such a place. In the old days, spas were "fat farms" where people would go to exercise and eat lettuce for a week, lose 5 to 10 lbs, then return to daily life and gain it all back. More recently, spas have evolved into luxury resorts, with healthy gourmet cuisine and state-of-the-art exercise facilities. Canyon Ranch certainly falls into the latter category, but offers much more than just a healthy vacation—their goal is to change the way you think about your health, and to inspire you to make major lifestyle changes.

The spa's founder, Mel Zuckerman, experienced a transformation himself. Mel was 40 lbs overweight, and suffered from asthma, high blood pressure, a hiatal hernia, ulcers, and diverticulitis as a result of an unhealthy lifestyle. His father's death from smoking-induced lung cancer provided a powerful emotional trigger for change, as Mel realized that he too was destroying his health. So he checked into a spa for 10 days, and was amazed by the difference healthy eating and exercising made. When he couldn't bear to leave, he extended his stay at the spa for a month. Then he decided to build his own spa, with a vision of helping others to experience a similar transformation.

Unlike most other spas, Canyon Ranch offers a full range of both traditional Western and alternative medical services. On staff are several doctors specializing in areas ranging from sports medicine to gerontology; clinical psychologists and behavioral counselors; chiropractors; acupuncturists; nutritionists; physical therapists; exercise physiologists; and massage therapists. In addition to traditional Western medical care, you can get acupuncture, a chiropractic adjustment, a Chinese herbal medicine consultation, and a range of other complementary treatments. The fact that you can get all these treatments in one place creates a unique opportunity for integrated care—not just because of the convenience, but also because all the different specialists are united by a common vision of holistic health.

The spa couldn't be more different from the sterile atmosphere of the average hospital. It's a real desert oasis, with flowering cacti, eucalyptus, and yucca; Japanese-style raked sand; and a population of desert birds, jackrabbits, and the occasional javelina—a type of wild boar. (A sign in my room warns me not to try to pet the javelinas, but I don't see any during my stay, so I avoid that particular temptation!)

The sound of running water is everywhere—a manmade stream runs past the main clubhouse con-



Heal your mind while exploring Arizona's rugged landscape

necting two fountains. The impressive Catalina mountain range is always in sight. The guestrooms and facilities are ranch-style and casual, with an air of laid-back luxury. There's a fully equipped gym, hiking and biking excursions, seven different exercise classes per hour, outdoor and indoor pools, racquetball and basketball courts, and healthy gourmet foods. It's a fitness-lover's paradise *and* a cutting-edge healing center.

Since I have a personal fascination with integrative medicine and mind-body healing, I'm thrilled to have a chance to try out some of the more esoteric treatments at the spa. I consider myself pretty healthy, so I don't have any specific medical complaints that need to be treated. I do rigorous cardiovascular exercise every day, weight train three times a week, and eat six protein and carbohydrate balanced meals per day. A Western doctor would be hard pressed to find anything wrong with me.

But, I do have various chronic complaints—insomnia, stress-related muscle tension, lower back pain, occasional stomach problems, general stiffness and soreness from overtraining in martial arts. Also, I seem to get bronchial infections every couple of weeks—I was still getting over one when I arrived at the spa. I

Biking in the Santa Catalina foothills.

suspect that an Eastern medical practitioner would find that all my complaints are somehow related, and are caused by energy blockages in various parts of my body. So I sign up for several types of bodywork which focus on energy balancing.

First I try Jin Shin Jyutsu, a type of acupressure massage that I've never heard of before. The therapist takes my pulse to identify energy blockages (she later tells me she's found blockages in my heart and liver), then releases the blockages by pressing two points simultaneously. I've had acupressure massage before, but I've never had two points held at once, and the effect is electrifying. When the therapist holds the various combinations of points across my body, it feels like she's hooking up jumper cables—I feel a surge of energy between the two points. I leave the session feeling relaxed but energized.

Then I head to the Aquatic Center for a Watsu session. Watsu takes another type of Eastern pressure-point therapy—shiatsu—and adds warm water, for an exhilarating full-body treatment. The three-foot deep Watsu pool is fairly large and kept at 90°F. I'm given small flotation bands for my knees, and the therapist supports the weight of my body throughout the one-hour session. The therapist twists and turns, lengthens, stretches and contracts my body while pulling me through the water in what feels like an aquatic dance. Not having to support my own weight means that I can let go completely. All the remaining tension drains out of my body. It's sheer bliss. That night I'm asleep as soon as my head hits the pillow.

By the time I leave the spa, my back pain has lessened, my body feels like it's better aligned and more flexible, and my cough has receded. My mind and body are more relaxed than they've been in months, thanks to the bodywork, yoga, and tai chi I've been doing. I return to New York determined to add tai chi and yoga to my weekly schedule and to find a good acupressure massage therapist.

I'm also still looking for someone who does Watsu...

FAQ

Can I get my egg-white omelet?
Yes, and it's light, fluffy, and non-greasy—the best I've ever had. There's an omelet bar at breakfast daily, with every filling imaginable.

I'm a picky eater. How much choice will I have during breakfast, lunch, and dinner?
There's a choice of three entrées at lunch and dinner. One is always vegetarian, the other two are poultry, seafood, or red meat. Typical entrées are Lobster Tail with Saffron Dipping Sauce and Cardamom-Grilled Chicken with Mango-Lime Sauce.

Do I get a personal attendant, too?
The friendly, courteous staff bends over backward to make sure not only that all your needs are met, but that your every whim is indulged. Everyone goes above and beyond the call of duty. Prepare to be spoiled.

Are there any special programs?
The Life Enhancement Center offers a spa-within-a-spa for a more structured, intimate experience. You can participate in special theme weeks that help guests facing specific challenges make lifestyle changes: Healing the Body and Soul After Cancer, Living With Arthritis, Healthy Heart, Optimal Aging, and Journey Through Midlife.

For more information, call 800-742-9000 or go to their Web site, www.canyonranch.com.

RESOURCE SIDEBAR

FINDING YOUR WAY TO RELAXATION

By Carla Shackleford

A JOURNEY TO A SPA CAN PROVIDE INNER PEACE, relaxation and rejuvenation — so you don't want to get frustrated searching for the right venue. Here are some top resources.

Web sites dedicated to the pursuit of the perfect spa include Destination Spa Group (www.destinationspagroup.com), a user-friendly site containing a solid list of the most popular destination spas. They supply rates, services, amenities and attractions for each of the spas. Individual descriptions and links to each spa's web site are also provided. About.com's (www.spas.about.com) extensive visitor-produced spa site offers an ample list of resort spas, health retreats, destination spas and day spas. Listings are divided according to their location, style, type and specialties. The International Spa Association (www.experienceispa.com) offers links to almost every spa through its site. You can do advanced searches according to various categories that will help you narrow your list.

Spa Magazine's annual World Spa Directory is a great resource for finding spas to fit your personality. Detailed profiling of each spa and an extensive list of adventure travel spas make this a strong resource for those of you who would rather rock climb in Kenya than get a sea salt body scrub. *Spa Finder Magazine* makes trip planning a snap. Call up their toll-free number and they will book your vacation for you. Both *Spa Magazine* and *Spa Finder* have comprehensive web sites to easily guide you though every stage of planning.

From spartan to plush, lavishly expensive to budget friendly spas of every genre are profiled in *Healing Centers and Retreats: Healing Getaways for Every Body and Budget* by Jenifer Miller. Her book organizes spas according to therapies and treatments. *Spa Finders' Guide to Spa Vacations At Home and Abroad* by Jeffrey Joseph can direct you through your exploration and teach you proper spa etiquette. This informative guide gives instruction on the art of packing and the finer points of tipping.

By doing up-front research you can learn the difference between a destination spa and a health retreat that you don't have to be a millionaire to spend a week at a resort spa and yes, there are spas that accept kids and even entertain them while you get pampered.

So get ready to pack your bags, and don't forget to bring an issue of *Muscle Media* to read on the plane!

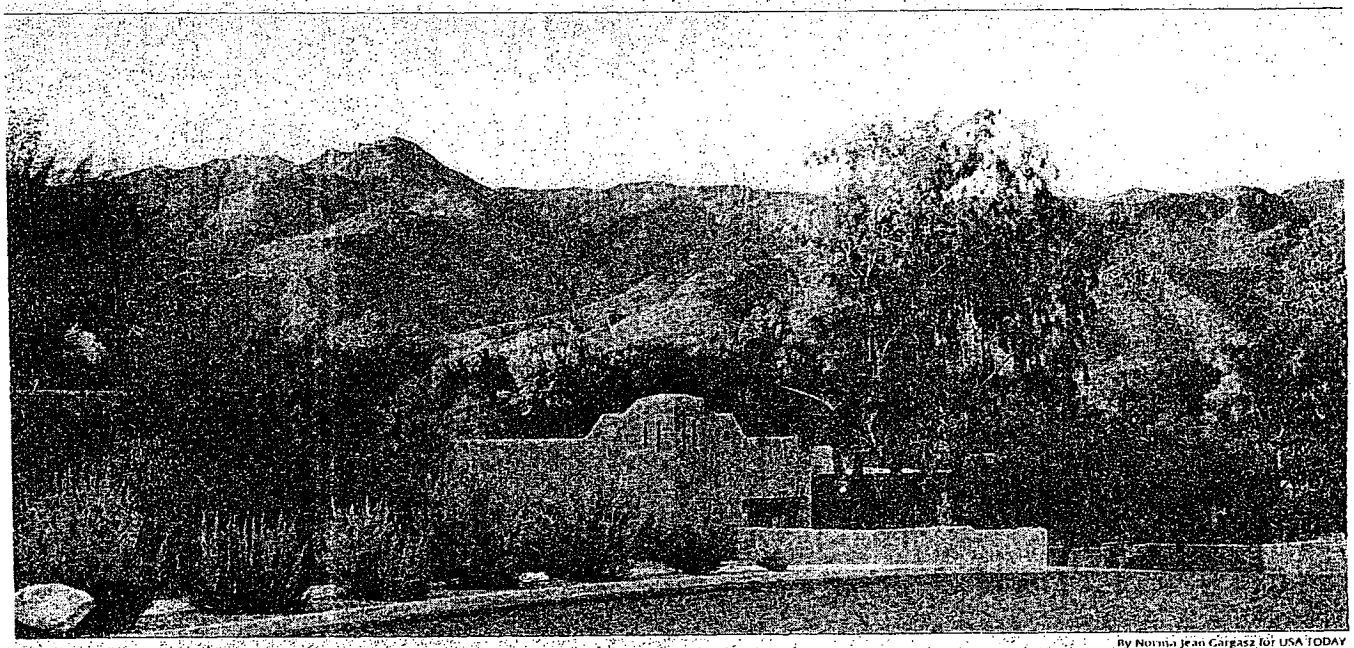
USA TODAY
WASHINGTON, DC
WEDNESDAY 2,113,882
NOV 15 2000

USA TODAY
NO. 1 IN THE USA

Wednesday, November 15, 2000

Other ways to stay forever young

How to keep from looking or feeling old? Conventional doctors may recommend cutting back on calories and getting daily exercise. Many of the new anti-aging doctors look more to human growth hormone (**see story, A section**) or daily supplements. But those aren't the only choices. Here, USA TODAY's Ann Oldenburg explores other things people are doing to remain young.



By Norma Jean Gargasz for USA TODAY

ast resort: Canyon Ranch, a resort and spa in Tucson, offers personalized "longevity plans" under its Optimal Aging Program but shuns human growth hormone.

Medicinal spas

At Canyon Ranch, the Tucson resort and spa where seaweed cocoons for the rich and famous, including Julia Roberts, were once the hot thing, the new motto is "Make the best of your life the rest of your life."

The Optimal Aging Program, offered periodically for $3,710 a week, includes spa and sport services and three gourmet meals a day. You'll also undergo comprehensive lab tests to assess heart disease risk, antioxidant levels and hormone profiles. Other options: yoga and tai chi classes, healing ceremonies and a discussion of transcultural longevity secrets. Workshops are held on enhancing memory and sleep, and you can get training in Kaizen — a Japanese word meaning gradual and continuous improvement.

You'll leave with a personal "longevity plan."

But it won't involve injecting human growth hormone. "I'm still not convinced that there may not be some long-term effects," says Evan Kligman, co-director of the Arizona Center on Aging and Canyon Ranch's spa doctor.

He will, however, run all sorts of hormone tests and recommend supplements.

"Our approach is balanced," he says. "We talk a lot about mind, body and spirit."

USA TODAY
WASHINGTON, DC
FRI/SAT/SUN 2,380,035
NOV 3 2000

Flights, trends of fancy travelers

By Kitty Bean Yancey
USA TODAY

L740A

The jet set had its sights set on Singapore Airlines this year and last.

In a survey taken before Tuesday's crash in Taiwan — the airline's first involving fatalities — it was the favorite international carrier.

More than 5,000 travel agents in the Virtuoso network, which caters to upscale travelers, participated in the annual survey.

They also ranked the airline No. 1 for food, service and staff in both 1999 and 2000. American Airlines was voted the preferred domestic airline of affluent travelers.

The U.S. hotel booked most for Virtuoso clients is the St. Regis in New York, which also topped last year's survey. Italy's Villa d'Este was the most-reserved foreign hotel for both years, displacing the former No. 1, Le Bristol in Paris.

Hottest beach resort, and new to the list, is 3-year-old Las Ventanas al Paraiso in Los Cabos, Mexico. Vail in Colorado is the favored ski resort; for golf, it's the St. Andrews Old Course Hotel in Scotland.

Five-star dining now ranks as the most important vacation activity for both male and female big spenders. Last year, it was sports for men and shopping for women.

The "in" U.S. restaurant is The French Laundry in California's Napa Valley, overtaking New York's Le Cirque 2000. The top international restaurant is Alain Ducasse in Paris.

Other trends in luxury travel:

▸ In the aftermath of the Concorde crash in July, 27% of those who had used Virtuoso to book seats on the supersonic plane say they will no longer fly it.

▸ 38% of well-off travelers seek active or adventure vacations, up from 24%. Costa Rica is next year's trendy adventure-travel destination.

▸ Among spas luring the stressed and successful, Canyon Ranch in Tucson ranks as the favorite, as it did in the last survey.

▸ Rome was the hot destination city in 1999 and 2000, Virtuoso agents say. They pick Paris as the chic vacation city for 2001.

▸ The preferred amenity in business- or first-class cabins is sleeper seats, topping in-flight showers, Internet access and spa services.

▸ The hot accessory? The global mobile phone; 19% of Virtuoso clients use mobile or satellite phones while traveling internationally.

▸ Declining in popularity: escorted tours, and cruises on large ships. Older travelers love luxury cruises on small ships.

What do the rich think is the best travel value? Cruises. And increasing numbers are taking to the seas with children of all ages in tow. But when it comes to family vacations, more high-rollers join the masses — at Walt Disney World.

JOE WEIDER'S SHAPE
July 2000

How 25 women got over their bad body images

P.R. 7 files 6/21/00

shape special report: the body positive project

diary of a bad body image

For 25 women, four days changed much more than how they feel about their bodies. Here's how.

Four years ago, *Shape*'s editors decided that, in addition to reporting on women's attempts to feel good about their bodies, we would *do* something outside the pages of the magazine about this increasingly common problem. The result was Body Positive, an intensive four-day body-image workshop held twice a year at the Canyon Ranch spa.

Body Positive is a unique group-experience program that takes on the tenacious problem of why so many women don't like their bodies. At Body Positive, women who have signed up as much as a year in advance spend 15 hours a day together, not just talking but also listening to experts in body image, fitness, psychology and movement therapy; taking a.m. walks; eating exquisite low-cal spa cuisine; working out; and eventually talking to each other with unexpected intimacy.

Every Body Positive group of women has made the same discovery: There is something profoundly liberating about leaving behind family and friends and looking at your life with other women. What follows is a diary of a recent Body Positive and of the women's revelations, along with their epiphanies, large and small.

by michelle stacey

illustrations by roxana villa

CR002030

the first night

Are we here to fix our bodies or our minds?

"I just want to like myself better." — *Sandy, 33*

There is, thank God, one in every encounter group: the person who, in a burst of candor, breaks through the defenses of what seems like a collection of self-conscious women. For the 25 of us, sitting in a circle on the carpeted floor of a gym at Canyon Ranch spa in Tucson, that person is Sandy*. And it is perfect that it is Sandy, 33, because Sandy herself is perfect: leggy, gorgeous in face and body, long blond hair pulled back in a graceful ponytail. Arguably the most beautiful woman among us, Sandy is also perfectly miserable.

We sit in shocked silence as Sandy chokes on her tears, struggling to control them enough to speak. This woman, not a few of us are thinking, is here because of body-image problems? "I was bulimic for years," Sandy finally gets out. "No one in my family knows about it, even now, or knows that I've been in therapy to treat it." Around the circle, other eyes are reddening, lower lips trembling. "I can't believe I'm sitting here now, telling this to a roomful of strangers."

A few compressed sobs erupt from her listeners. We have become one raw, sympathetic nerve. This, the unleashing of emotion and negative body feelings, we find out later, is simply par for the course at Body Positive. Revelations like Sandy's are only the beginning. Tears will become a steady part of our vocabulary. We introduce ourselves. Immediately, some trends emerge. Three people are fresh from romantic breakups; two have marriages severely on the rocks; several admit to previous anorexia or bulimia; one fears she is infertile; and another has just found out that her husband is indeed infertile. Many have closets full of "thin" and "fat" clothes from years of yo-yo dieting. A few of the women stand out for their stories — and their pain:

* **Amy, 35,** a tall, athletic dark-blonde who runs a small retail business, says she has "gained and lost tons of weight in my life; I just want to be at peace with it." With three sisters in the 300-plus-pound range, she feels that's unlikely.
* **Sally, 23,** a thin, almost elfin, recent college graduate with dark hair pulled back in a ponytail, begins to cry as she describes her struggles with anorexia (she's a former competitive gymnast) and her feeling that "food controls my life." She feels unable to fully enter the world because of her "imperfections," as she calls them.
* **Sophie, 36,** an incredibly worked-out and lean beauty-industry exec, worries about the fact that her 7-year-old son is already reading the fat grams on food labels.
* **Carrie, 36,** a statuesque woman with a face like an actress, was sexually abused as a child and spent her teens and 20s as a bulimic. "I still feel ruled by the scale," she says.

As the stories continue, another of us forces herself to open up. We have all spoken of our bodies and the pain and shame we attach to them. But what we will soon discover is something far beyond any fat- or flesh-induced agony.

In our physical & emotional trek to the mountain-top, body and mind have come together in a forgiving, new way.

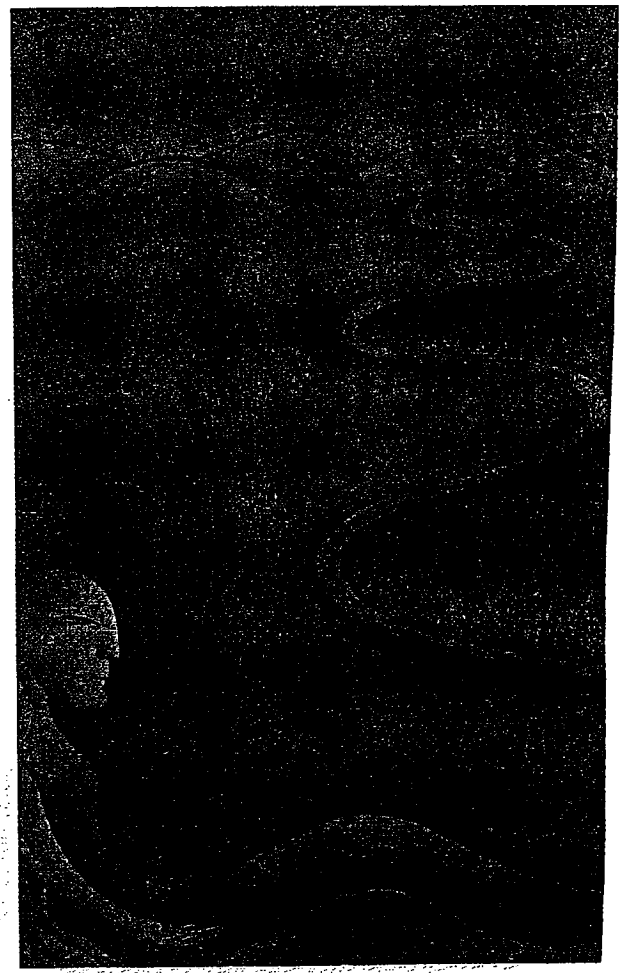
day two

What are we really hungry for?

"I've lost a lot of years worrying about this stuff." — *Carrie, 36*

We're speed-walking over the sandy desert terrain at dawn, trying to keep up with our incredibly fit leader, who looks to be about 70 years old. I am walking with Anne, 28, a pretty, slender computer expert from Texas who recovered from anorexia three years ago. Married for two years and eager to have a family, she is still dogged by bad body feelings — and fears she can't have a baby. "I have to wonder if I ruined my fertility with my anorexia," she says as we huff along. "I went off the pill and haven't had a period in a year."

After the hike we attend the first morning session, led by psychologist Ann Kearney-Cooke, Ph.D., a researcher and body-image expert who heads the Cincinnati Psychotherapy Institute. This is where we wrestle with the big concepts of body image, discussing the forces that have helped form our picture of ourselves, and how we have been influenced by



** All women's names have been changed at their request.*

family, friends and society. When we break up into small groups by age to discuss the roots of body image, clear patterns emerge:

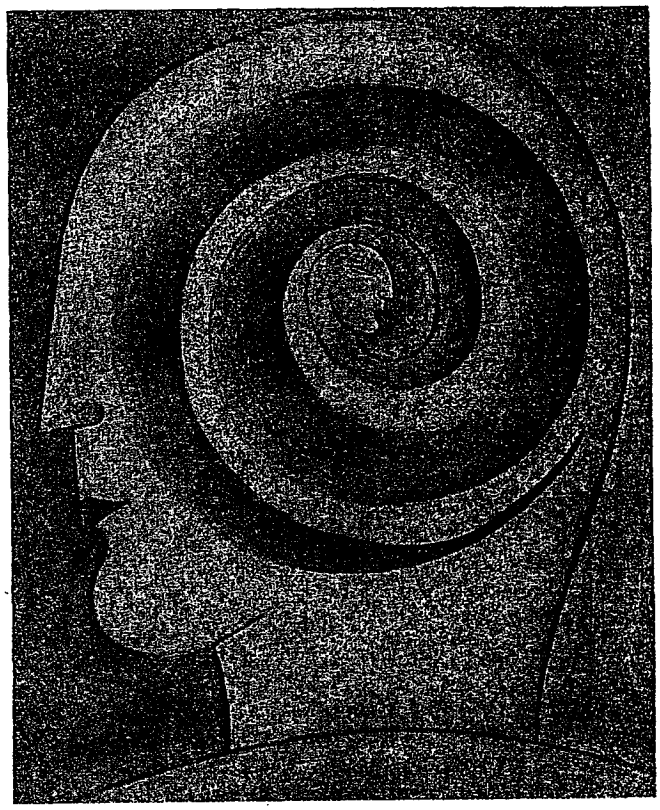
For the 20-somethings it's about the pressures of social life; competition with thin friends; that nagging feeling of never quite being good enough, smart enough, thin enough.

For women in their 30s, low self-esteem is taking its toll, and family dynamics are finally being sorted through — along with those indelible comments like Grandma's "Are you really going to eat another one of those?"

Those in their 40s and older speak of new horizons: looking for inner peace, balance, acceptance of themselves, a larger view of the world that doesn't depend only on surfaces.

Interestingly, our starting point for this thoroughly modern discussion is Buddhism and its ancient precepts: Suffering is caused by wanting what we cannot have. In most of our cases, it's the genetically unlikely body of a model. We wrap our reluctant minds around these ideas and how they relate to, say, an open-the-refrigerator-binge. Kearney-Cooke tells us that bingeing — and the bad feelings brought on by a binge — is a reminder to, in the words of a Zen master, "pay attention." "Why are you in the refrigerator?" Kearney-Cooke continues. "Are you exhausted? Deprived? Do you hunger for a rest, for someone to take care of you?"

In the midst of all this serious body talk, however, there are moments that, while not exactly planned as comic relief, do make us giggle. We explore movement therapy in a "balanced body" session with Rebecca Gorrell, director of fitness and movement therapy at Canyon Ranch, and find ourselves galumphing and gliding around the room. Such playfulness has more than a single purpose. We act out five different types of movement to the sound of wild drumbeats, including the "staccato" — filled with masculine, fiery energy — and the "lyrical" — playful, light, childlike. We skip, lunge, sway, leap, fall to the floor in a heap. This is a way to connect, nonverbally, with our basic selves on a primal level: Some of us learn that we're most comfortable moving in a feminine, flowing style; others that we love letting go in the utter freedom of the "chaos" mode. Still, it feels profoundly silly, in a way that is for the moment completely necessary.



day three

Outgrowing your shell

"It would be easier to just be anorexic again. Now, I don't even know when I'm hungry." — *Anne, 28*

You can't change your body image until you change what's going wrong with those other things in your life.

Kearney-Cooke tells us a story that becomes a motif for the rest of the program: the tale of the lobster. A lobster, it turns out, periodically outgrows its shell during its long life. When that happens, it must move out and exist unprotected in the sea for 72 hours, vulnerable to rocks and predators, until its new, larger shell forms. If it doesn't take this drastic, risky step, it will die, suffocated within its confining shell, the home that once was such a perfect fit. "I think people come to this program because they've outgrown their shells," Kearney-Cooke concludes.

This metaphor lives with us, coming up again and again as we talk about the many things we're outgrowing: unhelpful friends or partners who undermine our confidence, bosses who drive us crazy, our own unstated conviction that we must be all things to all people. One member of the group offers some insight, and others scribble down in their notebooks: "If you always do what you've always done, you'll always get what you always got."

We all agree that revealing your secrets is the first step toward defusing their power.

By the time *Shape* editor in chief Barbara Harris is telling us that we're not broken and don't need to be "fixed," that being fit is not about looks but about making your life richer ("When you climb a mountain," she says, "you don't care about the size of your thighs"), we are unknowingly being primed for the big time, the *pièce de résistance* of the entire four-day experience that will come the next day: The Climb. On the mountaintop, we have heard, all will be revealed.

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day four

It's not our bodies we hate

"Things haven't been right for a long time. But it took being here to face it: I have to leave my husband after 25 years."

— Mary, a 50-year-old wife and mother

As we sit waiting for our morning discussion group to start, fragments of anxious conversation drift: "I'd be just right at 125. I really wanted 110, but starting at 140 I don't know if that's possible ... " "My husband is so tired of hearing me say I'm fat. He'd never say that about himself ... " "My next move is to fit into the 'skinny' clothes I've been saving ... " Are we inching closer to acceptance as we stagger through our days here? Or are some of us, as Harris warned us not to do, trying to "whip ourselves into shape"?

The Climb will be the acid test. Early this morning, we place ourselves into four groups according to fitness level and drive an hour into the Santa Catalina Mountain Range that surrounds Tucson to reach Mount Lemmon. The hike is exhilarating, the stunning view from the top, at 9,000 feet, even more so. We sit there on a rock ledge overlooking a huge canyon and distant mesas, listen to a guided meditation by Kearney-Cooke, and then we begin, one by one, to speak. What comes out is not about anything as superficial as the shapes we walk around in. It is about what all our body angst has come to mask and distract us from: the real business of our lives.

Several women hark back to the lobster story. They feel that they are in the water, unprotected, or that they have just entered their new, wonderful shells. As the stories get deeper, the tears get more plentiful. Many apologize for their tears, until finally Sophie, the 36-year-old beauty exec, protests, "I stopped crying for two years and those were the most stuck, repressed years of my life. Tears are about strength, not weakness. They're about being open, experiencing your feelings."

Then the power of this four-day experience to change us all becomes starkly apparent. Two women — both of them reserved during earlier discussions — describe how these few days have enabled them to face one of the most life-shattering decisions they've ever made: to leave their husbands. The first to speak, Mary, a 50-year-old wife and mother from the Midwest, says, "I have to go back and put into action what I've realized here. I kept thinking I could go to sleep and wake up and everything would be OK again, and it's not." She must leave a 25-year marriage that has been dead for a long time. "I hope my teen-age kids will realize it's healthier to do this instead of staying." What helped her turn the corner, she says, is this thought: "I need to take care of myself, not just of others."

Kay, a 35-year-old travel-industry executive, then releases her own bombshell. "I've felt for four years that I wanted to divorce my husband. In those four years my father died, I lost two babies, I took a new job, and my husband had an affair. Now he wants me to stay. I was wavering, until I came here. I don't want to be the forgiving martyr anymore."

The epiphany experienced by Sally, the recent grad and former gymnast, is no less powerful. "I was nervous about coming," she confesses, "but I feel peaceful here. I now feel that I can let go of the chaos in my life, that I can release things that are so consuming and so bad for me." She faces finally letting go of her eating disorder, of her traumatic relationship with her mother (about which she has been extremely private), of her fears of growing up.

Sandy, whose open pain with bulimia got us started that first night, is, for once, silent. Her next step, perhaps, will have to be taken in privacy. She is one of a handful who are too overcome to speak, instead weeping quietly through the recital of others' pain. Most of us feel, sitting on that rock slab 9,000 feet high, that we have in some sense made it. Not in some final, never-have-to-think-about-it-again way, but in a way that we will take back home and build upon.

"Every group I've been with goes through this same progression," Kearney-Cooke says later. "Everyone thinks at first that it's about their weight, shape, how big their thighs are. What they learn is that the body is a screen on which they're projecting their lives — their relationships with other people, their feelings about themselves, their fears or feelings of shame. And they can't change their body images until they change what's going wrong with those other things in their lives."

That's where a group experience like Body Positive is most powerful: "When they see these feelings in other women, it helps them see it in themselves," says Kearney-Cooke. When they see a beauty like Sandy say she can't bear to look in a mirror, the light goes on. This is not about the body at all, really. The final proof, says Kearney-Cooke — and proof also of how profound a change can begin in just these few days — is that when former Body Positive participants return for alumni groups (which take place four days before these sessions), they ask for workshops on almost everything but body image. The alumni have learned that it's necessary to build on what's "right" in their lives. "They want to talk about finding balance, about spirituality, regulating their emotions," says Kearney-Cooke, who also leads the alumni discussions. "It's about quality of life."

Our group has taken several steps toward a new life. In our physical and emotional trek culminating on the mountaintop, body and mind have come together in a new, forgiving way. We live in our skins just a little differently now, aware of our tired muscles, happy knowing they have gotten us to this place. ■

Michelle Stacey *is a writer who lives in Larchmont, N.Y.*

Want to Like Your Body More?

At a *Shape* Body Positive workshop, you and about 24 other women will learn how to take those first liberating steps to a better relationship with your own body: Sept. 26–30 at Canyon Ranch, Tucson, Ariz. (from $1,560 for four nights/five days). Call (800) 742-9000; *www.canyonranch.com.*

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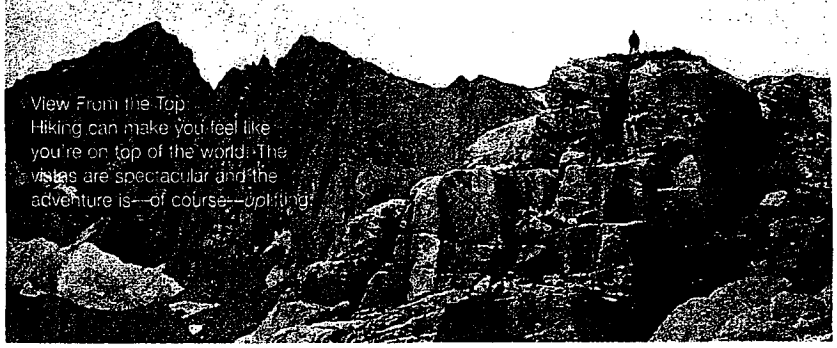
MODE
NEW YORK, NY
11-TIMES/YEAR 525,000
JUNE 2000

take **a hike**

Hiking is an outdoor adventure with more than physical benefits. By Kim Green



View From the Top: Hiking can make you feel like you're on top of the world. The vistas are spectacular and the adventure is—of course—uplifting!

I grew up in New York City and spent 32 years of my life learning my hometown on foot, from east to west, uptown to downtown. Walking is in my bones.

When I moved to Tucson, Arizona, I tried to keep it up. For nearly a year, I religiously walked four to six miles in a nearby national park every weekend morning. But as gorgeous as it was, it eventually became boring—even the stunning cactus plants began to seem mundane.

On my walks, I'd overhear people talking about "hiking." I'm ashamed to say I never really knew what that meant. I'd always thought that hiking was just...harder walking.

It isn't.

I learned this all too well when *Mode* asked me to take a hike on their behalf and write about the experience. Having heard so many good things about the sport, I jumped at the chance.

I realized that I'd need expert help—but soon discovered that "professional hikers" don't really exist. So I called the nearby Canyon Ranch Spa, a world-class spa known for its rigorous exercise programs—especially hiking. I was thrilled when they agreed to let me join a group for a Sunday morning trek.

It was clear from the start that hiking is not taken lightly at "The Ranch." Trip leaders John, Holly, and Jen, three of the spa's 40 guides, were in great shape and knew the ins and outs of this sport like the treads of their boots. They explained that ours would be a beginner excursion, which meant roughly three and a half hours, five miles, and a 500-foot ascent up a mountainside to an elevation of 3,200 feet.

They briefed us on what to expect: The temperatures would change, so layering clothing would be essential, as would sunscreen, sunglasses, and plenty of water. After giving us one last chance to see a nurse before we left, we headed to Sahuaro National Park, a 25-minute car ride to the east of Tucson. We were each given a backpack containing essential supplies and told that although the food was important, the emphasis was on water. Dehydration is a hiker's worse nightmare. If you faint on a hike, you're on your own in the middle of nowhere.

The first mile of the trail was pretty flat. It was a straightforward path, nothing too dramatic. Still, the bright blue of the sky and the subtle earth tones of the desert were positively breathtaking.

After the first mile, we started to go uphill. It was time to get aggressive. I found myself alternately stretching, lunging, jumping, leaping, and walking. My heart began racing and sweat started pouring down my face. The full-body workout had begun.

It was then that I discovered the true joy of hiking. Not only is it an amazing way to keep fit, it also tests your motor and intuitive skills. What do you do when a tree stump appears out of the ground unexpectedly or the soft dirt beneath you suddenly becomes hard rock? Are you quick and flexible enough to maintain your balance so that you don't fall? "Just keep your feet firmly on the ground, watch your step, look straight ahead, and make wise decisions," one of our guides coached. Good advice, indeed.

Hiking is kind of like life. Each step you take has consequences and rewards. The skill is in navigating nature and working with what's there—imperfect ground, rocks and branches that come out of nowhere. It's a sport that's never boring.

When we reached the end of our climb, we overlooked the city below, and it was as if we had the vast terrain to ourselves. The experience was exhilarating and life-affirming. And I had gotten there on my own two legs. ■

GOURMET
NEW YORK, NY
MONTHLY 880,744
MAY 2000

GOOD LIVING

749

Panning for silver: Classy cookware available from San Lorenzo in Milan, (011-39-02) 796438.

Money to Burn

A friend of ours swears by her pure-silver Afra and Tobia Scarpa pot, praising it for its amazing ability to conduct and retain heat. We're sure that in fact it is possible to make superb Tuscan bean soup in this pot, but we've thought of a few things we'd rather do with the $1,000 it costs:

▶Buy a round-trip air ticket from New York to Rome.

▶Buy 13 copper pots from Dehillerin in Paris.

▶Treat 10 friends to dinner and wine at New York City's Babbo.

▶Pamper ourselves for three days at Arizona's Canyon Ranch spa.

▶Celebrate with a case of Bollinger Brut Champagne Grande Année '90 (and a few fancy flutes to drink it in).

Great Food ✻ Real Beauty ✻ Total Wellness
HEALTH
June 2000

Alternatives by Kimberly Robinson

HEALTH
SAN FRANCISCO, CA
9-TIMES/YEAR 1,000,000
JUNE 2000

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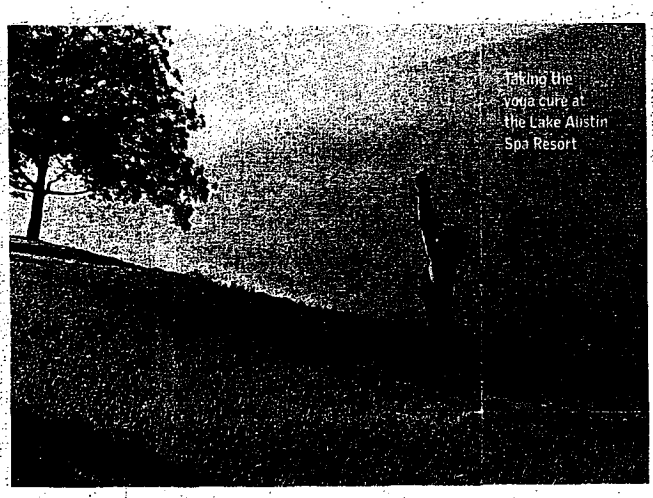
A Spa for What Ails You

At these seven resorts, medical problems get the full treatment



Taking the yoga cure at the Lake Austin Spa Resort

COURTESY OF LAKE AUSTIN SPA RESORT

Shiatsu massages and meditative strolls, clouds of white terry cloth and lavender oil—there's nothing like a spa vacation to indulge a weary body and a wilted psyche. But lovely as a mud bath may make you feel, it offers no guidance on how to live a more balanced life. Wouldn't it be great if, along with the usual scrubs and soaps, you could take home a lifetime supply of solid health advice?

You can. A growing number of resorts now offer programs to help you cope with serious health conditions or difficult life transitions. The best of these workshops combine the latest mainstream medical information with promising alternative therapies and mind-body techniques, taught by top experts in their fields. And you still have plenty of time to enjoy the splendid surroundings with, say, a horseback ride or a fabulous reflexology pedicure on your own private terrace. Because isn't that why you're checking into a spa and not the Mayo Clinic?

Canyon Ranch: Be Kind to Your Heart

Canyon Ranch resort has been blazing all kinds of trails since it opened in 1979, and its medical programs are still the best you'll find at any spa. Two in particular are worth the time and money. The annual Healthy Heart workshop, offered in conjunction with the University of Arizona's Sarver Heart Center, is geared toward people who've had a heart attack or are at risk of suffering one. The program includes diagnostic stress tests, consultations with nutritionists, and classes to help you reduce hostility, cynicism, and stress. The New Directions in Diabetes workshops, primarily for guests with adult-onset (Type 2) diabetes, show how to control or reverse the condition through better eating habits, exercise, supplements, and relaxation techniques. **BONUS POINTS:** Two gorgeous locations (the Arizona desert and the western Massachusetts hills) and sublime spa treatments. Insomniacs can have a sleep disorder consultation with overnight testing in a certified sleep lab, stress management classes, and hypnotherapy.

Canyon Ranch Health Resort in Tucson, Arizona, and Canyon Ranch in the Berkshires Health Resort in Lenox, Massachusetts; 800/742-9000 or www.canyonranch.com. Tucson four-night stay from $1,410; Lenox three-night stay from $1,330.

The Aspen Club: Soothe Aches and Strains

When Martina Navratilova gets tennis elbow or Michael Jordan wants to fine-tune his workout, they head to the Aspen Club for a little rest and recuperation. But you don't have to be a world-class athlete to benefit from the club's Sports Medicine Institute. Its staff of doctors, physical therapists, and sports psychologists can help you recover from a hip replacement or carpal tunnel syndrome or show you how to train for your first 10K race without pulling a tendon. They can even make customized shoe inserts to help eliminate knee and ankle strain. **BONUS POINTS:** The 77,000-square-foot complex also includes the Center for Well-Being and Spa Aspen. Just the Après Ski

CR002036

massage, with a heated aromatherapy wrap, is worth the trip.
Aspen Club and Spa, Aspen, Colorado; 970/925-8900 or www.aspenclub. com. Three-day Vitality Tune-Up package from $750 per person, lodging excluded.

Coolfont Resort
Kick the Habit

Breaking an addiction is tough when you're surrounded by the same old triggers and temptations. To help you quit smoking, this 1,300-acre retreat in the Appalachian foothills offers a relaxing change of scene—and much more: six days of carefully structured workshops, lectures, yoga classes, and support-group meetings. The mind-body program (no patches or medications) has won many endorsements, including that of the American Cancer Society.
BONUS POINTS: To take your mind off your cravings, you can play a round of golf, paddle a canoe, or attend a chamber music concert—and that's just a start.
Coolfont Resort & Wellness Spa in Berkeley Springs, West Virginia; 800/888-8768 or www.coolfont.com. Break Free from Smoking program, $1,495; two-night spa getaway weekend from $299.

The Oaks at Ojai
Stop Stressing Out

At this spa in a snug and friendly arts community, the staff believes that what you eat and how much you exercise determine how well you cope with life's twists and turns. To help you get back on track, the program includes early-morning hikes in the hills above town, yoga and cooking classes, art workshops, and one-on-one sessions with a personal trainer and a nutritional counselor.
BONUS POINTS: Many guests leave lighter in body as well as in spirit.
The Oaks at Ojai in Ojai, California; 800/753-6257 or www.oaksspa.com. Five-night stay from $725.

Lake Austin Spa Resort
Make Menopause Easier

Menopause brings more than hot flashes and mood swings; it raises profound questions about how to live the second half of your life. This warm and welcoming resort helps you find the answers with its monthlong Gathering of Wise Women, devoted to women's health and aging. Experts tackle the benefits and risks of hormone replacement therapy and suggest natural ways to strengthen your heart and bones. Other workshops focus on body image and self-esteem, the importance of rituals in your life, and music and aromatherapy as tools for healing.
BONUS POINTS: In the belief that a healthy planet begets healthy people, the staff offers classes in organic gardening. Workshops on low-fat cooking and do-it-yourself herbal lotions show how to use what you grow.
Lake Austin Spa Resort, Austin, Texas; 800/847-5637 or www.lakeaustin.com. Seven-night Living Well package from $2,250; three-night stay from $1,130.

Foxhollow Wellness Center
Bring Down the Pressure

If you hate the way hypertension drugs make you feel, the program at this tranquil retreat could be a true lifesaver. The center's medical clinic is affiliated with Switzerland's cutting-edge holistic Paracelsus Klinik Lustmuhle. After evaluating your health, the staff offers advice and instruction on how to lower your blood pressure with exercise and yoga, nutrition (including supplements and herbal remedies), and stress-relief techniques such as guided imagery and meditation.
BONUS POINTS: The accommodations (in a historic white clapboard mansion) are gorgeous, as is the setting: 1,300 acres of Kentucky farmland.
Foxhollow Life Enrichment and Wellness Center, Crestwood, Kentucky; 800/624-7080 or http://foxhollowus.com. Two-night weekend packages from $400.

The Marsh
Conquer Chronic Pain

This spa's mind-body philosophy is based on founder Ruth Striker's own struggle with debilitating lupus. Programs on arthritis and pain management include acupuncture, movement and stretching methods that restore flexibility—even a meditation tower with a "mind gym" (featuring rain sticks and a Zen garden).
BONUS POINTS: Every square inch is accessible by wheelchair.
The Marsh: A Center for Balance and Fitness, Minnetonka, Minnesota; 612/935-2202. From $100 a night. ■

CR002037

SHAPE

JOE WEIDER'S

SHAPE MAGAZINE
WOODLAND HILLS, CA
MONTHLY 923,000
SEPTEMBER 2000

September 2000

five best weight-loss spas

Forget the quick fixes and false promises of yesterday's fat farms. At these fun-filled fitness meccas, they'll teach you to lose weight enjoyably without sacrificing, starving or being chained to a treadmill.

5. Canyon Ranch in Tucson, Ariz./ Canyon Ranch in the Berkshires, Lenox, Mass.

Top kicks Towering saguaro cacti in Arizona and vista-revealing rock scrambles in Massachusetts highlight awe-inspiring hikes.

Whether in the ochre-flushed Sonoran Desert or the pine-groved Berkshire Hills, Canyon Ranch preaches the same "healthy weight" philosophy: Ignore the scale, boost your lean body mass to elevate metabolism and feel a bit better than you do now. Body changes will follow. Exercise physiologists identify your fitness preferences and match them to workouts such as funk aerobics for groupies, trail running for loners, etc. Nutritionists give personalized calorie recommendations based on body weight, activity level and weight-loss goal (from 1,600–1,800 calories per day), allow fat content to range between 20 percent and 30 percent and are in the dining rooms at lunch to answer questions. Behaviorists probe emotional urges to eat (does crunching pretzels *really* vent anger?) and counsel alternate activities (exercise or journaling). Realistic do-it-at-home plans consider food yens, schedule, budget and gym facilities. All this and more than 40 fitness classes a day, umpteen pampering massages, cozy accommodations and seminars on tarot-card reading.

Details Four-night packages from $1,410 per person, double occupancy in Tucson; $1,180 in Lenox. Call (800) 742-9000 or go to *www.canyonranch.com.* ■

usaweekend.com
USA WEEKEND

DAILY NEWS (USA WEEKEND SUPPLEMENT)
NEW YORK, NY
SUNDAY 1,000,000
JUL 9 2000

News & Views

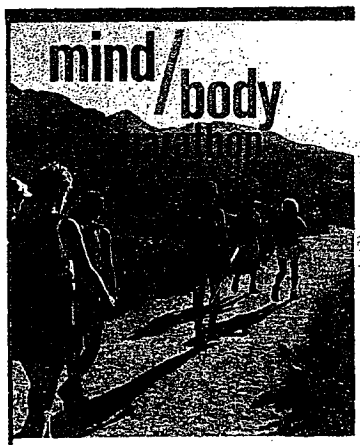
Good medicine for body and soul

COMSTOCK

Combine a doctor's care with a resort's pampering and you get "medspas," the latest destination for multi-taskers. Though many spas offer fitness programs and healthy menus, some now claim comprehensive on-site preventive care with licensed medical staff. Guests of the Cooper Clinic's Wellness Program in Dallas get a complete physical, blood workup, basal-metabolic stress test and bone density scan. Doctors at Canyon Ranch's medspa programs in Tucson, Ariz., and Lennox, Mass., help you devise a health regimen based on a battery of tests. Plus, they offer specialty weeks for diabetes, arthritis, heart disease and asthma. When not being probed, guests indulge in traditional resort pleasures. Medspas aren't cheap. Week-long programs start at $2,000. Consider this: An average day in a hospital costs at least that — with no massage.

more
OCTOBER 2000
SMART TALK FOR SMART WOMEN™

mind/body



Hot flash: Canyon Ranch in Tucson has a program just for **more**-age women, which grapples with the physical and psychological aspects of hitting midlife. When we heard about it, we knew we had to check it out. At the week-long Journey Through Midlife session, participants can work through personal problems and develop a fitness plan at one of America's top-rated spas. Lectures on hormone replacement therapy, sexuality and bone strength alternate with workshops on empowerment, and grief and loss.

Canyon Ranch is known for its spectacular hikes, but there are other activities, from mountain biking to kickboxing to tai chi. While accommodations are comfortable but undistinguished (think high-quality chain hotel), the desert setting, ringed by Tucson's Santa Catalina Mountains, is superb. By my session's closing campfire, the group had joined hands, shared secrets, broken down, bucked up and even gotten a little buffer.

The next session runs October 1–8. The seven-night package includes room and board, plus a blood hormone profile and three services (massages, sports lessons, nutrition consults) and costs $5,175. For information, call 800-742-9000 or visit *www.canyonranch.com.* –*Susan Crandell*

SELF

September 2000

■ Hooray! More Energy All Day

More energy, please!
It's yours in our eat-smart makeover

WIN IT: The spa escape of your dreams

3 beauty and body secrets swiped from top spas

SELF

SPECIAL SPA SECTION

Spas spill all!

Catch a whiff of Zen

"Inhaling a soothing scent will relax you and awaken your senses," says Diane Trieste, director of treatment development for Canyon Ranch, Tucson. Hold a handkerchief scented with lavender or lemongrass essential oil over your nose and take slow, deep breaths from your belly.

At-home beauty and body treats for you

The thought of running off to a spa to be soaked, slathered and indulged in every way known to woman sounds downright dreamy—but who has the money and time? SELF *asked the pros at the country's top getaways to translate their secrets into home-spa how-to's*

BY SHAUN DREISBACH AND ELIZABETH GRAVES
PHOTOGRAPHS BY GRACE HUANG

Go ahead—give yourself a great massage

● **Rub this way** For a tingling massage you'll feel all the way up your spine, try this trick from Travis Anderson, mind and body fitness manager at California's Ojai Valley Inn & Spa. Drop two golf balls (or other hard balls) into a thick cotton sock and tie the end in a knot. Place the sock on the floor and run your feet back and forth over it.

● **Use your "noodle"** At Canyon Ranch in Tucson, instructors recommend Feldenkrais rollers to reduce tension. These four-foot-long, six-inch-wide foam cylinders resemble pool noodles. At the end of the day, nothing feels better than stretching out on one and letting it press against the length of your spine. To order ($15), call Balanced Body at 800-745-2837.

● **Know this drug-free headache cure** To relieve a tension headache, press gently but firmly on the inner corner of your eyelids near the brow with the tips of your thumb and index finger, suggests Lynn White, aesthetician and trainer for Miraval Resort & Spa in Catalina, Arizona. Then, using both hands, press along the brows, starting on the outer ends and going across and up the middle of the forehead, along the hairline to temples and down the underside of cheekbones.

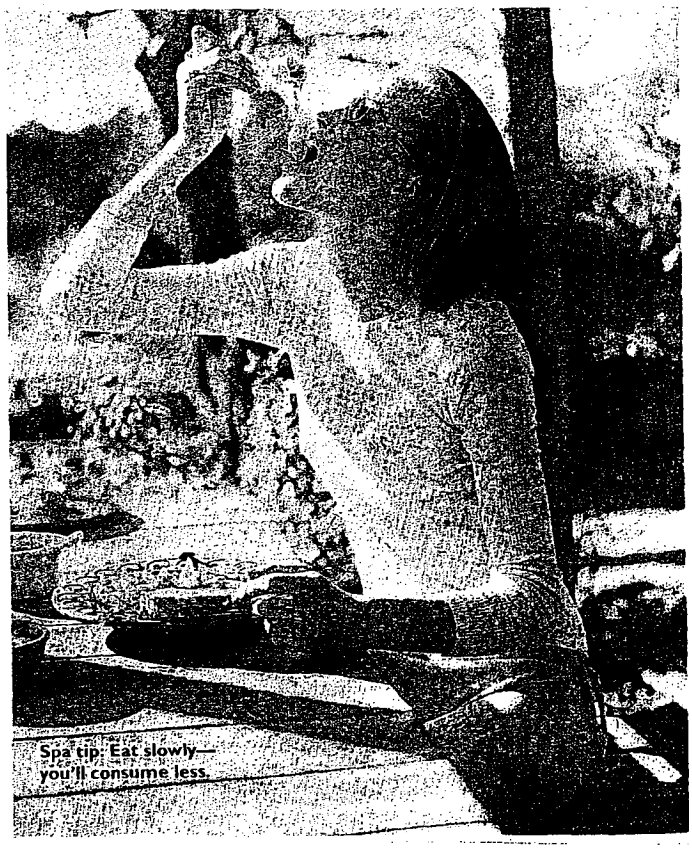
● **Get hot stoned** "The idea seems weird at first," says Diane Trieste, director of treatment development at Canyon Ranch. "But a massage with hot stones just melts your muscles." Heat a smooth stone (one that fits comfortably in your hand) in the oven until warm, then coat it with a massage oil (vegetable oil will work in a pinch). Lightly push it up and down the arch of your foot. (No pebbles in your bathroom? Order Stone Spa's Hot Toe Voodoo kit—see page 50 for info.)

Now try these tricks for spa-softened skin

● **Take a "facial nap"** At the Golden Door in Escondido, California, pampered clients relax while de-puffing tired eyes. To try it at home, store a mild toner, such as Golden Door's Confidante Toner ($17; 800-231-1444) or a bottle of highly diluted green tea in your fridge. Wet two cotton rounds and place them over your eyes before lying down for a half hour.

● **Steam-clean your skin** Throw a sprig of fresh rosemary (for oily skin) or a chamomile tea bag (for normal to dry skin) into a pot of boiling water, says Jo Abbey Briggs, executive director of Golden Door skin care. Remove pot from heat, place a towel over your head and shoulders and hold face 18 to 24 inches above the pot for three to five minutes; the steam opens pores and encourages skin to give up clogged dirt.

● **Try a facial smoothie** Blend three tablespoons of plain



Spa tip: Eat slowly—you'll consume less.

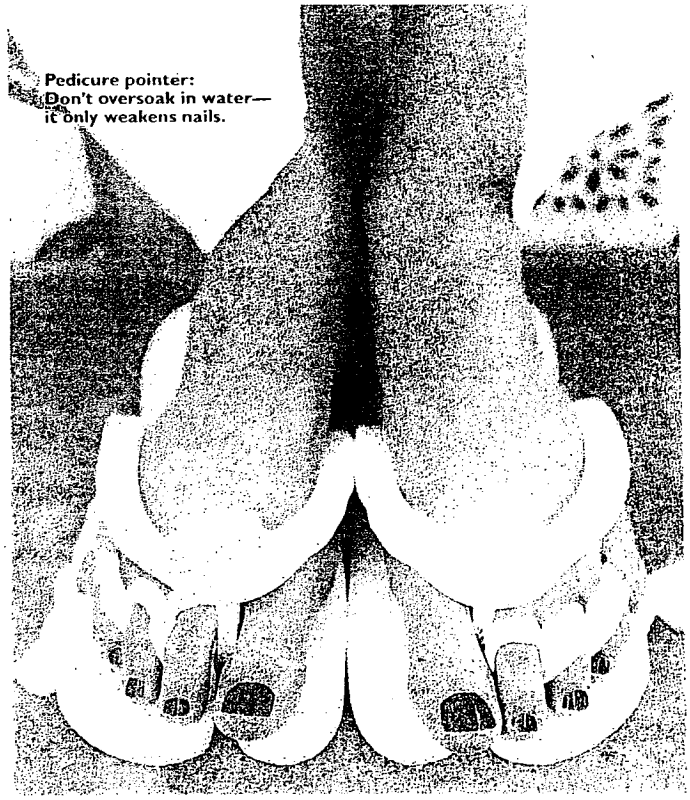
STILL LIFES: BRIAN MAJUVAKA

yogurt with four large strawberries (the fruit contains a light glycolic acid that exfoliates and rejuvenates skin), recommends Heather Sackman, instructor at The Institute of Beauty and Wellness, a day spa in Milwaukee. Smear on and let sit for 10 minutes, wiping it off with a wet cotton washcloth.

● **Hydrate the air to hydrate your skin** Walk into Golden Door and you'll notice beautiful water-filled bowls sitting at the foot of antique Japanese screens. "A couple of years ago the screens began to crack from the dry desert air, so we added the water bowls and the cracking went away," says Briggs. You can apply the same concept to your skin at home by keeping water bowls in each room or using a humidifier.

● **Make your own skin scrub** For a do-it-yourself exfoliant, try this trick picked up at Canyon Ranch, Tucson: Combine a cup of Epsom salts and a cup of rock salt with two tablespoons of grated orange peel. Use in the shower or bath. For a coarser rub add more rock salt; for a lighter one, more Epsom. (Store any leftover mixture in a jar in your bathroom.)

● **Wax yourself** (No, not your bikini line—your hands and feet.) White exfoliates spagoers' hands and feet, then applies warm paraffin and covers them with plastic bags and a warm towel for pillow-soft skin. You can do the same with Poetic Spa Paraffin Pack, available through Blissout ($32; 888-243-8825).



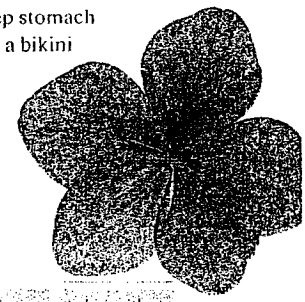
Pedicure pointer: Don't oversoak in water—it only weakens nails.

Relaxed? Good. It's time to get fit!

● **Try interval training** At Golden Door, spagoers hike on flat terrain for 10 minutes; uphill for 20 minutes; then return to a flat path for 10 minutes and so on. It burns more calories than going slow, but isn't as hard on your body as training full-blast the whole time.

● **Make room for mini-workouts** Try pliés while drying your hair, wall sits while talking on the phone, suggests Ashley Lewis at the Spa at Cordillera in Edwards, Colorado.

● **Practice these absolutely great moves** Barbara Morrow, executive director at Avanyu Spa at La Posada Resort & Spa in Albuquerque, tells clients to keep stomach muscles taut by imagining they're wearing a bikini (a sure incentive to suck it in). And when



Bliss to go, please!

Relaxation queen Marcia Kilgore, founder of New York City's superchic Bliss Spa, shares her secrets for having a spa experience, no matter how crammed your schedule.

Your Goal	Get it in 10 Minutes...	Or Indulge For An Hour
Pamper Your Face	Wash and exfoliate at the same time with a rich, creamy exfoliant—my favorite is Remede's Sweep ($36).	Cleanse with a fruit acid wash or grainy exfoliant, then cover skin with a steamy towel for two minutes. Apply a clay mask while you soak in your tub. Afterward spritz with toner, apply moisturizer and eye cream.
Relax Your Body	Turn on the stereo (I like Stan Getz). Lean back over a bodyball and slowly roll into a supported backbend (with ball at the curve of your back).	Light a fragrant candle to set the mood. Scrub preshower with an exfoliating cream. Stretch your hamstrings while you scrub your feet, and triceps while you do your back. Finish with your favorite body oil.
Soothe Your Feet	Apply a foot-cooling menthol gel (BlissLabs launches FrigiFeet this month, $22), then prop feet up to shrink them down to size.	Buff dry feet and file nails. Then cream up your cuticles and soak feet for 20 minutes in a mix of one gallon warm milk and 1/4 cup honey (top off with water). Push back cuticles, then massage with cream.
Energize Yourself	Take a quick, chilly shower with peppermint soap. Dry off, then spritz with a citrus scent. Drink a glass of lemon water for extra zest.	Chill a damp hand towel in the freezer and turn on the *Buena Vista Social Club* soundtrack. Add some essential oil of rosemary or lemongrass to your bathwater. Relax with the cold towel behind your neck.
Detox	Drink green tea instead of Cosmopolitans, and give up any foods that can be easily restocked by visiting your local Chevron.	Get in the tub with Dr. Valnet's Alg-Essence bath bag ($39 for 6; 888-243-8825). After scrubbing with its seaweed sponge, step out, roll up in a beach blanket and sweat it out for 20 minutes. End with a cold shower.

OPPOSITE: TANK BY SANTI

CR002044

Go for minimal makeup postfacial: just bronzer and a dab of shimmery lipstick.

doing sit-ups, she reminds them to double the payoff by contracting muscles on the way up *and* down.

● **Home-cure your soreness...** Relax with this mini-treatment from Trieste: Wrap 1/2 cup grated ginger in a piece of cheesecloth and steep in a gallon of hot water for several minutes. Next, place a hand towel in the water, wring it out, and wrap it around feet, arms or legs. Leave it on until it cools.

● **...Or work it out** When spagoers at Avanyu Spa are sore after exercise, executive director Barbara Morrow urges them to try doing some form of exercise other than what made them achy. (Runners, for example, are told to try swimming.) Keeping active brings blood to the area, says Morrow, which helps clear out soreness-prompting lactic acid.

Try our favorite yoga pose

● **Learn this now!** If you do only one yoga exercise, make it the warrior pose—it tones nearly every muscle and improves flexibility and posture, says Vandita Marchesiello of the Kripalu Center for Yoga and Health in Lenox, Massachusetts. Stand with your feet shoulder-width apart and your arms straight overhead, fingers pointing to the ceiling, palms in. Lunge forward with your right leg (don't let your knee extend past your toes), keeping your left foot extended behind you. Hold for three slow, deep breaths. Switch sides and repeat.

Reward yourself with a hearty, healthy meal

● **Add flavor, not fat** Instead of marinating chicken, fish or red meat in oil-based sauces, let them soak in this easy red wine vinaigrette marinade used by Greg Smith, chef at the PGA Resort & Spa in Palm Beach Gardens, Florida: Combine 2 oz red wine vinegar, 6 oz low-sodium vegetable or chicken stock, 1 T. chopped basil, 1 T. chopped parsley, 1 tsp. minced shallots, 1 tsp. minced garlic, 1 T. cornstarch, and salt and pepper to taste.

● **Get cubed** Chefs at Nemacolin Woodlands Resort & Spa, in Farmington, Pennsylvania, use naturally low-fat vegetable stock or low-sodium chicken stock instead of oil when sautéing meat or veggies. Try this at home by filling an ice cube tray with the stock so you can pop out a cube when you need one.

● **Jazz up brown rice** At Rancho La Puerta, bland foods such as brown rice are spiced up with toasted sesame seeds. To toast seeds, coat a frying pan with a fine spray of oil, then toss in the seeds and cook over medium heat until golden brown.

● **Build a better bagel** Golden Door executive chef Michel Stroot scoops out some of the bagel's bready middle and tops what remains with a mixture of nonfat cottage cheese, pineapple, currants and cinnamon.

● **Ditch the mayo** Spread plain yogurt mixed with Dijon mustard on your sandwich instead, recommends Kathie Swift, nutrition director at Canyon Ranch, Berkshires.

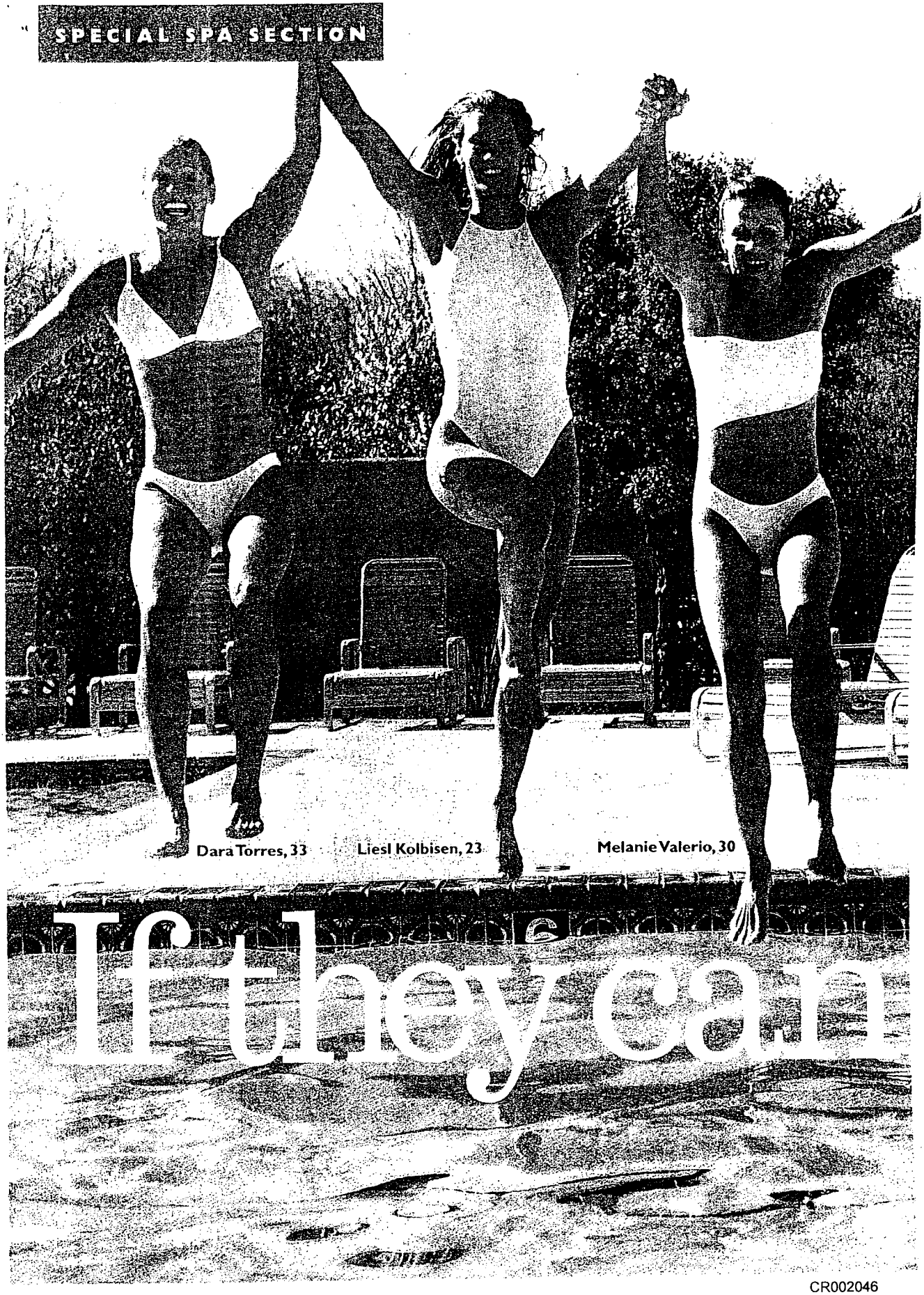
● **...but don't skip dessert!** Peel and freeze fresh bananas, pitted mangoes, strawberries and oranges (sans seeds), then put them through a juicer for a scrumptious, all-natural sherbet, suggests Phyllis Pilgrim, fitness director at Rancho La Puerta. ■

—Additional reporting by Lesley Goober and Bree Scott

Win the spa escape of your dreams!

You say all this reading about spas has you itching to visit one? Here's your mission: Tell us, in 300 words or less, why you above all other human beings deserve a break. Haven't gotten away in years? Just pulled your 17th all-nighter at the office? Let it all out. Two winners will each receive four nights and five days at either Ojai Valley Inn and Spa in California or Canyon Ranch Health Resort. (You even get free airfare!) Send entries to Spa Trip, SELF, 4 Times Square, NY, NY 10036, or e-mail SpaTrip@self.com. For contest rules, see page 204 or log on to www.phys.com/go/spa.

SPECIAL SPA SECTION



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Ashley Tappin, 25 Alison Terry, 26

relax, so can you

These swimmers have only 100-odd days left before the biggest test of their lives—the Olympic trials in Sydney. SELF sent them for some 11th-hour R&R

So you think you're under pressure? Olympic-caliber swimmers spend up to five hours a day in the water (for months on end) with only the line on the bottom of the pool to keep them company. "These women are a tough bunch," confirms Charlie Snyder, communications director for USA Swimming, in Colorado Springs, the sport's governing body. "Fifty- and 100-meter races are fierce. Successful sprinters go all out—there's no room for anything else."

Or is there? To find out, SELF asked world-class and gold-medal winners—all in the middle of the toughest year of their lives—to converge at the Canyon Ranch Health Resort in Tucson for three blissful days. Between special pedicure pow-wows (and two-hour morning pool workouts prescribed for them by their anxious coaches) SELF got advice on keeping your muscles buff, mind-set healthy and body beautiful. Dive in.

BY MARTHA SCHINDLER
PHOTOGRAPHS BY BOBBY FISHER

The comeback queen

"Age is my confidence booster," says Dara Torres, 33, who is the poster girl for "older" swimmers. She holds two gold Olympic medals (1984 and 1992), one silver and one bronze (1988). After seven years in retirement, Torres put her broadcasting job on hold and hopped back into the pool to train full-time. She's amazing everybody: In 1999 she won a gold medal at the U.S. Open in the 50-meter freestyle, beating her best time ever, set when she was 18 years old. She plans to be the first American woman to swim in four Olympic Games.

Fitness Secret Weapon Cross-training. "Monday, Wednesday and Friday I do an hour of Spinning, running or Tae-Bo, plus 90 minutes of weight training. Then I swim for an hour and a half. On Tuesday, Thursday and Saturday I swim two hours in both the morning and afternoon."

Think-Tough Tricks "I focus by getting myself psyched. Right before a meet, I'll get all hyped up by listening to music—classic rock from bands like The Doors, who were big before most of the girls swimming now were even born!"

The barrier-breaker

Alison Terry, 26, captured a gold medal in the World University Games last year and then set her sights on Sydney, where she hopes to be the first African-American swimmer to make the U.S. Olympic team. (She grew up in a biracial family—her mother is white; her father is African American and Native American.) When she's not swimming, she's crusading in her hometown of San Diego, urging urban communities to build more public pools where minorities can learn to swim.

Fitness Secret Weapon Spinning class. "I do it twice a week and it's really tough. Anything that I do on land is really challenging. On the two days I don't swim, I stretch, warm up on the bike, lift weights and do crunches for an hour, then do 45 minutes on the treadmill or bike. I also do yoga once a week."

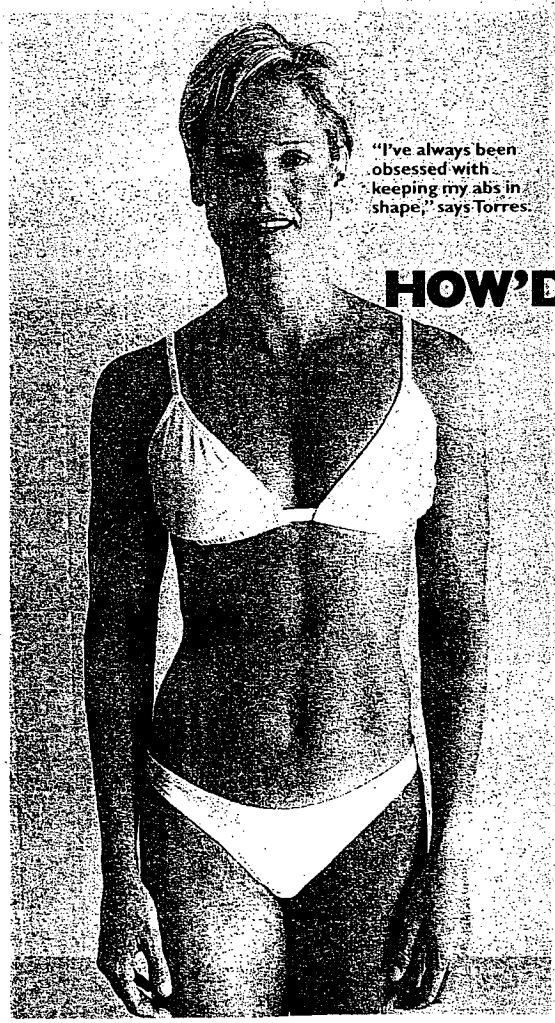
Think-Tough Tricks "I'm motivated by the people at the pool where I practice. There are stroke victims, even a woman who is a quadruple amputee. She uses arm flippers to swim. It's amazing. We all have swimming in common."

The pool partier

Melanie Valerio, 30, is one serious athlete: Long legs (she's 6'3") and unbelievable arms—she can put them around four people at once—helped her win a gold medal at the 1996 Olympics. But she's not such a serious person: "Swimmers are used to being naked together—we grew up in swimsuits," she says. "We're really free." Valerio spends most of her time hanging out with her dog (a 130-pound rottweiler named Gunner) and her boyfriend (a 205-pound Navy lieutenant commander named Lanny).

Fitness Secret Weapon "I lift weights—I really like lifting heavy weights—and run three miles four times a week and swim two hours every day except Sunday. I use weighted medicine balls (in twisting and throwing moves). I also do tons of jumping—jumping rope, jumping over boxes—it's a great way to build lower-body power."

Think-Tough Tricks "I remind myself that there's more to life than swimming. Like close friends and good times."



"I've always been obsessed with keeping my abs in shape," says Torres.

HOW'D SHE GET THOSE ABS?

Okay, it's not just laps in the pool, says Dara Torres, who was the first female pro athlete ever to be featured in *Sports Illustrated*'s swimsuit issue. Here are her instructions for Abs Ladder Sets, which she does three times weekly (but be warned, they're not that easy):

1. CRUNCH UP Lie on your back, knees bent, feet on the floor. (Press your lower back into the floor.) Place hands lightly behind your head and raise your torso all the way up to your thighs. (Torres does three sets of 40; start with two sets of eight to 12.)

2. CRUNCH UP AGAIN, this time lifting your knees up so they're at a right angle to the floor and crunching up to meet them. (Torres does three sets of 40; do one set of eight to 12 reps.)

3. KEEP CRUNCHING. But straighten your knees and extend your legs up so you're in a V. Do one set of eight to 12 reps. Then do another set of step 2 and two sets of step 1.

BIKINI, KEIKO; SEE GO SHOPPING GUIDE

Aromatherapy relaxes me," says Kolbisen...

...as she basks in her post-treatment glow.

Torres enjoys being on dry land.

Chilling out in the spa's Olympic-size pool.

RELAXATION 101

What you do in a robe and towel can do as much for your health as any workout, says Kate Hamilton, behavioral health therapist at Canyon Ranch. Try these swimmer-tested steps: ■ Massage your muscles (even if you have to do it yourself) to speed circulation and feel less sore. ■ Get sun (wearing sunscreen, of course). Warm, bright rays can be soothing, especially in winter. ■ Hear the silence. Finding an open space that's detached from the noises and daily stresses is renewing. ■ Pamper yourself (or get pampered) with soothing meals or treatments—you've worked hard for some time out! —*Lesley Goober*

Kolbisen in a [illegible] by Norma Kamali.

I had an underwater massage!" grins Terry.

"It's nice to do nothing but relax," says Torres.

One long practice down—five massages to go!

THESE ARMS CAN BE YOURS
"This is a great routine to build your upper body," says Ashley Tappin. She uses 30-pound dumbbells; mere mortals can get results with five- or 10-pound weights. 1. DO TWO SETS OF 10 BICEPS CURLS. Stand and rest weights against upper thigh, palms out. As you curl up, focus on your biceps; lower weight slowly. 2. DO TWO SETS OF 10 SHOULDER PRESSES. Stand, rest one weight on each shoulder, then press them overhead; slowly lower. 3. DO 10 SETS OF 10 BACK ARCHES. Lie on your stomach, arms extended in front of you, elbows slightly bent. Lift your head, shoulders, arms and knees a few inches off floor; hold for 10 counts. 4. DO 10 PUSH-UPS to work your chest, shoulders and arms.
These pages: Hair Nathaniel Hawkins for Garren New York; makeup, Bella Pilar for Sally Harlor. Swimsuit by Keiko.
Pool picks: Ashley Tappin uses Tigi Bed Head and Sebastian Twisted Taffy for her hair, Philosophy Supernatural Cheek and Lip Tint on her face.
says sprinter Melanie Valerio

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Best place to get your mind in shape: MIRAVAL, LIFE IN BALANCE Your soul feels just as pampered as your body at Miraval, making this southwest spa an ideal place to contemplate a life change. "You'll eat, walk and exercise mindfully," notes one judge. Even skeptics loved the Outward Bound–type exercises designed to boost confidence and the equine adventure, where handling horses (you heard right) helps guests sort out personality quirks. "It sounds touchy-feely, but it really works," promises one devotee. *Catalina, AZ; 800-825-4000; www.miravalresort.com; $3,465 and up/week*

Most likely to break bad habits: CANYON RANCH IN TUCSON AND THE BERKSHIRES Bring your failed resolutions to one of these sister spas. Some programs and professionals (including an on-site shrink) help guests achieve their goals (weight loss, stress management, intensive navel-gazing). "The one-on-one attention is very serious," said one panelist. Meals are healthy, but not boring—you can have real coffee or a real-egg omelette while you're whipping your inner wimp into shape. *Tucson, AZ, and Lenox, MA; 800-742-9000; www.canyonranch.com; $2,800 and up/week*

SELF'S SPA AWARDS 2000

Our spa spies visited the nation's top sanctuaries to select the best escapes for body and mind. (A tough job, but somebody had to do it.) Whether you want to change your life—or just your thighs—they've got a place for you

Best overall destination spa: GOLDEN DOOR Warm robes after treatments. Lavender fragrance sprinkled on your bed pillow. A paper fan on your breakfast tray listing your personal schedule of activities (say, mountain hike and water exercise in the morning; ambrosia facial and deep tissue massage in the afternoon). These and the acres of Zenlike gardens are just a few of the details that wowed our judges, who deemed the Golden Door a near-perfect spa experience. "The Door's four-to-one staff to guest ratio translated into total take-my-cares-away service," gushed one judge. "Every guest looks completely blissed out!" *Escondido, CA; 800-424-0777; www.goldendoor.com; $5,375/week*

Best yoga spa: KRIPALU CENTER FOR YOGA AND HEALTH Housed in the Berkshires in a former Jesuit seminary, this retreat center is close to Canyon Ranch but miles away in feel. "It's not the place to come for creature comforts, although the beautiful setting almost makes up for the spartan rooms," says one judge. "The folks at Kripalu have a mission—to change your life if they can," says another. *Lenox, MA; 413-448-3400; www.kripalu.org; $343 and up/week*

Best beauty overhaul: THE GREENHOUSE Our panel fell for the star treatment at this spa, specializing in head-to-toe makeovers—chauffeured limos, luxurious digs (Egyptian cotton sheets, fine china) and tons of personal attention. "You have your own masseuse and aesthetician—a whole staff at your beck and call," says one judge. The spa even offers laser peels and hair removal—not your standard spa fare—along with other state-of-the-art treatments. *Arlington, TX; 817-640-4000; www.thegreenhousespa.com; $5,250 and up/week*

STILL LOOKING FOR THE SPA THAT SUITS YOUR STYLE?

● **Most Exotic Location:** Banyan Tree Phuket, Thailand (www.banyantree.com) ● **Best Outside the U.S.:** Spiritual Spa, Sayan Resort, Bali ● **Best Place to Meet a Hunk:** Eden Roc, Miami (www.edenroc.com) ● **Best Place to Check Out Movie Stars:** Two Rivers, Palm Desert

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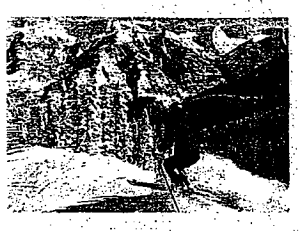

Best ski-in/ski-out spa: THE WYNDHAM PEAKS RESORT AND GOLDEN DOOR SPA "The Rockies alone are spectacular," says one judge of the eight-story Peaks Resort. Its big draw: on-slope access to the Telluride Ski Area—home to some of the best skiing in the U.S. Our judges appreciated thoughtful touches like overnight boot warming and a special ski-fitness assessment—not to mention the pro après-ski pampering. *Telluride, CO; 800-789-2220; www.wyndham.com; $2,905 and up/week; services not included (five-night spa and ski package: $3,094)*

Most innovative fitness, pampering and food: RANCHO LA PUERTA Ever since it opened 60 years ago just south of the California border, Rancho la Puerta has been on the cutting edge of spas. These days that means offering 70 fitness options (including African dance and street self-defense), plus massages and wraps galore, and an eclectic vegetarian menu made mostly from organic foods grown in the spa's garden. More than 60 percent of the guests are regulars: "With such a loyal following, you know they're doing something right," says one SELF panelist. *Tecate, Mexico; 800-443-7565; www.rancholapuerta.com; $2,158 and up/week*

Best place to lose that last five pounds: THE ASHRAM It's known as the boot camp of health spas—and for good reason: You'll hike for five (yep, five) hours each morning in the Santa Monica Mountains near Los Angeles and subsist on similarly extreme cuisine—mostly raw fruits and veggies. The workout continues at this exclusive (12 guests at a time) retreat with afternoon water exercises, aerobic weight training and yoga. The good news is, weight loss is all but guaranteed. You also get a daily massage. "You'll probably need it," warns our fearless tester. *Calabasas, CA; 818-222-6900; www.theashram.com; $3,000/week (rooms are shared)*

Best bargain way to take a spa trip: GLEN IVY HOT SPRINGS SPA If you're not ready to sink your savings into a weeklong spa vacation, think about investing $24 ($29 on weekends and holidays) in a daylong soak at this 100-year-old spa and mineral springs. Splurge just a little and you can also get a massage, body wrap or facial. Although there's no lodging on-site, you can get in for *free* if you book a room at one of four local inns. *Corona, CA; 909-277-3529; www.glenivy.com; various packages available; services not included*

Best something-for-everyone spa: OJAI VALLEY INN & SPA Even those who don't go in for typical spa fare (water aerobics, massage) will find a way to occupy themselves in this spa village, which includes three heated pools, an 800-acre horseback-riding ranch and a championship golf course. And for spa lovers, our panelists raved about the synchronized massage, calling this rhythmic rubdown by two masseuses "the best nonsexual thing that can happen to a person." Even spiritual skeptics admit to feeling a twinge of something during a quiet stroll through the resident labyrinth, where the goal is not getting lost but finding yourself. *Ojai, CA; 888-SPA-OJAI; www.ojairesort.com; $1,715 and up/week*

Best place to rekindle passion: TEN THOUSAND WAVES Lots of spas say they're romantic, but this one seduced our panelists. They fell in love with the mountain setting, the outdoor hot tubs and the intimate feel (only eight suites!). It's also massage heaven—you can even learn the aquatic massage, called Watsu, so you and your partner can treat each other under the starry sky. "I wasn't there with my husband, but I wanted him there!" said one judge. *Santa Fe, NM; 505-982-9304; www.tenthousandwaves.com; $1,085 and up/week; services not included*

Best place to go solo: LAKE AUSTIN SPA RESORT This sanctuary makes it easy to bond with fellow peace-seekers. SELF's judges lauded guests for taking newcomers under their well-massaged wings. "You'll never dine alone unless you want to," says one panelist. Still, the spa's cabins, some with Japanese meditation gardens, are great for private downtime. (Special kudos for the huge bathtubs.) *Austin, TX; 800-847-5637; www.lakeaustin.com; $2,250 and up/week*

SELF thanks its expert voting panel: Carol Barden, travel writer; Mary Bemis, editor-in-chief of *American Spa*; Lauri Hughes, spa junkie and SELF subscriber; Margaret Pierpont, coauthor of *The Spa Life at Home* (Longstreet); Sheryl Sciro, president of Spafinder Media and executive producer of Spafinder TV; M. Susan Wilson, *Spa Magazine*'s managing editor; Anne Breza, SELF's beauty director; Denise Brodey, SELF's fitness editor; Andrea Pomerantz Lustig, SELF's contributing beauty editor. Guide prepared by Beth Howard.

Jimbaran Bay, (www.fourseasons.com) ● **Best Place to Get Over a Man:** The Greenhouse, Arlington, TX (www.thegreenhousespa.com); **Hot Springs, CA** (www.twobunchpalms.com) ● **Best Unspalike Food:** Nemacolin Woodlands Resort & Spa, Farmington, PA (www.nwir.com)

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JUL-AUG 2000

The New Spin on Spas

No longer hedonistic havens for the rich and superficial, today's spas focus on total health and wellness—from the inside out

Photos courtesy of Canyon Ranch Health Resort

By Mary Ann Treger

A cardiac stress test before your detoxifying seaweed body mask? Laser eye surgery followed by an herbal wrap? A kayak nature tour for the kids while you're in a kickboxing class?

Welcome to the new world of spas. Once thought to be self-indulgent sanctuaries or fat farms for the rich and famous, today's spas are health-centered retreats for busy professionals, couples, seniors and families.

Sure, you can still go to shed pounds, get pumped up or pampered by a variety of feel-good treatments, but these days, wellness is the key, with the focus on inner beauty, total fitness and enhanced quality of life. Classes or one-on-one sessions—encompassing nutrition, de-stressing, fitness, spiritual renewal, alternative medicine and even mainstream medical procedures—are designed to help you develop a healthy lifestyle that you can continue at home, long after the healing mists of the hot springs have evaporated.

"The big trend we're seeing is day medispas, where you can sit down with a doctor and have all your symptoms treated at once," says Lynne Walker, executive director of the International Spa Association. "Before doing something invasive like back surgery, why not try massage first?"

Not all spas are created equal. In fact, this tiny word is used to describe everything from a massage table in a back room of a hair salon to a deluxe retreat at an exotic locale.

"Choosing the right spa depends entirely on your expectations," says Walker. "You and I can both go to the same spa, and if my goal is to lose weight and yours is complete pampering, relaxation and to write a journal, one of us isn't going to be happy."

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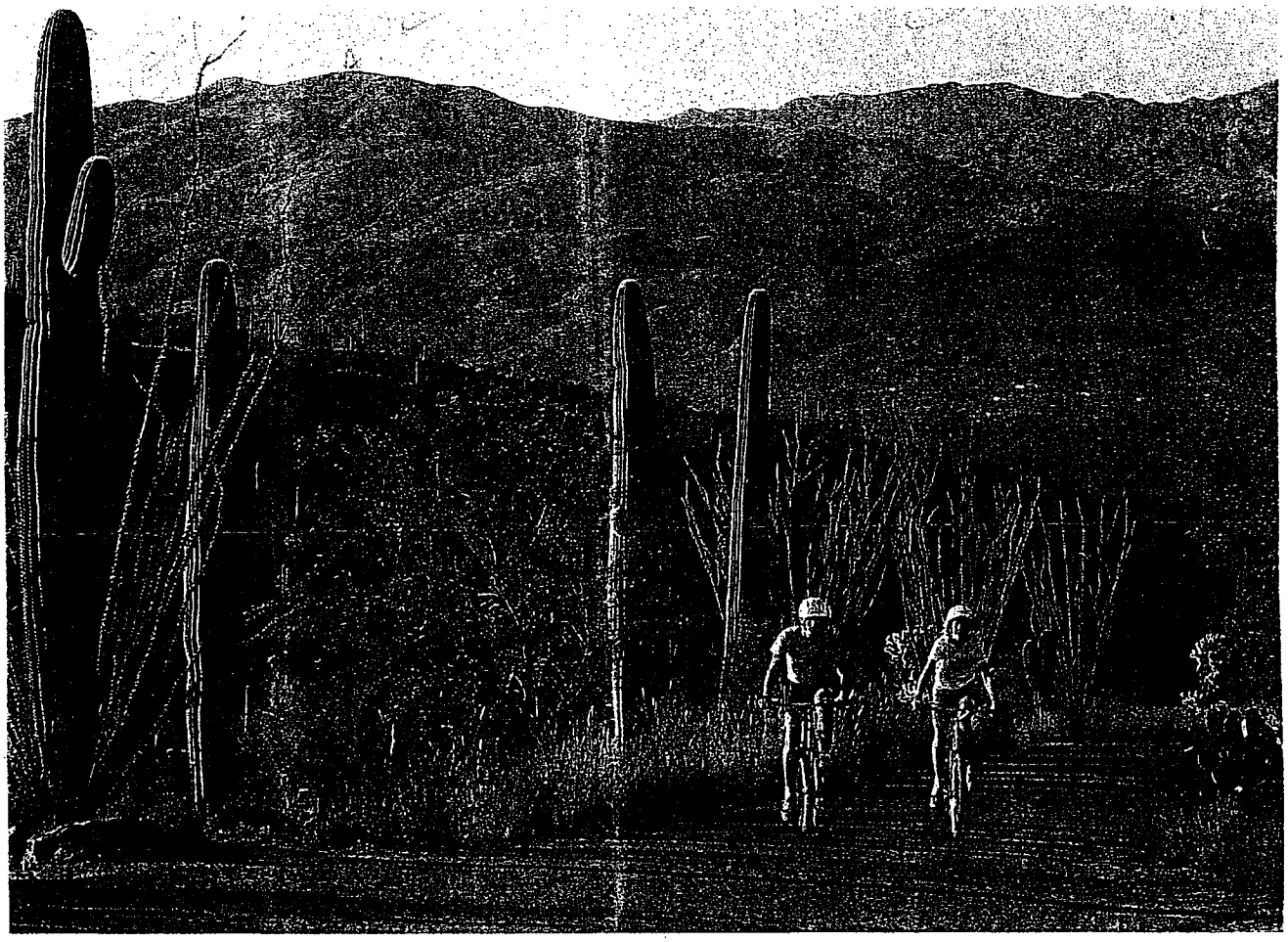


Spa-goers de-stress along bicycle paths at the Canyon Ranch Health Resort in Tucson, Arizona.

To help you sort through the maze, here are some pointers.

First, decide what you want out of the experience. Is your primary objective weight loss, stress management, development of a fitness regime or simply a place to get your annual physical in a cushy environment? Maybe your goal is to attain a new level of self-awareness, or perhaps you're just looking for a little luxury and a nice Bordeaux with dinner.

Next, decide on your ideal environment—mountaintop, beachfront, desert, laid-back island or high-energy city, rustic or palatial. There's a spa for just about every mood and style.

Destination and medical spas provide guests with health and lifestyle improvement programs through fitness and education, in addition to spa services. They usually require a specific length of stay, include meals and don't serve alcohol. Resort spas have no length-of-stay restrictions, provide spa menu choices and may serve alcohol. Day spas are just that: a place to go for an hour or a day. And while most American spas have high-energy aerobics classes and menus listing calorie counts, that's not the case at European spas. Good thing, because a stay at Terme Di Saturnia in Tuscany, one of the oldest and most famous sulphur-rich thermal springs in the world, wouldn't be the same without the fine food and wines of Italy.

If you're considering a taste of the spa life, here's what you'll find at some of the biggest and best.

Described as a wellness retreat with comprehensive medical programs, **The Pritikin Longevity Center & Spa** in the Loews Santa Monica Beach Hotel in California is for those trying to overcome serious health challenges—heart disease, diabetes, elevated cholesterol, high blood pressure and excess weight—and for those seeking a healthy lifestyle.

During one-, two- or three-week programs, a physician conducts a complete assessment of your blood chemistry to

determine your current health condition, and a treadmill stress test helps determine a safe and efficient exercise program. Your just reward is pampering—from a facial to an aromatherapy salt glo.

SoHo Integrative Health in New York City combines Eastern and Western approaches to health within a luxury day spa. Started by Dr. Laurie Polis, who is reported to have Madonna and Kate Moss on her patient list, SoHo Integrative is housed in a three-story loft with a waterfall and elixir bar—hardly your typical doctor's office. Staff includes a plastic surgeon; internist; gynecologist; dermatologist; and Homeopathic, Ayurvedic and Chinese doctors.

Canyon Ranch Health Resort in Tucson, Arizona, combines the best of a medical spa with the best of a destination spa. It's like a sophisticated adult camp devoted to health, sports, fitness, spiritual awareness and lots of pampering. You might start the day with an invigorating hike in the Arizona mountains; followed by kickboxing, aerobics or yoga. You can meet with a nutritionist, attend a lecture on biofeedback and experience biomagnetic acupuncture. Or, have a consultation on emotional healing or self-esteem, schedule a posture analysis, attend a Tai Chi class and monitor your health with medical tests. You can also just sit by the pool and read a good book.

Twice each year Canyon Ranch hosts a Healthy Heart week in conjunction with top cardiologists. Specialists from the University Heart Center at the University of Arizona conduct intensive workshops for people who have had a heart attack or who are at risk for having one if they don't change their lifestyle.

The spa at the **Dorchester Hotel** in London is the ultimate inner-city escape. Art Deco styling, original paintings and statues, and an opulent fountain with bronze water lilies create such a soothing ambiance that the bustling city seems miles away. A Day for Men includes a 160-jet hydrotherapy bath, which promises to improve circulation and banish jet lag, a popular treatment for frequent business travelers. It's also designed to remove toxins and enhance lymphatic drainage and is offered in combination with an exfoliating treatment, massage, facial and manicure.

For those with tired muscles or aching joints, the paraffin heated wax treatment relieves discomfort and softens the skin. A Frigi-Thalgo body wrap will "banish cellulite and treat tired and heavy legs," so they say. Does it work? Who knows, but it sure feels good.

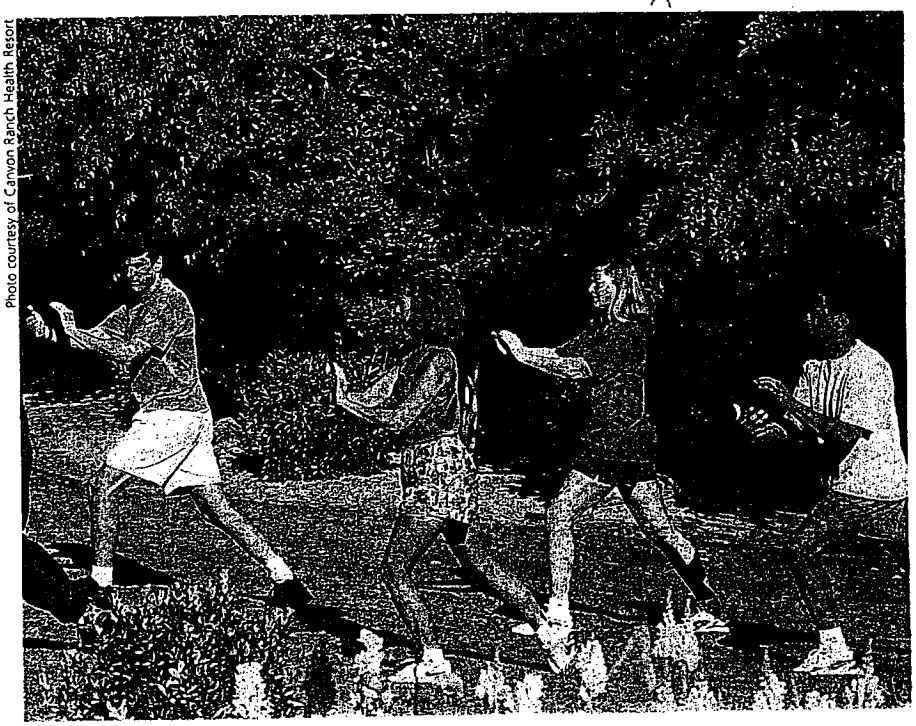
In addition to being the gambling capital of the world, Las Vegas may be the spa capital, too. Within the confines of Sin City, there are 10 world-class spas. The reigning star is The Canyon Ranch SpaClub in the Venetian Resort Hotel and Casino. It offers 120 spa and healthy living services, from complete medical consultations to a smoking-cessation program.

Not all spas are created equal. In fact, this tiny word is used to describe everything from a massage table in a back room of a hair salon to a deluxe retreat at an exotic locale.

At **The Sea Island Spa at The Cloisters** in Sea Island, Georgia, nutritional consultations and personal training sessions—in addition to facials and manicures—are available to help teens develop a healthy lifestyle. And while you and your teens are attending classes or having spa treatments, the younger kids can take a kayak nature tour and cruise through tidal creeks and marshlands, shoot a few hoops on the basketball court, take an archery

Tai Chi classes nourish the mind, body and soul.

Photo courtesy of Canyon Ranch Health Resort



or tennis class, learn to play golf, go crabbing, horseback ride or work on a craft project. For other non-spa-goers, there are 3 championship golf courses, 17 tennis courts, a marina and beach to while the hours away.

If you're not sure a spa vacation is for you, try a resort spa with no required length of stay. **Miraval** in Arizona's Sonoran Desert offers total mind/body immersion (the staff prefers to call it a "vacation with meaning") for any length-of-stay you prefer.

The Equine Experience, Miraval's most popular program, is designed to help you recognize and overcome your fears and uncertainties so that you convey self-confidence to others. This is accomplished through bonding with horses by grooming, leading and exercising the animals—not riding them. "If you can build trust with a horse, the process is the same for people," says Wyatt Webb, psychotherapist and manager of The Equine Experience.

Before you pull out the plastic, consult friends who've taken spa vacations, browse through spa magazines, visit the International Spa Association at **www.experienceispa.com** and talk to a good travel agent.

If you do decide that the spa life is for you, remember this: When you're uncomfortable with any of the spa services, don't be afraid to say "ouch," ask questions, or say "no." An herbal wrap may be comforting for many people, but you may find being wrapped in hot wet sheets—mummy-style—claustrophobic. Some body polish treatments can feel like sandpaper, and some water treatments can seem more like water torture. Most spas use both male and female therapists, but you can request someone of the same sex. If the massage therapist is pressing too hard, say so. If you're jittery about being touched, try hydrotherapy in which water—instead of someone's hands—is used to massage your muscles.

Remember, going to a spa is supposed to be fun. Enjoy it.

CEO TRAVELER
Spas
Winter 2000/2001

Retreats to Enhance Body and Beauty

CANYON RANCH REVISITED

When **Canyon Ranch in the Berkshires** opened about a decade ago, Abe and Miriam Friend of Staten Island, New York signed up for a charter membership. Since that time they have traveled to the Massachusetts fitness retreat at least twice yearly for a four night stay. Although they are getting on in years, you won't find them stretching with "Active Seniors." This writer thought that the exercises for strengthening and flexibility taught in the class were appropriate even for sedentary people and that the movements could easily be repeated without an instructor.

The Weisses might instead attend a spinning class, a cardiovascular workout using stationary bikes, which are more complicated than the ones usually found in homes. First time participants receive detailed directions on their use. Abe and Miriam fill every hour with classes—nearly 50 are offered—lifting weights, hiking, canoeing in summer and getting treatments. They also attend evening lectures, such as guided imagery and tools for living well.

Miriam said, "Our schedule is flexible because we have our own business. We never go anyplace else and prefer to come here rather than owning a vacation house. The staff is great and they make it effortless for you to do everything. If we forget to bring boots and heavy socks for outdoor activities, they lend them to us."

Vincent Clements of Pittsburgh is so enthusiastic about Canyon Ranch that he has memberships in **Canyon Ranch in Tucson, Arizona** and in the Berkshires.

Clements, a widower and private investor, said, "Many men are initially apprehensive about spas, but their interest grows after the first stay." Clements used the spa as a place to heal following his wife's death and as a refuge. He feels that he can choose to be alone or with people, whatever particular mood suits him. He likes the fact that upon registration everyone is scheduled to see a program coordinator and a nurse. He sometimes consults with the nutritionist, too.

The comments of Jim Davis, a single attorney, during his first visit were equally favorable. His experience, he said, was better than expected. "I had a sense of ease and wellness. It got to be fun, and it took my mind off work." Although Davis belongs to a gym in New York City where he exercises about once a week, he had never worked out in the water." I found hydrofit rewarding," he noted. "It made me feel I was doing something good for my body." Davis came alone and enjoyed eating and talking with other guests at the Captain's Table.

Canyon Ranch recently opened a third facility, **SpaClub**, for day services at the **Venetian Hotel in Las Vegas**. For a $25 fee visitors can stay the day to use the equipment and to take classes including instruction in scaling a 40-foot indoor rock-climbing wall. SpaClub also features two private spa suites designed for couples. For $1000 for four hours, you get four treatments, breakfast or lunch and your own lounge with steam, bathroom and soaking tub. Unlike other destination spas that concentrate mostly on exercise, diet and beauty, Canyon Ranch offers a complete program for health and healing. Trained medical professionals provide consultations and testing in many aspects of well being. Staff specialists also work one-on-one with guests in areas relating to behavioral health, exercise physiology, movement therapy and food and nutrition.

At Canyon Ranch there are no Draconian regimens, dizzying diets or overly chirpy instructors. The food is low calorie, low fat and prepared without salt. No one limits your food intake or forces activities on you. The emphasis is on self-motivation and "taking the spa home with you."

No wonder the guests all look so content.

Canyon Ranch in the Berkshires, 165 Kemble Street, Lenox, MA 01240. Tel. 800-742-9000. Three day minimum packages begin at $1, 290 double occupancy.

RED DOOR SALON AND SPA

Elizabeth Arden was a pioneer. She was the first to introduce the destination spa to the United States. In 1934 she opened her famous Maine Chance. Soon a second one in Arizona followed. Spas were known in Europe as places where people went to rest and take "the cure" by drinking mineral water and soaking in mineral baths.

Ms. Arden Americanized the concept by creating a women's haven not only for well being, but for beauty treatments, fitness, exercise and diet. Seventy years later Maine Chance is gone, but its imitators are legion and similar destinations continue to sprout up all over the country.

Elizabeth Arden did not disappear. A full line of cosmetics still bears her name. Her signature **Red Door Salons**, the beauty empire that began in 1910 with a Fifth Avenue address, now number 120 full service and day salons, which are free-standing or housed in department stores.

The company has moved to a new level of operations and is in talks with hotels and resorts to recapture the spirit of Maine Chance. The first has already opened at the **Seaview Marriott Resort and Fairway Villas** in Absecon, New Jersey. David Stoup, CEO of Elizabeth Arden, said, "Our clients will now be able to enjoy the same signature Arden services they receive at our urban locations in multiple resorts around the world."

The New Jersey spa offers an extensive menu of body treatments including wraps, polishes, aromatherapy, hydrotherapy, many styles of massages and special services just for men. Four classes are held each day including aquaerobics in the indoor pool. There are mineral whirlpools and relaxation gardens, a Swiss shower, a sauna, a steam room, a gym with state-of-the-art equipment and a café for light meals.

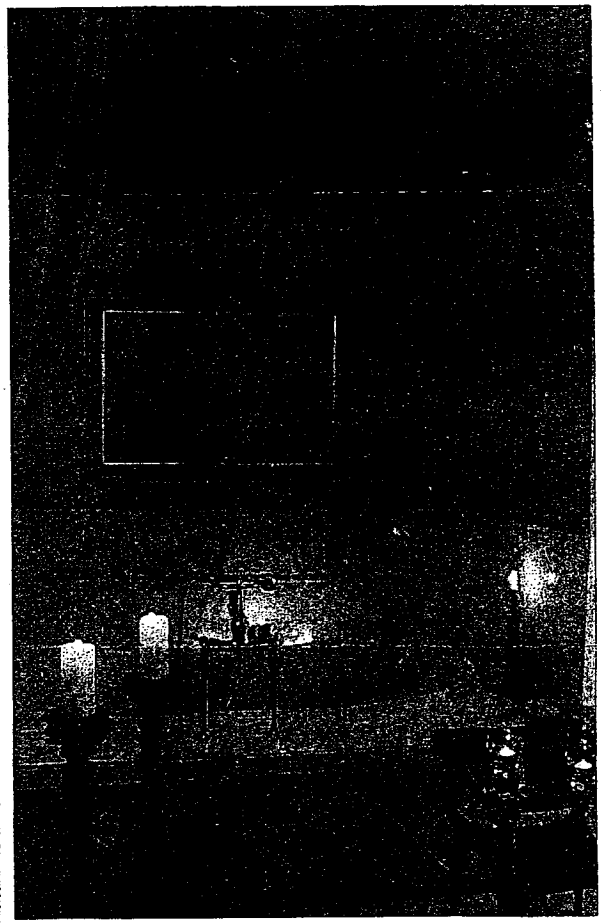
The Red Door Spa is housed in a separate building on the 670-acre Seaview property along the southern New Jersey shoreline. The resort belongs to the National Trust Hotels of America, an organization that recognizes preservation and the maintenance of historic integrity, architecture and ambience.

Elizabeth Arden Red Door Spa, 400 East Fairway Lane, Absecon, NJ 08201. Tel. 609-404-4100. Packages and individual treatments. Hotel rates start at $150.

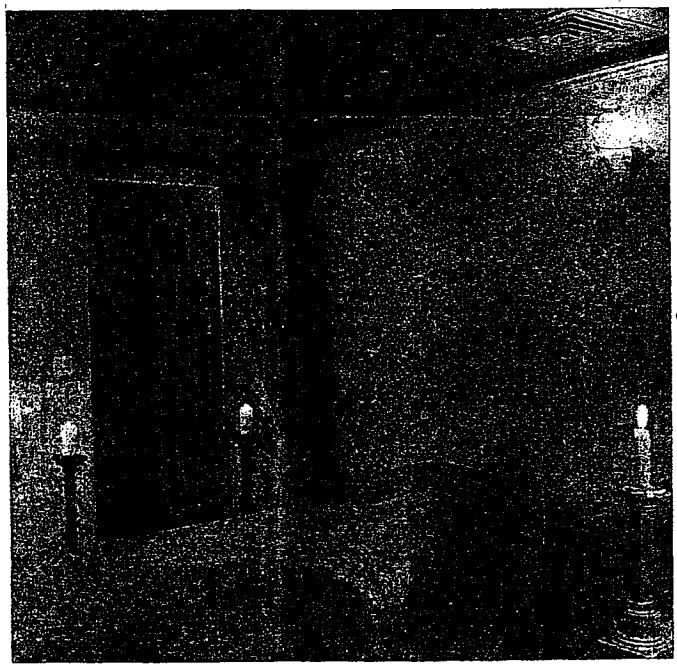
HOSPITALITY DESIGN
NEW YORK, NY
6-TIMES/YEAR 30,040
DECEMBER 2000

solutions

it's all in the lighting



William Caligari, Jr. has every designer's dream job. To determine properly the ideal aesthetic aura and spatial layout for his client's spa treatments, Caligari receives the full treatments first. As a sort of glam guinea pig for newly developed spa routines, Caligari then can consider their spiritual, emotional, and physical aspects and create spaces that enhance the total experience.



PHOTOGRAPHY: © SABINE VOLLMER VON FALKEN

DRAPERY FABRIC: THE ASHLEY STUDIO **TILE:** SENECA TILES **COPPER MESH SCONCE:** FIRE FARM **TUB AND FAUCETRY:** KOHLER **LAMPS:** GRANT LARKIN **WALL STENCILS:** RALPH LAUREN

At Canyon Ranch in the Berkshires, a new 100-minute Euphoria Treatment involves exfoliation bathing and oil massage therapies, which make tub, shower, massage table, and privacy-screening curtains requisite. But far from a standard treatment room, Euphoria's surroundings are what Calligari calls pseudo-European, 19th century, with authentic touches: a 19th-century oil painting, an antique table. Caligari, principal of Lenox Design Resources (Lenox, Massachusetts), chose a hand-stenciled wall finish in gold and amber to mimic a "distressed interior that was, maybe, 100 years old."

Caligari's unusual ceiling specification studs a cobalt-blue sky with tiny (1" x 1") mirrors to reflect candlelight and twinkle like stars. "I hate most ceilings in treatment rooms; 90 percent of them are acoustical tile with a nice view of a diffuser and smoke detector," says Calligari. By dropping the crown molding onto the fascia board, he achieved the effect of a sky, floating: "You don't see the end." –RL ■

MARCH/APRIL 2001

american spa

intouch

nutrition

committed to organic

Canyon Ranch encourages guests to subscribe to a philosophy of clean, healthy living—that includes a commitment to the environment and organic food.

Ted Ent, corporate director of food and beverage for Canyon Ranch, Tucson, strives to serve the healthiest, most preservative-free organic products. He adheres to what the spa calls the clean, healthy philosophy. One aspect of Canyon Ranch's philosophy is the commitment to using organic products. The organic product label stands for a commitment to low impact on the environment; this is also part of Canyon Ranch's philosophy and is considered in all business decisions. Ent explains some of the finer points of bringing organic into your spa. "We've increased our organic purchasing by 300 percent in the past three years. That's still only 5 percent of our total purchasing. People think it's tremendously expensive to buy organic, but we've only seen cost increases of a mere 2 percent," Ent says. Often, when purchasing increases, you may see cost increases of roughly 30 percent. "But the benefits far outweigh the costs," he affirms.

Canyon Ranch also educates guests about the benefits of organic products, which lets them know that spa owners care about their long-term health, and lunch demonstrations are included in the cost of the stay. Ent often informs guests about the dirty dozen: strawberries, bell peppers, spinach, cherries, peaches, cantaloupe, celery, apples, apricots, green beans, grapes, and cucumbers. According to the FDA, these items have the highest occurrence of residual pesticides. For now, Canyon Ranch's most realistic goal is not to become totally organic, as that would be extremely difficult, but at least to purchase items in the dirty dozen from an organic supplier to ensure the spa is getting only the cleanest produce.

The fact remains that diversity is still a problem; organic is only grown seasonally. "When we don't have certain berries in the winter, we tell our guests that we are protecting their health," Ent says. He feels that lack of diversity is the only limitation that organic has imposed upon the spa. Admittedly, it's important to make sure that what you are buying is actually organic; but that's where the Organic Trade Association (OTA) can help. You can locate established providers through its website, **http://www.ota.com** and also find out about organic fiber manufacturers.

With spas such as Canyon Ranch supporting local growers and considering the use of organic fibers for items such as towels, the demand for organic will most certainly increase. Almost one-third of the population currently buys organically grown products, demonstrating widespread consumer interest. In fact, demographic information indicates many consumers who buy organic are in the same income bracket as those who attend spas. Making a choice to protect the environment and the health of your guests may also be a sound business decision.—*Mary Arcuri*

PHOTOGRAPHY COURTESY OF CANYON RANCH

CR002059

REJUVENATION OF BODY & SOUL

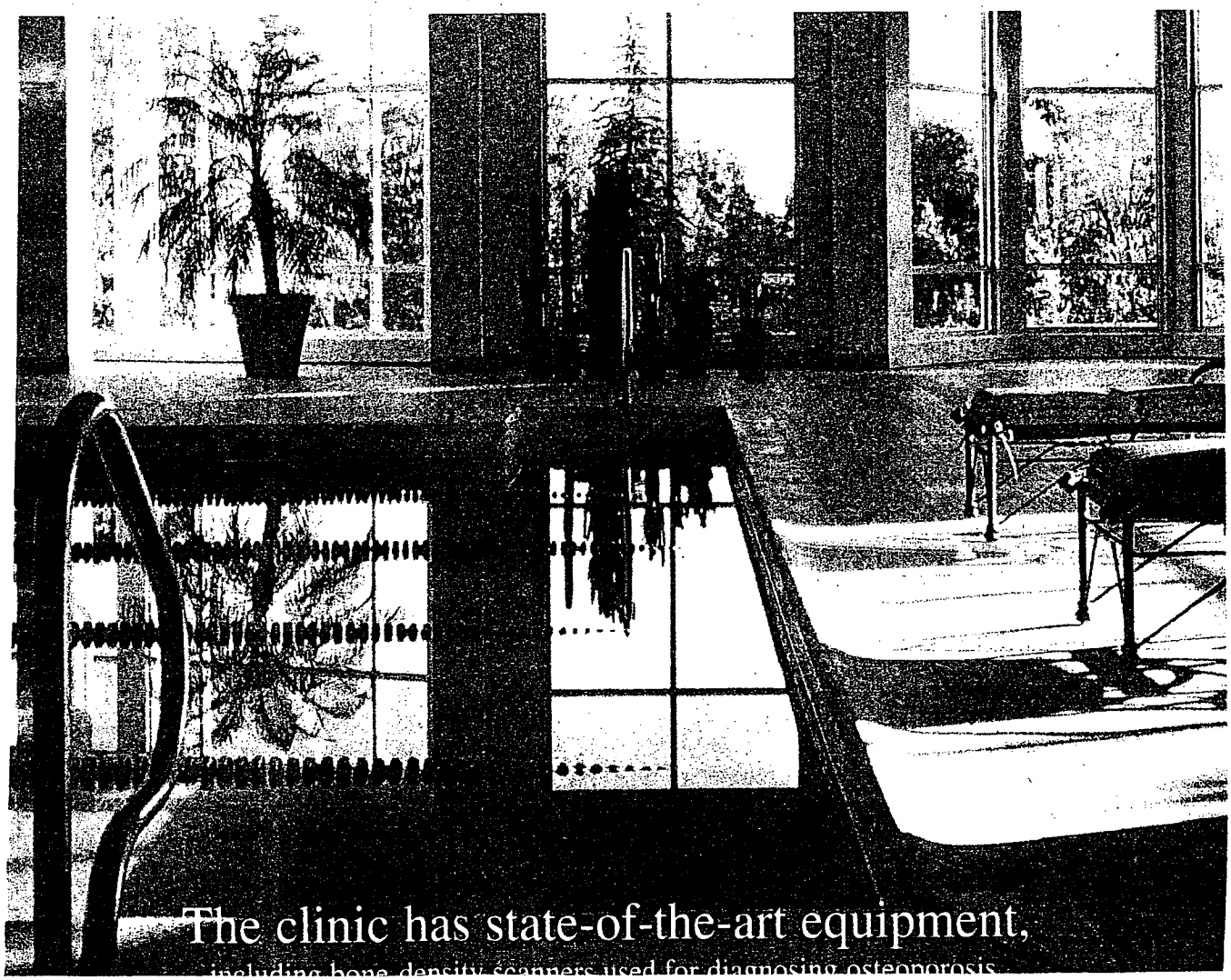
SPA LIFE

spalifemagazine.com

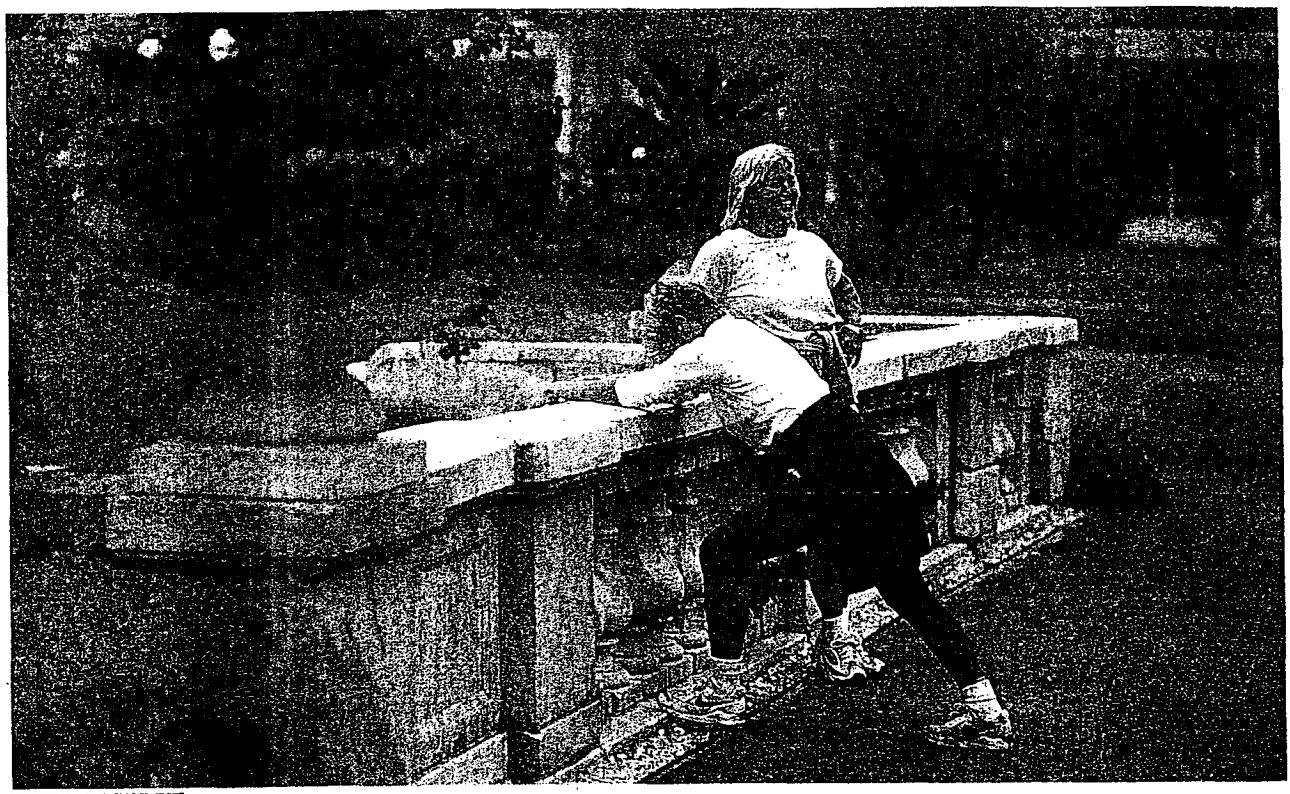
Massachusetts' CANYON RANCH

Canyon Ranch in the Berkshires epitomizes founders' formula

by Helga Loverseed



The clinic has state-of-the-art equipment, including bone density scanners used for diagnosing osteoporosis.



A walk around the parking lot at the Canyon Ranch in the village of Lenox, which is in the heart of the Berkshire mountains, quickly tells visitors that this Spa caters to clients who are more than a little well-heeled. Mercedes Benzes, Audis, BMWs and Jaguars nuzzle one another, cheek-by-jowl, with nary a family run-about in sight.

"We cater to the top earners in American society," says Joanna Roche, the Spa's communications director. "We're talking about folk who are worth a million dollars or more."

The clients may be worth a million bucks, but they're all ages – from 20-something dot.com executives suffering from stress, to greying two-career babyboomers tussling with weight problems. What they all have in common, apart from having a few dollars to spare, is that one way or another, they're trying to get off the bandwagon for a while and learn how to follow a more healthy lifestyle.

Not surprisingly, this is precisely how the Canyon Ranch got started in the first place. Its owners, Mel and Enid Zuckerman, who opened the Canyon Ranch in the Berkshires' sister Spa, The Canyon Ranch in Tucson, Arizona, way back in 1979, got into the wellness business because they themselves were having health problems.

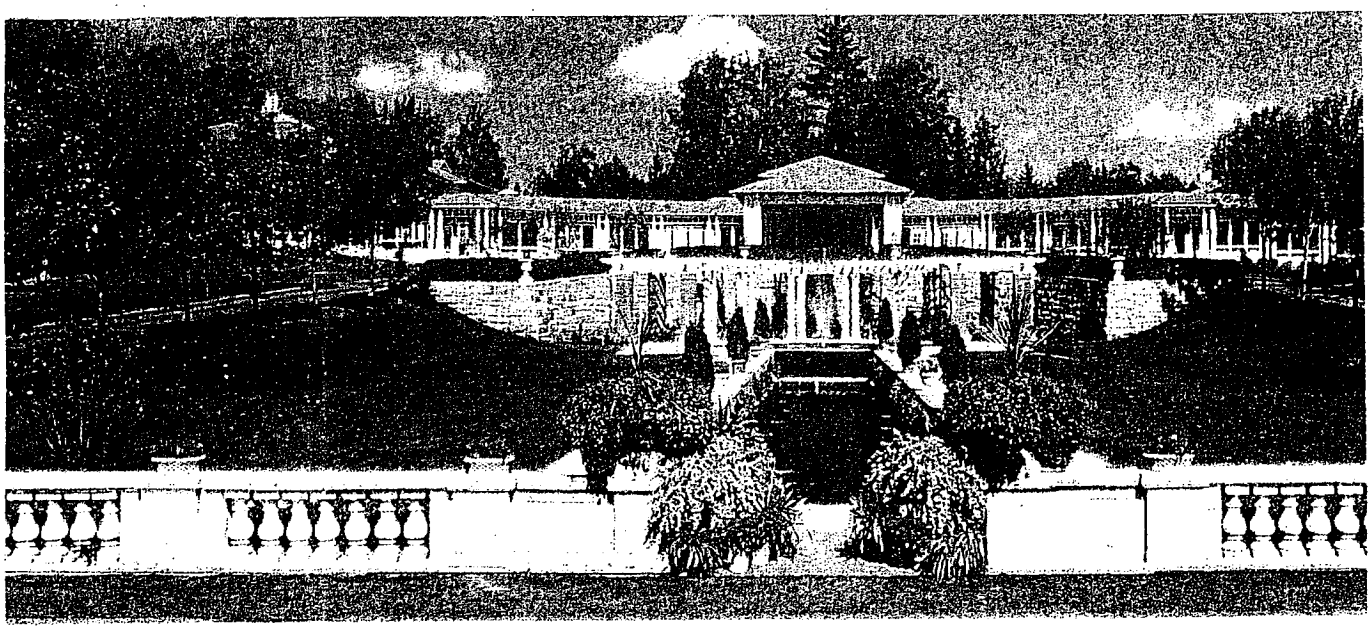
Like many of his clients, Mel was a high-achieving businessman, but he was overweight and had a slew of health problems, including asthma, high blood pressure, ulcers and diverticulitis, brought about by his high-stress, sedentary lifestyle. After his father, a heavy smoker, died from cancer, Mel was shocked into doing something about his own health and in the process, educating other people. The Canyon Ranch was born. The Arizona Spa proved so successful that the Zuckermans opened a second Canyon Ranch in 1989. That Spa was followed by the Canyon Ranch SpaClub at the Venetian Resort and Casino in Las Vegas in 1999. Plans are also afoot for two, five-star 'Spa' cruise ships.

The Zuckermans opened the Berkshires Spa because many of their East Coast clients wanted to be able to enjoy the 'Canyon Ranch Experience' closer to home. Forty per cent of guests come from the New York area, while 20% originate from Boston. That experience – a formula which combines medical assessments, for those who want it, exercise, diet, outdoor activities and pampering – is at the heart of the Zuckerman's success.

Canyon Ranch in the Berkshires, which is surrounded by 120 acres of wooded land, offers a comprehensive sports program – hiking, biking, canoeing, snowshoeing, kayaking and the like – as well as a variety of activities such as yoga, tai chi and meditation, which are aimed at heightening spiritual awareness.

Just reading the daunting list of activities – an aerobic walk, weight room introduction, exercise physiology, wake-up/warm-up stretch, fit over 50, low impact aerobics, kickboxing, tarot readings, 'aqua shape' in the indoor pool and total yoga – all this before lunchtime – was enough to drive me straight into the arms of the nearest therapist. Suzanne was a petite woman with cropped black hair, who looked as if she couldn't lift a

CR002061



Those...concerned about health problems can get a physical examination and fitness assessment at the Health and Healing Centre...

feather, but once she got me on the massage table, she pummelled me into submission, pressing down on my aching muscles, until they unlocked, one by one, with alarming clicks and clacks.

Afterwards, I sat around, relaxing, in a tiled waiting-room which had a whirlpool bath at one end. A group of sweating women with towels draped around their necks, were swilling bottled water and comparing their experiences in the exercise classes. "The weight program was rough," said one. "I was going to do stretch as well, but now I'm too tired," remarked another, with a huge sigh. Enveloped in my ethereal, post-massage maze, I felt very smug, just loafing on a lounger.

Spa-goers can, of course, do as little, or as much, as they want. The choice of program is up to them. People who come to the Canyon Ranch are motivated by different things. Those who are concerned about health problems can get a physical examination and fitness assessment at the Health and Healing Centre, which is on the second floor of the Spa. The clinic has state-of-the-art equipment, including bone-density scanners used for diagnosing osteoporosis. The medical staff includes four physicians and several nurses, exercise physiologists and acupuncturists. Spa-goers who have food allergies or who are concerned about their diet can consult a nutritionist who will design a custom-made program which they can continue to follow after they go home. As well, the Spa menus identify the fat and fibre content of dishes along with the number of calories, so that guests can control their food intake. The chef, Ruby Goodnoff, also runs 'health food' cooking classes in the demonstration kitchen.

The dining-room, like the Spa complex and the 126-room hotel, is decorated with sculptures and original art. All the buildings are connected by walkways so you don't have to go outside unless you want to. Guests are issued a map, which is just as well. The place is huge. The décor at the Canyon Ranch is 'rustic modern', with restful colours – pale peach walls, fieldstone fireplaces and grey-green carpeting.

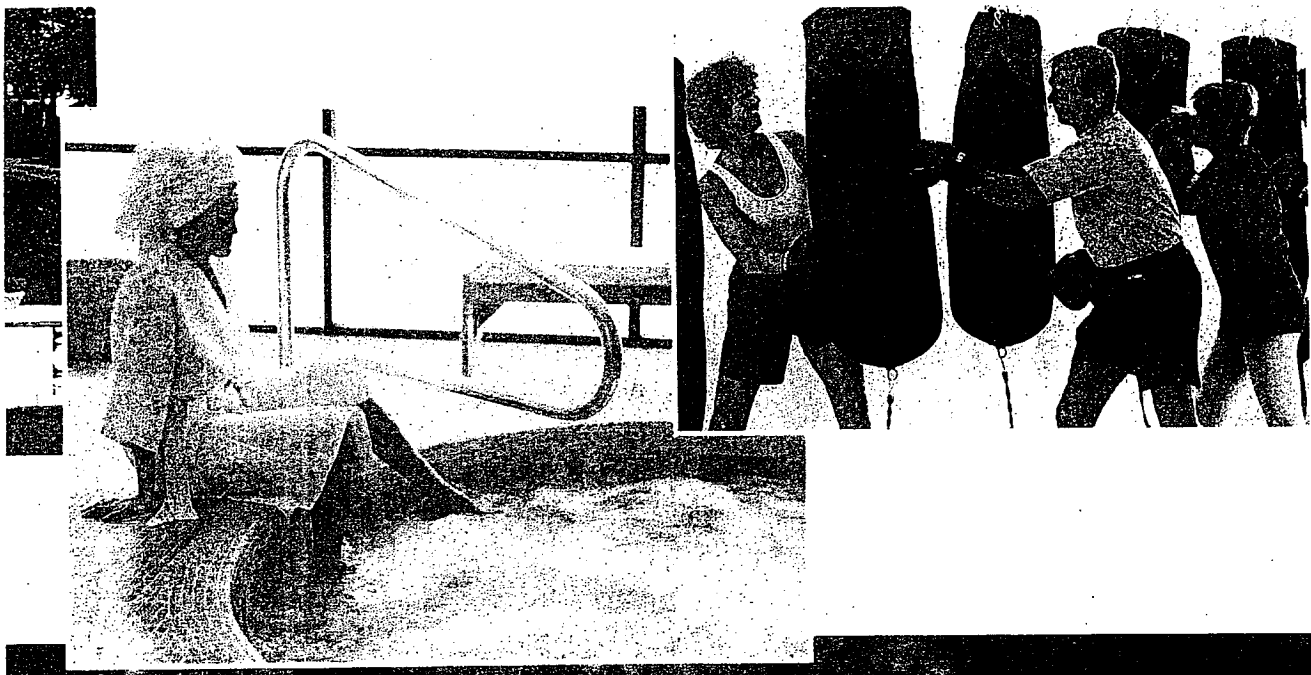
The heart of the Canyon Ranch is the stunning Bellefontaine Mansion, a classical building with arched windows and an imposing pillared facade. The roof is ringed by a balustrade, capped by Grecian urns. Built in 1897, Bellefontaine is a replica of Louis XIV's Petit Trianon. Its handsome, elegant style harkens back to America's 'Gilded Age', when then, as now, well-heeled city folks came to the Berkshires to escape their busy lives and recharge their batteries.

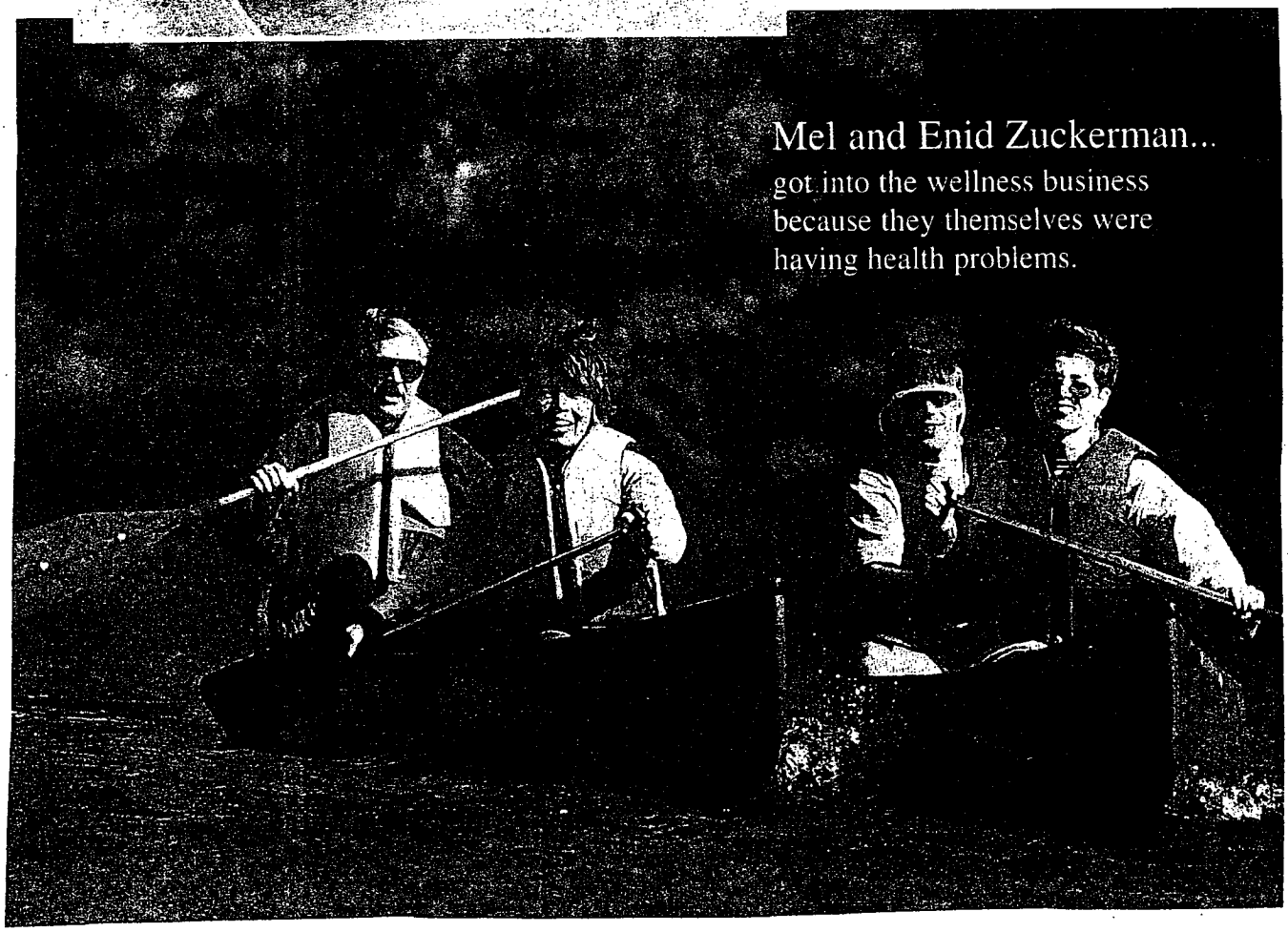
On site:
- Hiking and ski trails.
- Swimming pool.
- Gymnasium.
- Tennis, squash and racquetball courts.

Nearby:
- Historic village of Lenox.
- Tanglewood, summer home of the Boston Symphony Orchestra.
- Jacob's Pillow Dance Festival, Lee.
- Norman Rockwell Museum, Stockbridge.
- Hancock Shaker Village, Pittsfield.

Location:
Canyon Ranch in the Berkshires is 150 miles (241 km) from New York City and 130 miles (209 km) from Boston. The Ranch provides complimentary van transportation from and to Albany train station, Albany airport and Bradley International Airport, Hartford, CT.

Travel Planner
Canyon Ranch
165 Kemble Street
Lenox, MA, USA 01240
Res: 800-326-7080 or 800-742-9000
Tel: 413-637-4100
Fax: 413-637-0057
Web: www.canyonranch.com




Mel and Enid Zuckerman...
got into the wellness business
because they themselves were
having health problems.

redbook

May 2001

One man + his mom + a spa = bonding

A 30-something guy's agenda: Relax. Mom's: Get son married. Guess who wins. BY LARRY SMITH

It's almost ten to twelve, and I know that if Mom and I don't get moving, we're going to be late for our white-linden-flower facial masks.

"C'mon, Mom, we are not going to miss this!" I say, hustling her along. I'm gentle but firm—I don't want to appear the bully in front of the women in our water aerobics class. Sure, I've barely begun my stay at Canyon Ranch Health Resort, but it'll be a cold day in Tucson before I get gypped out of my hydrating face treatment. My mother feels the same way. We do a quick towel-dry and grab our water bottles, and we're off.

The author and his mom at poolside: Who would be the first to be unmasked?

We're moving fast now, our plastic flip-flops clop-clopping on the wet cement, our eyes narrowing in a look that says: *Ladies, you'd be well advised to get out of our way.* We receive some funny looks too. It's mothers and daughters who typically roam these premises in matching white robes, not moms and 30-something sons in need of a shave.

Make no mistake: I love my mom. But Mom and I aren't "best friends," like most of the mother-and-child tandems we meet here. We don't talk on the phone every day, share secrets, shop, giggle. But she was pushing for some hang time without any of life's distractions (her grandchildren, my girlfriend, both our jobs)—and thought a spa was the best place to have it. "Is a few days alone with your mother so much to ask?" she said, layering on the guilt like a jasmine-papaya mud mask.

I told her I'd think about it, but I was skeptical. For starters, going to a spa with Ma isn't exactly high on the masculinity meter. I envisioned a sea of varicose veins, bikini waxes, and mustaches. To make matters worse, she told me we would have to share a room: Rates at fancy spas in the Arizona desert aren't like your grandfather's Y.

But I was pretty fried from a grueling winter and highly vulnerable to a little pampering. And no matter how old I get, no one will accept my bitching and moaning like Mom will. If I went on this trip, not only would she tell me how wonderful I was, but, she assured me, the highly trained spa staff would see to it that I was massaged and kneaded, primped and pampered, for five glorious days. She insisted it would be the best thing that ever happened to me. Women I consulted unanimously agreed that this was, in sum, not a bad deal.

I called her back.

"I'm in," I said. "Now let's hear about this full-body seaweed-wrap thing." I still felt trepidation: five straight days. One room. My mother and I would be spending more quality time together than we had since I was breast-fed. But there was no turning back. This was a nonrefundable experience.

MOM, MUD MASKS, AND ME

About Mom

Genus: Late-50s suburban social worker married to her high-school sweetheart, a man who became a successful lawyer.

Species: Nice mom. Tolerant spouse who openly wishes she had married a poet. (Secretly glad she didn't.) Daughter of an old-fashioned, small-town doctor who accepted baked goods as payment but took lousy care of himself and died young.

Problem: Out of shape. Family has history of heart trouble. Doesn't exercise.

Agenda: Establish a fitness regimen via Canyon Ranch's Life Enhancement Center. Lose weight. Achieve better mind-body awareness. Bond with son.

Hidden agenda: Pry secrets from son. Convince him that marriage is a hallowed institution worth investigating.

About me

Genus: 32-year-old male who recently shacked up with his girlfriend.

Species: Urban warrior. Openly wishes he'd gone into more activist, save-the-planet type work. (Secretly glad he didn't.) Above-average boyfriend. Middle of three children, with two sisters.

Problem: Majorly stressed out. Bad wrists, bad back from hours at the computer. Must deal with this or will have Mom cutting up his dinner fairly soon.

Agenda: Partake in massages. *(continued)*

man + mom + spa

(continued)

Pump iron. Lose the (tiny) love handles. Bond with Mom.

Hidden agenda: Free trip to spa! Get Mom to deal with her lack of a physical fitness regimen, if only so she'll knock off her "You'll appreciate me when I'm dead, and that might not be so far off, because my father died when he was 62" guilt trip.

When the Canyon Ranch guide arrived, I was quickly introduced to a new world: Kaleidoscope; a Chroma Biolift Facial, Glycolic Skin Treatment, A Look into Your Psyche, Integrated Body Mechanics, and Healing Heartache Through Humor, which, while more agreeable to my psyche than Digestive Wellness, still seemed inferior to the deep massage from a beautiful Swede named Sasha I'd dreamed about. But I knew that one "health & healing" service, called Watsu—described as "just take Shiatsu and add warm water"—was something I had to have.

I called ahead to reserve a place for us, not wanting to get shut out of this popular aquatic experience. I was caught a little off guard when a program coordinator asked if my mother would like a male or a female Watsu practitioner. This is not a question a son expects ever to be asked, much less answer. "Male," I said without hesitation, feeling a twinge of guilt for betraying my dad.

When we arrive at the spa and arrange the rest of our services and activities, I notice that Mom signs up for female masseuses only. "You've been married to Dad for 35 years," I say. "Wouldn't you like some fresh male mitts on your back?" Nope. She's too self-conscious to enjoy herself with some strange guy pawing her. I tell her that I booked her with a man for Watsu. She makes me change it.

Mom has a nightmare the evening before Watsu. In the dream she and I arrive at the pool and it turns out they've assigned her a guy; they tell her it's too late to change and she'd better do it, because she's going to be charged. "I dreamed he touched all my fat," she says, visibly shaken.

During the real Watsu, my mother floats in a body of water while a middle-aged woman massages her to the strains of Enya piped into the pool. It's just plain weird. We're on day three, and by this time I've experienced things I never thought I would—such as a woman named Scotty asking me how New York City is dealing with the stock market doldrums as she deeply massages my buttocks.

Mom and I don't talk much after Watsu. We just enjoy the sense of complete inner calm that can only come from being perfectly poked and prodded by a paid professional in a heated pool. We stop at the dining hall to get a few cups of tea to take back to our room, and we drink them as we sit on our beds. This tea drinking has become a nightly ritual, she peppermint, me lemon zinger. We sip in silence until Mom says, "I felt like I was back in the womb." I think, "Yeah, that's about right." Then, employing her unique ability to make me uncomfortable, she adds, "You know, I could hold you in a pool like that if you want me to." It's not even funny.

Naturally, I avoid saying anything about embryonic fluid or my mother in my own description of Watsu. "Well, to me it felt much more like floating in space," I say with conviction. Still, we agree it is the highlight of our trip and one of the best experiences either of us has had in our very different lives.

BLOOD, SWEAT, AND BLONDS

I have always been my mother's son (though I'd never give up my long chats with my dad about the NFL draft). She can order for me in a restaurant and get everything just right, down to the exact amount of fresh-ground pepper to crack over the pasta. I can guess to the feather which wild hat she'll pick out in a SoHo boutique. No other two people on the planet as greatly enjoy following a day at the beach with arriving horribly underdressed at a great restaurant. Above all else, I am her only son. I'm also said to take after her father, a man who was known for his good humor, kind soul, and unequaled love of throwing a great big barbecue.

Yet for some reason I have resisted forging the deep bond I know she wants. The short answer, as my sisters can attest, is that when you grow up in the care of an overly analytical social worker who wants to dissect everything from your emotional well-being to the role of Rizzo in *Grease*, you tend to withdraw just a little. While I'm a tears-of-laughter extrovert around my friends, I clog up like a teenager's pore around my mom.

But once you've worked out, gotten a massage, and spent some time in the steam room together, those pores tend to open up more easily. Hell, I am ready to yap to anyone about *(continued)*

anything: Whaddayawannaknow? Mom knows this. Smart lady.

At 8:10 p.m. on the fourth day of our five-day trip, we're splitting a delicious piece of baked lobster when Mom asks: "Do you ever think of getting married?" I'm impressed. She has held out for almost 96 hours; before the trip I would have wagered a paycheck that she wouldn't last a day.

My folks have been trained not to pry into my personal life, a rule that was easier to enforce when I lived 3,000 miles away. It's now or never, I think.

I erupt into a passionate—and, indeed, unplanned—exposition of my life, a mini-philosophy she has not been privy to. I outline why I love my girlfriend, why that girlfriend could care less if she ever sees a ring or a baby, just how it is I find meaning in what appears to many a vacuous urban existence consisting of one overpriced drink after another, and why I don't need a large house in the suburbs to ground me.

As I exhale and wait for her reply, I know that while my stunned mother may not necessarily agree with all she has heard, she knows, at the very least, that by being so honest I have justified the money she spent bringing me here. It's our version of progress.

And that's when the blond enters the building.

She walks into the dining room with her mother. She is a stunningly beautiful girl in a hooded gray Columbia University sweatshirt. The two of them sit at a small table six inches from ours. Now, I never discuss women with my mom; in fact I make it a point not to check anyone out when I am around her. I just don't like the thought of my mom thinking of me as a sexual being. (Though she has managed to punctuate every post-massage meltdown chat with the question "Did you find that sensual in any way?") But this girl is so stunningly beautiful that neither of us can stop sneaking peeks. "You can't stop looking at her, can you?" Mom says.

"Mom-m-m! Shhhhh, she's going to hear you."

"She's beautiful."

"Whatever. Do you want to split the low-fat cheesecake for dessert or what?"

And then the stunningly beautiful girl's mom (who isn't bad herself) gets up to go to the bathroom or the salad bar or to get another virgin daiquiri from the drink cart. Five seconds later my mom gets up, looks back at the girl, then—I swear—winks at me as she leaves. I have just poured my heart out to my mom, and suddenly she thinks she's my buddy at the bar, trying to help me score the chick. This girl is probably not even 20, and...well, aside from the fact that I happen to live with my girlfriend, I'm not 20. Nonetheless, I am suddenly overcome by the overwhelming feeling that if I don't strike up a conversation, I am going to somehow look like a Big Loser in front of my mother.

It's an odd paradox. On the one hand, Mom's hoping that by the end of the trip we'll have a short guest list drawn up for my wedding. On the other, she wants to be my partner in crime. A mom is supposed to be simple—the person who offers you unconditional love, makes chicken soup, and doesn't get grossed out when you sneeze all over yourself. But as it turns out, if you give her room to be an actual person, she's a complicated, 3-D creature. That may seem obvious, and perhaps it's just the virgin daiquiri talking, but right now it's a revelation.

Meanwhile, the blond awaits. Let the inane chatter begin.

"So, do you go to Columbia?"

5 THINGS ABOUT MOM I WISH I'D NEVER WITNESSED

1. Mom's estrogen pills on the bathroom counter

2. Mom lying facedown in the sun with her bathing suit top pulled down to prevent tan lines

3. Mom describing how it felt to be naked while another woman applied seaweed goo all over her body

4. Mom checking out the very hunky 20-something Funk Aerobics instructor

5. Mom snoring

I leave the spa a few days before Mom does, having correctly guessed that five days would be my limit. Mom gives me a big hug and starts to cry for reasons, I suspect, no one who's never going to be a 59-year-old woman with a son can completely comprehend.

"Why are you crying?" I ask.

"I had such a good time. I'm going to miss you," she sniffles.

"Mom, I live 90 minutes from you. I think I'll see you again soon."

She wipes away her tears and smiles. Then she hands me a travel magazine she found on the plane. "You know, I was reading this article about ice fishing in Alaska...." □

JOE WEIDER'S SHAPE

March 2001

GET BODY CONFIDENT

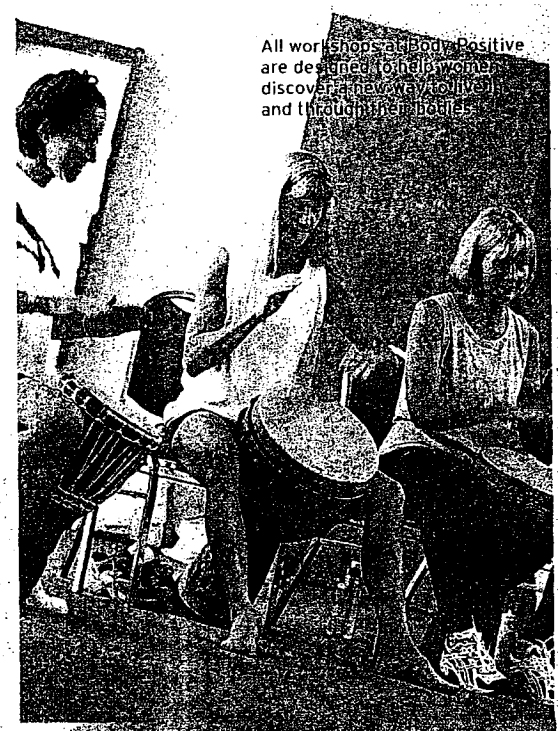
change your mind CHANGE YOUR BODY

Meet Beth, Jillian and Diane. They met a few years ago when all were at similar low points: unhappy with their bodies, wanting more from their lives. Today, a divorce, a career switch and even a few gained pounds later, all these women, remarkably, are doing quite well. Let us introduce you ...

Each year, a group of 20 or so women of all shapes, sizes, ages and backgrounds sit down together for a series of extraordinary conversations. Some of the talk is about their bodies, but more is about their lives. The place is Canyon Ranch spa in the Arizona desert, the occasion is *Shape*'s Body Positive alumnae program, and the talk is only the beginning. Most of these women have come because they were initially dogged by bad body feelings, feelings that later on reveal themselves to be rooted in issues deeper than the surface concerns of body appearance. Their self-dislike had become intrusive enough to finally demand a change, a cease-fire, a new, more forgiving script. Here at Body Positive, the women experience a sense of community that they have rarely felt before. And in the five years of the program's existence, many of those women have changed their lives.

By Michelle Stacey
Photography by Mario de Lopez

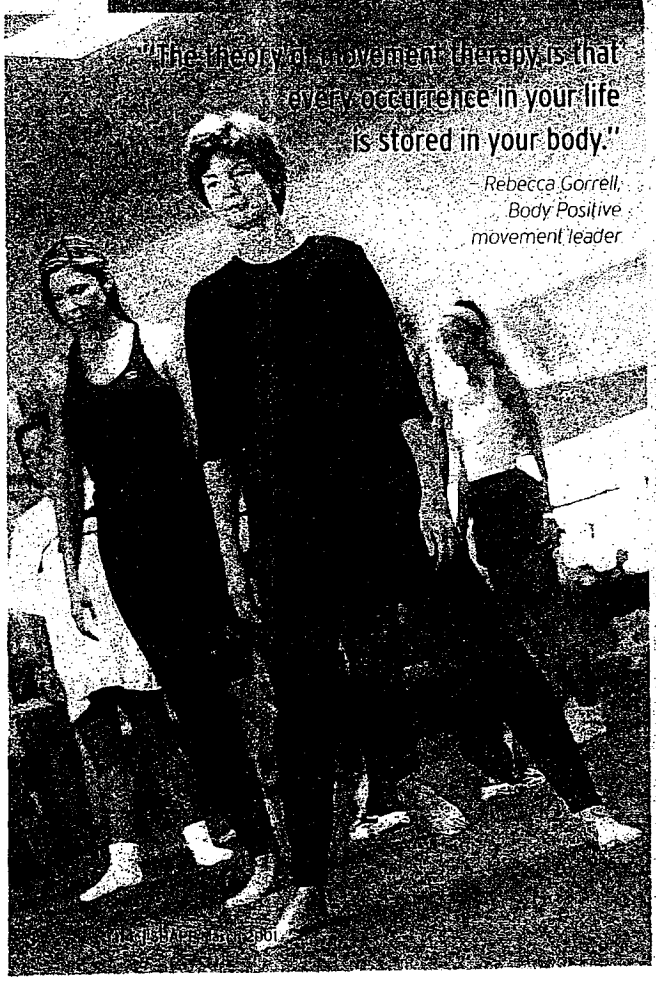
At Body Positive workshops, women learn how to quiet their minds (and anxieties) through movement.



All workshops at Body Positive are designed to help women discover a new way to live in and through their bodies.

"The theory of movement therapy is that every occurrence in your life is stored in your body."

– Rebecca Gorrell, Body Positive movement leader



Today, a few days before the program officially begins, a number of Body Positive alumnae have gathered in the same place, bringing with them all they have learned since their first Body Positive experience – and all the unfinished business of their lives. Some alumnae have returned for almost as many years as the program has existed. Their very existence as returnees gets at the heart of the Body Positive philosophy and revelation: Change, physical and emotional, is not a one-shot deal, and our ability to deal with it healthfully is a lifelong process. The alumnae are not really graduates; they are, more accurately, graduate students.

Tears and fears

Many things happen more quickly for alumnae than for first-timers: camaraderie, laughter, support. A telling example came on the second day of the session I attended, when a movement-therapy exercise brought one woman to tears. Two women sat with her, first in silent support, arms around her, then, gradually, in a gentle, insightful discussion of the sorrow that had surfaced and led to her open distress.

This kind of emotional release and support is a familiar sight and is key to the Body Positive dynamic. "Returnees tend to feel more open, more generous to others and more competent to give support," says Rebecca Gorrell, who was Canyon Ranch's director of movement therapy. "The theory of movement therapy is that every thought, every occurrence in your life, is stored in your body. This movement quiets your 'mind chatter,' so you process things physically rather than mentally; often, repressed emotions well up."

Body Positive, says Ann Kearney-Cooke, Ph.D., leader of the program's psychological group sessions, is all about taking people out of their comfort zones, physically and emotionally. That requires taking a risk, and the humility to acknowledge that there's more work to be done. "Fitness is a process of developing yourself in mind, body and spirit. There is no endpoint," concurs Barbara Harris, *Shape* editor in chief and founder of the program.

What got these women to this place of greater comfort? And what are they learning now? Here are the stories of three recent alumnae that show the process at work.

BODY POSITIVE: THE STATS YOU NEED TO KNOW

The Body Positive program takes place twice a year at the health-and-fitness spa Canyon Ranch: each September at the Tucson, Ariz., location and every April at the Lenox, Mass., resort. Each session (there are separate sessions for alumnae and for newcomers) lasts four days and brings together 30 or so women for workshops, discussion groups, movement therapy, exercise sessions, spa cuisine and, inevitably, personal bonding on a deep level. The next Body Positive for newcomers will be at Canyon Ranch in Lenox from April 18-22 ($1,800 single occupancy; $1,520 double occupancy). At Canyon Ranch in Tucson, the next sessions are: Sept. 21-25 for alumnae; Sept. 25-29 for newcomers ($1,680 single occupancy; $1,510 double occupancy). For details: (800) 742-9000; *www.canyonranch.com*.

"The body tells the truth. When we first come here, we realize there's the body we live in, and there's the body of our life. What we can't deal with in the body of our life gets reflected back onto our physical body, so that's where we think the problem is."

– BETH MCGILLEY, 40, a psychologist in Wichita, Kan.

Beth In the four years that she has returned to Body Positive, Beth McGilley has learned a lot about truth – and one of the first truths she had to face is that she came here under false pretenses. As a therapist, she came in the guise of a professional looking for new training. But the self-deception didn't last long in the open Body Positive atmosphere. "The minute my butt hit that floor the first night, when we sat in the circle and introduced ourselves, I took my badge off," says Beth. "I'd been hiding behind my work and my degree, but I needed what I'd been giving out for years: to sit in a safe community of healing women and face the truth."

The central and most searing truth of Beth's life was that her mother, a manic-depressive who was overwhelmed by having five children, had been unable to truly care for her – and that her mother's suicide was tied to Beth's preparing to leave home for college. She spent her college years immersed in anorexia, and emerged, finally, physically healthy but still heavily burdened emotionally. Meting out loving therapy to others helped, but eventually she needed to be on the other side. What amazes her now is how Body Positive continues to surprise even her, a professional who knows how the therapeutic process works.

"Each time I'm here, I bring several issues and then end up really wrestling with one of them," Beth says. "One year it was my marriage, and I realized that I had to leave my husband, that our marriage could not survive. Another time it was my work, that I needed to start my own practice." This year, it was the chance to understand the sense of loss she has carried since childhood: that her mother was never there for her. As with many revelations at Body Positive, hers was sparked by another participant's reminiscences of holding her own children.

"Just being in that circle together with other women like you, we have a synergistic effect on each other," says Beth. "To me, this is like one big womb. This place has steeped me in the courage to change."

Jillian, who, in her words, "didn't even see my body anymore, just my thighs," came to Body Positive in 1999. As a former bulimic (and child victim of sexual abuse by a neighbor), she found, as everyone who experiences Body Positive does, that her bad body feelings represented deeper issues that were sabotaging her happiness. Inspired with new hope and confidence, when she left Canyon Ranch last year she wrote a mission statement for changing her life.

In the year since, she has left a bad business partnership, helped her husband refocus his career, infused her marriage with more romance and sexuality, created new family rituals that have reconnected her and her husband with their two young children ... the list goes on.

"I knew going into Body Positive that my thinking was negative and broken," Jillian says now, "but I needed the tools to fix it. I realized here that I'm not a failure if I walk away from something – like my professional partnership – that isn't working." (This realization is common among attendees. In Jillian's group her first year, two women decided to leave their marriages.) Jillian has had much greater confidence in what she calls her inner voice this past year, which has opened her up to people in a new way. She even smiles bigger, presenting herself more eagerly to the world.

At first, coming back seemed "mostly a way of measuring the changes," Jillian says. "But now I realize I need a chance once a year to rethink my life – to refine my mission statement." The second year also brought an opportunity for her to mourn the past. In a group writing exercise, she described her sense of loss for the years she spent feeling fearful and unworthy; when she tried to read it aloud, she was choked with tears.

Oh, and that little business of her body image? "I went from feeling that I was OK as I am about 50 percent of the time to feeling that way 90 percent of the time," she says. "I'm getting there."

"I used to think of my body as this big thing and my mind and spirit as a small part of me. Now that's reversed, and my spirit is the biggest part of all."

– JILLIAN HURLEY, 40, a marketing consultant in Danville, Ill.

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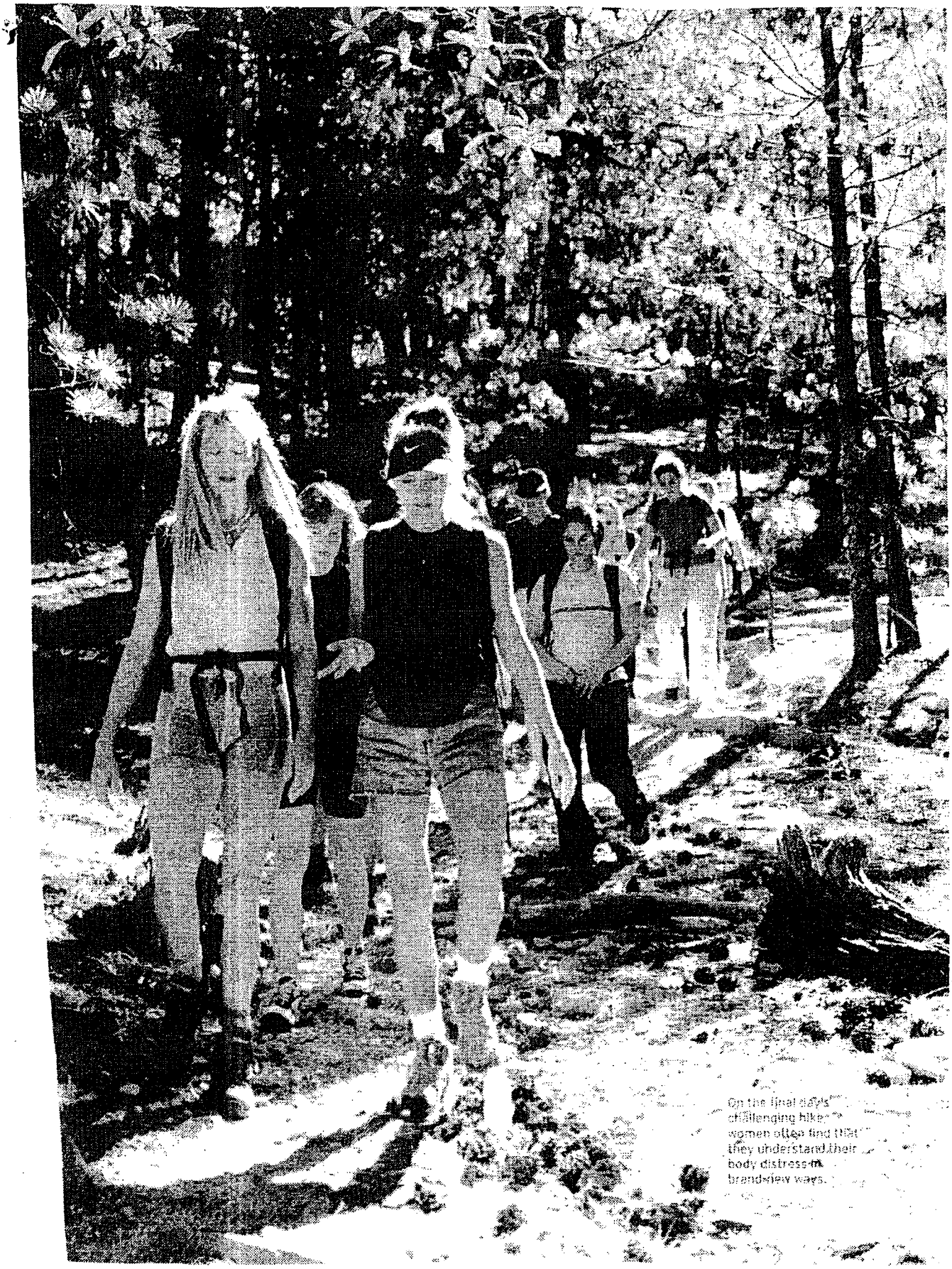


On the final days' challenging hikes women often find that they understand their body distress in brand-new ways.

Diane If Diane seems in touch with the idea of process – that no one's ever finished, done, perfect – perhaps it's because she has experience with the disconnect between what shows on the outside and what lies within. "People will look at you after you've come here and say, 'What changed? You don't look any different,' " she said at her third alumnae meeting. "I have changed. It's a work in progress; you don't get to a point where it's finished."

Diane is a highly respected manager at AT&T, overseeing 14 people, but she's still bringing her confidence up to speed with her professional success. "When I solicited feedback from my staff recently," she told the women at Body Positive, "they all said, you're a great boss, but you're down on yourself too much."

Diane has battled her weight since childhood, feeling always, she says, like a fish out of water. The result was a conviction that her weight defined her, that she was unworthy of the good things she achieved and needed to compensate by pleasing everyone. These realizations, Diane says, took a year to surface, one reason why returning to Body Positive seems crucial to her. "The first year, I shared a lot, cried a lot, but didn't get to my central issue – my sense of unworthiness and rejection stemming from my father's desertion of our family," she says. "It wasn't until the second year that I could verbalize that my relationship with my father set the pattern for the way I deal with the world: I never felt good enough and tried to compensate by working hard and trying to please everyone, not paying attention to my own needs."

"I'm heavier than I've ever been before, but somewhere in my head I'm better off than I was a year ago."

– DIANE WILKERSON, 43, a technical manager in Red Bank, N.J.

Diane's life changes since those first revelations appear subtle: She hasn't changed jobs, ended relationships or lost weight. Yet, she is different – freer. She no longer makes work the single focus of her life. And she now refuses to knock herself out visiting every single person on trips back home. She has established limits. And as Body Positive participants are reminded often: If you can't say no in a relationship, you can't say no to food.

Her next step is to work on the externals, to get back on her fitness plan. To do that, she says, involves risking achieving less than a perfect result and believing that it's worth the effort. Next year, her compatriots will hear how she's done.

Michelle Stacey is a regular contributor to Shape. *She lives in Larchmont, N.Y.*

CHANGE YOUR BAD THOUGHTS [a short course]

For those who can't attend Body Positive, psychologist and body-image expert Ann Kearney-Cooke, Ph.D., offers guidelines that spring from a parable she tells to the alumnae: A polar bear is sent to a zoo to inhabit a grand new space. He arrives early and must stay in a cage while his habitat is being finished. For a month he paces the four corners of his cage, over and over. At last he's released into the expansive new environment, replete with pools, rocks and pleasures. Yet he continues to walk in a square, mentally trapped in his pattern, unable to see that he's free.

"What cage have you constructed for yourself?" Kearney-Cooke asks. "It's the outdated notions about yourself that hold you back." The moral? You must think your way out of it. How? Start by asking yourself these questions.

1. What am I distracting myself from? When body-loathing hits, instead of just going with it – pacing those four corners of "I'm fat," "My thighs are huge," "I'm ugly" – stop and ask, What situation am I in right now? Who am I with? What else might be bothering me? "Bad body thoughts distract us from the really tough issues," Kearney-Cooke says. "It's easier to go with those familiar self-hating themes than to think, for instance, about whether we're getting what we need from others."

2. What am I afraid of? "We often fear the pain of actually doing something about a bad situation," Kearney-Cooke explains. "We're afraid that trying to make a change will hurt us. But if you're stuck, if you're in a cage, that's painful, too."

3. What am I hungry for? "When you find yourself in the cupboard on the verge of a binge, step outside the cage of your usual self-judgments: 'I have no self-control,' " Kearney-Cooke says. "Instead, ask, Why are you there? What is it you need? Distraction from something that's hurting you? Get closer to the real hungers in your life, other needs that might be expressed through eating. How can you start to satisfy those hungers directly, rather than using food as a stopgap?"

CR002072

InStyle
CELEBRITY+LIFESTYLE+BEAUTY+FAS
volume 8, number 9, august 2001

THE IN STYLE TRAVELER

destination berkshires

The Berkshires, a collection of towns nestled in the hills of western Massachusetts, entices visitors with an alluring mix of New England coziness and cosmopolitan cultural offerings. You'll find not only romantic clapboard inns with breezy verandas, apple orchards and antiques shops stocked with Americana, but also world-class venues for art, theater, dance and music—including Tanglewood (the Boston Symphony's summer home), the Williamstown Theater Festival and the famed Norman Rockwell Museum. Even the urbane bistros and galleries look as if they could have been plucked from the streets of Soho, N.Y.C. This appealing blend is the reason these towns—Lenox, Great Barrington, Stockbridge, Williamstown and North Adams, to name a few—have always drawn creative types, from Edith Wharton and Rockwell, who both owned homes here, to low-key movie folk such as Meryl Streep and Liam Neeson. —**Jill Fergus**

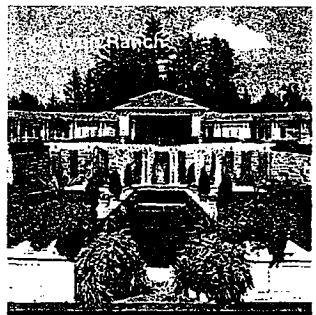
essentials

location: Western Massachusetts, stretching from the Vermont border to Connecticut. By car it's two and a half hours from Boston, three from New York City.

population: 139,000 year-round; 200,000 in season

weather: Highs in the 90s, lows in the 60s

tourist giveaway: Big-city ways (impatience, attitude, rushing) don't fly in these small towns. Mind your manners.



side trip

On top of everything else it has to offer, Lenox is home to some great places to get pampered. **Canyon Ranch,** one of the country's top spas, is here, with programs tailored to your specific needs—choose from hiking, swimming, Pilates, yoga and a host of spa treatments *(165 Kemble St., 800-326-7080; rates from $2,472, three-night minimum).*

UNITED KINGDOM

WHAT TO PACK FOR A NIGHT, A WEEKEND, A WEEK AWAY

Style

CELEBRITY · LIFESTYLE · BEAUTY

July £2.70

Strawberry and apple smoothie

Canyon Ranch Spa Club, The Venetian, Las Vegas (001 702 414 3600)

FANS: David Arquette and Courteney Cox Arquette.

Strawberry and apple smoothie (Serves 1)

In a liquidiser, place 75g strawberries, 1 peeled banana (about 75g), 150ml fresh apple juice, and 50g (a handful) ice. Blend until smooth.

WALL STREET JOURNAL
EUROPE
BRUSSELS, BE
MONDAY 35,379
OCT 22 2001

Asset Misallocation May Strand U.S. Economy After Attacks

Shift in Consumer, State Priorities Diverts Spending, Rejuggles Resources

The Smileys Vacation Closer to Home, Paying for Massages Instead of Plane Tickets

By STEVE LIESMAN
STAFF REPORTER

NEW YORK – Like many Americans, Guy I. Smiley doesn't want to fly these days. He canceled a long-planned family vacation to the upscale Canyon Ranch resort in Tucson, Arizona. Instead, he drove with his wife and son to the Canyon Ranch's other resort, in the Berkshire Mountains of Massachusetts, a two-hour trip from their New York City home.

Amid declining consumer confidence and rising unemployment, economists expect consumer spending to suffer in the months ahead and result in the weakest Christmas selling season in years. But along with less spending will be different spending, and that's of equal significance for the economy.

The Outlook

The direct destruction of property from the terrorist attacks has been only a fraction of the enormous assets in the U.S. economy. Yet one reason the disaster has hurt so much economically is the way it has misallocated resources. For Canyon, it has meant too many rooms in Tucson, where occupancy rates have fallen since the Sept. 11 attacks and are now around 65%, compared with normal occupancy rates that tip 85%. It also has meant not enough rooms in the Berkshires, where occupancy rates since the attacks have risen to 100% from normal levels of 80%.

For airlines, it's too many planes and not enough highly trained security personnel. For aerospace companies, it's too much civilian production and perhaps not enough military.

The result is what economists call stranded costs: capital invested in fixed assets that don't produce the expected returns, probably won't anytime soon, and can't be easily converted to uses demanded by new economic realities. The reverse can also be true. Some sectors that may experience rising demand aren't able to handle the volume. "Like any kind of big event, the current allocation of resources ends up not being quite right," says Princeton economist Alan Blinder.

Psychological, economic and military forces are now at work creating a need for the economy to reallocate resources. The terrorist attacks have prompted people to stay and spend closer to home; the economic slowdown has prompted them to spend less on luxury items like apparel and more on simple practical goods. The military action has created a need to not only boost defense spending, but also to do so specifically to counter terrorism.

In the groping for metaphors to compare the terrorist attack with other times, some economists have settled on an unlikely period: the oil-price shock of the 1970s. While the financial conditions were different then, with high interest rates and government budget deficits, the rise in oil prices had broad and sudden economic implications, along with a traumatic effect on the American psyche.

It also misallocated assets and stranded costs. Gas-guzzling cars were suddenly out of fashion, while fuel-inefficient factories could no longer compete. In the early days of the crisis, people weren't sure how long prices would remain punishingly high, and American manufacturers were a long time in retooling to meet the increased demand for fuel-efficient autos. Ultimately, they lost substantial market share to Japanese manufacturers.

What was learned then, says Harvard economics professor John Campbell, is that "the adjustment is itself costly."

For example, investment will be needed to retrain people to become sky marshals; planes could be reconverted to carry cargo instead of passengers. David Wyss, chief economist at Standard & Poor's Corp., sees an additional $1.5 billion being diverted annually for increased travel security. "The only question is whether that's paid for through taxes or higher ticket prices," he said.

For investors, reallocation creates a scramble to find winners and losers. Wall Street's initial calls weren't impressive. One of the earliest bets was in oil companies, but oil prices have instead fallen, along with oil company stock prices. Investors initially pummeled insurance-company stocks, but they have since rebounded.

Stock analyst Tom Zankel, of Iridian Asset Management, sees more cash coming into the insurance sector in the near future as a result of rising premiums and an increased demand for different types of insurance. His company is buying restaurant-chain stocks, believing that some of those travel dollars could be redirected to the Red Lobster or Olive Garden. "If people aren't going to be spending money on planes or hotels, there's more disposable income to spend at home."

And on the home, as well. Daniel Barry, senior retailing analyst at Merrill Lynch, likes stocks that can take advantage of the trend of people shopping locally and conservatively and spending for their homes. He recommends Home Depot and Dollar General Stores.

In the meantime, Mr. Smiley's spending offers a note of hope, if not for specific industries than for the economy in its entirety. What his family didn't spend on airline travel went into a little extra pampering, more massages and pedicures as they tried to comfort themselves from the trauma of the past several weeks. "The budget remained the same," he said. "We just spent it in a different manner."

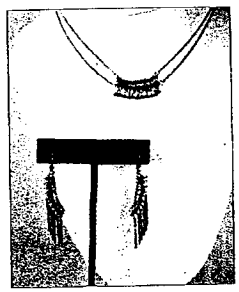
HARPERS BAZAAR
NEW YORK, NY
MONTHLY 705,000
DECEMBER 2001

BAZAAR PROMOTION

BAZAAR

DECEMBER2001

SPECIAL ANNOUNCEMENTS



Anthony-Nak
Inspired by fine art and architecture, the Anthony-Nak jewelry collection features clean, romantic designs that transcend casual and formal wear to enhance each woman's personality. To commemorate the fallen heroes of September 11, Anthony-Nak has designed several pieces of patriotic gold jewelry, and will donate $50 from each piece sold to The New York Firefighters 9-11 Disaster Relief Fund.
To place an order, call (512) 454-7029 or email acamargo@anthonynak.com

Sunrise Yoga, Canyon Ranch Health Resort, Tucson, AZ

Canyon Ranch Health Resort
An award-winning destination spa, Canyon Ranch is renown for its dedication to healthy living, gourmet spa cuisine and rejuvenating spa and body treatments. Experience Canyon Ranch in the magnificent Sonoran Desert in Tucson, AZ, or beautiful Berkshires Mountains in Lenox, MA.
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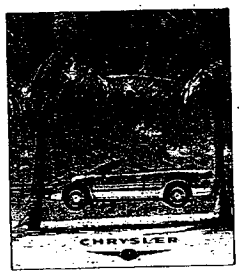
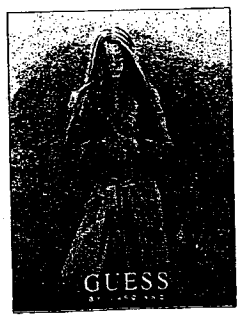


Chrysler
Enter the Chrysler Design Sweepstakes
One Grand Prize Winner will win a 2002 Chrysler Sebring Lxi Convertible filled with Brookstone merchandise. 100 First Prize Winners will receive a Brookstone Big Breeze Fan.
To enter sweepstakes, log on to www.design.chrysler.com



GUESS
BAZAAR and GUESS? invite you to celebrate the grand opening of the new GUESS? Coconut Grove store and meet Arista Records singing sensation, Joy Enriquez, who will be on-hand to sign her self-titled new CD release. You will also have the opportunity to enter to win a GUESS? gift certificate.
Saturday, December 8 at 2 p.m.
GUESS
3000 Grand Avenue
Miami, Florida
Please RSVP by December 4 to (212) 903-5434.

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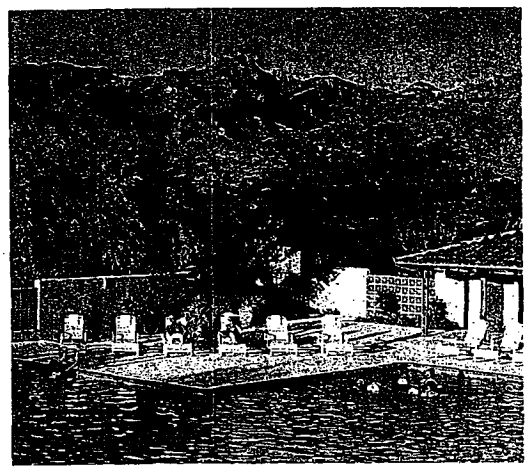
6-TIMES/YEAR 75,000
NOVEMBER 2001

Canyon Ranch

TUCSON, ARIZONA

Come to a place where you can soar above the day to day and see things in a new perspective. The serene Sonoran Desert provides a powerful and energizing environment for adventure and personal discovery. Revel in the sunny weather year-round, in our lush desert surroundings and nearby pine-topped mountains. Here you can calm your mind, challenge your body, savor nutritious cuisine, have fun, and experience healthy living.



RATES/PACKAGES

Please visit www.canyonranch.com or call 800-742-9000 for current rates.

ACTIVITIES & PROGRAMS

Canyon Ranch offers Medical, Behavioral, Nutrition Exercise Physiology spa and salon services, seven gymnasiums, aerobic and strength training rooms, eight outdoor tennis courts, yoga/meditation dome, and three swimming pools, aquatic center and golf instruction.

CONTACT INFORMATION

RESERVATIONS: 800-742-9000 or 520-749-9000
WEB SITE: www.canyonranch.com
ADDRESS: 8600 Rockcliff Road, Tucson, AZ 85750
FAX: 520-749-7755

CANYON RANCH.
HEALTH RESORT
TUCSON·AZ

TUCSON CITIZEN

TUCSON, AZ
TUESDAY 42,400
OCT 16 2001

Canyon Ranch offers discount to Arizonans

Canyon Ranch Health Resort is offering a 20 percent discount to Arizona residents through Dec. 21, on stays of three nights or longer.

The resort offers fitness activities including classes, hiking, biking, racquetball and swimming as well as food planning and weight management.

Call 749-9000. 6740A

ARIZONA DAILY STAR

TUCSON, AZ
SUNDAY 173,000
NOV 11 2001

De-stress for less

6740A

With the holidays approaching and all the stress that's associated with them, you're bound to need one, two, better yet, three days off to relax and pamper yourself, right? Of course, that's why Canyon Ranch Health Resort is offering Arizona residents a 20 percent discount on three-night or longer vacation packages taken now through Dec. 21.

Located in the Santa Catalina Mountains, Canyon Ranch offers guests a variety of indoor and outdoor fitness activities, cooking classes and nutrition consultations and skin and body treatments.

A comprehensive vacation package includes accommodations, three gourmet meals daily, use of resort and spa facilities, fitness classes, hiking and biking programs, local telephone calls and a selection of spa and health services based on the length of your stay. Call 749-9000 for reservations or visit www.canyonranch.com.

October 9, 2001 www.family-circle.com

Family Circle

Diet Do's from a Top Spa

From *The Canyon Ranch Guide to Living Younger Longer: A Complete Program for Optimal Health for Body, Mind & Spirit*, © October 2001 CR License LLC. Published by Simon & Schuster. Photos: Louis Bruno *(bottom)*; Ross Whitaker *(top)*. Prop styling, Kathy Imlay *(top)*. Hair and makeup, Michelle Tang for R. J. Bennett.

Diet

By Kathleen Johnson, R.D., and Kathie Swift, R.D.

Diet for a Long Life

10 Canyon Ranch Rules

When Canyon Ranch first opened its doors in Tucson, Arizona, more than two decades ago, clients came to lose weight fast. Our food has always been beautifully prepared, delicious, pure and fresh, but back then we were a little stingy with it. We fed people just 800 low-fat calories a day, and didn't serve foods that contained any caffeine or chocolate. In other words, we were very, very strict.

Our approach to weight loss has certainly come a long way over the years, moving from deprivation to moderation. We've learned that keeping pounds off permanently is possible if you adopt a sensible diet you can live with over the long term. The keys to a healthy relationship with food are balance, mindfulness and nutritional knowledge.

We believe that the Canyon Ranch Healthy Weight Philosophy is one of the most enlightening, realistic and empowering "diet plans" around. Read on to learn our 10 tips for eating right. Incorporate these into your life and you'll be healthier, live longer and drop excess pounds for good.

1. Figure out when enough is enough. In general, most people should be eating more modest helpings of protein-rich foods (such as meat, nuts and dairy products), starchy side dishes (such as rice and potatoes) and fruits, which tend to be higher in calories than vegetables. By the same token, you should be enjoying more generous servings of vegetables. What constitutes a reasonable serving? Use the palm of your hand as a reference for a helping of meat; chicken or fish; a one-inch cube for cheese; a D-cell battery for nuts and fruits; a tennis ball for rice and potatoes and a Ping-Pong ball for peanut and other nut butters. Feel free to eat as many servings of vegetables as you like. The Food Guide Pyramid indicates that you should eat two to four servings of fruit a day.

Happy and Healthy
Stay slim for the rest of your life by adopting a sensible diet you can stick to and live with.

2. Color your plate all the shades of the rainbow. Fruits and vegetables have the power to prevent disease. They contain phytochemicals, plant chemicals that not only give fruits and vegetables their wonderful colors but enhance and protect health, too. They're cancer and diabetes fighters, heart protectors, immune boosters and anti-aging agents. To be sure you're getting all of the benefits that these foods provide, eat a wide variety of fruits and vegetables from across the color spectrum, including red (such as red bell pepper), yellow (such as corn), blue (such as blueberries), orange (such as sweet potatoes) and dark green (such as spinach).

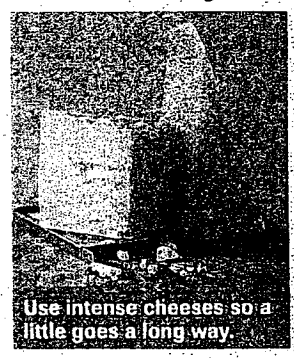
3. Try these tricks when dining out: Take a moment to notice how hungry you really are the next time you're in a restaurant, and order accordingly: As a first course, you might have a salad or a cup of broth-based soup to fill yourself up without loading up on too many calories. You can also consider splitting an entree with your mate or a friend. Choose an appetizer as a main course instead of an entrée. Forgo the bread and chips that are often placed on the table. At the end of

Kathleen Johnson, R.D., and Kathie Swift, R.D., are members of the nutrition staff at Canyon Ranch.

Choose a rainbow of fruits and vegetables to protect against cancer, heart disease and aging.

Savvy Cooking Tips from Canyon Ranch

1. When baking or preparing recipes that use sugar, try cutting the amount called for by a third to a half to cut calories. The result is usually as good as, if not better than, the original.
2. Use evaporated skim milk instead of cream to reduce fat.
3. To boost flavor, use broth instead of plain water when you cook rice and other grains.
4. Instead of pouring it on, put your favorite healthy cooking oil in a high-quality, hard-plastic spray bottle, and use it to lightly coat pans and grills.
5. Toast nuts and seeds called for in recipes. Since toasting doubles the flavor, you can use half the amount.
6. Top dishes with grated high-quality aromatic cheeses, such as Parmigiano-Reggiano, pecorino romano or extra-sharp cheddar. Their intensity means that a little will go a long way, and grating them distributes flavor evenly.
7. Grill over aromatic woods, such as mesquite, hickory and applewood, to boost complexity and depth of flavor without adding any calories.
8. Butterfly meat and poultry before cooking so half your usual serving fills the plate.
9. Look for imported Italian tomato paste at specialty markets. The flavor is incomparable, and since it comes in a resealable tube, you can use just a tablespoon or two at a time and always have it on hand in the refrigerator.
10. Marinate meats and vegetables before cooking to boost their flavor.



Use intense cheeses so a little goes a long way.

Diet Continued from page 100

the meal; if you're full, don't even look at the dessert menu. Instead, have a decaffeinated cappuccino.

4. Fill up on whole grains. Ounce for ounce, whole grain foods (such as whole wheat bread) fill you up better than refined ones (such as white bread) because they tend to keep blood sugar levels stable for longer after you eat them, which may actually prevent overeating. In addition, they provide you with more natural disease-fighting substances such as fiber, vitamins and minerals. Be brave: Experiment with whole grains that you may not have tried before, such as quinoa, brown rice, whole wheat pasta and barley.

5. Remember: Some fats are good for you. Experts agree that most people who are trying to achieve or maintain a healthy weight should consume between 20 and 30 percent of their daily calories as fat, with an emphasis on those that affect health positively. That means you should choose food made without hydrogenated or partially hydrogenated oils, trans fats or synthetic fats. Become a religious reader of food labels, making sure that most of the foods you buy don't contain them. Use oils that are liquid, not solid (like margarine and vegetable shortening), at room temperature. Remember that many fast foods are loaded with trans fats, which have been associated with an increased incidence of heart disease. Instead, choose foods containing heart-healthy monounsaturated fats, which are found in olive oil, canola oil, avocados, olives and nuts. In addition, get a daily source of omega-3 fat, such as ground flax seeds or eggs with yolks that have been enriched with omega-3s. Research suggests that omega-3s reduce your risk of heart disease and other serious health problems. So several times a week, have an omega-3-rich serving of cold-water fish (such as salmon, albacore tuna or herring).

6. Listen to your body. Becoming more aware of the aromas, tastes and textures of food is one of the best tools for bringing satisfaction to eating. About halfway through a meal, ask yourself, *Am I full?* If the answer is no, keep eating. If the answer is yes, ask yourself if you want to continue eating anyway. If the food is so enjoyable that you choose to eat more of it, at least you are now doing so consciously. Many factors influence your personal nutritional requirements, including your genetic makeup, health, eating preferences and lifestyle. Learn to make food choices that reflect your uniqueness. Honor your body's rhythms and individual needs. Learn to recognize the symptoms of low blood sugar (such as shakiness, fatigue, headache, inability to concentrate and irritability) as signals that your body needs food. It may be helpful to make an appointment with a nutritionist, who can help you understand the role food plays in your life and work with you to develop a healthier diet.

7. Sip your way to good health. Because your body uses water to carry out many functions, it's crucial that you replace that water every day. The standard advice to drink at least eight glasses on a daily basis still holds true. The key phrase here is "at least": Variables such as the amount of exercise you get, the climate you're in as well as your fiber, sodium, caffeine and alcohol consumption can all increase fluid requirements. So buy a large water tumbler for your desk at work and keep drinking from it throughout the day. Also consider installing a water cooler in your home or office. Carry a water bottle with you at all times. To jazz up the flavor of plain old water, add a slice of fresh lemon, lime or orange.

8. Be smart about sugar. The average person takes in an astonishing 20 teaspoons of sugar a day! To cut back on the calories you consume in the form of sugar, follow these guidelines: Allow yourself only one small dessert per day, and cut your usual portion in half. "Sweeten" foods with cinnamon, vanilla

Great sources of good-for-you monounsaturated fats: walnuts and pumpkin seeds.

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Use slices of fresh lime **to jazz up the flavor** of plain old water.

Diet Continued from page 102

extract and freshly grated nutmeg. Be wary of fat-free baked goods and desserts, which can be loaded with sugar. Studiously scan food labels for the number of grams of sugar. Remember that every 5 grams of sugar listed on the label equals 1 teaspoon. If you use artificial sweeteners, you should also cut back on your intake of those, which may fuel cravings for ultrasweet foods and ultimately lead to an increase in your intake of sugar and calories.

9. Nibble when you need to. You should eat on a regular basis in order to adequately nourish your body and prevent the hunger that can lead to overeating and fatigue. This means you should try to have something to eat every three to five hours and work toward a pattern of having breakfast, lunch and dinner and at least one snack a day. It's easy to overlook meals on hectic days. But if you stay nourished, you just may be better able to cope with your demanding schedule. Pay attention to your physical hunger and always be prepared for lulls in energy by having satisfying, sensible snacks on hand. Try water-packed canned tuna on a slice of whole wheat toast, peanut butter on whole grain crackers or some low-fat granola stirred into nonfat yogurt.

10. Savor the natural flavor of food. Eating is one of the great pleasures of living, and the flavor of food should be savored to the utmost. While salt is a flavor enhancer, it must be used in moderation if you want to protect your health. Make a concerted effort to cut down on the amount of salt you sprinkle on food. Instead, pamper your palate with fresh herbs and spices. Besides enhancing the flavor of the food you eat, some herbs and spices may actually have restorative value. For example, rosemary may be calming, cinnamon tends to be warming, and ginger can be invigorating. By following this advice and the other guidelines outlined on these pages, you'll learn to develop a healthier relationship with food. You'll also increase your health, well-being and your enjoyment of life. Bon appétit! **FC**

Quick Spa Specialties

The following fast-and-easy recipes are proof positive that it is possible to create nutritious, delicious food and still lose weight.

Rosemary Vinaigrette Dressing

⅔ cup red wine vinegar
⅔ cup champagne vinegar
½ cup vegetable stock
1 tablespoon shallots
2 teaspoons black pepper
4 teaspoons white miso
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh rosemary

In a blender, combine all ingredients except for the oregano and rosemary. Add the herbs and mix by hand. Pour into a storage container and refrigerate.

Poached Anjou Pears

2 cups white grape juice
1 cup water
1 star anise
1 cinnamon stick
1½ vanilla beans
1½ teaspoons orange peel
2 large red Anjou pears, peeled and sliced in half

Bring the grape juice, water, spices and orange peel to a boil in a large saucepan. Reduce heat to low, add the pears and simmer until tender, about 45 minutes. Remove saucepan from heat and place in an ice bath to cool. Remove pears and spices from liquid and reserve 1 cup, bringing it to a boil. Simmer until liquid has reduced by half, about 20 minutes. Serve ½ pear with 2 tablespoons sauce.

Almond Butter Delight

1 cup nonfat ricotta cheese
2 teaspoons vanilla extract
½ teaspoon ground cinnamon
1½ tablespoons honey
¼ cup almond butter (without added salt)

Combine all ingredients in a blender and puree until smooth. Chill in refrigerator until ready to use.

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SHAPE

20 YEARS OF FITNESS

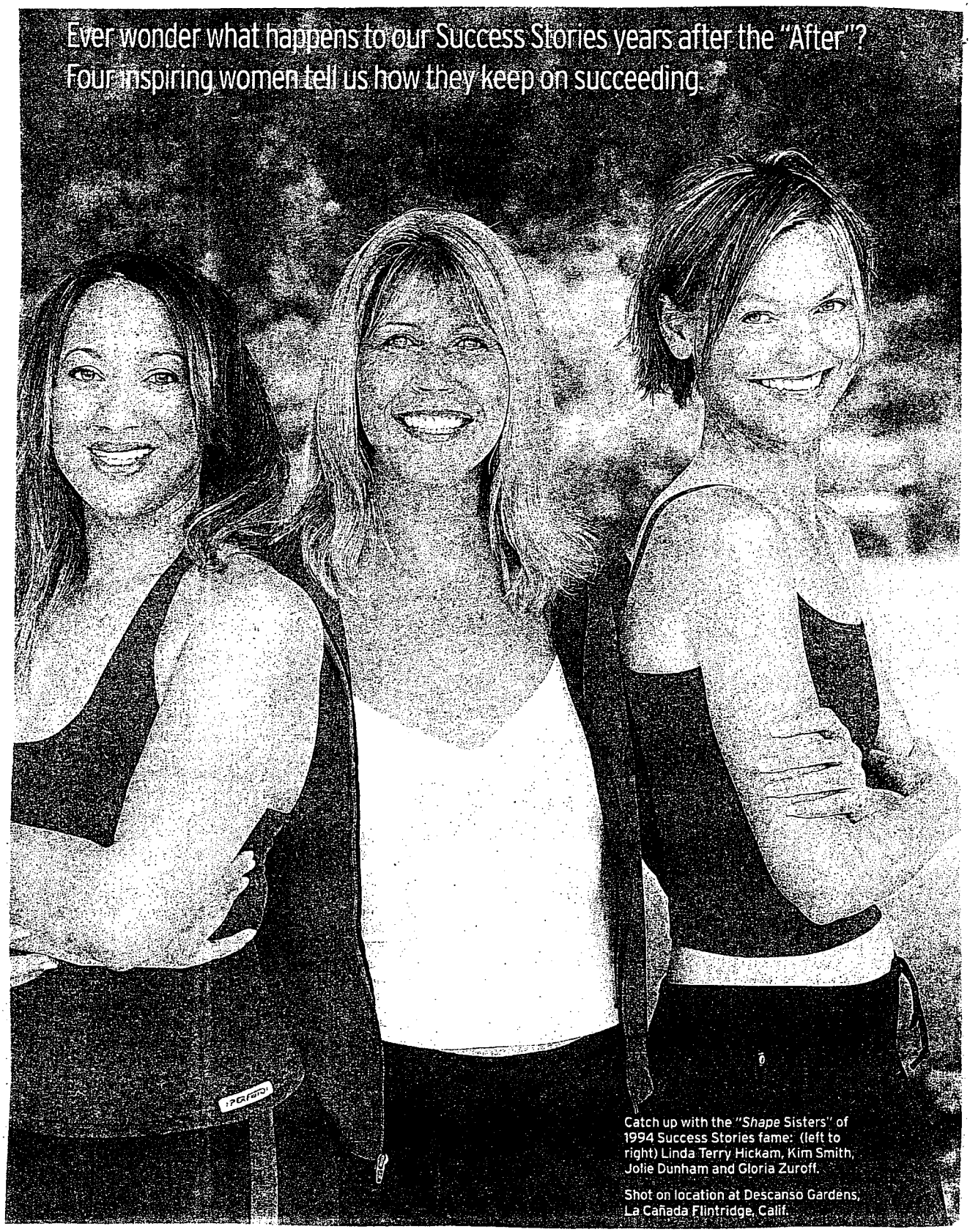
October 2001

the secret of their success

What happens to the amazing women featured in *Shape*'s Success Stories when the spotlight is off them? Do they maintain their weight loss? Stick with their workouts? Do they go on to become even fitter and happier? Back in 1994, we gathered four *Shape* Success Story alumnae at Canyon Ranch in the Berkshires, checked in with them and showed them ways to fine-tune their fitness regimens.

During the makeover, something special happened: The women, Linda Terry Hickam, now 48, Kim Smith, 38, Jolie Dunham, 43, and Gloria Zuroff, 44, became the best of friends, dubbed themselves the "*Shape* Sisters" and stayed in touch via dozens of letters, phone calls, e-mail messages and personal visits over the seven years that followed. And together, they strengthened their commitment to fitness. ➤

By Tajinder Reyatt
Photography by Rachel Weill


Ever wonder what happens to our Success Stories years after the "After"?
Four inspiring women tell us how they keep on succeeding.
Catch up with the "*Shape* Sisters" of 1994 Success Stories fame: (left to right) Linda Terry Hickam, Kim Smith, Jolie Dunham and Gloria Zuroff.
Shot on location at Descanso Gardens, La Cañada Flintridge, Calif.

"I came up with the name '*Shape* Sisters' [during the makeover] because we seemed like four long-lost sisters being reunited," Kim says. "Our bond was instantaneous. We were the four most diverse people in the world, but we connected right away." Jolie echoes this sentiment: "We had all overcome some sort of obstacle and had an understanding of what the others had been through, so it was a supportive, nonjudgmental environment," she says. Since the foursome appeared on our September 1994 cover, they've confronted many obstacles – surgery, injury, weight gain – to their fitness. But each overcame these with the support of her *Shape* Sisters. Here are their stories.

"We were the four most diverse people in the world, but we connected right away." – *Kim Smith*

Linda Terry Hickam: Muscle Maven

When Linda Terry Hickam came to Canyon Ranch in 1994, her workout routine was running five miles a day. She learned the importance of weight training when she was told that of the four *Shape* Sisters, she had the highest body-fat percentage, although she weighed the least. Then she found out that building muscle would boost her metabolism. "When I left Canyon Ranch, I wanted muscle!" she recalls. She soon learned that her body wasn't predisposed to easy muscle gain; she'd have to work hard and long to see results. She kept running and began weight training three times a week.

Within months, Linda saw toned arms and flatter, tighter abs. She learned another strength-training benefit. "With muscle, I could eat more and not worry about gaining weight. It was like a light bulb went off in my head. I lost half an inch overall and my clothes were looser. And, I was running hills stronger and faster."

Today, Linda is facing a different challenge: slowing down. All her running led to knee and foot problems. Recently, she took a break from it and focused on strengthening her lower body. Stronger, she took up running again. But when the pain returned, she went to a chiropractor, who said that her body might be telling her that her running days are over. Now, Linda is downshifting from running to speed walking. "I know I need to back off, but running has been such a big part of my life. I'm used to doing five miles a day. I'm slowly accepting that a mile is a mile, whether I run it or walk it."

Linda's next goal is to be at her personal best, physically and mentally. And she believes her *Shape* Sisters will help her. "They've been great motivators," Linda says. "We've had ups and downs with fitness, but we all seem to come back to our workouts and all end up doing great."

Linda Terry Hickam, 48, Alabama

Workout Schedule
Power walking/running (with an emphasis on walking): 4 miles/4 times a week
Weight training: 60 minutes/3 times a week
Low-impact cardio (such as elliptical training, aerobics or stair climbing): 30 minutes/3 times a week

Maintenance Tips
1. Celebrate your fitness triumphs. Keep a journal to keep your goals and your progress in mind.
2. Strive for balance with healthy eating, cardio, weight training and stretching.
3. Add muscle to rev up your metabolism, feel strong and look fit.

Kim Smith, 38, California

Workout Schedule
Walking: 60 minutes/5 times a week
Weight training, Tae-Bo aerobics, BodyPump, step aerobics (with tapes and classes): 45 minutes/5 times a week

Maintenance Tips
1. Love and honor yourself no matter what size you are. Your worth is not determined by your size.
2. It's OK to eat what you like – even junk food – as long it's in moderation. You don't have to deprive yourself of your favorite foods.
3. Do yoga or some other type of relaxation activity regularly. Your mind and body will benefit.

Kim Smith: Life in Balance

Kim Smith was faced with the challenge of losing 65 pounds. With a family to raise and a full-time job, she met the task head-on by exercising with fitness videos. At Canyon Ranch, the experts advised her to join a gym and start working with weight machines to see faster results.

Kim says she wasn't too thrilled about the idea. "I didn't want to get caught up with the whole socializing atmosphere of the gym," she says. "I just wanted to work out hard and get on with my life." But after seeing the difference between weight training at home with dumbbells vs. at the gym where she could lift more weight with machines, she became a gym regular. "I'm much more disciplined with my workouts at home, but I enjoy the interaction with people," Kim says.

Kim settled into this routine for the next few years, but soon got too comfortable. She slacked off with her healthful eating habits and cut down on her workouts. Before she knew it, she'd gained 15 pounds. "I didn't realize I was gaining weight, even when my clothes got tighter. I thought they were shrinking at the dry cleaners, and I changed cleaners *three* times before I realized it was my body getting bigger, not the clothes getting smaller," Kim says, laughing.

First, she tried a high-protein, low-carb diet. "I

ended up eating too many calories," she says. She quit the diet and started eating when her body needed nourishment. She found her *Shape* Sisters' support invaluable. "Like any sisters would, they gave me advice and kept my spirits up," Kim says. "They assured me that I'd lost weight before and knew what to do. I just had to do it." Her plan worked: She lost 15 pounds in less than six months. "I now eat everything in moderation, with an emphasis on fruits and vegetables."

Seven years after meeting her *Shape* Sisters, Kim says, "I have found inner peace and developed a greater appreciation for good health and a reverence for a balanced lifestyle."

Jolie Dunham: Fighting Spirit

Jolie Dunham's life was at a peak after her makeover. She was in the best shape ever, and her acting/singing career showed promise. She got callbacks for Broadway roles, and though she didn't land a part, she was thrilled about the chance to try out.

Less than a year later, though, Jolie suffered injuries to her neck and back in a car accident, and her health and career were in jeopardy. "The year following the accident was tough. For weeks, I couldn't do anything because of the pain, and I felt depressed," she says. Finally, her doctors gave her two options: Either have surgery to relieve the pain (and risk damaging her vocal cords) or learn to live with it. Jolie didn't want to chance hurting her voice, so instead, she sought treatments like acupuncture and massage and did strength-training exercises with a physical therapist. It took her a year to return to her regular workouts, but she says the effort was worth it because it made her stronger, mentally and physically.

However, after years of doing the same routine, Jolie found her interest in fitness waning and craved something different. When her son, 14, started taking tae kwon do, she was so intrigued by its teachings that she enrolled in an adult class. "It has really helped me find my focus," Jolie says. "I feel strong and empowered, and kicks have done more to shape my legs and butt than anything else!" She hopes to earn a black belt within the next three years.

"My *Shape* Sisters called, sent letters and helped keep my spirits up." – *Gloria Zuroff*

Jolie admits it's been hard to be in the entertainment business, where thinness is valued over fitness, but she says, "I finally got tired of it and wanted to get in shape for me." She also accepts that obstacles to maintaining her fitness are inevitable, but says, "If I can't work out for a while, it'll be tough. I'll feel out of shape, but I'll forgive myself and get back to it."

Gloria Zuroff: Weight Wise

When Gloria Zuroff first appeared in Success Stories in 1991, she'd gained 45 pounds after a lifelong battle with anorexia. She ate healthfully and ran five to six miles, weight trained and stair climbed every other day. Canyon Ranch experts advised Gloria to include yoga, stretching or a relaxation activity in her workout schedule. "At first, I thought, 'How will my body benefit from yoga?' but after trying it, I learned that even stretching was a workout," she says. Gloria found it also helped her to keep her mind centered at her high-stress job as a hospital lab director and through a divorce. She finally felt in control of her well-being, and as the years went by, her bond with her *Shape* Sisters grew stronger.

Then in early 1996, Gloria fell at work, injuring her back. Her doctor's diagnosis: a herniated disc, which required surgery. "I couldn't work out during the weeks after the surgery, I was in so much pain," she says. Her doctor recommended yoga and stretching. Left weaker when the pain subsided, Gloria hired a trainer who helped her design a weight-training program to rebuild her strength. Six months later, she felt strong and healthy again. During her recovery, she stayed in close contact with her *Shape* Sisters. "They called, sent letters and helped keep my spirits up," she recalls.

Gloria believes that the yoga and stretching techniques she learned at Canyon Ranch have helped her stay in touch with her body and heal faster when she was faced with health problems. Today, her doctor has declared her 100 percent healthy. Gloria says, "I believe that I've achieved my body's set weight and that as long as I'm healthy, I'm happy."

Jolie Dunham, 43, New York

Workout Schedule
Kickboxing classes: 60 minutes/4 times a week
Tae kwon do: 60 minutes/2 times a week
Weight training: 30 minutes/3-4 times a week

Maintenance Tips
1. Whether it's weight loss, training for an event or just being more active, know your goals.
2. Make a fitness game plan and stick with it. Have a backup plan in case something falls through.
3. Find a workout activity that you love so you'll want to do it.

Gloria Zuroff, 44, Utah

Workout Schedule
Running: 4-5 miles/3 times a week
Weight training (with videos): 45 minutes/2 times a week
Yoga: 60 minutes/once a week
Stretching: 10 minutes/daily

Maintenance Tips
1. Make your health a priority and take better care of yourself.
2. Fad diets won't help keep the weight off. You have to eat less and exercise more.
3. Stretch daily. It may seem like an effort, but you'll always feel more energized afterward.

SHAPE
October 2001

beyond food and WEIGHT

weightlossdiary

In life, there is no "before" and "after," only now. By Courtney Rubin

I never did become the "after" picture. My two-year weight-loss journey with *Shape*, which was a year longer than originally planned, is ending this month and I've still got a good 15 pounds or so to go.

But I'm finally living that amazing and now not-so-mysterious thing they call the healthy lifestyle. I don't feel right if I haven't exercised, and the other day I took a quiz at the doctor's office about my diet and was told the only thing I needed to do was drink less diet cola! And even with pounds left to lose, now my weight is, I hope, not the first thing people notice when they meet me, although I know friends would insist that even at my heaviest, it never was.

stats then

month 1 Height: 5' 8"
Weight: 206 lbs: Body fat: 34%

month 18 Weight: 182 lbs.
Net pounds lost: 24

month 24 Weight: 180 lbs.
Net pounds lost: 26

These past two years I've learned a lot about carbs and cardio, weight lifting and planning. But what I really learned was that no matter how much weight I lost, I never lost the image of myself as overweight. I'm still convinced people are snickering about "that fat girl" running a marathon, or shaking their heads when I order dessert.

So for my final assignment, I joined 34 other women at *Shape*'s Body Positive workshop at Canyon Ranch. I've spent my entire life looking around to see if I'm the heaviest person in the room, so I wasn't expecting a new body image in four days, and I didn't get one. What I got was a reminder, once again, of how little my being overweight actually had to do with food. I know that sounds crazy because, of course, food is what packed the pounds on. But I ate because I couldn't stand up for myself (eating out of exhaustion, because I felt I could never say no to anyone); because I couldn't tell people how I felt; because I didn't know any way to be nice to myself besides white cake with butter-cream flowers. Being overweight, for me, was about demands that were too high and resources that were too low.

At Body Positive, we spent a little bit of time talking about food, but far more talking about how to get what we need from the people in our lives and how to put ourselves first, at least some of the time. Those four days I met the sort of (thin) people I might have met at a party and thought they had it all, but who, it turned out, struggle with some of the same food and weight issues I do.

now

month 25
Weight: 176 pounds
Body fat: 27% (And I was congratulated by the technician for my above-average lean body mass – that means muscle!)
Net pounds lost: 30

Editor-in-chief Barbara Harris (left) with Courtney at the Body Positive workshop.

It's hard to sum up the past two years without sounding like one of those lame high-school yearbook messages (stay sweet, love you always). So I'm forced to focus on a laundry list of achievements: Ran two marathons. Dropped nearly four sizes. Tried rock climbing, tennis, Pilates, yoga and hiking. And I can tell you that almost every relationship in my life has changed (some, unfortunately, not for the better).

Keeping a public journal about food, weight and the emotions I've spent my life wrapping around the two meant that I could never stop thinking about them for very long. I've spent the past two years immersed in the reasons I eat, trying to understand them so I can be free of them. Now, after working on these issues first in my life, it's time to hope I've come far enough to let food and weight fade into the background, where they belong, and to fill that space in my life with something else. I'm looking forward to it.

NEW DIARY DEBUT

If you've enjoyed reading Courtney Rubin's Weight-Loss Diary, look for the beginning of a new adventure in weight loss in the January 2002 issue of *Shape*. In it, you'll meet Jill Scherer, a 38-year-old writer who, like Courtney, will share her personal story in monthly installments throughout the coming year. In addition to a 40-pound weight-loss goal, Jill wants to age healthfully, feel comfortable in her skin and take advantage of all life has to offer (besides cheese-smothered nachos).

NEW YORK TIMES
NEW YORK, NY
TUESDAY 1,149,700
SEP 25 2001

NEW YORK TIMES
(NATIONAL EDITION)
NEW YORK, NY
TUESDAY 248,860
SEP 25 2001

A NATION CHALLENGED: The Impact on Transportation

THE DESTINATIONS

Empty Hotels and Ships Offering Lots of Discounts

By MILT FREUDENHEIM

A growing number of hotels, resorts and cruise lines around the country are cutting rates and offering special deals in hopes of luring back thousands of customers who abruptly canceled air travel plans after the Sept. 11 terrorist attacks. Some hotels say the promotions are beginning to pay off, but there are still plenty of empty rooms.

Hotels are offering discounts of 20 to 40 percent from usual room prices. Casino hotels in Las Vegas are going further, offering rooms listed at $300 for as little as $99 a night. Cruise lines, casinos and spas are shifting advertising to reach regional customers who can drive or go by train or bus to ports and resorts.

In Boston, **Best Western** Roundhouse Suites is offering 20 percent off its regular rate, said Dean Maki, the general manager. He said his hotel had lost 35 to 40 percent of its September business. And **Carnival Cruise Lines** has cut the price of some seven-day trips departing from Boston by $50.

"Our industry is in dire straits," said Betsy O'Rourke, senior vice president of the Travel Industry Association, a trade group in Washington that plans to meet today with Commerce Secretary Donald L. Evans to plead for quick government action to try to restore confidence.

"If the American people don't get back to traveling, to normal life, a number of these companies won't be there to serve them," Ms. O'Rourke said. Indeed, a few small travel agencies have already shut down, unable to continue in the face of cancellations and disappearing cash flow. One agency, Accent Travel, in Longmeadow, Mass., outside Springfield, closed on Friday.

Travel industry spokesmen said it could take months to get some people airborne again. Josephine Garrett, a Fort Worth lawyer, said she had canceled a long-planned trip to Egypt and Jordan. "I decided this was not the time to travel in North Africa or the Middle East," she said.

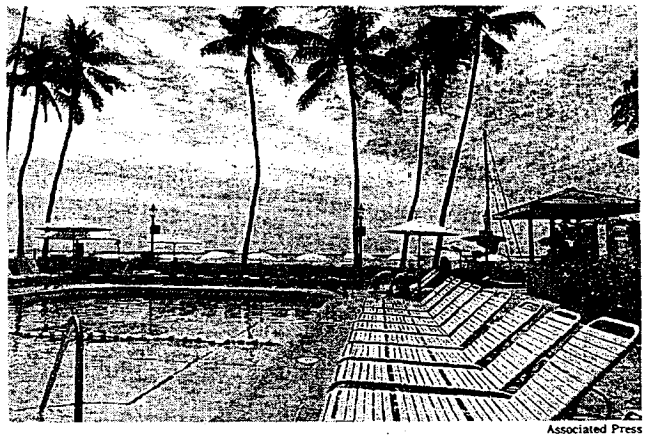
Even as they feel the pressure, some tour packagers and cruise lines have forced reluctant customers to travel by refusing to allow changes in plans or to give refunds. Ray O'Hanlon said his wife's parents were unable to cancel their departure on a Middle East tour yesterday because the tour operator said they would lose their $7,200 payment if they did not go. But other vendors have agreed to provide refunds or hold deposits for future trips.

Business travel, already weak, has dropped further — with some companies temporarily prohibiting trips by air. "I've canceled all my future travel for the time being," said Kevin Klein, who runs KK Solutions, an information technology service in Los Angeles. "I run a hands-on business. I just can't afford to get stuck somewhere."

Cancellations, mainly from New Yorkers, reached 20 percent at Canyon Ranch in Tucson. "We persuaded 67 people who canceled in Tucson to book at our Lenox, Mass., resort," within driving distance of New York, said Harley Mayersohn, a marketing vice president.

Sarah Boardman, who runs a five-room bed and breakfast in Townshend, Vt., said she had had 20 cancellations from West Coast and Southern clients, just as the fall foliage season is approaching. But she said New Yorkers were replacing some of the lost business.

Car rental companies, which do a big share of their business at airports, are also promoting discounted rates. Trying to make up for the sharp reduction in arriving fliers, **Budget Rent-A-Car** is offering intermediate and full-size vehicles at $29.99 a day and $139.99 a week at its downtown and suburban counters in many cities, and Ford Ranger pickups for $19.99 a day and $99.99 a week — all substantial discounts. In the New York area, Budget is offering the price cuts at the airports but not in the city and suburbs.



Associated Press

Empty chairs beside the pool at the Moana Surfrider Hotel in Honolulu last week. Price incentives to win back travelers are having mixed results.

Avis is running a promotional $25 daily rate on compact cars.

Hertz is still "taking stock" and trying to decide on "a proportional response," a spokesman, Rich Broom, said.

Las Vegas hotels, where 90 percent occupancy is considered normal, are reporting as much as 40 percent of rooms vacant, said Erika Brandvik, a spokeswoman for the Las Vegas Convention and Visitors Authority.

Alan Feldman, senior vice president of the **MGM Mirage** group, said planes were arriving with passenger loads at 30 percent. "The room rates in Las Vegas are as low as anyone has seen in years," he said. The Bellagio, a MGM Mirage hotel, is offering midweek rates starting at $159 in rooms that usually cost $300, he said. The Mirage has weekday rooms at $99.

Across town, the **Mandalay Resort Group**, which owns five Las Vegas hotels, including the Mandalay Bay, Luxor and Circus Circus, sent online messages advising more than 250,000 former guests of price cuts. "They are beginning to take us up on the offers," said John Marz, a senior vice president of Mandalay.

Michella Ranft, a marketing assistant in Chicago, saw a newspaper article about low prices on National Airlines, which has financial ties with the casinos. "I looked it up on the Internet," she said — "$64 round trip for planes leaving Tuesdays. I couldn't pass it up." Then she found the e-mail offer from Mandalay Bay, where she had stayed three years ago: $89 a night. "That just confirmed my plans," she said.

T. J. Bretz, a construction engineer in Linwood, Wash., and his wife, Stacie, had already reserved rooms at the Mandalay Bay early next month for their annual Las Vegas visit. He plays golf, Ms. Bretz said, "I just shop all day." She added, "We canceled our original plans and rebooked at the better price."

In Park Ridge, Ill., outside Chicago on Sept. 11, Mary Ujhelyi was meeting with seven fellow golfers to plan their annual trip when they heard about the terrorist attacks.

"Every year we go to a different place: Hilton Head, Tucson, Napa," she said. "We put together a little tournament and an awards banquet, with prizes for first through eighth place. Last year, we went to Sea Island, Ga." Her group, the Ridge Rovers, decided to go ahead with reservations for next year, when they will try four golf courses at Disney World.

"I hope we don't let a handful of people dictate how we live," Ms. Ujhelyi said.

NEWSDAY (NASSAU EDITION)
LONG ISLAND, NY
SUNDAY 565,979
SEP 30 2001

TRAVEL
travel@newsday.com
Sunday, Sept. 30, 2001

Sticking Close To Home

FOR PLANE-WARY TRAVELERS, THERE ARE PLENTY OF SPOTS WORTH DRIVING TO FOR UPCOMING VACATIONS

By Barbara Shea
STAFF WRITER

DEEP ROCKIES POWDER and sunny tropical beaches beckon. Airlines insist flying is safe. But for many New Yorkers, nearby Pennsylvania Dutch farms and New England inns seem a better choice for family getaways in this unprecedented time. "The nation is still grieving, plus we have a very struggling economy and concerns about airline security," said AAA's Jerry Cheske. "Put these things together and they have a negative impact on at least one segment, if not all segments, of travel. How long this will last is difficult to say. But all these concerns won't go away at the same time. I do think in the short term people are switching to auto travel, as well as Amtrak and motorcoaches."

In the densely populated Northeast, where the annual leaf-peeping pilgrimage will peak as usual next weekend with Columbus Day, spur-of-the-moment bookings from New Yorkers saying "we just had to get away for a few days" have helped keep rooms filled after the Sept. 11 terrorist attacks. But travelers' decisions have been as erratic as their feelings.

Hoteliers say cancellations generally have come from groups, foreign tourists and "distant-domestic" travelers. But some lodgings have already felt the need to recoup losses by offering discounts — a first ever during October for the venerable Red Lion Inn in Massachusetts' Berkshires. Other places, however, have reported an unexpected groundswell. The mom-and-pop Under Mountain Inn in Connecticut's Litchfield Hills said bookings recently have "increased mightily."

Thanksgiving and Christmas inquiries typically don't surge until mid-October, but some innkeepers — perhaps optimistically — predict this year's might be sooner.

"I have a feeling repeat guests are going to make plans a little earlier than usual," said Harley Mayersohn, marketing vice president of Canyon Ranch, which has switched dozens of New Yorkers who were scheduled to fly to its Tucson, Ariz., resort this fall to its Berkshires outpost in Lennox. He expects bookings for the resort's best-selling parent / child package to increase this season, too, with families looking for "a place of sanctuary, comfort and healing." At both Canyon Ranch locations, he said, "People connect very strongly, not only with the staff but with each other. That's the norm, and my sense is that over the holidays that might even be exaggerated somewhat."

Once travelers know that bookings are slow many places, however, some are bound to wait until they're in more of a traveling mood. Drivers' decisions often are weather-dependent, said Cristina Lussi, who with her sister and brother runs the Lake Placid Resort, which her parents built in 1969. "Someone says, 'Hey, honey, it looks like a nice weekend; let's run up to Lake Placid,' " Lussi said.

If you don't have a car, or would like to leave the driving — and the itinerary-planning — to someone else, you may find more group getaways available this season. "We have the world in and around New York, and we're doing everything we can to make you feel you're still part of the world and you're still traveling," said Batia Plotch, director of travel for Manhattan's 92nd Street Y, which has canceled some international tours but added or enhanced local and regional excursions, some with varied ethnic focuses.

With the exception of palm trees, just about anything travelers might look for on a late fall / winter trip is available within a five-hour drive of the New York metro area. And you can probably even find a palmetto or two decorating some indoor pool areas. Whether you seek solace at a quiet inn, amid the din of a gambling casino or in the varied activities of a busy resort, you can find it in New York and neighboring states. Here are some suggestions.

Where Is Everybody?

After the attacks, travel firms and resorts scramble to survive

OCTOBER 2001
TIME BONUS SECTION
YOUR BUSINESS

BY FRANK GIBNEY JR.

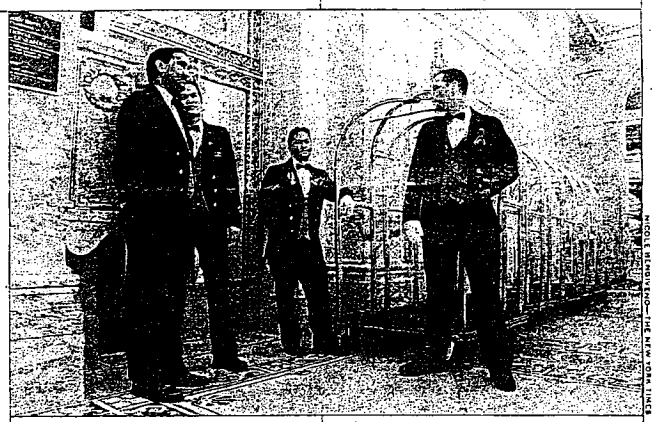
THE SUICIDE BOMBERS WHO STRUCK THE WORLD Trade Center may not have brought down America's financial markets, but they would be pleased about the effects of their handiwork if they could pay a visit to Disney World today. Or the Las Vegas strip. Or the beaches of Hawaii. Everywhere there are signs of economic fallout: no lines, cheap tickets.

The $582 billion annual income of the U.S. travel industry is bigger than the entire federal defense budget. And it has been brought to its knees, reduced to begging for government handouts and wooing potential tourists with outrageously attractive deals. At the grand Fontainebleau Hilton in Miami Beach you can get a $450 room for only $200 a night. Universal Studios will let regional customers into its Orlando theme park for two days and throw in a room for two nights—for $99. Budget is offering daily rentals for as little as $19.99.

But even these bargains are unlikely to lure some Americans back onto planes and into casinos until they feel their lives are secure. And no one knows when that day will come, in a war against an invisible enemy with a front line that could be in Afghanistan—or Albuquerque. "Tourism and travel are at financial ground zero," says Andrew Hodge, chief U.S. economist at the forecasting firm DRI-WEFA, who figures absent foreign tourists alone could account for around $10 billion in losses in the fourth quarter.

Over the coming months, the travel industry will be transformed. There will be new alliances among travel agencies, tour operators and resorts. Marginal operators—of airlines, cruise lines, hotels and attractions—will go out of business. (Midway Airlines and Renaissance Cruise Lines became early casualties last month.) Perhaps hardest hit are the country's travel agents, already weakened by a squeeze on commissions and tough competition from Internet-based booking operations like Expedia, Priceline and Travelocity. According to the American Society of Travel Agents, its 20,000 corporate members are losing at least $70 million a day.

Yet in every corner of the industry, those who survive stand to pick up more business than ever once travel resumes. So the search is on for survival strategies. Discounts and cost cuts are two classic responses. But travel businesses are also shifting their marketing focus to regions and customers most likely to spend during these unsettling times. Balancing all that and maintaining high levels of service will be tougher than ever. Here are some key tactics:



THE PLAZA HOTEL At a New York City landmark, the ratio of service staff to guests has soared in recent weeks

CUT PRICES

Deep discounts are a devil's bargain. If companies slash prices, will they generate enough extra traffic to offset the loss of revenue per customer? Immediately after the attacks, airlines avoided discounts, figuring that anybody still interested in flying would pay top dollar. Now they are discounting in the hope of filling planes. Before Sept. 11 airlines needed to collect between 10¢ and 12¢ a mile for each seat to break even, but now that has gone up 30%.

Rob Powers, a vice president of the Las Vegas Convention and Visitors Authority, says 20%-to-50% room and airfare discounts have boosted occupancy rates from a low of 67% on the weekend after the attacks to more than 75% a week later, but that's still 20% off the normal weekend level this time of year.

RETHINK YOUR COST STRUCTURE

New security measures will cost everyone, but nobody more than the airlines, which should take a page from Southwest Airlines' playbook and cut costs ruthlessly—without sacrificing friendly service.

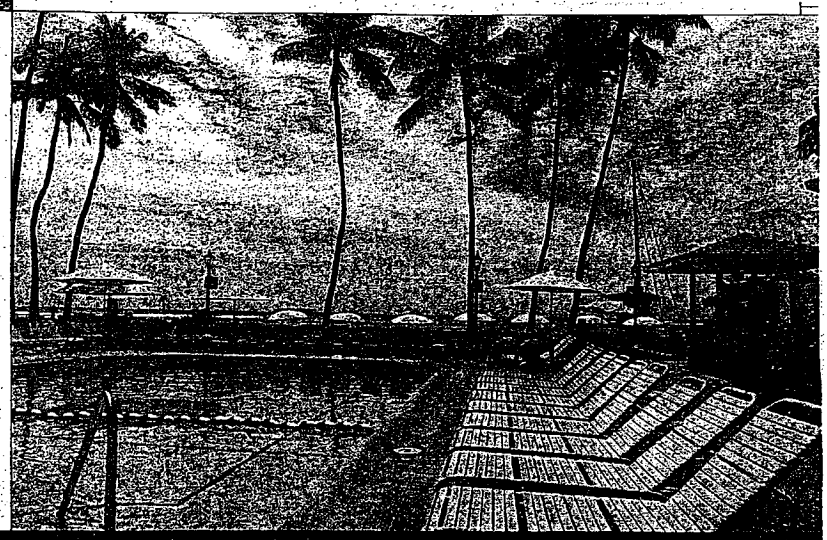
Colorado's Crested Butte ski resort, which depends on airlines for most of its bookings, is postponing opening day until Dec. 15 to save payroll costs.

Park Place Entertainment is postponing construction of a $475 million tower at Caesars Palace. Starwood Hotels has postponed a $100 million renovation at the St. Regis in San Francisco.

REDISCOVER YOUR BACKYARD

Amid today's widespread fear of flying, any resort that depends on airlines for more than half its bookings (Disney World, for instance) should focus fresh attention and advertising dollars on potential visitors within driving distance. Visit Florida, the Tallahassee-based official tourism marketing

agency for Florida, will allow its entire $2 million emergency budget to be used for in-state advertising, and the Greater Fort Lauderdale Convention and Visitors Bureau has launched a massive direct-mail campaign throughout the Southeast. Las Vegas is directing a $13 million advertising effort at markets within a 750-mile radius. One week after the terror attacks, the management at the tony Canyon Ranch spa persuaded 67 East Coast–based guests who would have canceled flights to its Tucson, Ariz., resort to drive instead to the branch in Lenox, Mass.



HONOLULU **Occupancy rates at the Moana Surfrider plunged as wary vacationers avoided flying and spending**

Bargains [illegible] back to resorts until they feel secure

LAS VEGAS **Tourism authorities are spending millions to lure players who live within driving range**

■ FIND GOOD PARTNERS
A well-thought-out partnership could be a smart way to weather this storm and develop new markets that will continue to pay off in better days. Amtrak has dozens of requests from hotels and travel agents for promotion and package trips, particularly in the Northeast corridor.

Coach USA, based in Houston, a billion-dollar-a-year charter-bus line that most consumers have never heard of, is trying to expand its business through cross promotions with online travel packagers Lowestfare.com and Expedia.com. Resorts from Maine to Colorado are pulling back their far-flung ads to aim at drive-market customers, while Coach USA is beefing up its national advertising campaign. "This is totally new territory for the whole industry," says Lee Schissler, Coach USA's senior vice president for national marketing and sales.

■ FIND YOUR NICHE
Among the more fearless travelers are retirees who want to see the world before they die. Enter companies like Tauck World Discovery and Far&Wide Travel, which offer planned individual and package vacations for an upscale clientele. Following the Sept. 11 attacks, 7,000 Far&Wide clients canceled upcoming trips. CEO Phil Bakes furloughed a third of F&W's employees and put its eight overseas offices on a reduced workweek. Since then, 80% of the cancellees have reupped. As of last week, new bookings had bounced back to 50% to 60% of normal.

■ DO IT ONLINE
Amid all the dotcom disasters, online booking services are proving to be excellent clearinghouses for tour operators and resorts. Expedia, Priceline and Travelocity all became profitable this year. Although their businesses have been hurt since the attacks, analysts point out that their low cost structure gives them long-term advantages. Expedia, currently 70% owned by Microsoft, just inked a partnership with online retail powerhouse Amazon.

■ IT'S THE CUSTOMER, STUPID
While cutting costs, travel companies have to make sure that they deliver great service. And they have a special opportunity to do that during a period when the ratio of employees to customers is unusually high. An exception that proves the point: One of the few companies benefiting from the downturn is Amtrak, whose ridership has increased 15% since the attacks. But the rail service's chronic delays and often brusque employees are unlikely to bring many passengers back once good times return. —*With reporting by Leslie Everton Brice/Atlanta, Desa Philadelphia/New York and Margot Roosevelt/Los Angeles*

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NEWSWEEK
NEW YORK, NY
WEEKLY 3,228,231
OCT 8 2001

SPECIAL REPORT
Newsweek
October 8, 2001 • $3.95
newsweek.msnbc.com

WAR ON TERROR: Culture

Us, Before the Crash—And Since

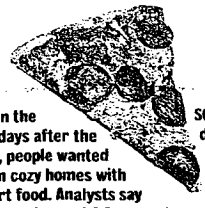
For many, the impact of Sept. 11 was intangible: it exposed our vulnerability and crept into our dreams. But in tiny ways we comforted ourselves. Through our daily decisions we can measure the effect.

FROM LEFT: ROCKWELL FREEDOMKEY; THE CURTIS PUBLISHING CO.; AGENCY P

CRIME: Down 14 percent in New York City from the same two weeks last year; in Washington, D.C., crime was down 23 percent for the first week.

SHOP THERAPY: At Neiman Marcus nationwide, Manolo Blahnik reports that shoe sales for the week of Sept. 17 were up 7 percent over last year.

GETAWAYS: Canyon Ranch's Tucson, Ariz., spa is hurting, but New Yorkers are flocking to its Berkshires satellite, where occupancy is 25 percent higher than usual.



FOOD: In the seven days after the attack, people wanted to be in cozy homes with comfort food. Analysts say pizza sales jumped 3.2 percent from the week before.

SOFTWARE: Sales of virus-detection software were up 45 percent from the week before, and disk-backup sales jumped 137 percent, reports analyst NPD Group; PC games dropped 15 percent.

FITNESS: Membership applications at Crunch, a nationwide chain of gyms, are up 29 percent from this point in 2000; actual gym usage is up 19 percent.

BIBLES: During the third week of September, Bible sales rose 28 percent at Family Christian Stores. All its stores sold out of books on Islam.

GEAR: GasMaskExpress.com, launched after the attacks to capitalize on demand, sold more than 3,000 top-of-the-line Advantage 1000 gas masks ($200) in three days.

'HEIGHTSEEING': Now that tall buildings are targets, the Empire State Building's observatory is open sporadically. The Sears Tower's is closed indefinitely.

VHS/DVD RENTALS: Up 30 percent in the week of the attack and 26 percent in the second week, according to the Video Software Dealers Association.

BARS: Patronage at New York's Russian Tea Room fell 50 percent, and vodka consumption has slipped even more. Instead of 120 bottles a week, it's emptying 24.

RISE UP SINGING: Radio stations spun the country anthem 'God Bless the U.S.A.' 2,605 times the week after the attacks, up from just 47 the week before.

DIVORCE: In the wake of the tragedy, family became a national priority—in 10 days 400 Houston couples withdrew their divorce documents prior to court proceedings.

TRAVEL: With people hesitant to fly, ridership on Amtrak is up 15 percent from this point last year; Metroliner and Acela Express services are up 20 percent.

SERVICE: From Sept. 11 to Sept. 25, the CIA received 9,766 job inquiries; over the same period in 2000 it processed 2,760. Résumés for its 'clandestine services' tripled, from 100 in an average week to more than 300.

GUNS: Two major gun sellers, RSR Wholesale Dist. and Sports South Inc., report that handgun sales have jumped 15 to 20 percent nationwide since Sept. 11.

PSYCHICS: The American Association of Professional Psychics reports that callers seeking advice increased from 715 a day the week before the attacks to 1,120 a day the week after.

FAITH: St. Patrick's Cathedral in New York has added five or six masses weekly; vigil-candle sales are up 30 percent.

TIMES-PICAYUNE
NEW ORLEANS, LA
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Healthbriefs

'Fit' to be tried by Dress for Success

The non-profit organization Dress for Success, which helps low-income women make tailored transitons into the workforce by providing business dress and image consultating, is getting beyond the basic pump and into pumping iron. Fit for Success is an exercise, fitness and nutrition program offered at the Downtown Fitness Center at New Orleans Centre. The third annual benefit breakfast for Dress for Success New Orleans is Sept. 13, 8 until 9:30 a.m. Reserve tickets ($40) by calling 569-8467.

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Six ways to make 100

The 'Canyon Ranch Guide to Living Younger Longer' makes some suggestions for achieving longevity:

1. **Work hard through life**; never functionally retire.
2. **Keep playing** — exercise for fun and leisure.
3. **Maintain social connections** and make new ones.
4. Cherish and **preserve your independence.**
5. **Believe in something bigger** and better than yourself.
6. **Stay in contact with the young** and share your wisdom.

THE WALL STREET JOURNAL.

WEEKEND JOURNAL.

FRIDAY, OCTOBER 19, 2001

In Search of Safe Havens

Dude ranches. Battlefields. Un-chic beaches. Anxious travelers are trying some new vacation spots. Which ones are worth the trip?

By NANCY KEATES and MICHELLE HIGGINS
Staff Reporters of THE WALL STREET JOURNAL

DAVID GREEN is many things, but he is not a "dude." Yet the 60-year-old Los Angeles accountant just canceled plans for a tour of Italy's lush Amalfi Coast in favor of a vacation smack-dab in the middle of nowhere: a 20,000-acre dude ranch in Wickenburg, Ariz. "There's a sense of security," says Mr. Green. "Wickenburg isn't exactly a target."

Jittery Americans are returning to the skies, but they're on a very different flight path these days. In Florida, the steamy nightlife of Miami's South Beach and thrill of spotting Mickey in Orlando are being overtaken by more sleepy attractions along the state's Gulf Coast. Instead of Washington, D.C., where the Capitol is closed to visitors, history buffs are taking their families to Mount Rushmore (visits are up nearly 10% over last year), and the battlefields of Gettysburg (up 7.5%). And while many Caribbean resorts struggle, Canyon Ranch in Massachusetts' Berkshires is full, with capacity 20% above the resort's own fall forecast.

Even the travel industry is taken aback by how quickly people are singling out new vacation spots—and shunning (Please Turn to Page W4) areas where they once flocked. The shift may not last, but at least for now, travel pros say "getting away from it all" has a whole new meaning. Beyond rural and secluded, people want vacation destinations they can escape to as well as escape from (read: it better be near a major highway). If they're going abroad, they prefer English-speaking countries far more than before. Exotic is fine—next year.

Of course, the travel industry as a whole is still a long way from recovery. U.S. airline traffic was off 28% during the first two weeks of October, but that's an improvement over the last two weeks of September, when traffic slid 40%. Nearly three-quarters of 800 travelers polled by Yesawich, Pepperdine & Brown say they're going ahead with planned trips. And Carlson Wagonlit Travel reports that more than 70% of its agencies are seeing higher bookings than in the week after the attacks.

Though it's still a big factor, fear of terrorism is only one reason for the shift in destinations, travel experts say. Topping the list is the weak economy, followed by a desire to avoid airport delays caused by all the extra security measures. "What people are really looking for more than ever right now," says Bear Stearns & Co. analyst Jason Ader, "is a good deal, and somewhere they feel safe."

Of course, safety doesn't always mean what it used to. Papua New Guinea is so crime-ridden the State Department has issued a "primer on personal security" for U.S. visitors. But for Margo Weinstein, who works in Chicago's Sears Tower, a two-week kayaking trip sounded like the perfect escape. She says: "I feel safer there."

Below, some of the destinations Americans are discovering in this new climate:

The New Florida

YOU'LL FIND BOOGIE BOARDS with Confederate flags instead of celebrity-rimmed swimming pools there, but a surprising number of travelers are favoring Florida's more provincial Gulf Coast over its glittery Gold Coast. Industry figures for just the week of Oct. 6 reflect the shift: In Tampa, hotel occupancy was 54%, relatively unchanged from a year earlier, while occupancy rates have fallen about 30% for both Miami and Orlando, according to Smith Travel Research.

Vacationers from the Midwest have long flocked to the roadside motels of the cheaper, homier western coast, but it's been less popular than the east coast with many European and Northeast visitors. "It's a non-threatening environment," explains Steven Seiavitch, a sales and marketing executive who plans to spend a few weeks this winter in Pensacola, a port town where typical weekend events include a bird-watching tour and an arts show at the Cordova Mall.

But the region's big appeal may be its global obscurity. Robin Krilyk, a Canadian student, still plans to visit her sister in Tampa over Christmas, but she's skipping her annual side trip to Orlando. Disney World will lose out to the west coast's Busch Gardens, she says, because "there's no reason to push" her luck.

Safe Havens: Dude Ranches, Remote Inns

Taking refuge: *riding horses at the* **Explora Lodge** *near San Pedro, Chile.*

The Middle of Nowhere

PODUNKVILLE IS SUDDENLY looking good. From leafy retreats to ranches, more travelers are choosing solitude and seclusion over big-city hot spots. Hotel occupancy may be down 26% in both Boston and Oahu, but Oklahoma travel has inched up and dude-ranch bookings have soared 65% on travel site GORP.com since Sept. 11. As Richard Shultz, president of the Arizona Dude Ranchers Association, puts it: "Who's going to drop a bomb in an unpronounceable city on the Mexican border?"

Major tour operators are shifting gears accordingly. Butterfield & Robinson, a hiking and biking tour operator, scrambled to come up with interesting trips for over 100 travelers who had booked trips to places like Vietnam and Europe but now didn't want to travel so far from home. The solution: hikes in the Grand Canyon and a tour through the antebellum South along a historic Indian trail. The company is now working on increasing trips next year to places like Newfoundland, Nova Scotia and the wilds of British Columbia.

Of course, there are some drawbacks to being in the middle of nowhere. Along with not having major newspapers, TVs or often a room phone at many ranches, cellphone service isn't exactly crystal-clear in the Grand Canyon. And few are close to anything: Rancho de Los Caballeros, Mr. Green's destination in Wickenburg, is a 90-minute drive from the nearest airport.

History Revisited

AS PATRIOTISM GRIPS the country, national monuments, battlefields and other historic sites are rebounding faster than many other travel destinations. Dallas-based History America Tours reports that most of its trips are filling up, with one, a Fall 2002 "March Through Georgia," already sold out. "People are looking for a quiet place, where CNN isn't blaring all the time," says John Howard, superintendent of Antietam National Battlefield in Maryland. Tourists are seeking to connect Sept. 11 to history, he says, and are "reassured to remember we've gone through these kinds of times before and come out a better nation."

These trips offer simpler pleasures. Bill Plant, a retired history teacher from Pacific Palisades, Calif., just returned from a "Robert E. Lee in Virginia" trip, where he visited the general's homes and battlefields. "Here in La-La Land we are pretty disconnected. But on that trip, in the East, everyone was really involved." Indeed, he says, the group broke into renditions of "God Bless America" and "America the Beautiful."

Spas

IT MAKES SENSE that travelers would be seeking R&R right now, and destination spas, particularly those within about a three-hour drive of major cities, are practically booming. Though some of the more remote spots suffered downturns just following the attack, most have bounced back. Canyon Ranch in Tucson, Ariz., fell to 45% occupancy the week after Sept. 11, but it has since recovered to near 80% occupancy. Its sister property in the Berkshires, convenient to New York and Boston, is nearly full. "These places are like adult camps," says spa consultant Frank Van Putten. "Hotel rooms make guests isolated—these places have you constantly interacting with other people."

But it hasn't taken long for spas to spot a new niche, adding a new line to their menus of seaweed wraps and salt rubs: therapists. The Oaks at Ojai, for example, now has "Coping Through Difficult Times" seminars which feature advice from doctors. The Four Seasons Resort in Punta Mita, Mexico is laying it on thick with twice-daily massages for those who buy a $300-a-night "Renewal in Heaven" four-day package. And for $90, guests at Relax Now Day Spa in Memphis get an "All-American Oxygenating Facial;" $10 goes to the Red Cross.

For some, there's guilt that goes along with being pampered in troubled times. Raeanne Jones went to California's Ojai Valley Inn & Spa north of Santa Barbara on Sept. 16 to celebrate a friend's upcoming wedding but says she "felt awkward" about indulging herself when so many people have suffered. And as relaxing as spas are, most rooms still have televisions, making for tense, news-filled evenings.

The Ends of the Earth

DESTINATION: NO MAN'S LAND. That kind of itinerary sounds appealing right now to a handful of U.S. travelers looking for an escape from the mood at home. Travel agents say most far-flung business is still to English-speaking destinations such as Australia and New Zealand, where the dollar is strong, but safaris are also holding steady in East Africa.

But South America, which was already becoming big with the adventure-travel crowd, is now looking even better to tour operators. One outfit, Mountain Travel Sobek, is adding hiking trips to places like Peru and Chile as alternatives to its usual treks through Turkey and Nepal. And, since Sept. 11, Abercrombie & Kent has seen bookings to the region increase by about 10%.

A little closer to home, Alaska's peak season may be over for this year, but Princess Cruises says business is holding steady there. Nahanni River Adventures says its December dog-sledding weeks are already 70% full. And Mackay Lake Lodge, just 150 miles from the Arctic Circle, says it's getting more calls than usual. "We're in the Land of the Midnight Sun," says owner Gary Jaeb, whose lodge touts electricity and indoor plumbing. "We must be perceived as safe."

—Lisa Gubernick contributed to this article

Holiday Discounts

Discounts during the Christmas season used to be unheard of in the travel industry—until now. Below, a selection of cut-rate deals from vacation hotels and resorts in all different price ranges:

RESORT/LOCATION	DISCOUNT	COMMENT
The Phoenician, Scottsdale, Ariz.	As much as 42%	Applies through Jan. 6 on standard rooms. But even after the heavy discounting, still $345 a night.
Le Parker Meridien, New York City	As much as 70%	The discount is for the second half of December, and there's nearby shopping on Fifth Avenue.
Hyatt Regency Resort & Casino, Las Vegas	Gas money refunded	Located a short drive from the Vegas strip. Guests who pay eligible rates get up to $70 gas rebate between mid-November and early January, except New Year's eve.
The Ritz-Carlton, St. Thomas	50%, second room free	For American Express cardholders during the week of Thanksgiving and late December. One attraction: daily iguana feedings.
Sheraton Grand Hotel & Spa, Edinburgh, Scotland	44% off standard rooms	Hotel has a deluxe spa, which includes a Clarks room and hydrotherapy pool. Good thing it's indoors: Edinburgh is cold and rainy in December, and the sun sets at 3:30.
The Ritz-Carlton, Tysons Corner, Va.	11%	Discount is for one-bedroom suites. Guests also get $50 gift certificates for nearby Saks Fifth Avenue.
Stonepine Estate Resort, Carmel Valley, Calif.	30%, free dinners	Good for some suites on Thanksgiving, Christmas and New Year's Eve. Includes caroling and eggnog. Still, even after discount, the cheapest package is $3,310 for four nights.
Atlantis, Paradise Island, Bahamas	Up to 61%	Some spa facilities are closed for renovation through Dec. 15. Discount depends on departure point.

Getting away: *a massage at* **Ojai Valley Inn and Spa.**

METROSOURCE
NEW YORK, NY
5-TIMES/YEAR 30,000
SEPTEMBER 2001

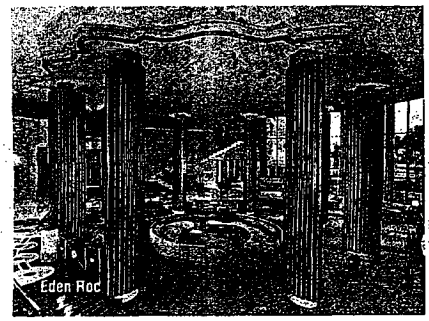
body fitness & grooming

SPECIALTY

By Eric Andersson

SPAS

These four pleasure spots each offer a special treatment designed to make you feel like new.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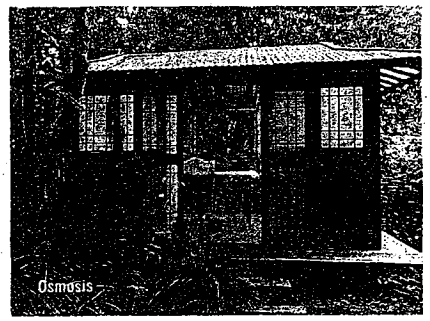

Osmosis

A TRIP TO A SPA FEELS GOOD, CAN GIVE YOU A RENEWED SENSE OF ENERGY, A POSITIVE OUTLOOK ON LIFE AND RELIEVE STRESS. THEY'RE ALSO A KEY WAY TO STAY HEALTHY AND REPAIR YOUR BODY. HERE WE OFFER FOUR SPAS, EACH WITH A SPECIALTY DESIGNED TO HELP YOU ACHIEVE A SPECIFIC RESULT, WHETHER IT'S TO RELIEVE MUSCLE ACHES, REMOVE TOXINS OR GIVE YOU BACK THAT SMOOTH SKIN THAT THE SUMMER SUN MAY HAVE TAKEN AWAY.

Osmosis

Freestone, CA

In *The Bell Jar*, Sylvia Plath writes that there are probably a few things a hot bath won't cure, but she doesn't know any of them. She was speaking of the old-fashioned water and soap bath, but the same could be said about an enzyme bath. Think very clean peat moss that smells nice. Osmosis, in Freestone, CA, specializes in this therapeutic heat treatment. Originally from Japan, it is the only spa of its kind in the U.S.

While sitting looking at a Japanese garden the client is offered tea prepared with enzymes that helps the digestive process. Then you are led to a wooden tub filled with cedar fibers, rice bran and enzymes, and you're buried up to your chin. (You may wear a bathing suit or go *au naturel*, we opted to go as nature intended.) Osmosis founder Michael Stusser explains: "To put it very simply, this bath is a fermenting medium. That's what's generating the heat — fermentation. Fermentation is the fundamental impulse in biology. And in order for fermentation to take place, there needs to be the presence of 600 active enzymes."

Immediate effects are a relaxation of any joint or muscle pain and a stabilizing of the nervous system. But the deeper effects begin when the skin comes into contact with the enzyme activity in the bath. The heat and the energy help the body with digestive and cleansing processes, breaking down waste and cleaning the skin and pores. "There's a balancing that takes place." Stusser says. "The feeling one receives from the bath is energizing and relaxing."

The bath can last no longer than twenty minutes because of the heat. It is followed by a shower to wash away remaining residue from the body. After the shower, a massage in a bamboo grove or a warm towel wrap where customers have the option of a Metamusic session, for further relaxation.

The enzyme bath is an unforgettable experience that calms, soothes and heals. Stusser says, "Once people have done it they find it an extremely valuable way to rejuvenate and relax at a core level." (www.osmosis.com)

SkinCareLab

New York, NY

SkinCareLab's stark-white, ultra-modern look has the feel of a futuristic hospital. The mastermind behind it is Dr. Bradford Katchen, a dermatologist whose practice is located just one floor below the spa at 568 Broadway. SkinCareLab takes its cue from the medical professional who opened the spa earlier this year.

"The spa is a continuation of my dermatology practice. It's the aesthetic, non-medical part of skin care," Katchen says. SkinCareLab offers massages, manicures and other body treatments. But skin is Katchen's specialty and the facials on SkinCareLab's menu are the *plat du jour*.

"The purpose of a facial is to cleanse the face, to extract any blackheads and to exfoliate the skin," Katchen says. "Cleansing and exfoliating increases the renewal of the skin so you'll have a lot smoother texture and clearer complexion." SkinCareLab uses twelve different skin-care lines (including Bulgari, Cellmen and SkinCeuticals among others), but the spa's signature facial uses Epicuren.

"The basis for Epicuren is an enzyme protein complex," Katchen explains, "that penetrate the skin and provide a deep cleansing. So for this particular facial, the skin is first washed with several different cleansers, which are targeted towards

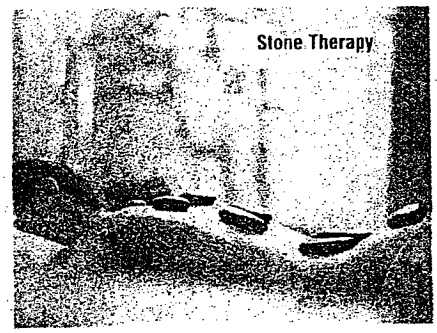
your specific skin type." A scrub is applied which further removes the rough, top layer. Next a series of masks are placed on the skin. The masks increase circulation and exfoliate the skin. When the masks are removed, lotions and gels that have the enzyme-protein complexes are applied. The lotions serve as nourishment for the skin.

At 60/40, almost half of SkinCareLab's clientele is male. "Generally, more women are educated about skin care, but I think now that's changing a lot," Katchen says. (212-334-3142)

Eden Roc Spa

Miami Beach, FL

Just a few minutes north of South Beach, Miami is Eden Roc, and the Spa of Eden, one of Miami's sanctuaries. Looking at the 1950s hotel in the heart of Millionaire's Row, you would never suspect it to be the home of a soothing ancient Indian ritual, but it is.


Stone Therapy

Eden offers standard fare like Swedish massage. But what separates it from the pack and makes it one our specialty choices is its more elaborate offering: La Stone, massage involving stones of different temperatures to achieve specific effects.

"La Stone is an ancient Indian massage using cold and hot basalt sea stones that are shaped like certain organs and placed on specific parts of the body," Spa of Eden Director Tim Williams says. "The stomach has a round unit rock — they'll put ones that shape your hands, ones on your arms. They put them in between your toes."

The stones are extremely smooth so they can glide across the skin easily. They are placed on areas of tension of the body just long enough to relieve the pain or ailment. This makes it easier for the massage therapist — the stones make the area of the body more limber and receptive to the massage. The therapist uses minimal effort and pressure on the body. La Stone massage promotes healing by letting the heat do the work. At the same time, cool stones are placed on the body to create a feeling of balance and energy. The use of the two opposing temperatures is called contrast therapy, according to Eden Roc.

Chief benefits are a relief of existing pain and detoxification of the body, as well as a deep relaxation and stress reduction.

Eden Roc, which caters to resort guests as well as Miami locals, is located on the beach, and they schedule appointments right on the sand. (www.edenrocresort.com)

Canyon Ranch

Lenox, MA

A car needs a tune-up every few thousand miles — so does your body. You wouldn't shirk on the car, so don't do it on your body. Canyon Ranch in the Berkshires (other locations are in Tucson, Arizona and Las Vegas, Nevada) is the perfect place to go for triple-A treatment.

Don't expect to be in and out in an hour and a half for that massage or facial. Canyon Ranch, along with a handful of other spas in the U.S., is a destination spa. You go and you stay — anywhere from three to ten days.

"We show guests how to pursue an optimal and balanced lifestyle not just here, but back at home," say Canyon Ranch founders, Enid and Mel Zuckerman. Their claim is well-founded. The time spent at the ranch is not only relaxing, but educational — it teaches guests how to live a healthy, stress-free life once the vacation is over. That's the specialty here — making sure you know how to take care of yourself once you leave.

When you arrive, you plan the programs throughout the week, which can include anything from hydromassage and European facials to acupuncture, movement therapy and even private sports lessons. But before you partake of any of these activities, you have a one-on-one session with a registered nurse, where you'll talk about past fitness and eating and lifestyle habits in order to plan a schedule that would be the most beneficial.

Stressed? Have a massage that increases blood and lymph circulation through soft tissue manipulation. Lethargic? Work with a personal trainer or have a private tennis or racquetball lesson. Get the idea?

The activities take place on 120 acres of sprawling woods that surround a renovated Bellefontaine mansion, originally built in 1897. There different therapy and consultation offices are located, as is an inn with 126 guest rooms. Don't get too cozy in your room — with all Canyon Ranch has to offer, you won't want to spend much time inside.

No matter which programs you choose, you won't be sorry. And when you step back into the real world, there will be a renewed spring in your step.

SKIN SUGGESTIONS

NIVEA: Nivea's line for men includes face wash, exfoliating scrub, shaving gels, aftershave balm and moisturizer. Check www.niveausa.com for availability.

EPICUREN: Luckily for us, SkinCareLab was wise enough to bring this line of products to the East Coast from Southern California. The enzyme protein enriched complex is a staple of the SkinCareLab. Available at SkinCareLab.

ANTHONY LOGISTICS FOR MEN: This line of skincare and bath/body products is designed specifically for men, is allergy tested and divided into four categories: hair, face, shave and body. Available at Sephora, SkinCareLab and other locations.

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Esquire
DECEMBER 2001
MAN AT HIS BEST

ESQUIRE
NEW YORK, NY
MONTHLY 950,000
DECEMBER 2001

Fast relief: Spas are like gyms, only calmer.

The Great Escape

Need a little break? If you can get past the spa stigma, relief is right around the corner. **By Tracy Liberman**

YOU SURVIVED THE COMPANY'S DOWNSIZING. Congratulations. Now you're doing the work of five in an effort to make it through the next round of cuts. Not to mention that you've got the in-laws next week, every night is booked with a work "event," and you've no idea what you're going to get her this year, but it had better be good. Simply put: You need to get away. But tell the boss good riddance and hop a flight to the Caymans and you might find someone else sitting in your chair when you get back—not to mention that holiday travel is fun the way back surgery's fun. Your solution: a local spa. No, seriously. Consider a few hours away from the laptop for a good muscle massage, taking care of those ingrown hairs, watching some ESPN, even ordering a steak. Picture your gym, but cleaner, quieter, and significantly more chill. If all this doesn't seem half bad (admit it, come on), you're not alone. One in five spa-goers is now male. And we're not talking about a league of narcissistic girlie men. These are the guys who face you in court, who call in your trades, and who kicked your ass in the league softball game last week.

Spa Semantics

So spa lingo is not exactly in your vernacular. Just disregard the fruity descriptions and focus on the basics.

Facial: A combination of skin care and massage. Works on the surface to clean skin and get rid of dead skin cells, blackheads, zits, and ingrown hairs. Warning: May include scrubbing, scraping, rubbing, and/or sloughing (which can be as painful as it sounds).

Massage: Enough said.

Manicure/Pedicure: It's not about polish. Manicures and pedicures are really hand and foot massages and nail clipping, filing, and buffing. (They should consult with you before shaving your weight-lifting calluses.)

Scalp treatment: You know your favorite part of getting a haircut, when the shampoo girl rubs your head? Like that, only without the scissors.

Scrub: A full-body rubdown using some combination of salts and oils to remove all your rough skin. (There's no guarantee that the administrant will be Swedish. Or even blond. Or even female.)

Wrap: Your body is wrapped in a cocoon of hot sheets or towels soaked in herbs, milk, seaweed, or whatever else is deemed "calming," "energizing," or "detoxifying."

Around the Corner to Clarity

You'd rather be golfing. So would we. Still, when you need an escape and can't get to Pebble Beach, the next best thing awaits within a few miles of the office. Herewith, a handful of worthy hideouts.

The Away Spa & Gym, W Hotel New York, *New York, 212-407-2970.*
Tucked away in the very happening W Hotel, Away caters to beautiful midtown professionals. Bali spice treatment: acupressure massage, body mask, foot massage, $175; destresser facial, $100.

Burke Williams, Beyond the Spa, *Los Angeles, 866-239-6635.*
Spa of the rich and famous, Burke Williams is clean, professional, and not too frilly. Gentlemen's Choice: herbal wrap, relaxation massage, Salt Glo, facial, scalp treatment, pedicure, $410.

Canyon Ranch, *Lenox, Massachusetts, 800-742-9000.*
Strength-training rooms, whirlpools, steam and inhalation rooms, stretch classes, and competitive athletics (basketball, water volleyball, et cetera).

Susan Ciminelli Day Spa, *New York, 212-872-2650.*
When midtown media moguls need brief respite from their latest bad press, they hop over to Bergdorf's, buy a half dozen Charvets, and take the elevator to nine, where Ciminelli's been taking care of them since 1985. Wall Street Relief: mineral-salt scrub, one-and-a-half-hour massage, and Swedish massage, shiatsu massage, or reflexology, $255; men's spa package: Power facial, Radical reflexology, Mega massage, $300.

Ojai Valley Inn & Spa, *Ojai, California, 888-772-6524.*
Have your facial and play golf, too. An hour and a half from Los Angeles, Ojai is a world-class golf resort (home to seven Senior PGA tournaments) with a full-service spa. Executive Retreat: hydrotherapy massage, deep-tissue massage, Anti-Stress Gentleman's facial or Healing Hands facial, $295.

Spa Space, *Chicago, 312-466-9585.*
This new spa features a wood-paneled juice bar, a TV in the men's locker room, and takeout from the local hip steak joint, Nine. Sports massage, one hour, $90; golfer's massage, one hour, $90; back facial, 75 minutes, $115; back wax, $40 and up; Man Hands manicure, $20.

Watergate Salon, *Washington, D.C., 202-333-3488.*
An oasis for powerful politicos, the salon is discreetly located on the lower level of the upscale Watergate complex. Power peel, $150; Oxygen facial, $90; VIP Watergate: half-hour facial, manicure, pedicure, $98.

PHOTOGRAPH BY KULTON-DEUTSCH COLLECTION/CORBIS

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SUDBURY TOWN CRIER
SUDBURY, MA
WEEKLY 3,400
OCT 25 2001

Refueling body, mind, spirit

6740A

By Cheryl Abrams
COLUMNIST

After a quick wrestling match with my conscience, I decided to make my annual pilgrimage to Canyon Ranch in the Berkshires.

Given the state of the world, I worried that taking a vacation might be inappropriate, but after returning to a place that brings me so much peace of mind and happiness. I realize how important it is now more than ever to recharge my batteries once a year. There's no better place for me to do that than Canyon Ranch. They don't only cater to your body there; it's about rejuvenating mind and spirit as well as your physical self.

SUBURBAN TALES

CHERYL ABRAMS

The place was filled to the rafters with guests, so apparently I'm not the only one who sought some nurturing and solace there. After so many visits, it has become a very comfortable and familiar landscape for me — a definite port in a storm.

One morning we ran into Carl Pratt, managing director for the Lenox location. We talked about how everyone — guests and staff — were affected by the tragedy in New York. What do you say when someone tells you she lost a friend, a husband or a son in the disaster?

"We told our staff to treat our guests as they would family and friends," Pratt said. Since many trained psychologists are part of the Canyon Ranch team, they've spent some time helping everyone deal with the events of Sept. 11 and have even reached out to some of those directly affected.

Canyon Ranch is a port in a storm for so many people.

My roommate was once again my sister-in-law, Lori. We went our separate ways most of the time to exercise classes and activities, but met up for meals where we compared notes and laughed a lot. At night we watched the news unfolding from around the world and worried about what will be.

The ranch retreat didn't only care for my emotional well-being, but also took care of my physical self.

Unfortunately, I exercise more at the ranch in four days than I do all year, so by the end of the day my muscles are stiff and sore — truly deserving of the wonderful massage and sugar rub treatment I received. Fortunately, I fall asleep as soon as my head hits the pillow and I have restful, restorative sleeps.

One day after lunch I even indulged in a nap by the fireplace in one of the common rooms. It was delicious!

In the Heart Smart class offered, I wore a heart monitor and figured out whether I'm working out as efficiently as possible. I learned that I'm in better shape than I thought and can afford to push myself a bit harder. The instructor teased me, saying that more frequency would help too. I'm determined to make exercise more of a priority and put what I learned to good use.

My favorite thing this time was a free makeover by Nancy Margro and Patty Margro — an aunt and niece team of make-up artists for Laura Mercier. And let me tell you, they're called artists for a very good reason. They made me look and feel beautiful while teaching me some good make-up lessons. Of course, after purchasing many of the products, I've yet to totally replicate their magic, but I'm practicing. I was their last make-over of the week and I'd like to think, their biggest challenge with the best results. They were two of the nicest women I've ever met at Canyon Ranch and hope our paths cross again someday. (And hopefully I'll have my make-up right that day.)

I subscribe to the airline-oxygen-mask philosophy of caring for myself. The flight attendants tell you to put your oxygen mask on and breathe yourself before trying to assist anyone around you. I won't be much good to my children, family and friends if I'm not breathing myself.

My annual time at Canyon Ranch helps me to breathe easier, more calmly and centered, ready to face whatever comes my way.

O, THE OPRAH MAGAZINE
NEW YORK, NY
MONTHLY
DECEMBER 2001

THE OPRAH MAGAZINE
DECEMBER 2001

PLEASE

COULD YOU USE A LITTLE PAMPERING THIS HOLIDAY SEASON? BEHOLD A BARRAGE OF LUXURIOUS BEAUTY TREATS, FROM FREE TO EXTRAVAGANT. BY CHRISTINE PELLINGHAM

W[illegible] SUBJECT MATTER OF A METICULOUS PLANNER [illegible] time of year when making a list and checking it [illegible] [illegible] moment's reprieve or detail you're [illegible] [illegible] and calligraphy pen [illegible] [illegible] than [illegible] to you, it's you's targeting you. And [illegible] be inconvenience. "If you constantly ignore your own needs, you may become depressed and even resentful," says Scott Trotter, a clinical [illegible] consultant in Charlotte, North Carolina, who [illegible] women's self-care measures. On the other hand, if you [illegible] for yourself, you'll feel renewed, revived, ready to [illegible] [illegible] this way, being self-nurturing is an absolutely essential part of being a good caregiver," she says.

But let's be honest—that's not the way most of us live. For instance, when was your last massage? Your last long soak in the tub? And just how old is that loofah in your shower?

There are reasons we're so adept at nurturing everyone else and not so good at remembering to do even the smallest things for ourselves. One, says Michael Cunningham, PhD, professor of psychology at Kentucky's University of Louisville, is that we're programmed for self-denial. "Women are physically designed to be mothers; it's literally hardwired into their systems to meet others' needs," he says. Also, we live in a country that was founded on self-sacrifice and the notion that just about anything that gives you pleasure isn't good for you.

If self-care doesn't come naturally, you need to practice it. Put your feet up and submit to a pedicure every once in a while. Lie back in a frothy bath. Remember to buy that tuberose-scented body lotion—and use it. We're sure there are lots of people in your life who deserve to be cared for. So do you. Let these pages inspire you.

27 A MANGO SUGAR GLO at Canyon Ranch in Massachusetts's Berkshires or Tucson, Arizona, $120. This 50 minutes of exfoliating fruit massage and head-to-toe moisturizing has become the most requested treatment since its introduction at the resorts last year. If you can't get there, order the "glow to go" home spa kit, $45, stocked with Mango Sugar scrub, Mango Sugar bath & body oil, Mango Sugar body lotion, and mango-scented candles (call 800-726-8040 to order products).

SHAPE
January 2002

take home the spa

y Linda Dyett
hotography by
obert Whitman

How to re-create the 10 most sought-after treatments in the privacy of your own bathroom

Ah, the spa. With its siren call of coddling and stress relief, it's turned us into lemongrass-bath devotees and pore-cleansing aficionados whose bodies crave scrubbing grains and pummeling massages. No longer once-in-a-lifetime destination resorts, spas have become a much-needed way of life. Spa culture, in fact, has had such a major impact that we're literally bringing it into our homes – at least into our bathrooms. Sure, it's do-it-yourself, but just think: No appointments to book, no fees or tips to hand out, and you don't have to get dressed when it's all over. So, to help you indulge in your favorite spa experiences at home, we've put together this must-do list. ➤

spa living made easy

Two new spa-based product lines offer more ways to bring the spa home.

Canyon Ranch Living Essentials The Mango Sugar Glo Collection ($7-$24; 800-726-8040) is the first retail product collection from this award-winning spa. You can choose from an exfoliating scrub, body and bath oil, SPF moisturizing lotion (all made from sugar, a natural exfoliant, and jojoba oil, a skin hydrator).

Body Harmony The Nemacolin Woodlands Spa in Farmington, Pa., developed this line of 98-percent-natural products ($14-$19; 800-422-2736), which range from a salt scrub and body lotion to shampoo and conditioner (all of which are infused with the calming scents of ginger and Irish moss). *– Beth Janes*

JOE WEIDER'S SHAPE
January 2001

stats weightlossdiary

newfound courage

Wrestling with the fear of looking ridiculous By Courtney Rubin

now
month 17
Weight: 182 lbs.
Net pounds lost: 24
Body fat: 29.7%

As a 6-year-old moving from New York to Florida, I was happy that my mom was too busy with the move to find a new ballet class for my sister and me. Even at age 6, I was conscious enough of my body to hate wearing a leotard. I knew my arms and legs were never doing anything remotely near what our teacher was demonstrating.

Now, dressed in grubby shorts and an old college T-shirt, I'm standing outside an exercise room at Canyon Ranch in the Berkshires Health Resort, trying to decide if I dare take a ballet workout class. Since I began exercising more than a year ago, I've toyed with the idea of returning to ballet. Suddenly, it looked fun, and it's supposed to do wonders for your muscles. Still, I was sure I'd flail around like an idiot.

I figured if I was ever going to try ballet again, it would be during my stay at Canyon Ranch or never. Besides teaching you about relaxing (something I have a lot to learn about) and eating more healthfully, the spa also encourages you to try new ways of exercising, which means the instructors are incredibly supportive.

Once I bullied myself through the door, the ballet class was fun and reaffirming. There was no way I could have handled this class a year ago. Ditto for the canoe and hiking trip I went on the first day. On the third day, I won an actual athletic contest: I was the class member who lasted the longest in Stride, a treadmill class.

I also met with the wellness staff to discuss my diet. I wasn't too keen on the idea: After a year of discussing every bite that goes into my mouth with *Shape* experts, I figured I'd heard everything there was to hear. But, it turned out to be one of the most valuable things I've taken from my stay.

After listening to my family medical history and my complaints of being unable to stop eating carbs, Cynthia Geyer, M.D., decided to test me for glucose tolerance (the test also measured my insulin levels), which might explain my carb cravings. Turns out I don't have severe problems, but I do have a tendency toward low blood sugar, which makes it all the more important for me to eat every three hours. It also explains why I get frantic and irritable when I don't, and why I make a mad dash for sugar. To keep my sugar levels steady, nutritionist Ashli Minor, R.D., suggested I eat more protein than carbs at meals, and have some protein, such as nuts or string cheese, with my snack of fruit. Some of these things I've heard from Pamela Peeke, M.D., M.P.H. (who I've been working with), but in my case, it didn't hurt to hear it again.

The last day of my stay, I actually canceled my manicure and pedicure. Those I could get anywhere, and I wanted to go on one last hike.

then
month 1
Height: 5' 8"
Weight: 206 lbs.
Body fat: 34%

month 8
Weight: 169 lbs.
Pounds lost: 37

month 13
Weight: 186 lbs.
Net pounds lost: 20

workout schedule

Running: 50 minutes/3 times a week
Cross trainer: 50 minutes/twice a week
Mini-"triathlon": 15–20 minutes each activity (rowing, biking and running)/ once a week
Weight lifting: 25 minutes/3 times a week

what helped me most

1. Checking labels for frozen food options beyond Healthy Choice and Weight Watchers (one of my faves: Stouffer's Chicken and Dumplings, 340 calories).
2. Checking out fast-food restaurant Web sites and realizing that there are things I can order. I don't have to sit there like a martyr when I go out with my friends.
3. Trying one new recipe a week (or, OK, a month). Another Canyon Ranch inspiration: It's nice to realize a break from the same old pattern.

SHAPE
January 2001

yoga glow

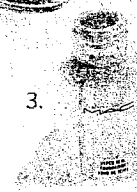
5 SECRETS TO OUTER RADIANCE

Whether you're a seasoned yogi — or someone who thinks "down dog" (slang for the Downward-Facing Dog pose) is a phrase best reserved for overly affectionate pooches — read on. We're going to tell you how to supplement, or simulate, the glow-giving effects (those bright eyes, rosy cheeks and allover healthy radiance) of a really great yoga session.

By Abbie Kozolchyk
Photography by Don Flood

True illumination: Start with a brisk ginger body scrub like this one by Origins (1), then treat your face to a bronzer like Estée Lauder Go Bronze (2).

For a dewy face, use a brightening base like M.A.C Hyper Real Foundation (3), a cheek tint like this one from Trish McEvoy (4).



1. Massage your scalp

"Inverted yoga poses like the headstand reverse the flow of gravity," says Kathy Sprague, yoga instructor at Canyon Ranch in Lenox, Mass. "Blood rushes to the head, boosting circulation in the face and scalp." But if you're not as flexible as a Bendo doll, you can get similar benefits from a scalp massage, says Jennifer Maner, director of Gadabout Day Spa in Tucson, Ariz.:

- Rub a silver-dollar-sized amount of a jojoba-based oil (like Tara Spa Therapy Bindi Herbal Infused Body Oil; 800-552-0779) between your palms to warm it. Then, run your hands over your head. Repeat until the hair and scalp are coated.
- With the pads of your fingers, massage your scalp in a circular motion, from the sides to the back of the head, then from the front to the top, and finally from the back to the top.
- After 5–10 minutes, add some shampoo (no water), lather and rinse. Shampoo again to remove all the oil and end with a conditioner.

2. Experiment with exfoliators

Yoga gurus agree that there's nothing like an hour of yoga to make your body feel alive (thanks to the allover circulation boost from rhythmic movements and breathing). Re-create that feeling by massaging a salt rub like Origins Ginger Body Scrub (*www.origins.com*) into your skin or by applying your favorite body-cleansing gel with an exfoliating mitt (available for about $6 at most beauty-supply shops and at Bath & Body Works, 800-395-1001) on each hand. Stroke briskly back and forth, starting at your feet and working your way up your body. Areas to avoid: your chest and face, where skin is too delicate for anything but a washcloth or a gentle, granular scrub like Remède Sweep (888-243-8825).

3. Rub on a self-tanner

With self-tanning, you can create that just-back-from-Nirvana look, even if you're really just back from Schenectady. Exfoliate first (see No. 2), then using long, even strokes, apply a tanner like Estée Lauder Go Bronze (*www.esteelauder.com*) to your body. The secrets to a flawless application: Make sure your body is totally dry first (even the slightest bit of bathroom humidity can result in streaks), and always wash your hands with soap and water when finished, says Regina Viotto, spa director at the Paul Labrecque Salon & Spa in New York. The tint lasts two to three days. For more temporary, daily color, brush Clinique Blended Face Powder in Transparency Bronze (*www.clinique.com*) or Revlon Skinlights Loose Powder in Golden Light (800-473-8566) on your face, neck and shoulders.

4. Use natural-looking makeup

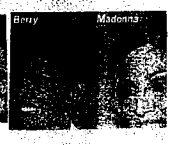
Ever wonder why all those women coming out of your gym's yoga class have a healthy rosy-cheeked glow while you, panting away on the treadmill, sport a face that looks like a beet? Credit it to the peaceful feeling you get from deep breathing and tension relief, Sprague says. To duplicate that dewy face: Apply a sheer foundation like M.A.C Hyper Real Foundation (800-387-5707) all over your face, including your eyelids. ("It has barely visible glitter in it, which makes skin look luminous," says Los Angeles makeup artist Joanna Schlip.) Then add a stain (not blush) to cheeks and lips. (Try BeneTint by BeneFit, 800-781-2336, or Trish McEvoy Lip & Cheek Tint, 800-431-4306.) Top it off with a shiny cream like Elizabeth Arden 8 Hour Cream (*www.elizabethardeen.com*) on your cheeks and a gloss like Nars Lip Lacquer (888-903-NARS) on your lips.

5. Brighten your eyes

To re-create that bright, clear-eyed look of an intense yoga session, use a de-puffing eye treatment like Lancôme Vitabolic Eye (*www.lancome.com*) or Awake Eye Concentrate Mask (877-33-AWAKE) morning and night. In the morning, follow up with a creamy eye shadow like BeneFit Smudge Proof Creme Eyeshadows (800-781-2336) or Revlon Skinlights Eye Glossing in Bronze Gleam (800-473-8566), all over the lids. Use apricot or a color close to your skin tone to make the eyes look very dewy, says Los Angeles makeup artist Natalie Miller. Brush on an eyelash conditioner like Origins Underwear for Lashes (800-ORIGINS), then black mascara on the top lid only to "open up the eye," Miller says.

Abby Kozolchyk is a freelance writer in New York.

glowgirls



Inc.
The Handbook of the American Entrepreneur
December 2007

A Fat-Farm Dropout Makes Good

How I Did It

Mel Zuckerman, Chairman
Canyon Ranch

When Mel Zuckerman opened Canyon Ranch, in 1979, he wasn't seeking to reinvent an industry. Not quite 50, overweight and in poor health, he'd had an awakening while visiting a California spa, and he returned to Tucson to build a place where others might experience the same transformation. As Zuckerman nears 80 and prepares to step down from day-to-day operations, Canyon Ranch is an empire, with $150 million in annual revenue, two resort spas, three SpaClubs, and Canyon Ranch Living condo complexes under construction in Tucson, Miami Beach, and Chicago. Canyon Ranch is a powerful brand, but when Zuckerman looks at what he has created, he sees mostly a way to be and stay healthy.

I was born an asthmatic, and when I was 8 years old I had a bad asthma attack. I can remember sitting in the emergency room as our doctor came in. He must have weighed 400 pounds. He waddled when he walked, carrying his black bag. He had a cigarette in his mouth. He took out his stethoscope and listened to my chest, all the while blowing smoke in my face. As he gave me a shot, he turned to my mother: "Mrs. Zuckerman, don't *ever* let Melvin exercise, because he could get sick." I couldn't go to phys-ed class anymore. I couldn't go outside to play. It was a defining moment.

When I got out of college at age 22, I worked as an accountant. I did it for eight years. I don't have any good stories about being an accountant. The only good days were Saturdays and Sundays.

We moved to Tucson in 1958, and I became a homebuilder. I found I had a passion for helping customers design floor plans. But I never wanted to build so many homes that I couldn't visit each one while it was under construction every week. That way, when a customer called, I knew exactly what was going on with his house. I liked homebuilding, but it was a very stressful business, and during the 20 years I did it, I really let my health go.

By age 35, I was being hospitalized every 18 months. I had high blood pressure, ulcers, diverticulitis, and a hernia. I lived a sedentary life, and by the time I was 40, I was 50 pounds overweight. My doctor asked me if I wanted to be a guinea pig for some new kinds of medical tests that were supposed to determine the

As told to Daniel McGinn | Photograph by Jonathan Worth

Golden [illegible] Mel Zuckerman, at the Canyon Ranch spa in Lenox, Massachusetts. At 40, he was told he had the body of a 70-year-old. At 50, he launched his health and fitness empire.

biological age of your body. Three weeks later, the doctor called. "The good news is we didn't find anything wrong with you that we didn't already know you had." Then he paused. "The not-so-good news is your body is functioning like a 65- or 70-year-old man."

He told me I really needed to lose weight. I'd dieted for years, but every time I'd lose 15 or 20 pounds, I'd gain it right back. There was a fat farm in Mexico, a place that mixed exercise and a vegetarian, low-fat diet. I checked in for two weeks, but I hitchhiked out the third morning. My fragile male ego couldn't take that I couldn't compete with the women in the exercise classes.

Shaping Up
In 1979, Mel Zuckerman used his own money to finance the first Canyon Ranch Spa, in Tucson.

"During the 1970s, fat farms weren't a place you'd *want* to vacation. They were places to lose weight or dry out, and they were Spartan."

In 1977 I was in the doctor's office with my father when he 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.

When my father died, I was about to turn 50. I decided to go to a fat farm again. I checked into a place called the Oaks at Ojai. The first day, it took me 28 minutes to walk a mile. But the fitness director worked with me every day. On my 10th day, I jogged a mile and a half in 11 minutes and 38 seconds. I called my wife, Enid, who had been talking about opening a fat farm for at least five years. I told her I was going to stay a few more weeks. Two weeks later, I called and told her to come join me. "Why?" she asked. I said: "I've found what I want to do for the rest of my life."

During the 1950s, 1960s, and 1970s, fat farms weren't a place you'd *want* to vacation. They were to lose weight or dry out, and they were very Spartan retreats—often in converted motels on the main street of small towns. They were far different than the "pamper spas" where women went to beautify, get slathered in creams, and have breakfast in bed. With Canyon Ranch, we were going to try to create a resort environment that dealt with the entire person. It would deal with weight *and* pampering *and* fitness—it would be about mind, body, and spirit.

Nobody would finance me. As a homebuilder, I borrowed $100 million or $200 million over the years for real estate deals, and I'd paid it back. But bankers didn't understand the concept—especially when I explained that we wouldn't serve booze. I remember in one meeting, a banker stood up and said, "You lost a lot more than weight at that California fat farm. You lost your blankety-blank mind." I got up, politely gave him the bird, and said, "I'll go and do it on my own." Which I did.

A week and a half after we got back from Ojai, we bought the Double-U Ranch in Tucson and began building Canyon Ranch. We opened eight months later. We'd liquidated every asset we had to do it, and in the first few years we almost went under.

Then things changed. People became more conscious of fitness. More health clubs began opening up. Coming to Canyon Ranch became a vacation of choice.

In the mid-1980s, we were getting 60 percent of our business in Tucson from guests who were flying in from the Northeast. A lot of them said, "Gosh, I wish you had someplace closer to home." So I said, "Maybe it's time to think about a second place." We settled on Lenox, Massachusetts, and we opened there in 1989.

We've opened SpaClubs in Las Vegas, in Florida, and on the *Queen Mary II*. We can't do the full immersion experience there, but we can get more people engaged in making a lifestyle change. Now we're building Canyon Ranch Living communities in Tucson, Miami Beach, and Chicago. They've sold really well.

Of course Canyon Ranch is a business, but I bristle when people focus on that aspect of it. The truth is, my wife and I were building a lifestyle for ourselves that we hoped we could make a living out of. We've never thought of it as a business.

Around the mid-1980s, when we started hiring doctors and Ph.D's for the staff, our rates started going up. I didn't build Canyon Ranch only to reach the affluent. So we've tried to address that. In the summertime we bring people here on scholarship. My wife and I gave $10 million to the University of Arizona to fund the Mel and Enid Zuckerman College of Public Health. Its main mission is to promote prevention and eliminate health disparities among underserved populations.

When I was 65, I went to a university and had a very sophisticated battery of tests. They said I had the biomarkers of a normal 45- to 50-year-old man.

This is my last year. When I turn 80 next spring, I'm going to withdraw from day-to-day operations and stop going into the office every day. But I'll never retire. When your business becomes part of your total makeup, part of your soul, you never leave it.

COURTESY CANYON RANCH

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CANYONRANCH.
The Power of Possibility.

Canyon Ranch Philanthropy – An Overview

Since they founded Canyon Ranch in 1979, Mel and Enid Zuckerman have dedicated themselves to sharing knowledge and the power of their mission – helping people make a long-lasting personal and emotional connection to wellness. The Zuckermans' robust philanthropy demonstrates their commitment to improving the health and well-being of people of all ages, walks of life and cultural backgrounds.

Canyon Ranch's success has made possible countless donations of scholarships, funds, materials and expertise to benefit non-profit organizations focused on improving the health and lives of the underserved.

Highlights of Canyon Ranch giving include:

- ✓ Donation of thousands of Canyon Ranch vacations over the last 20 years to non-profit, local, national and international organizations that work to improve health and well-being or that support research related to health and wellness.
- ✓ Partnership with the Dream Street Foundation since 1988 in hosting dozens of young adults with life-threatening illnesses each summer at Canyon Ranch.
- ✓ The Healthy Living Scholarship Program – more than 5,000 people with health risks and challenges who could not otherwise afford to participate have spent a life-changing week at the Life Enhancement Center at Canyon Ranch in Tucson since it opened in 1988.
- ✓ Support since its inception for Speaking of Women's Health, a national organization devoted to saving women's lives through education.

The Zuckerman family's private giving has also focused on spreading their healthy living message to the greatest possible number of people. The extent of the family's long-time support of the Arizona Health Sciences Center is reflected in the naming of the University of Arizona's Mel and Enid Zuckerman College of Public Health and the Canyon Ranch Center for Prevention and Health Promotion.

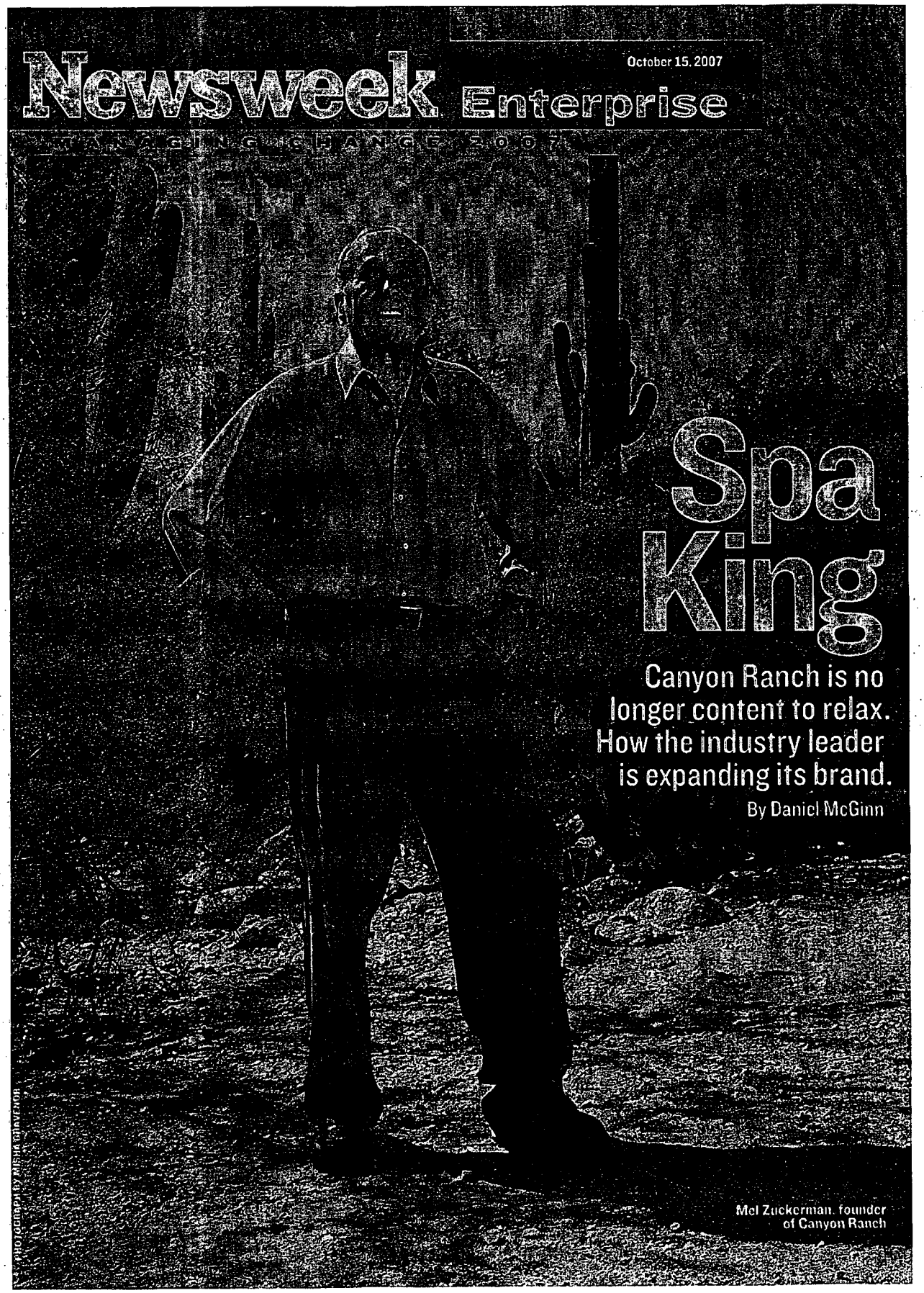
In 2002, the Zuckerman family and Canyon Ranch co-founder Jerry Cohen established a separate entity, Canyon Ranch Institute, a 501(c)3 non-profit organization whose mission is to educate, inspire and empower every person to prevent disease and embrace a life of wellness. In 2006, Richard Carmona, M.D., M.P.H., FACS, 17th Surgeon General of the United States (2002-2006), became president of the Institute. The Institute has partnerships with organizations and visionary individuals who share a commitment to creating opportunities for wellness in communities worldwide, particularly those communities that have traditionally been underserved.

Newsweek Enterprise
October 15, 2007
MANAGING CHANGE 2007

Spa King

Canyon Ranch is no longer content to relax. How the industry leader is expanding its brand.

By Daniel McGinn



Mel Zuckerman, founder of Canyon Ranch

PHOTOGRAPH BY MISHA GRAVENOR

Spa Makeover

Canyon Ranch is the ultimate in health resorts. Now it's expanding to condos, day retreats and a cruise ship.

Poolside at Canyon Ranch in Tucson

BY DANIEL MCGINN

MEL ZUCKERMAN AND JERRY COHEN were hiking in the Arizona mountains in 1995 when they wound up having the conversation that determined their company's future. Zuckerman is the founder of Canyon Ranch, the Tucson-based spa resort; Cohen is vice chairman. Canyon Ranch has a devout following among affluent travelers and, to capitalize on that, companies were constantly pitching to Zuckerman licensing deals to stamp its name on frozen food, fitness equipment and face cream. Guests, meanwhile, were urging him to open more locations. Amid the desert scenery, the two men talked about the headaches and risks of trying to expand—particularly as Zuckerman neared 70. Cohen played devil's advocate. "You built this place to get away from stress, and you love your life," he said. "What do you want to grow for?" Zuckerman pondered, then replied: "Once an entrepreneur, always an entrepreneur." And after a few final moments of respite, they hiked down the mountain and began the work of turning Canyon Ranch into an empire.

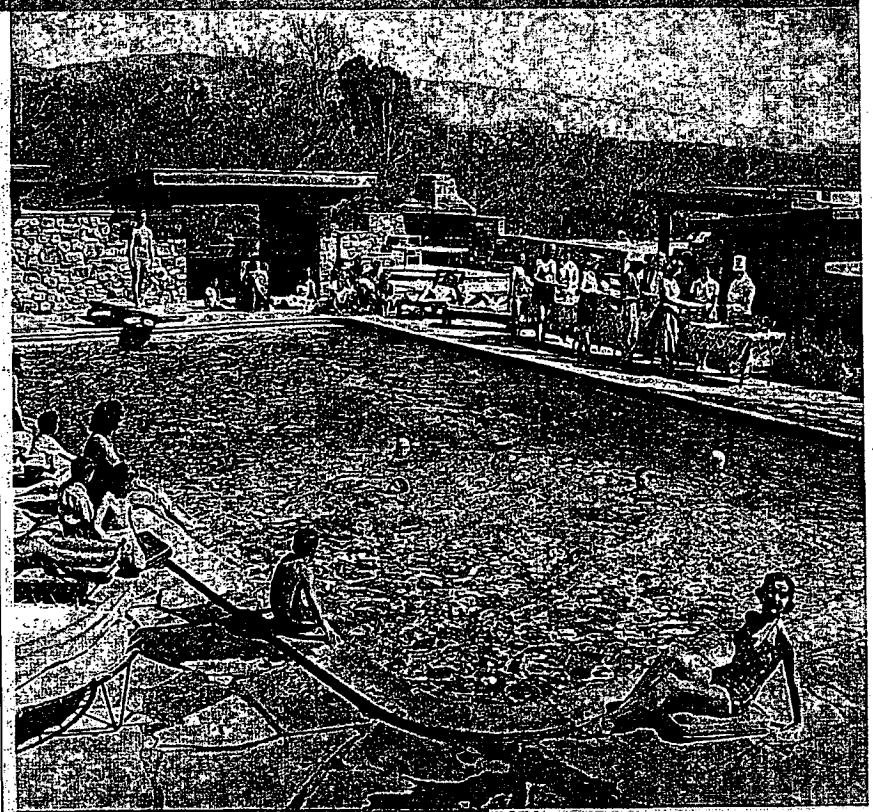
The dilemma that faced Zuckerman—to grow or stand pat?—commonly faces small companies. But Zuckerman faced unusual circumstances. He decided to embark on this growth spurt at a time when most company founders are contemplating retirement—and unlike hard-charging, type-A CEOs, Zuckerman and his brand are all about balance. But driven by his desire to bring his company's healthy-living message to more people, Zuckerman has hired a new generation of managers to lead a drive for growth. This fall, the first residents will move into a Canyon Ranch Living condo complex in Miami; another is under construction in Chicago. Today the Canyon Ranch name is on skin-care products and day spas. Outsiders see a brand just beginning to tap its potential. "I consider Canyon Ranch to be one of the great business inventions of the last 25 years," says Michael Silverstein, managing director at Boston Consulting Group.

TOP: COURTESY OF CANYON RANCH

Zuckerman will turn 80 next spring, but he looks remarkably fit. He and his wife, Enid, live on the Tucson property and work out daily. Each week he gives a talk to guests describing the personal transformation that led him to create the resort. In 1978, he was a 50-year-old Arizona real-estate developer who was 40 pounds overweight. His father, a lifelong smoker, had just died of lung cancer. For years Zuckerman had tried to get into shape, without success. So he decided to spend a week at The Oaks at Ojai, a California "fat farm." "Mel walked in and he kind of knew he needed to be here, but he wasn't convinced this was where he wanted to be," says Sheila Cluff, the Oaks' owner. But under guidance from a fitness instructor, Zuckerman blossomed. Instead of a week, he stayed a month. He lost weight and felt revitalized—and he wanted others to experience the same feeling. Returning to Tucson, he sold off all his investments and cobbled together $5.8 million. He bought and renovated an old dude ranch at the base of the Santa Catalina mountains. Nine months later, he opened Canyon Ranch. It had 66 rooms, served an 800-calorie-per-day menu and cost a pricey $85 per night, double occupancy. Like Zuckerman, most early guests were overweight and looking for a change.

It wasn't an overnight success. But within a few years, as the formula evolved, it caught on. The company replaced the ultra-low-cal menus with light gourmet food (including lots of vegetables, chicken and fish), though it remained alcohol-free. Zuckerman added doctors to the staff, figuring guests might really change their lifestyle if medical pros told them to. Celebrities like Jane Seymour began arriving, and travel magazines gushed over the attentive staff and lush surroundings. "During the '80s, this became a vacation of choice, not a vacation of need," he says. Profits began flowing, so Zuckerman bought an old mansion in Lenox, Mass., which became the company's second location. Today Canyon Ranch has 184 rooms in Tucson and 126 rooms in Lenox. The average guest spends $900 a day, including extra fees for massages, nutrition consultations, trainers, diagnostic blood tests and bone scans. (The staff also includes a clairvoyant, astrologer, sex therapist and tarot-card reader.) The resorts boast occupancy rates of 85 percent (many hotels average below 70 percent), with 60 percent of business coming from repeat guests.

It's a nice franchise—but to grow, Canyon Ranch had to move beyond Arizona and the Berkshires. The first step was in 1999, when Zuckerman opened a day spa in the Venetian Hotel in Las Vegas. In 2002, the second SpaClub opened at Florida's Gaylord Palms resort; the third opened in 2004 on the Queen Mary 2. Opening day spas was a big compromise: Zuckerman believes the heart of the Canyon Ranch experience requires multiday, total-immersion tutorials in fitness, nutrition and health, not the drop-in, 50-minute, $160 Thai Massage With Wild Lime Blossom scalp treatments that are the day spas' specialty. "I had no desire to create a place with pampering," he says.



After a stay at a spa changed his life, Zuckerman at 50 bought a ranch (above) and created an oasis for healthy living

In time the resort evolved from a 'fat farm' into a luxury-vacation hot spot for the affluent.

But he defends the day spas as giving "a taste of Canyon Ranch" to hundreds of thousands of visitors a year—some of whom might try the real deal. "It's a feeder ... but the main guts of our business are the resorts."

The bigger drive for growth began in 2001, when Zuckerman hired a real-estate developer named Kevin Kelly, now 49 and the firm's president. "My job was to come in and think about how to grow the brand creatively," Kelly says. His biggest deal was announced in 2003, in Miami. When complete, the six-acre oceanfront site a few miles from South Beach will house 467 condos (prices start at about $700,000), 150 hotel suites (rates start at $600 per night) and a 75,000-square-foot spa facility with restaurants, a juice bar, yoga studios and 23 treatment rooms. To do the deal, Canyon Ranch partnered with a local developer who's responsi-

COURTESY OF CANYON RANCH (2)

Zuckerman says day spas, like the one at a Las Vegas casino, offer a touch of Canyon Ranch.

ble for construction and sales; Canyon Ranch collects fees for helping to design the property and putting its name out front, as well as up to 7 percent of the sale price of the condos and management fees for running the spa. The developer is supplying the capital, but by using the Canyon Ranch brand, the condos have been selling for an average of 49 percent above comparable properties.

The project is nearly sold out, and Kelly says Canyon Ranch stands to earn tens of millions on the deal. But there are some big ifs. The Miami condo market has tumbled since the project launched, and Canyon Ranch Living could face the same high cancellation rates afflicting other builders. "The question becomes how many people, in a worsening environment, are going to be closing?" asks Lew Goodkin, a Miami consultant. Kelly says surveys show that less than 20 percent of his buyers are speculators who are prone to cancel. The other big variable: will the beaches and Miami nightlife distract guests and residents from spa outings? Kelly's team has created models to anticipate these utilization rates, but he admits it's a gamble, akin to the one taken by developers who build golf-course communities and bet buyers will play a certain number of rounds each year.

As the company expands, managers worry about diluting their brand and cannibalizing sales.

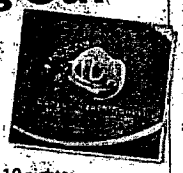
As Canyon Ranch's new businesses come online, they should spark growth. Today, the firm's revenues are about $150 million a year, Kelly says, with profit margins of 18 to 20 percent. Zuckerman and Cohen still own a controlling stake, but sold off a piece of the business a decade ago; today Morgan Stanley owns 48 percent. Zuckerman says the firm is currently worth about $600 million—but if the expansions go well, he says, Canyon Ranch could be worth $3 billion in five years.

There are hurdles beyond the real-estate risks. Its payroll will double over the next

Canyon Ranch Resort, Lenox, Mass.

Branching Out

A look at the range of Canyon Ranch's offerings:



Real estate

Resorts: Full-scale retreats in Ariz. and Mass. offer spa and fitness facilities plus a variety of activities for stays of three to 10 nights.

SpaClub: Day spas, designed to give guests a taste of the Canyon Ranch experience, located in Las Vegas, Kissimmee, Fla., and on the Queen Mary 2.

Commercial products

Skin care: A new, expanded line including cleansers, antioxidants and sun care launches early next year.

Nutritional supplements: These range from multivitamins to bone-strengthening nutrients.

Cookbooks: Chefs and nutritionists provide healthy recipes.

Spas Through the Ages

Canyon Ranch belongs to a rich tradition of spa therapy and health resorts. A short history:

Ancient Greece
Early written records describe the Greeks' using **natural fresh-water springs** to treat an array of ailments.

Roman Empire
Emperor Agrippa builds the first thermae, or large public bath. As baths become more popular, they **grow in extravagance and size, some holding thousands of bathers.** The Roman Army also establishes spas at springs across Europe to help soldiers relax and recuperate.

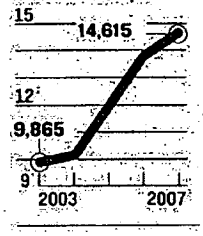
Middle Ages
Therapeutic bathing loses popularity as spas go out of fashion with Rome's decline. But by 1000, **saunas begin appearing** along Finland's Baltic coast, and in the 13th century, baths re-emerge in Southern Europe due to Moorish influence.

Renaissance
Towns including Spa, Belgium; Baden-Baden, Germany, and Bath, England, grow around **thermal springs** thought to have curative properties. But while the gentry visits baths, the public largely does not.

19th century
Bath culture has a resurgence around 1800, with **Baden-Baden** becoming one of Europe's most glamorous retreats. In 1871, the first resort at **Saratoga Springs,** N.Y., is established around the local mineral springs.

20th century
In 1910, Elizabeth Arden opens the first day spa, the **Red Door Salon** in New York. In 1979, **Canyon Ranch** opens as a health and fitness resort in Tucson, Ariz.

Spa Growth
Number of U.S. spas



SOURCES: "A BRIEF HISTORY OF SPA THERAPY" BY A. VAN TUBERGEN AND S. VAN DER LINDEN, SPAFINDER.COM, ABOUT.COM

TOP TO BOTTOM: COURTESY OF CANYON RANCH (2), ALFRED HIND ROBINSON—A H ROBINSON—GETTY IMAGES, NO CREDIT, LL—ROGER VIOLLET—GETTY IMAGES, PHOTOGRAPH BY DAMIEN DEMICK FOR NEWSWEEK

few years, and managers worry whether new employees will be able to match the current staff's legendary attentiveness. Another worry: the new locations in Miami and Chicago could lure big-spending guests away from Tucson and Lenox. "We talk about that all the time—will there be cannibalization or dilution of the brand?" Kelly says.

Canyon Ranch also faces competition as it expands into resort real estate. Ritz-Carlton and Marriott now sell time shares. Rival healthy-living resorts like the Greenbrier in West Virginia, La Costa Resort and Spa in Carlsbad, Calif., and the Cooper Institute in Dallas sell homes or condos on-site. Like Zuckerman, the rivals say the communities let people live a year-round spa lifestyle. "They essentially get rid of the excuses for people being unhealthy," says Tyler Cooper, who runs Cooper Living. Real-estate deals also make it easier to finance expansion since selling condos offers a faster payback on investment than renting out rooms by the night.

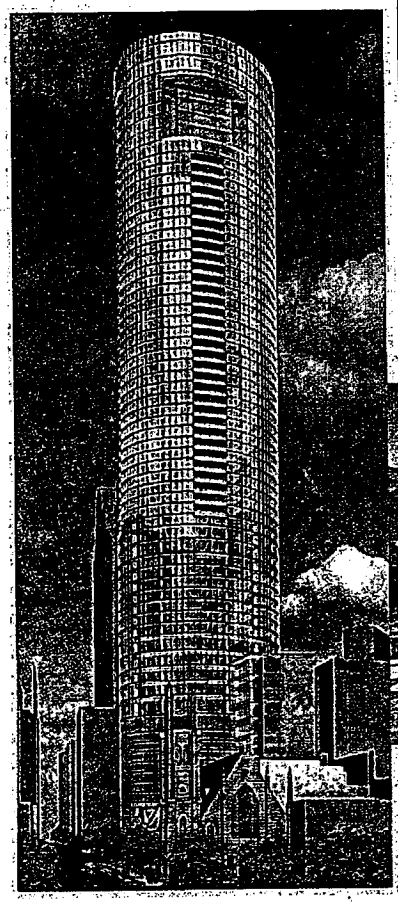
Canyon Ranch's closest competitor, the Tucson-based spa Miraval, is also expanding. The company, majority-owned by AOL founder Steve Case, is converting a 41-story building on Manhattan's Upper East Side to become Miraval Living. Apartments will start at $700,000, and the complex will feature a spa with swimming, yoga, basketball and fitness classes. Kelly says Canyon Ranch considered opening a branch in Manhattan—home to many of its most loyal guests—but couldn't find a deal that would provide enough space. Among serious spa-goers, opinions differ whether Miraval or Canyon Ranch is better. South Carolina stay-at-home mom Kelly Lewis has visited both; she prefers Canyon Ranch's programming and seminars, but says Miraval is slightly more luxurious, couple-friendly and exclusive. But Miraval's move illustrates the risks of staying in place: if Canyon Ranch's Big Apple customers can sample Miraval without getting on a plane, they may come to prefer it for vacations, too.

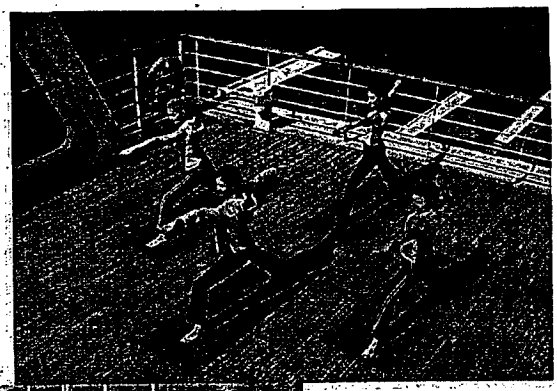
Most Canyon Ranch guests are close to 50, but a growing number are now younger and more hard-bodied.

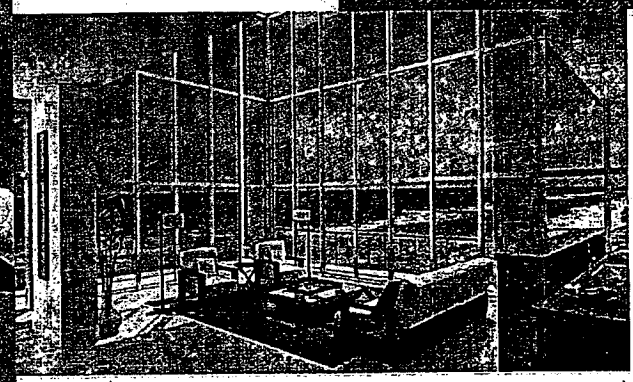
Canyon Ranch also face challenges as its core client base ages. Fundamentally a boomer brand, its average clients cluster around 50. The company has been trying to woo younger travelers and, back at the Tucson headquarters, there's evidence it's working. In the gyms, there are still some older, out-of-shape guests who look at an elliptical machine like it's some futuristic gizmo—the kind of folks you really don't want to see naked in the locker room. But there are younger people, too, including a few pregnant women. When NEWSWEEK joined a late-afternoon class that teaches a new exercise called yamuna body rolling, a few guests were in their 30s, hard-bodied and hot.

And even as he approaches octogenarian status—at which point he'll reduce his day-to-day duties—Zuckerman remains engaged in finding new ways to please guests. The company's close to a deal for a new resort in Costa Rica. There's a new partnership with the Cleveland Clinic to provide $3,700 executive physicals—though it's off to a slow start, signing up just 202 guests in its first year. And while he remains leery of putting the Canyon Ranch name on too many products, more brand extensions feel inevitable. "For 20 years, we said no to everything," Zuckerman says. "We were single-minded about the main purpose of our business—to get people to understand their own power over their aging process and quality of life." In the future, it's clear Canyon Ranch will be saying yes a lot more often.

With CATHARINE SKIPP in Miami and ROXANA POPESCU in Boston







To reach guests beyond Arizona and Massachusetts, Canyon Ranch is building residential communities in Chicago and Miami (renderings, far left and left). Passengers on the Queen Mary 2 are able to work out on deck at a Canyon Ranch SpaClub (above).

COURTESY OF CANYON RANCH (3)

WebMD

Article Link: http://www.webmd.com/food-recipes/features/eating-healthier-canyon-ranch-spa-way?page=3

Listen

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
WebMD Feature

WebMD Feature Archive

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

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.

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Source: Scott Uhelein, corporate chef, Canyon Ranch; author, along with kitchen staff, *Canyon Ranch Cooks*.

Reviewed on February 07, 2007

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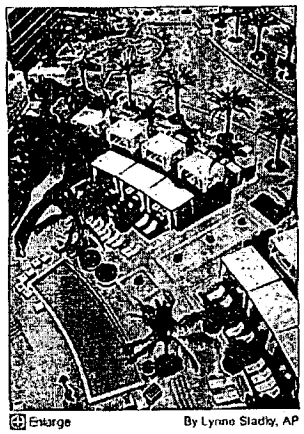

Enlarge By Lynne Sladky, AP

Cabana nirvana: The expanded pools at the Fontainebleau include cabanas renting for $250 a day.

By Kitty Bean Yancey, USA TODAY

Miami Beach will have a half-dozen new luxury lodgings this winter. Whether the economy will rain on these chic sunspots remains to be seen. Meanwhile, USA TODAY checks into two just-opened big names on the beach.

Fontainebleau Miami Beach

What's new: One of the USA's grande-dame resorts, fresh from a $500 million face lift/expansion, aims to compete with hip South Beach neighbors.

CITY GUIDE: Find Miami attractions, restaurants and more

Claim to fame: In its '50s and '60s heyday, the Rat Pack partied here, and Sean Connery filmed scenes for *Goldfinger*. Its reopening last weekend included appearances by Mariah Carey, Usher, Sean "Diddy" Combs, Gwyneth Paltrow, Paris Hilton and a Victoria's Secret fashion show taped to air Dec. 3.

Vital stats: 1,504 rooms and rentable suites in the main building and three towers (two house condos, almost all rented by the night). Recently revamped accommodations are in the main "Chateau" and "Versailles" tower. Condo suites are 8 months to 4 years old and have a different modern look; older suites will be updated in December.

The scene: Miamians are flocking to gawk as workers put on finishing touches. The look is sleek and minimalist vs. the more mainstream style that reigned in the Fontainebleau's past incarnation as a Hilton. The lobby has stunning white marble floors with inlaid black marble bow ties, as originally designed by Morris Lapidus. Its lobby Bleau Bar, redone with white leather furnishings and glass floor aqua-lighted from below, is prime for people-watching. Servers in black halter tops and hot pants get as much attention as the mojitos. Redesigned pools are South Beach-meets-Vegas with white-curtained cabanas ($250 and up daily) boasting flat-screen TVs, circular white daybeds ($50 and up), a topless sunbathing area and blaring lounge music.

Bedding down: Frumpy rooms have turned boutique-chic with cushy, ultra-high ivory leatherlike headboards, modern art and white marble bathrooms. Billed as a hotel first: An Apple iMac is in every room. Order food, surf certain websites free, ask for extra pillows. (The system isn't fully up yet: My e-mail request for extra toiletries ASAP went unanswered.)

Who'll like it: Hotel-design mavens; those itchy for a new scene.

Who won't: Traditionalists and guests seeking a serene hideaway. Its no-self-parking policy resulted in a long wait for a valet-scraped car for this reporter. The jury's out on whether the latest Fontainebleau incarnation — with expanded convention space — will go over with the meeting crowd. Or if it will appeal to young scenesters, given new SoBe entries such as the Gansevoort South and soon-to-open Mondrian South Beach.

Wining and dining: 11 eateries, lounges and club, most yet to open. Big names include Scarpetta, due today., and Gotham Steak, Monday.

Indulgences: A 40,000-foot spa, still to come.

The deal: Rates start at $229 in slow periods; $399 and higher at prime times. You can get a $50 resort credit on stays of two nights or more.

Information: 800-548-8886; fontainebleau.com

Canyon Ranch Miami Beach

What's new: What's billed as the first hotel/condo spa and wellness community

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Dining: While hotel eateries might avoided elsewhere, in Miami the short list of fabulous restaurants is long on hotel names

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What's new: What's billed as the first hotel/condo spa and wellness community.

Claim to fame: Canyon Ranch, headquartered in Tucson, is a giant in the spa world.

Vital stats: 150 luxury hotel suites, 425 condos and 70,000-square-foot spa; workout center and health center on a North Miami Beach oceanfront site. Sophisticated medical testing is available.

The scene: A haven from Miami Beach frenzy. Cellphones aren't allowed on in public areas. Scented candles and staffers who seem to genuinely care about guests' well-being await in the elegant, calming lobby, designed by New York's prestigious Rockwell Group, with Guatemalan mangrove sculpture. No makeup and yoga pants replace stilettos and teeny bikinis. VIPs opting for Canyon Ranch Living include *CSI: Miami*'s David Caruso. Residents and guests get a full menu of spa services and complimentary classes (from Pilates to rock climbing), plus lectures by physicians. Outsiders can eat at the restaurant, where dishes such as $11 shrimp ceviche marinated in grapefruit, cilantro and chiles or $26 lavender-stuffed quail have calorie, carb and protein counts listed. Unlike other Canyon Ranches, this one serves alcohol.

Bedding down: Guest suites are drop-dead beautiful, with ocean and/or bay views, tranquil bedrooms in muted hues, lavish bathrooms, contemporary-chic living rooms with sofas, flat-screen TVs, plus kitchenettes with washer/dryers. To enter, simply wave your keycard in front of the lock.

Who'll like it: Spa junkies and luxe lovers bored with South Beach blare who'll pay to be pampered, even in tough times. Residents say Kate Hudson left the Fontainebleau to do the spa thing here.

Who won't: Party-heartiers.

Indulgences: Start with a staff that within a week of opening is functioning at world-class level; add top-notch facilities and massage. And the spa's heated chaise longues are dreamy.

The deal: Canyon Ranch is a steal through Dec. 3, with suites starting at $200. Rates rise to $900-plus January to April; $550 and up in summer.

Information: 800-742-9000; canyonranch.com

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Posted 11/20/2008 7:30 PM

Updated 11/20/2008 4:14 PM E-mail | Print |

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2/8/09 N.Y. Times 3
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February 8, 2009

Section: TR

In Tough Times, Spas Stress Stress

MICHELLE HIGGINS

IN late November, a couple of months after the global financial crisis leaped to the top of news reports, spa lovers browsing at Spafinder.com were showing new interest in a concept fit for jittery times.Along with the usual search terms, like "day spas" and "massage," a newly prominent word was typed into the site's search engine three times more often than it had been in the summer.That word was "stress."

Interest hasn't waned since, said Susie Ellis, president of SpaFinder Inc., the New York travel and marketing company that runs the Web site.Not only is "stress" still showing up often in the site's searches, but weekly traffic to its "stress management" category has doubled since the summer months.

When the economy was good, taking a spa vacation was largely about pampering yourself.It didn't matter that the afterglow of that $165 carrot-and-sesame body buff lasted only until your next shower.Now, with the sinking economy on most people's minds, a trip to the spa has become something else -- an investment of sorts, in well-being.

People are "giving up the fluffy gold and caviar facials," Ms. Ellis said in an e-mail message, "but honing in on core stress busters like therapeutic massage, etc.Especially if the price is right."

Yoga class attendance is up at the Emerson Resort and Spa in Mount Tremper, N.Y., for example, while pricey treatments like the $185 Abhyanga Scrub and Soak are down.And more guests are opting for the least expensive spa treatment -- a 30-minute back, neck and shoulder massage for $55.

The shift in mood is not lost on spa owners, who have long been savvy marketers, convincing people of the purifying qualities of sweat lodges and persuading them that a nightingale cleansing mask, made from sanitized bird droppings, was truly worth $109.

Miraval, the spa resort company based in Tucson, Ariz., is offering a new De-Stress Me package designed for "these trying times," according to Tracey Anne Latkovic, the vice president of sales and marketing.The Eldorado Hotel and Spa in Santa Fe, N.M., is running a Stress Bailout promotion to attract travelers looking "to escape the nonstop coverage of the economy," according to a press release.

And under the usual New Agey marketing jargon that flashes across the sleek home page of Canyon Ranch, the destination spa company that was luring guests for body poundings and weight-loss regimens before the modern spa proliferation was a

gleam in marketers' eyes, there is a new message straight from its founders, Enid and Mel Zuckerman. "Has there ever been a time when you could have used an escape to Canyon Ranch more?" it reads, under the caption "The Vacation You Need" and a proverb about health, hope and happiness.

"No?" the pitch continues. "Then book your healthy, revitalizing getaway today and let us help you re-establish your balance.In times like these, nothing -- nothing at all -- is more important than taking care of yourself and on focusing on what really matters: Health, hope, love and a tranquil mind."

During past economic downturns, Mr. Zuckerman said in an interview, business had been "very strong, because people need to get away to deal with stress, deal with fear, go to behaviorists, do life management, protect their health." So far, Canyon Ranch's revenues are "holding up very nicely" this time, too, he said, despite a dip in occupancy of about 10 percent in Tucson and Lenox in 2008.And the company opened a new luxury spa in Miami in December, just when the recession was proving itself entrenched.

Of course, a little financial incentive also helps.To battle the uncertain economy's dampening effect on leisure spending, spas are marrying their new emphasis on stress relief with a flood of discounts and deals.

Rancho La Puerta, just over the California border in Tecate, Mexico, explains its decision to keep prices at 2008 levels -- starting at $2,795 a person for seven nights, double occupancy -- this way on its Web site: "We feel that in these tumultuous times a destination spa vacation is more important than ever." It has also been running Bring a Friend weeks that allow a guest staying Feb. 21 to 28, for example, to double up and share $1,500 to $2,200 in savings.

Miraval's Authentic Remedy package, which starts at $399 a person a night -- more than 40 percent off regular rates -- includes extras like organic wine tastings and cooking classes.Mii amo, at Enchantment Resort in Sedona, Ariz., is holding rates at 2008 levels and offering a $740 discount on its seven-night themed journeys in February.

Not to be outdone, the Golden Door in Escondido, Calif., has rolled back weekly rates to 2007 levels of $7,750 a person through May 24, down from $8,275 originally planned for this year, and is offering special rates like $6,000 a person for Presidents' Day week or a $500 saving if you bring a friend.

Even Canyon Ranch, which has never lowered its published rates -- "I could never compromise our standards or cut our programs because we no longer could be who we are," Mr. Zuckerman said -- is tinkering with pricing.

Canyon Ranch in Tucson is offering credits of up to $350 for stays of at least four nights (which start at $3,770 a person, based on double occupancy) to out-of-towners, to help offset airfares.Its sister property in Lenox, Mass., has a fifth-night-free deal through April -- in effect a discount of as much as $1,000 depending on accommodations and time of week -- and is also offering 15 percent in savings when two guests who have never stayed at a Canyon Ranch resort share accommodations.

Last year, at the second-annual Global Spa Summit in New York, Ian Schrager, the trendsetting hotelier who is designing a new spa brand for Marriott, suggested another way spas could improve business -- add spaces where spagoers can hang out.

"These are places where people can meet and socialize before or after spa treatments," he said in a keynote address. "People feel good when they come out of the spa and spas can take advantage of that."

Spa owners have no more insight than anyone else into how long tough economic times will last. "I have no idea whether we got another year or two or three years ahead of us," Mr. Zuckerman said.But in the last few weeks, Canyon Ranch bookings have been picking up ever so slightly, he said, which he takes as "the message that people still want and need what we have to offer."

For the nail-biting stress victim who still has enough money left to relax at a spa at all, this may not be entirely the worst of times.

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---- Index References ----

Company: SPAFINDER INC

Industry: (Hotels (1HO42); Resorts (1RE44); Travel & Tourism (1TR07); Travel Bargains (1TR46))

Region: (Americas (1AM92); Arizona (1AR13); New York (1NE72); North America (1NO39); U.S. Mid-Atlantic Region (1MI18); U.S. Southwest Region (1SO89); USA (1US73))

Language: EN

Other Indexing: (SpaFinder Inc.) (Tracey Anne Latkovic; Ian Schrager; Susie Ellis; Mel Zuckerman; Enid Zuckerman; JULIA KUO)

Edition: Late Edition - Final

Word Count: 1139

End of Document

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1/3/10 Times Union (Alb.) 7
2010 WLNR 166912

Albany Times Union (NY)
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January 3, 2010

Section: Unwind

DESTINATION RELAXATION

STACEY MORRIS SPECIAL TO THE TIMES UNION

If the beach is out of reach, you can still indulge in a getaway that will leave you every bit as rejuvenated, even if miles of sandy surf aren't involved. Ask anyone who has ever cloistered himself for a weekend (or longer) at a spa, and you're likely to hear an aria of praise. And the reason is simple: If an afternoon of pampering at a day spa is good, an extended stay at a destination spa is even better.

Massages and pedicures are only the beginning. Many overnight spas blend pampering with methods of improving overall health and well-being, and are staffed with nutritionists, exercise physiologists, acupuncturists, yoga masters, life coaches, medical intuitives and master chefs.

The Northeast abounds with spas featuring overnight accommodations, but according to industry standards, there are key differences between destination spas and spas at resorts.

"A destination spa's sole purpose for being is to provide the guest with a health-renewing experience," says Michelle Kleist, executive director of Destination Spa Group, an advocacy and marketing organization of the country's top destination spas. "Because of the proliferation of spas in the past decade, there is sometimes confusion or misperceptions of what spas offer. The DSG educates the public on the definition of a true destination spa experience. And it's a different experience than going to a resort that has a spa on premises."

According to Kleist, to qualify as an official destination spa, certain criteria must be met, including not being a part of a resort or separate business entity on the property, not serving distilled alcoholic beverages to guests, and having an educational programming component that focuses on lifestyle and health improvement.

Fortunately, the surrounding region has no shortage of bonafide destination spas, as well as spas with varying types of overnight accommodations. The following is a roundup of spas within driving distance that cater to a range of preferences, goals and budgets. Those with an asterisk denote an accredited destination spa:

Canyon Ranch*

165 Kemble St., Lenox, Mass. (413) 637-4100 http://www.canyonranchlenox.com

The largest and arguably most well-known destination spa in the Northeast, the luxury complex can accommodate up to 250 guests. There's a full menu of spa services (Thai massage, reflexology, conditioning body scrubs), but what sets Canyon Ranch apart is a legion of medical personnel that allow guests to seek anything from annual exams and bone-density testing to second opinions. Canyon Ranch was founded by businessman Mel Zuckerman, who had such a dramatic health turnaround after a week at a health spa 30 years ago that he bought the spa and has since been broadcasting the message of adopting healthy exercise and eating habits for a lifetime. Rates start at $1,930 for a three-night package that includes meals, exercise programs and spa treatments.

The Copperhood Inn & Spa*

7038 Route 28, Shandaken. (845) 688-2460 http://www.copperhood.com

This Catskill destination spa was started more than 20 years ago by Elizabeth Winograd Iwinski, a native of Poland and a licensed New York state hiking guide, who is often found leading guests on treks in the surrounding mountains, as well as snowshoeing expeditions and biking tours. The staff includes aestheticians, a medical doctor, personal trainers, holistic health counselors, yoga instructors, a medical intuitive, an acupuncturist and a life coach. Copperhood's intimate setting (10 guest rooms, seven suites) gives it a homey feel. Rates begin at $800 for a "two-night respite" that includes meals, exercise programs and spa treatments.

Deerfield Spa*

650 Resica Falls Road, East Stroudsburg, Pa. (800) 852-4494 http://www.deerfieldspa.com

This Victorian mansion in the Poconos offers the full destination spa experience minus "the affectations." So you'll find facials, aromatherapy and Swedish massage, but no chocolate pedicures. Guests can sign up for lifestyle education lectures ("Combating Cravings") as well as an extensive exercise menu that includes swimming, hiking, ballet, tai chi, pilates, weight training and the spa's exclusive yo-wei, which combines yoga with hand-held weights. Rates begin at $125 per night (double occupancy) and include meals, exercise programs and a Swedish massage.

Emerson Resort & Spa

5340 Route 28, Mount Tremper. (877)-688-2828 http://www.emersonresort.com

This Hudson Valley hideaway has 26 suites and five duplex lofts styled in Great Silk Road decor, four restaurants and a Forbes four-star rating. Guests are ushered into the resort's spa through majestic, 17th-century Rajasthani palace doors to receive treatments such as shiatsu, hydrotherapy, ayurvedic facials and herbal wraps. Rooms begin at $432 per night; massages and facials begin at $95.

Green Mountain at Fox Run*

Fox Lane, Ludlow, Vt. (800) 448-8106 http://www.fitwoman.com

Since 1973, this women-only spa has devoted itself to helping guests find and maintain healthy weights. Programs center around educational classes such as "Food as Medicine," nutrition counseling and physical activities such as hiking and weight training. Its signature "Non-Diet and Fitness Program" mimics a college curriculum, with each week's workshops building on previous discussions.

"Women learn to listen and trust their bodies again to guide them in eating well, staying active and engaging in other behaviors that are necessary for good health and, by consequence, healthy weights," says owner and director Marsha Hudnall. They begin

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to develop an intuitive motivation toward the behaviors that foster their health and healthy weight." Rates begin at $2,400 per week and include all meals, workshops and activities.

The Inn at Stoweflake

1746 Mountain Road, Stowe, Vt. (800) 253-2232 http://www.stoweflake.com .

Tucked into a quiet valley just north of Stowe, Vermont's busy shopping district, the inn's main building and campus of townhouses are interwoven into a landscape of indigenous flowers and sheltering maple trees. The Spa at Stoweflake offers year-round comfort with its sunny aqua solarium, where guests wash away stress under 12-foot-high hydrotherapy waterfalls or in the Hungarian mineral soaking pool -- and top it off with a Vermont maple sugar body polish. During summer months there's a par-3 golf course, tennis, badminton and quiet walks through a labyrinth whose spiraling borders are made of fragrant herbs instead of rocks. For those interested in upping the fitness ante, there are services ranging from private pilates to assisted stretching classes. Wellness retreats and winter vacation packages are available. Rates start at $289 per night. Massages begin at $125.

Mirror Lake Inn

77 Mirror Lake Drive, Lake Placid. 523-2544 http://www.mirrorlakeinn.com

Renowned for its Adirondack serenity, the resort's 5,000-square-foot spa is accented in tumbled local marble and mahogany. Amenities include fireplaces, Jacuzzis, steamrooms and a lake-view fitness center. Services include the Adirondack Maple Body Scrub, Algae Exfoliation, the signature Dry Float Massage, Four-Layer Facial, Craniosacral Therapy and Heated River Stone Therapy. The inn's Spa Getaway package begins at $355 per couple per night and includes a 50-minute spa service and breakfast.

New Life Hiking Spa*

2617 Killington Road, Killington, Vt. (866) 298-5433 http://www.newlifehikingspa.com

Founded by owner Jimmy LeSage in 1978, the spa has won Spafinder's Reader's Choice in "Best for Hiking," "Best for Weight Loss" and "Best for Affordability" four years in a row. Open mid-May through the end of September, daily activities include silent walking meditation, pilates, chi kung, yoga and (of course) hiking. Spa services include Thai yoga massage, Chinese herbal body exfoliation, reflexology and deep tissue massage. Evening activities include cooking classes and tips on nutritious menu planning. Rates begin at $209 per night with meals, spa treatments and activities.

The Spa at The Hotel Hershey

100 Hotel Road, Hershey, Pa. (800) 437-7439 http://www.chocolatespa.com

This chocolate-lover's delight will dazzle anyone with even a part-time sweet tooth, thanks to aromatic services such as chocolate hydrotherapy, whipped cocoa bath, chocolate bean polish and chocolate fondue wrap. The fitness center offers consultations to assess cardiovascular endurance; yoga, tai chi and meditation classes; an indoor pool, sauna and weight room. The 30,000-square-foot, European-style spa overlooks the hotel's gardens and reflecting pool and is in the heart of Hershey Park. Spa package rates start at $232 (two-night minimum) and include spa services, a fitness class, breakfast and a welcome basket.

Spa Eastman*

895 Chemin des Diligences, Eastman, Quebec. (800) 665-5272

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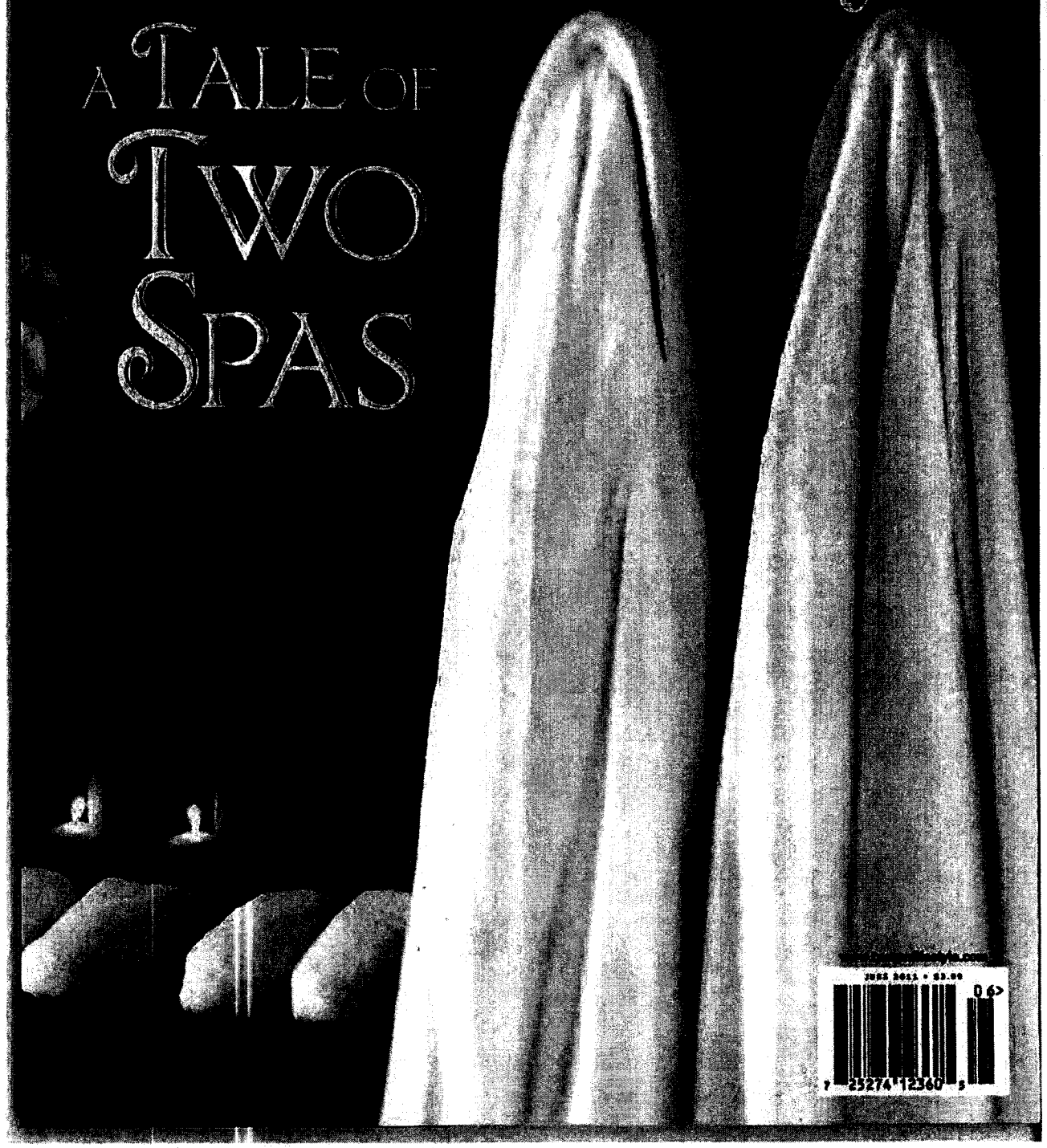
Tucson Lifestyle

A Tale of Two Spas



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A Tale of Two Spas

BY SUE GILES

The Best. Number One. Readers Choice. Gold List.

This is a story about the above superlatives and the subjects that have earned them — Canyon Ranch and Miraval Resort & Spa.

These two destinations, right in our own backyard, have helped put Tucson on the map. They welcome visitors from around the globe who come to relax, refresh and rejuvenate, and in the process, pump dollars into our economy.

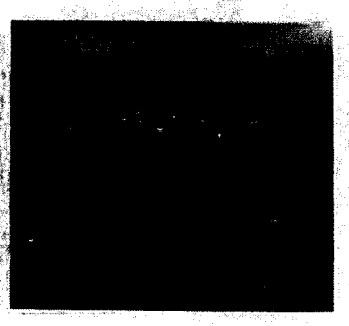
Many Tucsonans refer to the Ranch and Miraval as spas, hence the title of this tale. But for all intents, both have evolved past the typical definition of a spa.

A stay at either of them is a carefully crafted experience, designed to address the mind, body and soul every hour of every day. In addition to esoteric selections, physical challenges, informative seminars and superb dining, both places feature an added component: access to medical advice.

I have had the pleasure of staying at both locales. As soon as other guests learn that I'm a Tucsonan, their next question is as predictable as one of our sunny days:

"What's the difference between Canyon Ranch and Miraval?"

What follows is a look at both of these great destinations. ▸



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Year Founded: 1979 by founders Mel and Enid Zuckerman

Address: 8600 E. Rockhill Road, 150 85715

How To Get There: Sabino Canyon Road to Speedway, then east on Speedway to Rockhill. Left on Rockhill Road, approximately 12 minutes from midtown

Telephone/Website: 520-749-9655/canyonranch.com

Number of Guests at Full Capability: 240

Suites: Yes

Staff to Guest Ratio: 3:1

Facilities: Life Enhancement Center; Health and Healing Center; Clubhouse; Golf Performance Center; Aquatic Center; Spa Services; Tennis Center

Average Number of Fitness Classes/Seminars Per Day: More than 50

Specialty Services: Acupuncture; Spirit Journey; Body Enhancement; Genomics; Stress Management; Biomarker Health Status; Diagnostic Services; Nutrition; Fitness Programs; Yumana Body Rolling; Biofeedback; Regenerative Medicine; Black Chamber; Euphonics; Detoxifying Rituals; Neuromodulation; Mud; Aquatic Golden Bricks; Water Music; Aquatic Fusion; Fastdance; Feel Fabulous; Gentleman's Scalp Revival; Hiking; Biking

Provides Meals: Yes

Minimum Stay Requirement: 3 or more days

Specialty Models: Women's Spirituality, Golfers, Athletes, Weight Loss at Life Enhancement Center

Medical Facilities: Extensive medical center with full-time physicians

Alcohol Available: No

Average Price Per Day: All-inclusive three-night stay begins at $2130 (low season, double occupancy)

At some time or another, you've probably seen publicity photos of the venerable, decades-old Canyon Ranch and assume that when you arrive there, it will look a lot like the desert surroundings that you consider routine.

But there is nothing routine about Canyon Ranch.

The vastness of the place — a 70-acre fusion of Mother Nature and Man — is as startling as it is spectacular. Rows of trees and carpets of greenery dot the landscape of pathways, gorgeous sculptures and rocky arroyos bubbling with water — a scene far different from the one that greeted Canyon Ranch co-founders Mel and Enid Zuckerman in the late 1970s. When they first came across the old Double U Ranch, it was a rundown guest ranch that had flourished in the '40s. The Zuckermans were impressed with the vegetation, the wildlife, the views, the colorful adobe buildings. But what really did it for them was the spirit of the place.

> **"The transformative resort stay has always been and always will be at the center of our business."**

That spirit is one of the hallmarks of this innovative vacation resort, where you can have a physical exam, indulge in esoteric healing sessions, consult with behaviorists, learn about herbal remedies, or run on a treadmill in the swimming pool (I loved this!), among other activities.

On a recent visit, I stayed in a junior suite, appointed with everything you can imagine and then some. The words over-the-top-luxury come to mind. The sofa provided a good spot to plunk down and peruse classes and services, which takes some time.

So, what do you do during a day at Canyon Ranch?

If you're a golfer, you might go to the Golf Performance Center and take a clinic on putting or pitching. If water is your thing, head to the Aquatic Center to enjoy a class called Aqua Shape. Or go to the gym for classes such as Body Blitz, World Beat, Stride and Strength, Above and Below the Belt, Boxer's Workout, Core Conditioning. The list of classes changes daily, with some overlap.

Lectures are scheduled during the afternoons and evenings. You might want to hear what Mike Siemens, exercise physiologist, has to say about "de-stressing your

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exercise routine." Or listen to the Ranch's sleep expert, Dr. Param Dedhia, talk about "sleep for good health." Craft classes are offered several times a day. Even if I were competing for a million bucks on *The Amazing Race*, I know I couldn't sculpt a mini clay creation but if you're blessed with artsy bones, maybe that's your ticket. Then again, how about spinning beads (that also would be an *Amazing Race* deal breaker).

Every day, a Lunch and Learn class provides a wonderful escape for enjoying good food, accompanied by the witticisms and information of Chef Shawn who is charismatic enough for a TV show.

And speaking of food, you can dine in the main dining room or alfresco at the Double U Café, which is adjacent to the original ranch swimming pool. All entrées include pertinent nutrition information such as calories, carbohydrates, protein, fat and fiber content. Yes, there are desserts but portions are small and sweeteners are used in moderation.

Of course there are myriad choices for soothing the soul with lotions, potions and ointments. I particularly enjoyed a treatment called Rejuvenating Waters, a combination of sweat lodge and massage that takes place in a small two-room building. When you enter, clad in a swimming suit, you're helped into a huge hydrotherapy tub with blue lighting and dozens of jets. A wonderful therapist named Kevin massages you with a water wand as well as manually and you're given a choice of background music. Native American drums should prove to be a good selection as they can be accompanied now and again with chanting from the therapist. Next, you're taken into the adjoining room, saturated with steam. There you're massaged with hot and cold towels and smooth stones.

I also benefited from scheduled visits to the Ranch's Health and Healing Center, where physicians focus on preventive and integrative medicine. Many of the diagnostic services appear to be unique, such as something called a Biophysical 250, a blood test that surveys biomarkers in your blood that could indicate many conditions such as cardiovascular disease, autoimmune disease, metabolic disorders and cancer. There are other medical services such as a cardiometabolic stress test, a cardiovascular profile assessment, heart rate variability testing, among others.

It's no wonder that the Ranch's Guide to Services is 65 pages. The trick is to pack as many as possible into your stay and go home renewed.

Highlights Of My Stay

Rejuvenating Waters
(see article)

Acutonics:
a system of sound healing is performed to bring body and mind into greater harmony.

Cardiovascular Profile Assessment:
a non-invasive test to assess the elasticity of small and large arteries is then reviewed by a physician who determines your cardiovascular risk, and suggests possible treatment strategies.

Ageless Oxygen Boost:
first your skin is cleansed, then a pressurized oxygen application system infuses a skin-specific cocktail of hydrators, vitamins, botanicals and antioxidants. One of the few facials where you see an immediate improvement.

Canyon Ranch Energy Renewal:
this service, which focuses on grounding, balancing and chakra alignment, was developed by several Ranch practitioners to enhance the body's flow. My service was performed by an 83-year-old therapist who has been at the Ranch since it opened. As those ads say, "priceless." ▸

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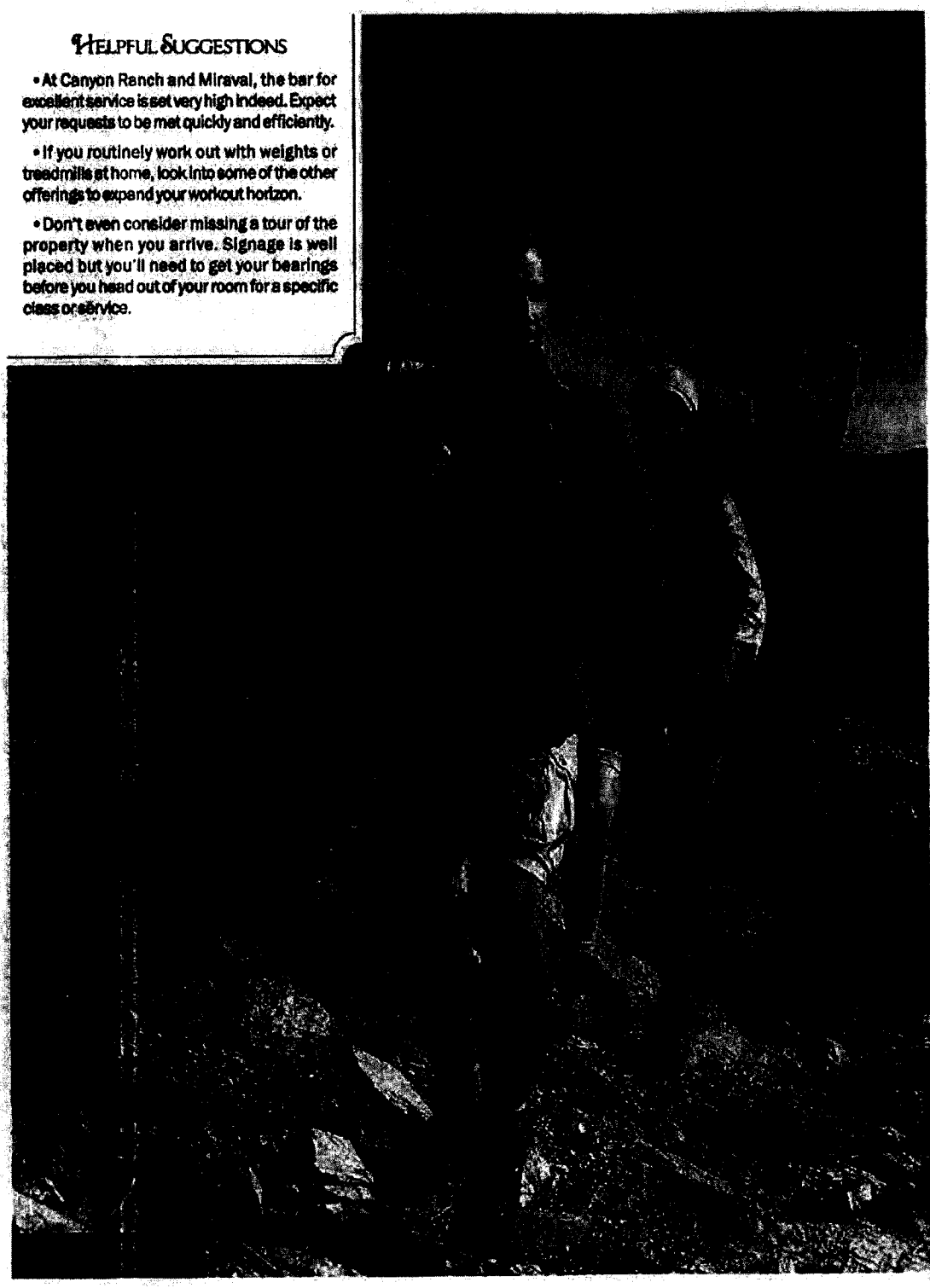
Helpful Suggestions

- At Canyon Ranch and Miraval, the bar for excellent service is set very high indeed. Expect your requests to be met quickly and efficiently.
- If you routinely work out with weights or treadmills at home, look into some of the other offerings to expand your workout horizon.
- Don't even consider missing a tour of the property when you arrive. Signage is well placed but you'll need to get your bearings before you head out of your room for a specific class or service.



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Comments and Observations

Some thoughts from Mel Zuckerman, co-founder of Canyon Ranch:

"Our intention at Canyon Ranch is to have the vision of healthy living blend with a guest's experience.

"We measure our value by 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.

"This was always meant to be a place where people establish healthy habits and pass along the legacy.

"Hospitals are learning from our industry, revamping the way they rehabilitate patients and offering non-invasive, comforting therapies like Ambient Sound and Healing Touch to foster well-being and improve outcomes. They're endeavoring to treat patients more the way we treat our guests — as whole people. They're doing it because they've seen that it works.

"I dream of seeing America's health culture evolve from dependency to empowerment."

Some thoughts from Kyle Treat, general manager of Canyon Ranch:

"Our CEO Jerry Cohen reads every survey from every guest — our core culture centers around listening to people who stay here. Some of our best ideas are the result of surveys.

"One-night stays aren't available. We believe that guests need several days to experience the synergy here. It takes a day just to shut down and get into the swing of things.

"We get many return guests so we're able to know their preferences — for example, someone may like a humidifier in her room and we can anticipate that.

"We have many long-term staff who are passionate about their work; attention to detail is paramount here.

"We try to learn what guests want before they arrive. We ask what their goals are, their intentions. We ask if they want to address a health issue, a medical issue, if they're concerned about weight loss or perhaps their mobility.

"Our medical offerings make us unique in the spa industry.

"We meet you where you are on your path to wellness."

Some thoughts from Jim Fastburn, director of the Life Enhancement Center (LEC) which provides an in-depth experience in healthy living:

"The optimal stay at the LEC is seven nights but in response to the current economy we're offering shorter stays of four days.

"We don't chase down guests about attending lectures, etc.; we believe in freedom and flexibility.

"Routine can be comforting but we encourage you to 'mix it up' once you go home, maybe change the usual route you take home, shop in the produce section first if you usually head to dairy.

"Our program addresses such topics as weight management. We now know that belly fat and sugar are the biggest cause of liver failure. We encourage you to feed your gut by cleaning it. We've shifted the focus from 'how much do I weigh?' to 'how healthy am I?'"

Guest Comments:

"I came here to get stronger and to be medically supervised — no one else offered that. This place helps you put it all together. It's one-stop shopping."

"In spite of my investments being down I still invest in Canyon Ranch because it has helped me."

"My dad, sister and I traveled from Iceland to spend two weeks here and it's wonderful." ▸

All photos courtesy of Canyon Ranch.

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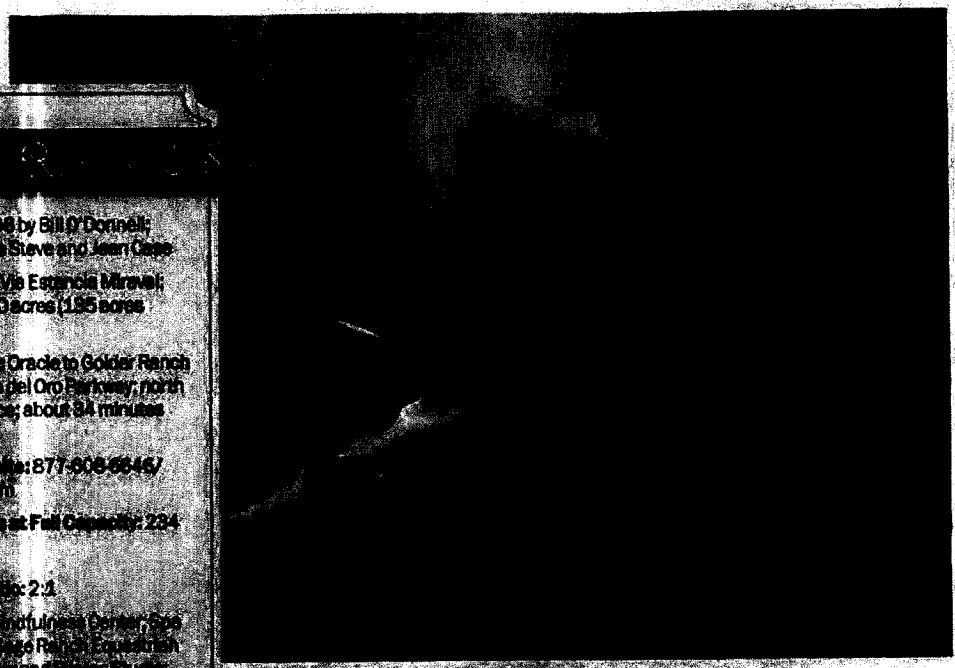

Year Opened: 1996 by Bill O'Donnell; current owners are Steve and Joan Gase

Address: 8000 E. Via Estancia Miraval; approximately 400 acres (135 acres currently in use)

How to Get There: Take Oracle to Golder Ranch Drive, east to Lago del Oro Parkway; north on Lago to entrance; about 34 minutes from town

Telephone/Website: 877-908-6646/ miravalresorts.com

Number of Rooms at Full Capacity: 234

Suites: Yes

Staff to Guest Ratio: 2:1

Facilities: 100,000-square-foot Mindfulness Center; Spa Cottages; Pure Grace Ranch Equestrian Center; Gym Center and Fitness Studio; Cravings Cocktail Clubhouse

Average Number of Fitness Classes/ Offerings Available Per Day: 12-25

Signature Treatments: Aqua Zen; Biolog Oil Nutrition; Dreaming Well; Dermaflying; Moisturizing; Desert Rain Scrub; Desert Sky Wave Experience; Drumming Equine Experience; Hiking; Hammam Ritual; Light Flow; Mind Spring Massage; Nurture Body Renewal Ritual; Oriental Foot Therapy; Organic Stone Stone Journey; Prickly Pear Sugar Scrub; Grounding; Quantum Leap; Sunset Salting; Ceremony; Sensory Mud Wrap; Sound Therapy; Star Gazing; Tai Chi Warrior

Packages Starts: Fifth night free; other packages available and Arizona rates available.

Minimum Stay/Acceptance: No minimum stay

Specialty Classes: Well on Wellness with Andrew Weil, M.D.; The Equine Experience Immersion with Wyatt Webb; The Energy Project with Tony Schwartz

Medical Facility/Program: Andrew Weil M.D. Integrative Wellness Program

Alcohol Available: Yes

Average Price Per Day: Starting at $525 per person, double occupancy, in season; $425 per person in summer

If you don't know where you're headed, you might head right past the entrance to Miraval Resort & Spa. It's unobtrusive, a bit off the road. Once you gain admittance at the gate, however, the scene becomes dramatic: flowing waterfalls, swaying palms, imposing mountains and green everywhere. It's enough to prompt a wow, albeit a serene one.

The key word at Miraval is mindfulness and this permeates everything — from fitness classes to the feeling that envelops you as you walk around the grounds.

No glitz, rococo or velvet here. Instead, the understated elegance in décor and architecture allows the surroundings to immerse you in nature's beauty.

On a recent visit, I was placed in one of 16 new "green" suites — huge and luxurious, with an outdoor shower that's a kick to experience. All the rooms at the resort are typically larger than what you'll find at many Five-Star accommodations and the amenities are top-notch: linens with an astonishing thread count, feathery duvets, cozy robe, refrigerator, plasma TV, computer hook-up.

> "Come be *you* with us."

So, what do you do during a day at Miraval? If you're adventurous, you'll head to one of the offerings such as Desert Tightrope (you traverse a cable 35 feet high in the air, using only a series of hanging ropes for balance); Face-to-Face (move in pairs across cables suspended 30 feet off the ground); Swing and a Prayer (swing from a 35-foot pole); or Quantum Leap (leap from a 35-foot pole). If, however, you decide to pass on leaping here or climbing there, you're bound to hear all about it from someone seated next to you at lunch.

But don't think you have to be very young or über fit to make every moment count. You might choose to while away the hours in a horizontal position, sampling some of the 160 spa offerings such as Nurture Body Renewal Ritual — touted as Miraval's most complete body renewal ritual. This 100 minutes of sheer indulgence is divided into six parts: first the therapist brushes your skin with a loofah, then exfoliates with bioactive white peat enzymes, sea minerals and antioxidant berries. Don't ask me who dreamed up that concoction, but it feels — and smells — great. Next, the therapist stimulates your lymphatic system with a masque of mushrooms and phytonutrients (again, who knew?) and a shower follows. Then, some sort of berry-oil serum is applied, followed by the trump card: a full body massage with Arctic berry milk cream.

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You might think you'd get hungry during a scented extravaganza such as Nurture, but the sheer amount of food you've sampled in the dining room or snack bars will help you soldier on. And speaking of food, breakfast is scrumptious: a printed menu of selections plus a smorgasbord of everything from fruit to muffins to oatmeal to granola to eggs. More decisions await at lunch, and before you know it, the tempting ingredients on the dinner menu are calling to you. Ah, but wait...before you dine, there's a cocktail hour with munchies and booze. Highlighted cocktails rotate and might be, for instance, the Prickly Pear Lemon Drop Martini, described thusly: "Because prickly pear is sweeter than table sugar, a little goes a long way, making it a great mixer for a low-calorie cocktail. And prickly pear has been used for centuries in the Southwest to treat digestive problems."

But don't think that breakfast/lunch/dinner time is just about the good food. Dining rooms are wonderful avenues for meeting some of your fellow guests, all of whom have fascinating stories to tell. A very real camaraderie develops during your stay, much like one of those fabulous camp experiences of yore.

Ah, if only Ma and Pa could still be counted on to foot the bill!

Highlights Of My Stay

Nurture Body Renewal Ritual: an all-encompassing spa treatment (see description in article)

Cooking With the Chef: a five-course dinner complete with wine pairings, enjoyed by eight guests. Executive Chef Chad Luethje is a hoot to watch, his food memorable. Plus, lots of great cooking tips.

Eastern Approaches to Health: lunch in the dining room with Karl Svab to hear different theories about incorporating health into everyday living.

Qi Journey: a fusion of Nuad Bo Ram ancient massage with acupuncture and craniosacral therapy. The idea is to help your muscles release tension while stimulating your meridians. Must be experienced to comprehend all the benefits.

Breathwork: to strengthen the energetic systems of the body, mind and emotions.

Thai Massage: on the floor with the massage therapist, a rhythmic stretch and release of muscle tension.

Drumming: a circle of about eight of us, led by Tony Redhouse, complete with all sorts of drums and sound instruments; chanting (him); feather-passing with experiences shared; and exuberant pounding. Not to be missed! ▸

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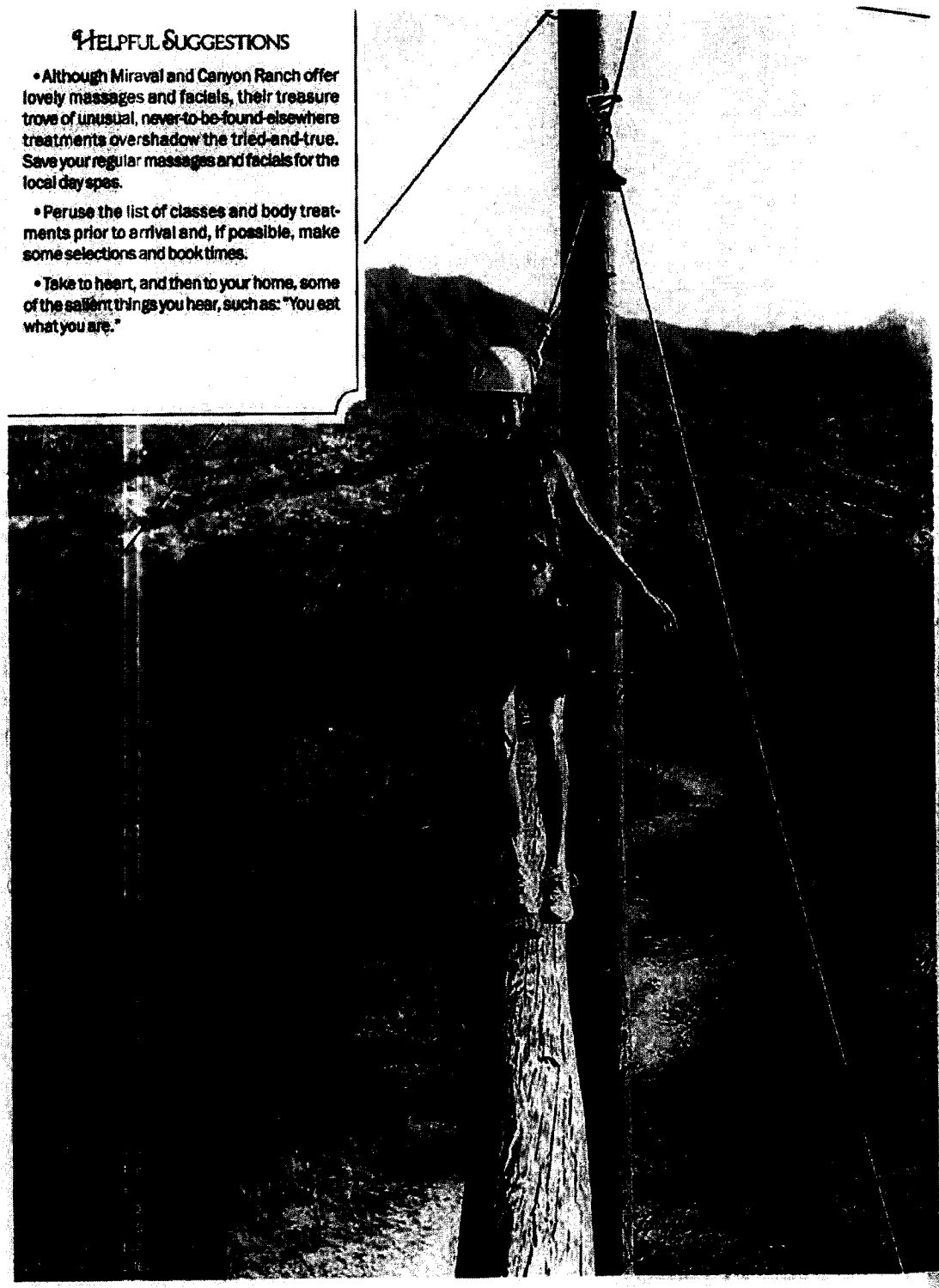
Helpful Suggestions

- Although Miraval and Canyon Ranch offer lovely massages and facials, their treasure trove of unusual, never-to-be-found-elsewhere treatments overshadow the tried-and-true. Save your regular massages and facials for the local day spas.
- Peruse the list of classes and body treatments prior to arrival and, if possible, make some selections and book times.
- Take to heart, and then to your home, some of the salient things you hear, such as: "You eat what you are."



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Comments and Observations

Some thoughts from Philippe Bourguignon, vice chairman of Revolution Places, which includes Miraval among its properties:

"I have a strong conviction that the world of tourism is living in the past; today's consumer can find out anything about a property. We're entering the 'century of women' — the feminization of society. The days of going on a vacation to 'learn something' (like golf or tennis) are over. Today's traveler wants to rediscover herself personally and at the same time be together with family and/or friends. I call this 'egology,' a word I invented to describe the idea of taking care of oneself.

"This is the first time in my life that I'm in a business I don't have to fix; rather, it has fixed me."

Some thoughts from Jim Nicolai, M.D., who heads the Andrew M. Weil, M.D. Integrative Wellness Program at Miraval:

"I'm trying to make the best use of all appropriate therapies — both conventional and alternative. My definition of integrative medicine is this: healing-oriented medicine that takes into account the whole person — body, mind and spirit — including all aspects of lifestyle.

"I want to get your healing system moving in the right direction, and turn on all that's right with you and get *me* out of the way.

"We will encourage you to take an inventory of where you are, health-wise, see where you could be and then help you to create some moments of beauty and gratitude (on a hike, on the Zipline, for example). I want to share ideas on how you can use lifestyle and food as medicine.

"Today's medical care has traded time for technology. A typical M.D. has 15 minutes with a patient and the tendency is to say: 'Let me order a test for you, to do what I don't have time to do.

"What I strive for with a patient is to be approachable and to make complex medical terms more understandable.

"There's a huge maze of medical information out there, some of it dangerous. Our goal is to help guide you through the maze."

Some thoughts from Michael Tompkins, president and general manager of Miraval Resort:

"I came here from New York and have done a lot of self discovery at Miraval. I've lost weight, renewed, you name it. Our program is experiential, our challenge courses in particular.

"Personal choice is paramount at Miraval, which is one of the reasons we offer wine, for example. We do everything in a healthy way, though, such as using agave syrup instead of sugar.

"Many spas have their therapists do the same massage every time. Ours do their own interpretations. Our employees are the best. I've seen such extraordinary levels of service. For instance, during her stay here Martha Stewart asked her massage therapist if a particular, favorite composer was available for background music. The music wasn't available, but the next day the therapist came in early and programmed that composer onto every therapists' iPod, so they would have it available, if asked.

"We are committed to being part of the Tucson community. We have Artists in Residence here, and we've promoted fundraisers for the Tucson Symphony, to name a few."

Guest Comments:

"Everyone who works here loves his job."

"The equine experience was transformational."

"The challenge courses have taught me to communicate *with intention*." TL

All photos courtesy of Miraval.

Grassfed Beef Filet Mignon with Tomato Salad is typical of the dinner entrées featured at Miraval.

CR003239

THE ARIZONA REPUBLIC

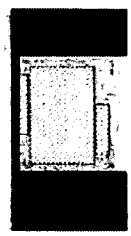
Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (CMA): 433,731 (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15,16
Keyword: Canyon Ranch Health & Fitness Resort

These Arizona retreats are head and shoulder rubs above the rest

5 splendid spas

A SPA VISIT can be a time of renewal and new beginnings, the ideal place to unplug, unwind and unhinge from bad habits. And when some of the nation's top retreats are just a road trip away, the only difficult part is choosing where to park your car. Whether you have a few hours, a weekend or week, we've dug up five retreats that go above and beyond to tune up your mind, body and spirit.

WRITTEN BY
LISA KABANICKY/SPECIAL FOR YES
PHOTOS FROM COMPANIES



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Account: 2253JW (183)

CR003240

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (DMA): 433,731 (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15,16
Keyword: Canyon Ranch Health & Fitness Resort

Ketchum

1
Miraval

2
Vi Spa for Vitality + Health
at the Hotel Valley Ho

3
Golden Door Spa
at The Boulders Resort

4
Miramonte
at Enchantment Resort

5
Canyon Ranch
Health Resort

1. Miraval

5000 E. Via Estancia Miraval
Catalina
1-800-232-3969
www.miravalresort.com

NEW BALANCE

It's always nice to have a celebrity in your corner, especially one like **Oprah Winfrey**, who named **Miraval** among her favorite things in 2004 and continues to sing its praises.

But celebrity accolades and media awards aside, this internationally renowned destination spa stays focused on its mission: life in balance.

Miraval offers flexible mind and body programs, activities and workshops focused on helping people bring their lives into balance by learning to live mindfully.

THE SETTING

Just 20 minutes north of Tucson and nestled on 400 acres of high-desert terrain, Miraval is set amid quietly dramatic scenery that sets the spa's tone. Guests stay in plush, casita-style rooms done in a contemporary Southwestern decor, many with fireplaces and most with private patios. At the heart of the retreat is the multilevel, 28-room spa complemented by a salon, private men's and women's lounges, a contemplative quiet room and a three-tier outdoor spa pool.

The property also houses more pools, tennis courts, a volleyball court, a meditation labyrinth, a yoga center, a climbing wall, a Zen garden, a fitness center, a meeting facility and hiking and biking trails.

LONG AND SHORT OF IT: YOU CHOOSE

The Miraval philosophy is one of mindfulness, which in large part equates to living in the moment. The retreat therefore veers from strict regimens and encourages guests to create daily agendas that suit their whims, goals and mood.

Activities include horseback riding and rock climbing and classes like photography and sand painting. Nutrition workshops, fitness classes, guided hikes and myriad other activities are all part of the ride.

Rates include accommodations, use of the complete resort facility, three gourmet meals daily and all non-alcoholic beverages, access to all scheduled group programs and activities, and one spa treatment or round of golf per night of stay. Minimum stays are not generally required; however, a three- to five-day stay is recommended.

TO DO: TAKE A SACRED JOURNEY

The Sacred Journey — Miraval Signature Treatment ($185 for 80 minutes) offers a place for grounding with therapists who use the balanced effects of hot and cold.

Dr. Andrew Weil, Miraval's director of integrative health and healing, conducts occasional workshops, as do others.

SUMMER SPECIAL

Get a fifth night free when you book four nights through Sept. 26.

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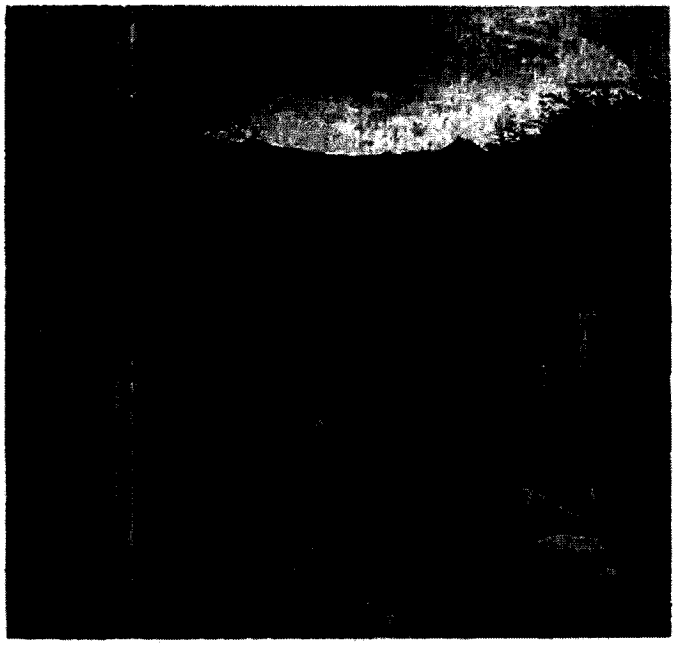
CR003241

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (DMA): 433,731 (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15,16
Keyword: Canyon Ranch Health & Fitness Resort



Serene setting of one of Miraval's casitas

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THE ARIZONA REPUBLIC

Date	Friday, July 20, 2007
Location	PHOENIX, AZ
Circulation (DMA)	433,737 (13)
Type (Frequency)	Newspaper (D)
Page	12,13,14,15,16,
Keywords	Canyon Ranch Health & Fitness Resort

Melt away stress with Miraval's Signature Hot Stone Massage, $175 for 60 minutes.

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Account: 2253JW (183)

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (DMA): 433,731 (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15 *6
Keyword: Canyon Ranch Health & Fitness Resort

VH Spa for Vitality + Health at Hotel Valley Ho

6850 E. Main St.
Scottsdale
(480) 248-2000
www.hotelvalleyho.com

2

LIVE AT THE VH

If the spa at **Hotel Valley Ho** were to morph into human form, it would likely be clad in a sharkskin suit with a skinny tie and wielding a straight-up martini. The laid-back Rat Pack vibe saunters its way into the **VH Spa for Vitality + Health** in both the decor and the neo-retro approach to relaxation.

And with award-winning dining and ultra-hip guest rooms just a shiny shoe step away, the VH Spa offers an inner- and outer-body getaway that shakes up the traditional spa experience.

THE VIBE

Crisp, bright and alive with natural light, the spa sports a vibe that is clean and dapper. Snappy lounge tunes pipe through the mod locker rooms while soft, reflective music and candlelight bounce off the cork floors and blue mosaic backsplashes in the eight treatment rooms.

SHORT STAY: QUICK DIP

While the spa welcomes day guests, a visit to Hotel Valley Ho isn't complete without time to drink in the hotel amenities. For a quick getaway, stay overnight in a studio guest room with its oversize tub and a flat-screen, high-definition TV. Sandwich a la carte spa treatments between breakfast at **Cafe Zazu**, drinks at **Oh Pool** and a Polynesian feast at legendary **Trader Vic's**.

Spa services are available in 45-, 60- and 90-minute increments, but for a full-immersion in the VH Spa experience, try the signature Red Flower Hammam Full-Body Treatment Massage, a 90-minute, Turkish ritual that intensely cleans, detoxifies and relaxes the body ($185).

LONG STAY: INNER URBAN RENEWAL

VH Spa's answer to yanking the plug on an overstressed lifestyle is the Inner Urban Renewal program.

"The retreat is geared toward those who live a fast-paced life in an urban setting. A lot can be accomplished in a 24-hour period for those with limited time," spa director and retreat coordinator **Brad Garrett** says.

The two-day retreat includes a private life coaching session, a facial rejuvenation treatment, a stress-reducing quantum biofeedback session, dinner at Trader Vic's, overnight accommodations, a Yamuna Body Rolling fitness class, a Hammam full-body massage and a group wrap-up lunch. Plan now for retreats on Oct. 7-8, Nov. 11-12 or Dec. 9-10 with rates of $1,160 per person.

TO DO: STOP AND SMELL THE MOONFLOWER

The exotic fragrance that lingers in the air of VH Spa is no accidental aroma. The signature Icelandic Moonflower scent was created for the spa by **Yael Alkalay**, founder of the Red Flower bath and body line, and is featured throughout the hotel's guest rooms and restaurants.

Red Flower bath, body and home products are available at the spa boutique, where you'll also find Hotel Valley Ho gear, "Spa Ho" T's, high-end skin and body collections, and even vintage **Paul Frank** cruisers complete with "I love my bike" bells.

SUMMER SPECIAL

For 60 minutes, two therapists work in tandem, one giving you the True Youth Revealing Facial and the other giving you the Ultimate Spa Pedicure. Then you get to take home the bottle of OPI polish you pick for the pedicure and a 30-day supply of the True Youth Revealing Complex. Cost is $210 (including gratuities (a savings of $76 off the regular price for the treatments and products).

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Account: 2253JW (183)

CR003244

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (DMA): 433,73* (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15,16
Keyword: Canyon Ranch Health & Fitness Resort

Face Fingers foes treatment, $199.

Where can you get spa treatments without spa prices?
Go to **yes.azcentral.com** and see our list of Valley beauty schools

Spa guests have access to the pool and fitness center for the day.

Burrelles Luce Express

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Date: Friday, July 20, 2007
Location: PHOENIX, AZ
Circulation (DMA): 433,731 (13)
Type (Frequency): Newspaper (D)
Page: 12,13,14,15,16
Keyword: Canyon Ranch Health & Fitness Resort

Golden Door Spa at the Boulders Resort
34631 N. Tom Darlington Drive, Scottsdale
1-866-397-6520
www.theboulders.com

EAST MEETS SOUTHWEST

The granite boulders at the border of Carefree and Scottsdale serve as the inspirational backdrop for **the Boulders Resort** and **Golden Door Spa**, a celebrated Southwestern retreat that interlaces Native American and Asian-inspired healing techniques with luxurious amenities and health-embracing fare.

THE MOOD

Contemplation, restoration and renewed energy infuse the air at the 33,000-square-foot Golden Door Spa. With Native American influences like rounded corners and kiva ceilings, the style also alludes to the Japanese flair of the first Golden Door location in Escondido, Calif.

The spa's energy-filled west wing houses a yoga studio, fitness center and spa cafe, while the tranquil east wing offers 24 treatment rooms, a tea room filled with natural light and spacious niwas (locker rooms) for men and women. Each niwa features snail showers, relaxation areas and Japanese O'furo baths. And outdoors, a labyrinth, meditation tepee and affirmation rock are among the property's reflective amenities.

LONG AND SHORT OF IT: BEYOND PAMPERING

As the former managing director at the **Cornelia Day Resort** on Fifth Avenue in New York City, spa director **Simon Marxer** has a unique perspective on how to tap into the spirit of the Golden Door experience.

He recommends looking at the spa, with its majestic backdrop and reflective mood, as a harmonious place for evaluating and improving your well-being.

"Getting a chance to look at your health in a relaxing setting is rare," he says. "You can meet with our nutritionist, a personal trainer who can create a home-exercise program for you and then pepper in the really pampering treatments."

With the recent staff addition of **Dr. Peter Paul Chow**, an acupuncturist from Hong Kong, new fusion fitness classes and organic cooking demonstrations, the spa is redefining itself as an integrated health and wellness retreat. Marxer suggests getting your feet wet by scheduling a day trip that intersperses fitness and relaxation time with a package like Day of Renewal, which features a massage, avocado citrus scrub, Golden Harvest facial and a spa lunch ($455 including gratuity).

TO DO: TIPTOE THROUGH THE KUMQUATS

This past fall saw the unveiling of a 5,280-square-foot organic garden where flowing water, a reflection pond, a mesquite-burning fireplace and two outdoor seating areas are dotted among seasonal organic vegetables, herbs and edible flowers.

Guarded by a grove of citrus trees along with kumquat and a mission fig tree, the garden welcomes guests for special lunch and dinner tastings. The Enlightened Garden Lunch program offers guests the opportunity to enjoy a midday meal while chefs conduct organic cooking demonstrations and interactive classes.

SUMMER SPECIAL

Show your Arizona driver's license and get 20 percent off all a la carte services Sundays through Thursdays through Aug. 30.

▶ ▶ ▶

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Account: 2253JW (183)

CR003246

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
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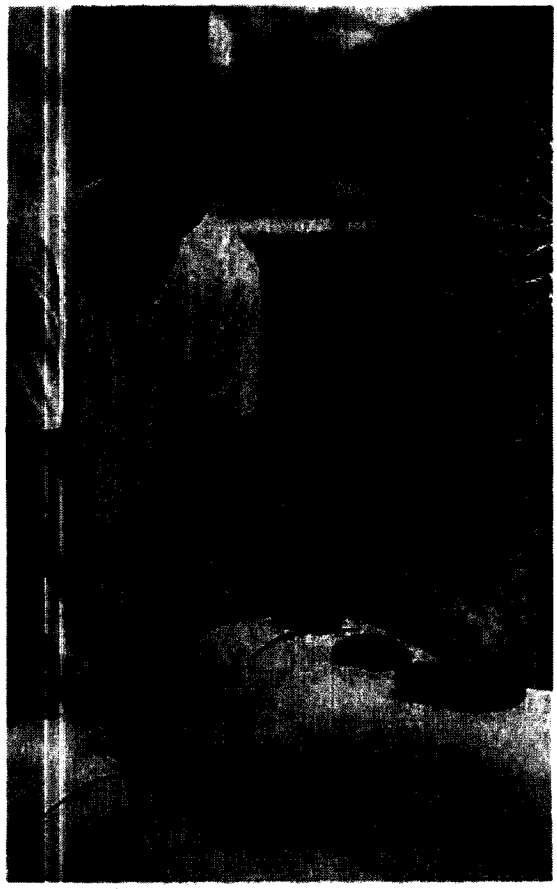

LaStone Therapy is sure to melt the stress away. $215 for 75 minutes.

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Account: 2253JW (183)

CR003247

THE ARIZONA REPUBLIC

Date Friday, July 20, 2007
Location PHOENIX, AZ
Circulation (DMA) 433,737 (13)
Type (Frequency) Newspaper (D)
Page 12,13,14,15,16
Keyword Canyon Ranch Health & Fitness Resort

Mii amo
at Enchantment Resort

525 Boynton Canyon Road
Sedona
1-(928)-282-2900
www.miiamo.com

ON THE ROCKS

Taken from the Native American language of the Yumans, **Mii amo** roughly translates as "one's path or journey," fitting for a destination retreat tucked deep in a box canyon.

At an elevation of 4,600 feet and surrounded by the sunset-hued rocks of Boynton Canyon, Mii amo is counted among the world's top spas not only for its life-affirming wellness journeys but also for its organic melding with the mesmerizing beauty that engulfs the 70-acre **Enchantment Resort** property.

"It's the visual journey of the setting that inspires our visitors toward a renewed vision of health and wellness," Enchantment Resort-Mii amo communications director **Alexa Hokanson** says. "It's just two accessible hours from the Valley, but yet it feels so far removed from normal life."

THE SCENE

The 24,000-square-foot retreat spans two stories and houses 19 treatment rooms, five private outdoor treatment areas, indoor and outdoor pools, an 80-seat restaurant, a library, a boutique, relaxation nooks, a movement studio and expansive windows throughout with sweeping views of the canyon.

SHORT STAY: DAY PACKAGES

With destination spas, adult guests are generally required to stay in on-site accommodations and take part in custom or pre-determined programs. But because Mii amo shares the property with the family-friendly Enchantment Resort, guests are welcome to schedule a spa treatment and enjoy the amenities or take part in specially designed day packages.

Among the most popular is the Day of Detoxification (three hours, $407). Hokanson also recommends the new Soul Seeker treatment, a 90-minute session with a master therapist designed to reconnect guests with their authentic selves through fusion massage and spiritual therapies ($250).

LONG STAY: MII AMO JOURNEYS

Guests wishing to participate in the three-, four- or seven-night programs stay in one of 16 spa casitas or suites and choose one of five spa journeys depending on their goals: Healthy Lifestyle, Rejuvenation, De-stress Mind & Body, Spiritual Exploration and Ayurvedic Balance.

Prices are all-inclusive, and each program comes with a number of pampering spa treatments (the three-night program, for example, includes two 90-minute and four 60-minute treatments). Rates start at $1,785 and vary by season and room choice.

TO DO: CRYSTAL VISIONS

The transcendental heart of Mii amo is the Crystal Grotto, a circular room that features an earthen floor and an aperture in the domed ceiling positioned so that the sun's rays fall onto a central fountain during the summer solstice. Each morning, guests and staff gather there to set daily intentions, while each evening, guests can join in a closing-day meditation.

SUMMER SPECIAL

Depending on the days and length of stay, you'll save an average of $400 on an all-inclusive spa package now through Aug. 30.

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CR003248

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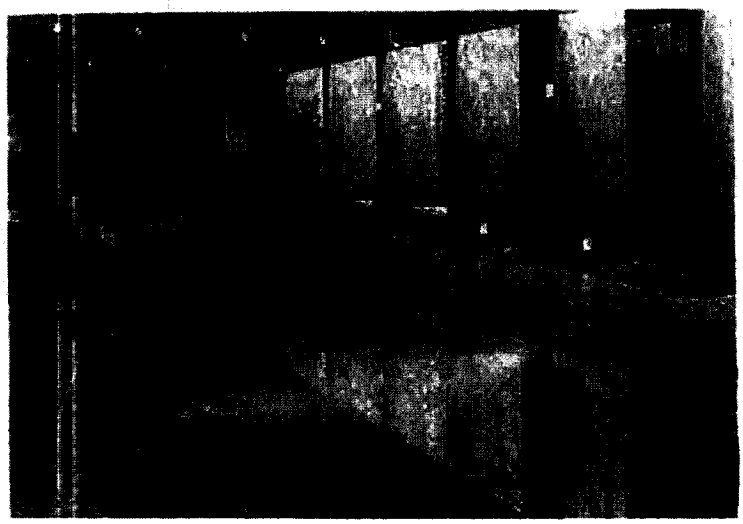

Relax between treatments in the luxurious Grotto Pool surrounded by comfy couches great for reading or meditation.

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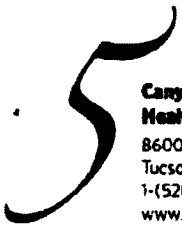

Canyon Ranch Health Resort
8600 E. Rockcliff Road
Tucson
1-(520)-749-9000
www.canyonranch.com

BACK IN THE SADDLE

Some 25 years ago, **Mel** and **Enid Zuckerman** acquired Tucson's Double U Ranch and shaped the site into the now world-renowned **Canyon Ranch Health Resort**.

At the core of the Canyon Ranch experience is the extensive menu of life-enhancement programs, classes and luxury spa treatments.

Both its motivated staff and rousing mountain backdrop help Canyon Ranch steer its guests toward a renewed passion for healthy living.

THE LOCATION

Consisting of six main centers, including the 64,000-square-foot spa, the retreat is located on 70 acres at the foothills of the Santa Catalina Mountains. Guests stay in richly appointed, adobe-style cottages.

LONG AND SHORT OF IT: GET WITH THE PROGRAM

Canyon Ranch offers an extensive array of activities and programs — from luxury spa services to weight management to dealing with specific ailments such as diabetes or arthritis — so the first step is to peruse the 80-plus-page service guide. Stays are all-inclusive and include access to a program adviser who will assist in planning your schedule, accommodations, meals and activities. Stays are four, seven and 10 nights with rates starting at $2,860, depending on season and accommodations.

UP CLOSE: LIFE ENHANCEMENT

Ideal for first-time guests, the Life Enhancement Program is the defining Canyon Ranch package. The structured, seven-day program allows guests to focus on a particular area, from stress reduction to medical transitions. The program includes accommodations, three daily gourmet meals, individual services and consultations with Canyon Ranch health professionals, classes, fitness activities, in-depth blood work, a follow-up consultation with a physician to review results and use of resort facilities. Rates for the program vary from $250-$500 (depending on the season), in addition to the current Canyon Ranch rates.

TO DO: EAT TO LIVE

A shot of wheat grass and a heap of bean sprouts no longer constitute spa cuisine, thanks in part to the chefs of Canyon Ranch.

Learn the secrets of tasty, low-fuss meals at the daily Lunch & Learn classes.

Led by the chefs, the interactive demonstrations are complimentary.

Keep up the good eats with recipes from the demonstration or pick up a copy of *Canyon Ranch Cooks*, the latest collection of easy-to-prepare cuisine.

SUMMER SPECIAL

When a parent and child age 14 or older share a room, one pays the full rate and the other saves 25 percent on a stay of four or more nights and receives a $110 allowance toward services through Oct. 15.

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CR003250

THE ARIZONA REPUBLIC

Date: Friday, July 20, 2007
Location: PHOENIX, AZ
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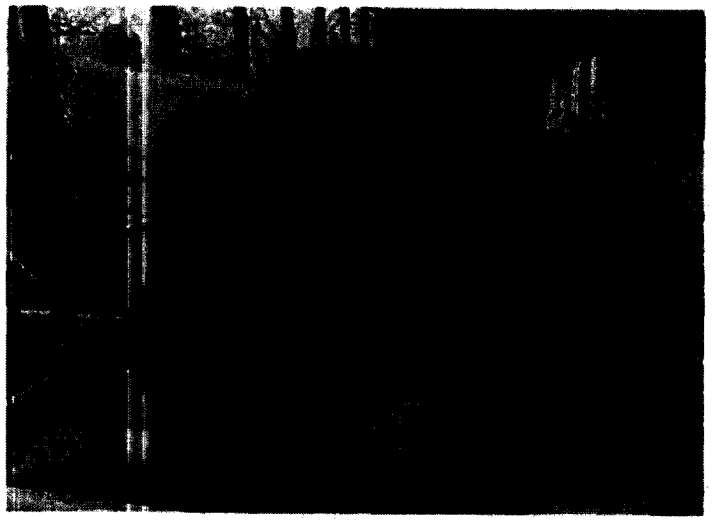

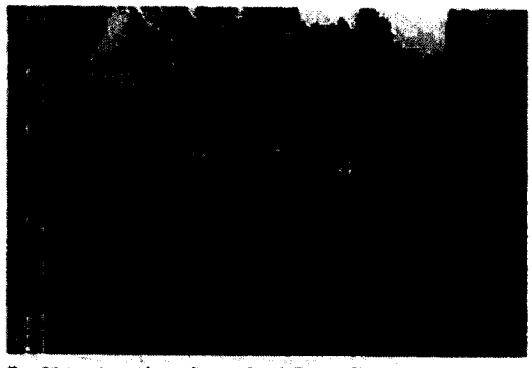

Top: Pilates class. Above: Canyon Ranch Tucson Clubhouse

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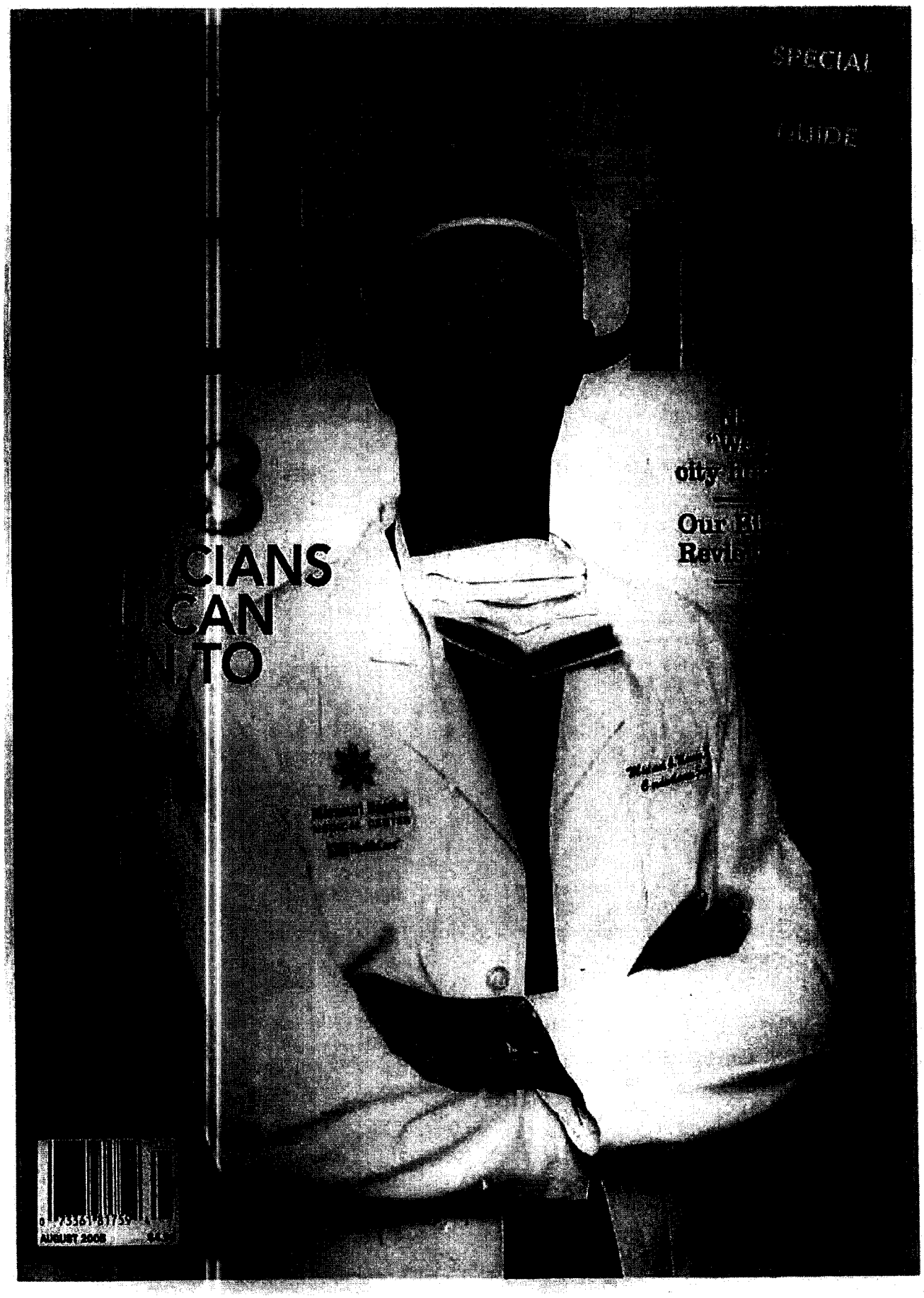

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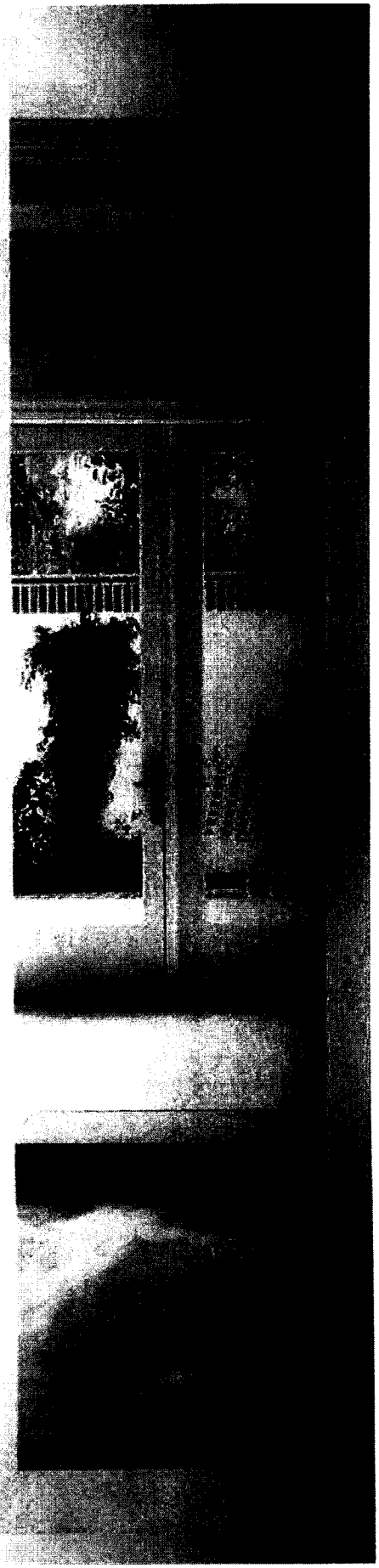
OPEN UP & SAY... *Spaahhhh*

THREE HEALTH-AND-WELLNESS TRIPS TO HEAL YOUR MIND AND BODY

BY SUSAN MANLIN KATZMAN



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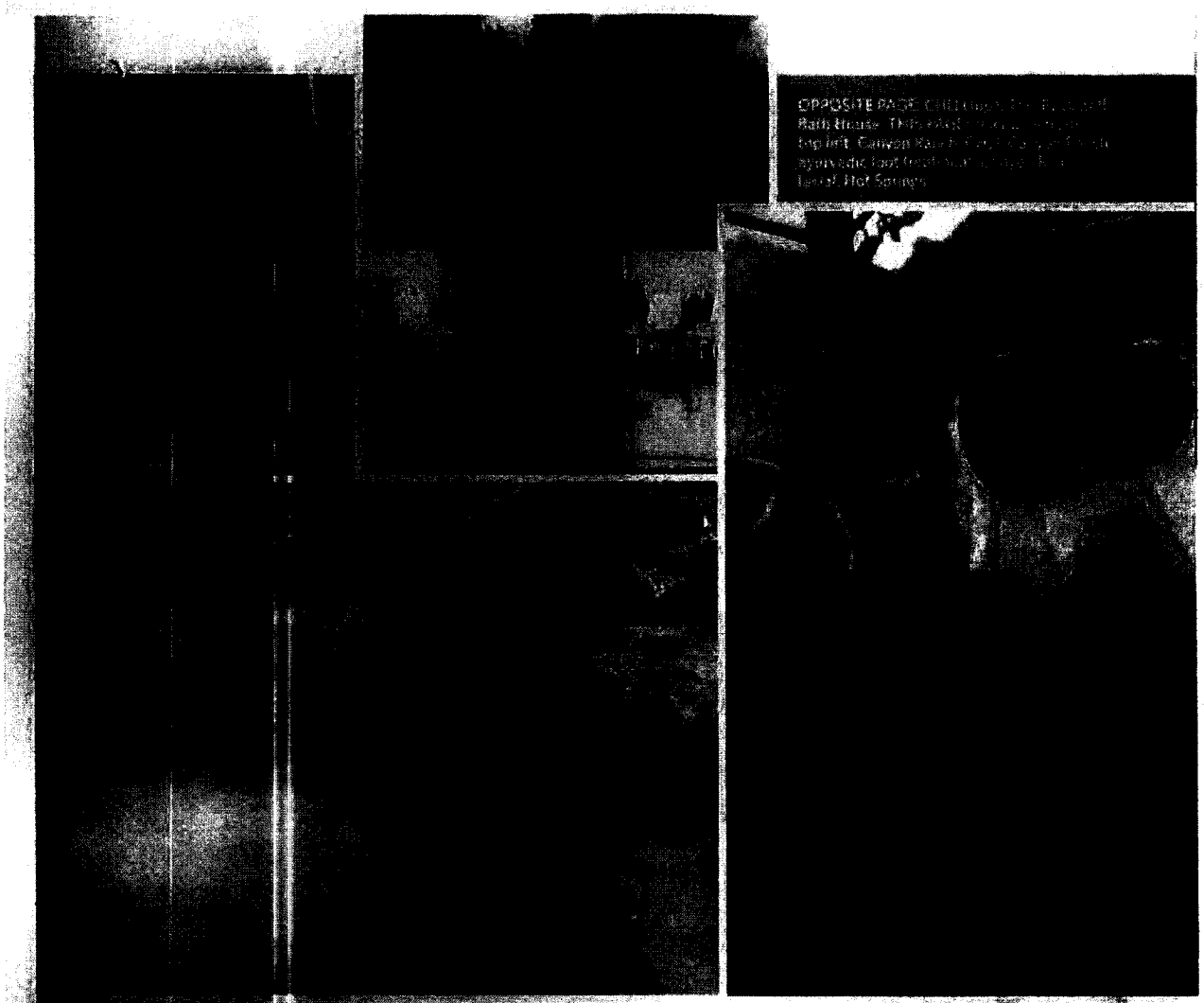


OPPOSITE PAGE: [illegible] Bath House. [illegible] top left: Canyon Ranch [illegible] ayurvedic foot [illegible] Hot Springs

DESTINATION SPA: CANYON RANCH, TUCSON, ARIZ.

Tucson's Canyon Ranch (canyonranch.com) hovers near the top of every spa-related readers' poll for good reasons: It is lovely, serene, pampering ... well, you slip in the adjectives—as long as they are positive, they'll fit.

Difficult to pigeonhole, the property, which opened in 1979, has become not only a classy, classic destination spa (an all-inclusive facility offering minimum stays of usually at least three days, with food, treatments and activities focusing on health and well-being), but also, in the words of founders Mel and Enid Zuckerman, a kind of "health resort."

In reality, the property can be almost anything a guest's healthy, wealthy heart desires. Spread over 150 acres in the foothills of the Santa Catalina Mountains, the ranch houses up to 240 guests in single-story, adobe-style cottages tucked amid flower and cactus gardens. Walking paths lead to the property's main buildings, which include an 80,000-square-foot spa and fitness complex; the Life Enhancement Center, a complete spa within the spa; and the Health and Healing Center, a facility offering a variety of medical services, from weight management to sleep assessment.

Guests from around the world, many of them celebrities and most of them repeat visitors, come solo, as couples or in groups with friends or family, and value Canyon Ranch for different reasons.

The oldest person I met, 84, liked the birding, the lectures and the quiet walks (cellphones are banned in public areas).

CR003254

The youngest person, 18, enjoyed the exercise classes, the biking in surrounding canyons and the opportunity to jump-start a diet. One man, 60, spent days in the Golf Performance Center while his wife, 56, conferred with doctors at the medical center. And one woman, 27, on break from her preschoolers, said she packed in as many yoga classes, beauty treatments and naps as her time allowed.

Take a nonregimented, individual approach to wellness, add a desert climate, a pampering 3:1 ratio of staff to guests and tasty, low-calorie, nutritious meals (yes, you can order butter for your bread, cream for your coffee, sugar for your berries), and you still only have a glimpse of the magic of this place. To understand the ranch's full draw, you will have to ante up a base minimum of $2,200 per person (based on double occupancy and depending on the season) for a four-night "spa sampler" stay, plus more for extra treatments, beauty services, individual counseling or medical assessments.

HOTEL/RESORT SPA: CALIFORNIA HEALTH & LONGEVITY INSTITUTE

Don't you just hate it when you can't get your MRI scan, dental crowns, acupuncture and a caviar facial in the same day, at the same place? And did I mention Botox, fitness counseling and cooking classes? All that and more can be yours at the new California Health & Longevity Institute (chli.com) attached to the Four Seasons Hotel in Westlake Village, Calif. (fourseasons.com/westlakevillage).

Opened in 2006 by billionaire David Murdock of Dole Food Company fame, this innovative facility, located about 38 miles north of the Los Angeles International Airport, combines a medical center, 270-room luxury hotel and 40,000-square-foot spa with a slew of other health and wellness amenities.

But let's talk about the medical first.

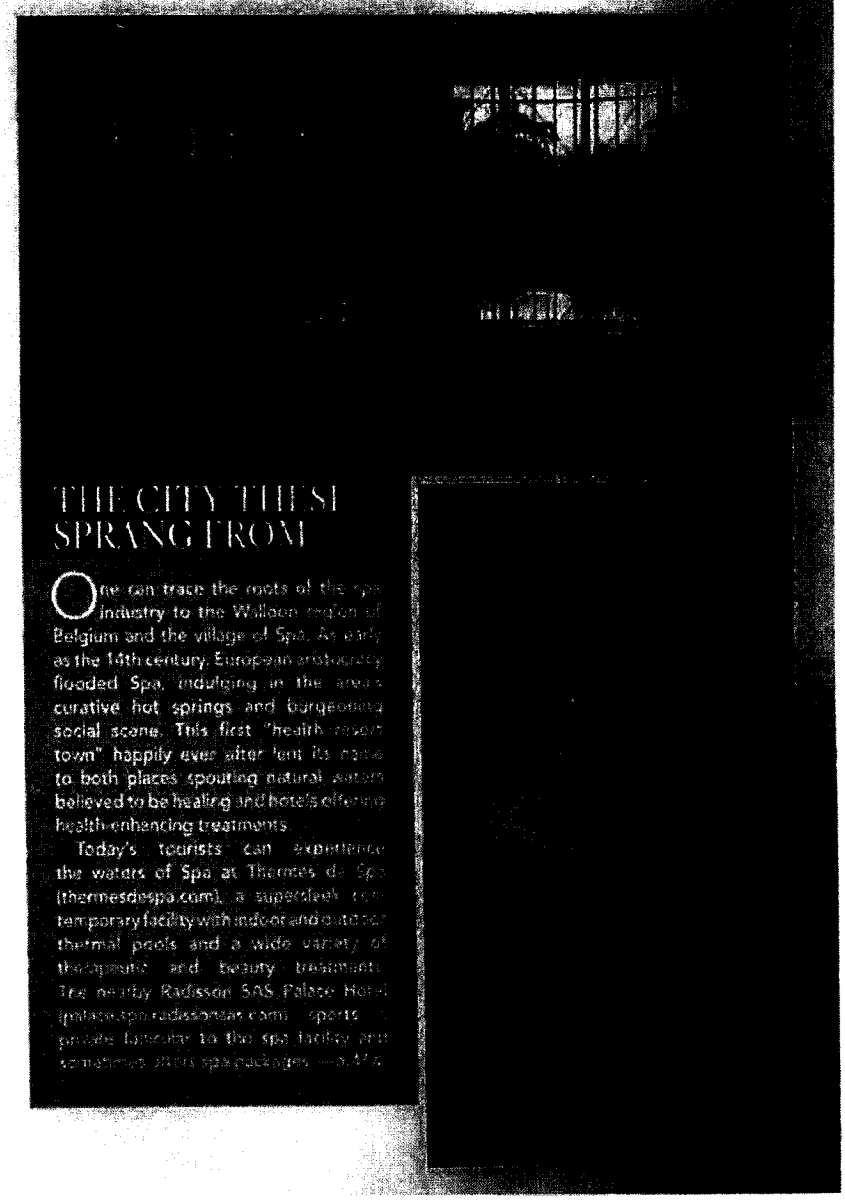
Originally designed for busy executives who want privacy, convenience and luxurious surroundings for their checkups, the California Health & Longevity Institute employs physicians, dentists, registered nurses and other healthcare professionals to provide complete screenings as well as personal lifestyle consultations. One can dip in for a day or buy a three- to five-day Ultimate Men's or Women's Health Package ($4,200), which includes both a physical exam and diagnostic testing, as well as an alternative-medicine treatment, personal consultations with healthcare professionals, a cooking class, wellness workshops and two 50-minute spa treatments.

One can partake in the institute's offerings without staying at the hotel (rooms start at $225 on weekends and $295 on weekdays), but that would mean missing the hotel's pizazz.

Murdock added all the charm money could buy to this complex, including a 16,000-square-foot fitness area, four dining areas (balancing [illegible] indulgent cuisine [illegible] amount of chandelier [illegible] art. He also added [illegible] found in any spiffy [illegible]

With 28 treatment [illegible] largest in the Four Seasons [illegible] includes an outdoor [illegible] water walls and [illegible] with orchids (Murdock [illegible] an orchid house sits on the [illegible] menu of delectable treatments [illegible] technicians to administer [illegible] luscious pampering.

Remember the joke: People [illegible] money can't buy happiness don't [illegible] to shop. This wave-of-the-future [illegible] hotel/spa complex offers one-stop [illegible] wellness shopping at its indulgent [illegible]



THE CITY THESE SPRANG FROM

One can trace the roots of the spa industry to the Walloon region of Belgium and the village of Spa. As early as the 14th century, European aristocracy flooded Spa, indulging in the area's curative hot springs and burgeoning social scene. This first "health resort town" happily ever after lent its name to both places spouting natural waters believed to be healing and hotels offering health-enhancing treatments.

Today's tourists can experience the waters of Spa at Thermes de Spa (thermesdespa.com), a superslick contemporary facility with indoor and outdoor thermal pools and a wide variety of therapeutic and beauty treatments. The nearby Radisson SAS Palace Hotel (palace.spa.radissonsas.com) sports a private funicular to the spa facility and sometimes offers spa packages [illegible]

CR003255

Spas West

By Alys Bohn Recommend worldwide 1988

Always cool and now hotter than ever, America's spas are moving into the '90s with innovative new programs, expansive new facilities and delightful new locales.

From the beaches of Hawaii to Rocky Mountain heights and Texas spaces, a growing roster of fitness options now beckons clients with anything—or nothing—to lose. Clients are taking off (and taking *it* off is no longer the main reason for the spa phenomenon's popularity) and travel agents are taking note.

New spas and extensive additions to existing properties are coming on line. A welcome addition opens this fall: the *Claremont Spa* at Preferred Hotel property overlooking San Francisco Bay. According to Henry Feldman, vice president-hotel operations of the parent Harsh Investment Corporation, the spa will appeal to "the tremendous new market looking for weekend getaways" with a program that inspires and then reinforces a year-round commitment to fitness and health.

The four-star, four-diamond Claremont Hotel and Tennis Club already has an Olympic-size pool and ten night-lit courts. Its new spa will also include "a new cuisine that encourages clients to change their lifestyle with moderation, not deprivation," Feldman reported. A two-night package will cost $550 single, $420 double. (800) 323-7500.

Also under construction is Crescent Hotels' *Phoenician Resort*, a 606-room casita facility set into the base of Camelback Mountain in Phoenix. The $300 million newcomer will open in October with expansive spa arrangements and fitness programs. (602) 941-8200.

Life on the leading edge can be rigorous, and frontrunning spas are there. Autorelaxation training for stress, life energy tests and now a "Train the Brain" program for peak performance are among offerings at the *Rocky Mountain Wellness Spa* in Colorado's Steamboat Springs. Count on $1,285, single, $1,125 double for six nights, inclusive of three massages, computer nutritional analysis and more. Watch for occasional fam trips at $480. (800) 345-7770.

Another innovator, *Canyon Ranch*, opens a Life Enhancement Center this month. The Tucson mecca, which admits that many "spas have become havens for the slim and fit," will operate programs for the seriously overweight in late summer, then add Tenderfoot Hiking Weeks in early October and more—all while maintaining a full range of services and treatments. Until Sept. 22, rates are $1,510 single, $1,310 double.

And note: Travel Agent Weeks, held two or three times yearly, offer 50 percent discounts off these prices, plus product seminars. "Agents find the weeks to be particularly beneficial; they are wonderful, and almost always sold out," stated Roxanne Housley, director-guest services and sales. (800) 742-9000, U.S.; (800) 327-9090, Canada.

With a 50,000-sq.-ft. conference center, 23 tennis courts, 478 rooms and two championship golf courses, 25-year-old *La Costa Hotel & Spa* gains still wider fame for its expansive men's and women's spas. California superlatives include a massive 45,000 sq. ft. of workout space, 24 whirlpools and multi-treatment salon giving 350 massages per day!

Programs range from a 24-hour Make-Over with a potpourri of celebrity treatments, priced at $375 single, $300 double occupancy, to a new, seven-night plan at the Center for Life Fitness with the accent on stress management, work relationships, dining out selectively and more. (800) 854-5000.

Hot Springs have been *the* attraction in Murrieta, CA for half a century, but now that the town's grande dame property has become *Murrieta Hot Springs Resort & Spa*, there's a lot more to see and sell. Clients indulge in the likes of massages, Awareness Counseling sessions, vegetarian cuisine and as much exercise as they care to undertake. One-week programs are priced from $745. (714) 677-7451.

Snowbird, Utah's *Cliff Spa* beckons for an any-season getaway to fitness in panoramic surroundings. Stress management and other '80s programs blend with challenges on the Keiser machines, more traditional massages and other pampering. A comprehensive seven-night package runs $2,295 single, $1,800 double. (800) 453-3000.

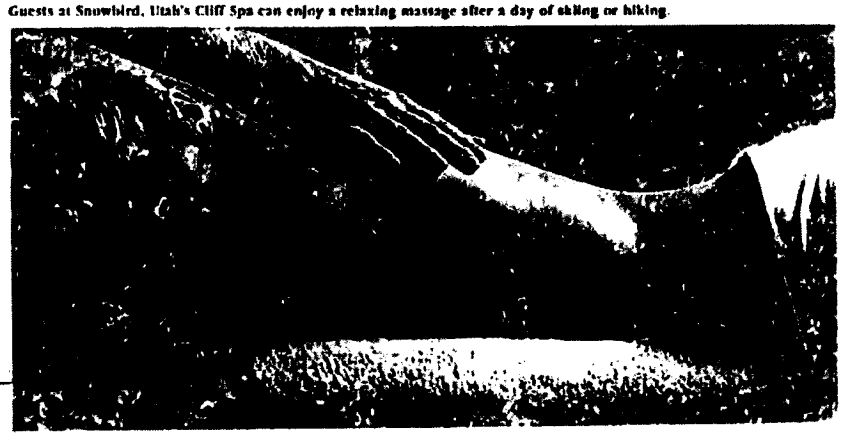
Some spas are "at" but not "of" their associated hotels. Down Texas way, for example, *The Spa at the Crescent* delivers a very upmarket experience to members, and also to guests at the Crescent Court Hotel: each participant works with a personal trainer to tone, tread and the like—while clad in designer workout clothes—for $45 per hour. A Day of Beauty costs $135. (800) 654-6541.

And clients booked at Dallas' Four Seasons can sign up for the complete facilities of *The Spa at the Four Seasons Hotel and Resort*. (800) 332-3442.

Aid for agents (and, yes, clients directly) is available through a new breed of operator geared to the fitness era:

Spa Finders is the Broadway-based brainchild of travel industry veteran Jeffrey Joseph, who in turn recently added Hannelore Leavy (former Austrian National Tourist Office travel industry liason) to his team. (800) ALL SPAS. New York-based *Spa Trek* offers a full roster of spa information and bookings, according to Jenni Lipa, with comparative rate and other information provided via phone or periodic newsletter that contains seasonal specials. (212) 570-6950, NYC, (213) 852-0933, LAX. And *Custom Spas Worldwide* president Naomi Wagmen calls her Boston-based firm "spa central," and arranges fam trips for agents "to make them more aware of programs available." (800) 443-SPAS.

Guests at Snowbird, Utah's Cliff Spa can enjoy a relaxing massage after a day of skiing or hiking.



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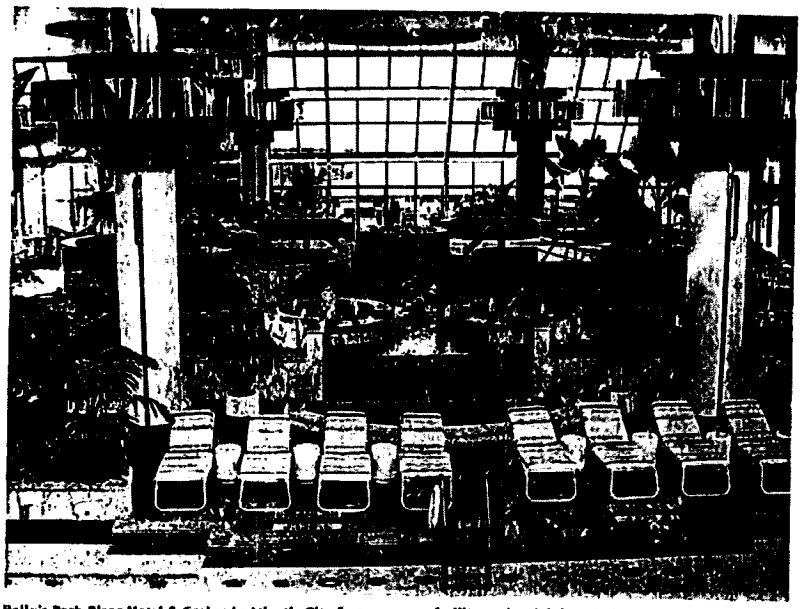
Spas East

By Ed and Judy Colbert



Bally's Park Place Hotel & Casino in Atlantic City features a spa facility on its eighth and ninth floors. (Judy Colbert)

A quick look at what's new in spas east of the Mississippi reveals amazing growth in an industry that used to stereotype anything out of the sunbelt as a seasonal operation. Within the past year, at least nine new or renovated spas have opened from New England to Florida, including the Greenbrier (WV); Southwind (GA); Equinox (VT); Great Gorge and Hilton Short Hills (NJ); and Doral Saturnia, Ponte Vedra, Williams Island and Blue Heron (FL). Bonaventure has set sail on a new venture with pre- and post-cruise specials and a Spa at Sea agreement on Holland America Line's ResortPlus program.

On the books are Foxhollow (Lenox, MA), due to open this summer or fall, Bellefontaine (MA), The Reserve (FL) and King Ranch (Toronto) to open in 1989.

Industry statistics show the average spa guest makes 2.4 visits a year, tremendous potential business for travel agents. As examples of the variety of offerings:

For a super confrontation vacation, *The Heartland,* in Gilman, IL, 80 miles south of Chicago, offers a Challenge course, considered an "attitude readjustment lesson." It includes scaling a 40-foot telephone pole, a series of high-wire walks and a final glide to the ground. Public rooms in the former mansion include a cozy living room with fireplace, lounge, and family-style dining room. A basic no-shoes-in-the-house policy and uniform exercise and leisure wear add to the comfortable feeling. Another specialty is cross-country skiing (equipment and lessons provided). Rates are $1,400 per person, double for seven days, $440 for a two-day weekend. (815) 683-2183.

Another physically oriented spa is in the ski resort of Stowe, Vermont. *The Spa at Stowe at The Green Mountain Inn* adjoins an 1833 hostelry, listed in the National Register of Historic Places.

The Spa is an activity-oriented fitness center behind the inn. Each program begins with an evaluation and recommendation for exercise activities and guidelines for meeting nutritional needs for the week. Kirk Shamberger, marketing director, calls it a "Health Track" program. "We teach, we encourage, but we don't hold hands," he tells clients. The menu includes choices with the caloric value of each serving noted. Six-night rates are from $1,025 per person, double, with tipping optional. (800) 525-5606.

For a "fat farm" spa approach, Werner Mendel and Stephanie Paradise, new owners of the *New Age Health Spa*, a vegetarian spa in Neversink, New York, said they "emphasize fasting and weight loss, but attend to 'inner blocks'" as well. The property sits in 155 acres of the rolling hills of the Catskills. Rates range from $535 per person, double. (800) NU AGE-4U.

Pampering is the byword at the *Greenbrier Resort* in White Sulphur Springs, W.V. A new $7 million spa, decorated by Carleton Varney, was opened in late 1987, offering special water treatments and some exercise classes. Menus contain some light offerings. Rates are from $1,175 per person, double for a five-night midweek, with other options offered. (800) 624-6070.

At the *Grand Lake Spa* in a wooded Connecticut setting, owner-director Natalie Skolnik and her staff assure clients a daily massage, a full range of exercise classes, morning woodland walks and swimming in a choice of indoor and outdoor pools. There's plenty of conversation at meals—600-900 calories for most guests—and usually a film or lecture after dinner. Grand Lake is easy to reach from New York, Boston and surroundings. A three-night stay costs from $345 (minimum rooms are small), double, $465, single. (203) 642-6696.

For a private pampering place for eight guests, it's Laurie Hostetler's *Kerr House* in Grand Rapids, Ohio. Hostetler said, "I have the smallest, least profitable spa in the country because we have so many services. Many of our guests come at a decision-making point in their lives—deciding about their careers or relationships—and it all seems to fall into focus here." Rates range from $1,950 per person, double, for five nights, tipping optional. (419) 832-1733.

Bally's Park Palace Hotel & Casino provides a spa for its high rollers and their companions. It's on the eighth and ninth floor of the Atlantic City hotel—totally removed from the bustle of the casino below. Plenty of attendants are at a client's beck and call to bring a dry towel, a robe, or a fresh glass of juice. A special package is the MVP program, which includes VIP advantages within an MVP suite in the spa. The cost is from $795 for five nights. (800) BALLYS-7.

As weekend trips are becoming more popular, spa packages are there to fill the demand. One of the newest is the *Four Seasons Hotel* in Philadelphia. In the heart of the business district, 10 spa guests can be accommodated for a "New You" weekend, $150 per person, double, tipping optional. (800) 268-6282. And in a luxurious upstate New York setting on Lake George, *The Sagamore* even offers a one-day pampering package—but a better value is the two-night offering available after high season, with MAP rates with full spa services priced from $269 per person, double. Adirondack surroundings lend themselves to hiking, tennis (or all-weather racquetball), golf and more. (800) 358-3585.

Ed and Judy Colbert are co-authors of The Spa Guide, Globe Pequot Press, to be released in early fall.

(The spas of Florida, including Bonaventure, the Doral Saturnia, Palmaire and the Fontainebleau, will be featured in December.) ■

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THE CANYON RANCH

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If spas were Clint Eastwood movies, Snowbird would be *The Eiger Sanction*. High in the Rockies, dotted with pines and quaking aspens and populated with woodchucks, magpies, squirrels, deer, mountain goats, and other wildlife, the Cliff Spa is a tribute to all the fun and fitness a guy can experience between 8,000 and 11,000 feet above sea level. The spa is only a half hour or so from Salt Lake City, but it seems light-years away. Even on a clear day we couldn't hear the Mormon Tabernacle Choir tuning up.

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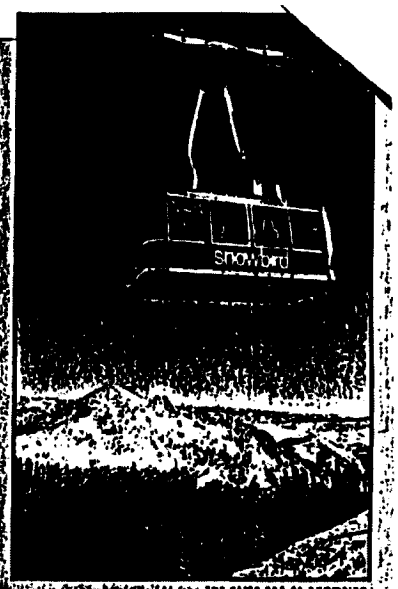

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Worried about overeating? Perhaps you should stick to the safe confines of the Spa Café, a casual spot with a no-smoking policy, a breathtaking view, and a small menu that includes salads and soups, Smoothies, light dinners, and the best tuna sandwich anyone has ever eaten. We can also vouch for the bran muffins, the Cajun Cocktail (a fifty-two-calorie cross between a fiery Virgin Mary and a Slurpee), and the Chinese Chicken Salad.

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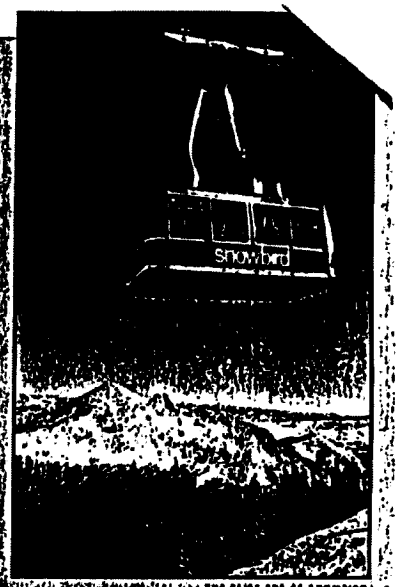

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man will say anything when somebody uses wet salt to rub the dead skin from his body and then polishes the good stuff underneath to a fare-thee-well with bath gel and a loofah mitt. Believe it or not, exfoliation can be fun.

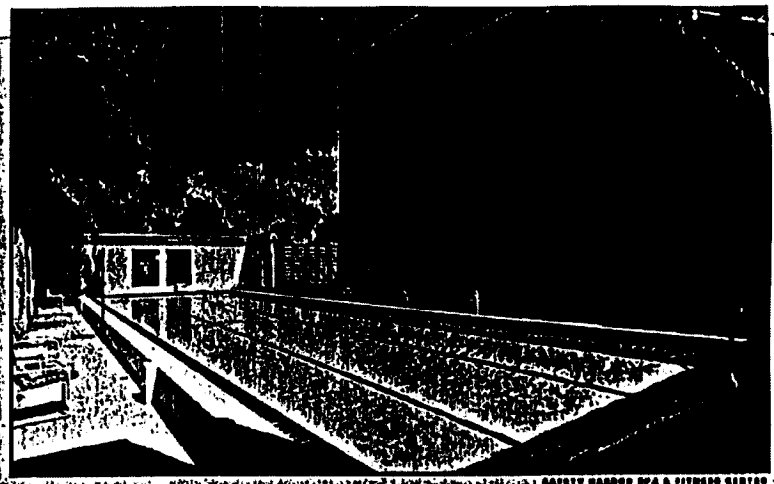
SAFETY HARBOR SPA AND FITNESS CENTER

In 1593, long before the pirates and the Seminole Indians came, long before Chocolate Tofutti Lite was invented, explorer Hernando DeSoto and his 800 conquistadors, looking for gold, discovered the five mineral springs of Safety Harbor instead. Little did they know that 400 years later on that spot—Florida's first historical monument—men would be running on inclined treadmills and talking about the importance of increasing their consumption of soluble fiber. In the European, healing-waters sense, Safety Harbor is the only real natural-spring spa in this country.

the amenities. Located on the eastern shore of East Tampa Bay, twenty minutes away from the Tampa Airport and in perilous proximity to an open-all-night convenience store and a pizza joint that delivers, no questions asked, Safety Harbor's 230-room hotel and 60,000-square-foot spa have recently undergone a substantial facelift. Once verging on a retirement haven, a couple of years ago it moved boldly into the New Age, complete with lap pool, jogging track, state-of-the-art exercise facilities, food that requires chewing, and personal pampering that a man could get hooked on if he's not careful.

SAFETY HARBOR SPA & FITNESS CENTER

exercise. Before throwing themselves headlong into some of the thirty-odd daily exercise classes, most men work the kinks out with the morning walk. Guys in shape go from the finish line to Stretch, Calisthenics II, Aerobic Circuit Training, Advanced Aquatics, and Body Definition II; duffers opt for the training-wheel equivalent. In the aerobic-equipment room there are rowing machines, stationary bikes, a climbing stair gizmo that is harder than it looks (which is plenty hard), and wall-to-wall treadmills. Across the way there's a supervised weight room with machines and free weights. Tennis is popular here; guests like the Har-Tru courts almost as much as they like the resident pro, coach Bill Lufler. If you prefer team sports, round up guests and staff for a cutthroat game of volleyball or basketball.



SAFETY HARBOR SPA & FITNESS CENTER

eats. Safety Harbor has just the one dining room, so it's not too hard to stick to the suggested dietary regimen, a relatively lenient 50 percent carbohydrates, 20 percent protein, and 30 percent fat. The calorie count of the suggested daily menu is something less than 1,000 calories, but active men are encouraged to add another 500, which is not at all difficult what with such taste treats as Florentine Soup, Roast Leg of Lamb with Red Wine and Fines Herbes, and Whole Wheat Silver Dollar Pancakes (you get about four bucks' worth) on the menu.

pampering. Among other niceties, the spa has the world's largest towels, which you may wrap yourself in as you move from one great-feeling spa treatment to another. If you're smart, you'll try them all—steam, sauna, herbal wrap, loofah scrub, whirlpool, manicure, pedicure, and a scalp treatment. Then, after you've finished comparing and contrasting the Swiss needle and Danish showers, you'll have a massage and decide whether you're brave enough to have your moustache colored and/or cut.

higher education. There are opportunities galore for improving your Fitness IQ here. You can start with a medical screening and then move on to general fitness testing, which involves body-fat composition and tests for aerobic capacity, strength, muscular endurance, and flexibility. If you're not too depressed after flunking Sit-and-Reach, have a chat with the dietitian.

biggest physical challenge. The fitness level at Safety Harbor is spotty; there are always some diehard jocks in the vicinity, but there are also more than a few couch potatoes who may need help cutting their Grilled Cornish Hen Dijon after a long, hard day. Even the fittest of the fit get a workout from the Sports Training class (a mostly anaerobic workout that combines power, coordination, muscular endurance, and balance) and the Aerobic Triathlon, a cross-training regimen of swimming, cycling, and running. The triathlon lasts an hour, but it can seem longer.

guys you might see on the next treadmill. Safety Harbor is a second home to boxers, especially Olympic gold medalist Mark Breland, Lloyd Hunnigan, and John "The Beast" Mugabi.

specialties of the house. In addition to the Sports Training class, the Espiritu Santo mineral water (suitable for sipping as well as for aqua-aerobics), a boxing ring, and a well-stocked juice bar, there are the Lancôme facials. As if standard facials weren't wonderful enough, with all that cleansing, toning, stimulating, and moisturizing, these throw in acupressure massage and beauty products made especially for men.

THE CLINCHER

Need one more excellent reason to go to a spa? Try this: you'll learn a lot of new ways to strike up conversations with strange women in leotards. How can you miss with ice-breakers like, "Hi, I'm [your name]. My body fat is 11.4 percent. Have you ever tried baked potatoes with a little mustard?"

Go for it.

WHERE TO FIND OUT MORE

THE CANYON RANCH SPA
8600 East Rockcliff Road
Tucson, AZ 85715
800-742-9000

SNOWBIRD SKI AND SUMMER RESORT
Snowbird, UT 84092
800-453-3000

BONAVENTURE RESORT & SPA
250 Racquet Club Road
Fort Lauderdale, FL 33326
305-389-3300

SAFETY HARBOR SPA & FITNESS CENTER
105 North Bayshore Drive
Safety Harbor, FL 33572
800-237-0155

Download complete article here (PDF, 7.67 MB)

Summary: "Meet the talented health and hospitality professionals behind the new Canyon Ran Miami Beach, which has brought the legendary spa's forward-thinking philosophies and treatm

Publication: The New York Times®
Article: "Mind, Body and Organic Martinis in Miami Beach"
Writer: Maureen Dowd
Date: January 18, 2009
Link to article

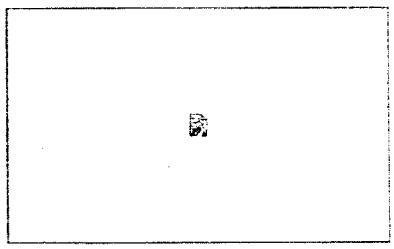
Summary: "Perched on the ocean, with gorgeous shimmering mosaic designs, gentle lighting, sybaritic spa, a state-of-the-art gym overlooking the blue-green water, an exceptionally charmir instructors... and raspberry-vodka-and-hibiscus-tea martinis on the room service menu, this inst most alluring – if not slimming – spa I'd ever been to."

Publication: USA TODAY®
Article: "You'll moon over these new, and updated, Miami resorts"
Writer: Kitty Bean Yancey
Date: November 21, 2008
Link to article
Download complete article here (PDF, 840 KB)

Summary: "A haven from Miami Beach frenzy. Cellphones aren't allowed on in public areas. Sc staffers who seem to genuinely care about guests' well-being await in the elegant, calming lobl York's prestigious Rockwell Group®, with Guatemalan mangrove sculpture. No makeup and yog and teeny bikinis."

The Takeaway: The New Assisted Living

Posted By Elizabeth Nolan Brown On March 20, 2012 @ 8:48 am In Bulletin Today,News Roundups | No Comments



[1]**Retirement Resorts**: Aging retirees of yore may have moved in with family, headed to a Sun Belt retirement community or took up residence in an assisted living facility. Today's retirees? According to the Wall Street Journal [2], they're living on cruise ships, in spas, at "fully staffed homes in Costa Rica," shared houses with other retirees or in "backyard bungalows" on adult children's property. Take Mr. Portnoy:

> Instead of moving his mother into an assisted-living apartment three years ago, Eli Portnoy rented condos for both of them, two floors apart, at Canyon Ranch Hotel & Spa in Miami Beach, Fla.
>
> His mother received many of the same services and amenities that would have come with an assisted-living facility—on-site doctors, healthy meals, a gym and all kinds of wellness classes—but in a far more appealing setting.

Indeed. Call it "retirement resort" living, or maybe the new assisted living? Whatever you call it, it could be cheaper than a traditional assisted living facility, where a one-bedroom unit can cost as much as $9,500 a month before any add-on services, according to long-term-care insurer Genworth.

Piecing together typical assisted living services—housekeeping, laundry, meals, activities, transportation to doctors' appointments —a la carte takes more work, and may be tough to pull off "without the vigilance of a good advocate, typically an adult child," the WSJ notes. But it could significantly cut down costs.

Bob Preston, a retired CPA in Sarasota, Fla., rented a home in Costa Rica for his father—including a supervising nurse, three aides, a care coordinator and a chauffeur—for $3,500 a month.

> We had tried everything in this country," Mr. Preston says, such as an assisted-living facility that cost $8,000 a month, including private help. He was frustrated by the lack of attention being paid to his father, the retired chief financial officer of a large pharmaceutical company.

Portnoy said his mother's condo, plus round-the-clock home health aides, cost less than living in a high-end assisted living facility.

Tuesday Quick Hits

- *Huffington Post* columnist Ann Brenoff asks [3] what music boomers should be listening to ("isn't there anything new we might like?") and finds her answer in music-streaming service Spotify.
- The U.S. Department of Labor is not letting push-back from the financial services industry delay a new fiduciary rule for retirement plan advisers meant to make them more accountable for advice they give, according to Reuters [4].
- In Philadelphia, a group of retired TV news anchors, reporters, personalities and technicians [5] calling themselves the ROMEOs (Retired Old Mavens Eating Out) gather bimonthly. "When you retire, you don't necessarily miss the work," said Gary Mirkin, a retired KYW technician who helped found the group. "But you do miss the people."
- And leading edge baby boomers (62-64) make up 21 percent [6] of all reverse mortgage applicants, compared to about six percent in 1999, according to a new MetLife Mature Market Institute survey.

Article printed from AARP: **http://blog.aarp.org**

URL to article: **http://blog.aarp.org/2012/03/20/the-takeaway-the-new-assisted-living/**

URLs in this post:

[1] Image: **http://aarpblog.files.wordpress.com/2012/03/300-medcottage-retirement-alternative.jpg**
[2] According to the Wall Street Journal: **http://online.wsj.com/article/SB10001424052702303717304577277341462803340.html**
[3] columnist Ann Brenoff asks: **http://www.huffingtonpost.com/2012/03/20/is-spotify-the-answer-to-_n_1354575.html**
[4] according to Reuters: **http://www.reuters.com/article/2012/03/19/labordept-fiduciary-idUSL1E8EJAQX20120319**
[5] a group of retired TV news anchors, reporters, personalities and technicians: **http://www.philly.com/philly/columnists/kevin_riordan/20120320_Kevin_Riordan__TV_news_retirees_reflect_on_changing_era.ht**
[6] leading edge baby boomers (62-64) make up 21 percent : **http://www.forbes.com/sites/ashleaebeling/2012/03/19/a-troubling-housing-misstep-by-boomers/**

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