

## What's New in 2010



### **Biggest Loser Resort at Fitness Ridge** (Ivins, Utah, USA)

Fresh off the re-branding to the Biggest Loser Resort at Fitness Ridge, The Resort is excited to announce **Biggest Loser Season 9 television show integration**, including challenge giveaways, involvement with contestants and live finale participation. At The Resort, former contestants (from a variety of seasons) will be visiting on a regular basis, new casitas will expand the facilities to accommodate more guests and the program will include more **take home programs/tools** for guests to incorporate what they learned at The Resort into everyday life (grocery shopping "field trips" with a Registered Dietitian, weekly group meetings to discuss take home plans and integration with The Biggest Loser Club).



### **Cal-a-Vie Health Spa** (Vista, California, USA)

Cal-a-Vie unveils the ultimate in **destination weddings**, a 400-year-old limestone French L'Orangerie reception venue to complement the 17<sup>th</sup>-century Chapel on the Cal-a-Vie grounds. Both French structures were imported from Dijon, France and reconstructed on the hilltop, stone-by-stone. A wedding at Cal-a-Vie Health Spa includes a complete buy-out of the 200-private acres, giving guests exclusive use of an award-winning wellness program of fitness classes, specialized group activities, daily luxurious spa treatments and nutritious gourmet cuisine.



### **Canyon Ranch in Lenox** (Lenox, Massachusetts, USA)

Several new fitness classes have been added to the list of activities including: **Zumba®**, **So You Think You're Advanced** – a "no excuses" workout -, **Pilates for Osteoporosis**, **All Terrain Cycle**, **Dance Jam**, **Gentle Flow**, **Integral Strength** – using hand weights and a Physioball to integrate strength and core stabilization skills in a total body workout - **Retrobics**, **Weight Room Introduction**, and **Core 24** – 24 exercises using the BOSU for a strong and stable core.



### **Canyon Ranch in Tucson** (Tucson, Arizona, USA)

**Canyon Ranch Weight Loss Program** will be offered for a few specific weeks at the Life Enhancement Center: February 14-21, February 21-28, May 9-16 and May 16-23, 2010. This physician-led program offers an empowering schedule of multidisciplinary presentations, consultations and activities that address every facet of sustainable weight loss and weight maintenance.



### **Chiva-Som** (Hua-Hin, Prachuab Khirikhan, Thailand)

In keeping with its aim to deliver a personalized path to lifestyle transformation, four new offerings are introduced for 2010: **personalized nutritional supplements**, **Eternal Youth Retreat** - the first to combine medi-spa treatments with holistic therapies in a retreat format, **Total Body Balancing** - a physiotherapy treatment that focuses on correcting the misalignment of basic body structure caused by favoring one side of the body over the other for daily activities, and **Quantum Emotional Release** and **Quantum Physical Release**.



### **Deerfield Spa** (East Stroudsburg, Pennsylvania, USA)

For the first time in Deerfield's history, the spa is now open during the winter months for day spa services, fitness training, and **Winter Wellness Weekends**. The next Winter Wellness Weekend, Better Than Chocolate, is February 12-14, 2010 – featuring fun, fitness, warmth, and wellness, and a bonus: Master Certified Life Coach and author, Dawn Morningstar, to lead Loving Your Life Workshops.

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### **Echo Valley Ranch & Spa** (Clinton, British Columbia, Canada)

Echo Valley is now open year round with special **Winter Getaways**. The wilderness setting provides a playground for outdoor winter enthusiasts. After an exhilarating day of cross-country skiing, snowshoeing, snowmobiling or even ice fishing, guests can enjoy a pampering massage, a soothing hot tub, or relax with a good book and companions in the luxurious cabins and main lodge. A special **Winter Olympic Getaway package** is available at a discount in support of the 2010 games and a Valentines package to warm up the romantics.



### **Golden Door** (Escondido, California, USA)

2010 sees the launch of newly formulated and packaged products from **Golden Door Skin Care** (free of sulfates and parabens), new reservation programs – Same Year Return, Bring a Friend, and new activities including: **Pre-Natal Exercise Program, Pole Dancing** – a fun class to bring out the woman in you, **Bollywood Dance, Sacral Stability, Active Aging & Longevity, Heart Based Living**: Biofeedback using Heart Math and **Advanced Fitness Testing** - provides practical information on how to manipulate your energy systems to optimize weight management, endurance performance, power production and stamina gains.



### **Green Mountain at Fox Run** (Ludlow, Vermont, USA)

Green Mountain has teamed up with inCYST to create a healthy lifestyle program for women with Polycystic Ovary Syndrome, **Learning to Thrive with Polycystic Ovary Syndrome**. They are the first spa to offer such a program. Knowledge is power, and this program gives the basics that help women to evaluate information and incorporate what is most likely to work. Dates: March 7 – 17 & November 7 – 17, 2010.



LAKE AUSTIN  
SPA RESORT

### **Lake Austin Spa Resort** (Austin, Texas, USA)

Lake Austin Spa Resort introduces two great new programs for 2010, including a new book club with New York Times® best-selling authors and a new program designed all around gardening. **Gardening for Life** will share tips from top experts for creating a garden that addresses numerous health aspects, from fatigue and aging to immune system and sleep boosters. The program also features classes such as Eating for the Season, Cooking from the Garden, Fresh Pestos & Salsas, Garden Tours, Organic Gardening, Composting 101, Healing Herbs, Why Buy Organic? and more. Gardening for Life dates for 2010 are April 19-25 and September 27-October 3. The **NEW For the Love of Books Club** will feature discussions, web chats, book club cooking demos, journaling classes and more with a plethora of New York Times bestselling authors including Chris Bohjalian (January 22-23) and Mary Lou Quinlan (April 3, 2010).



### **Mountain Trek** (Ainsworth Hot Springs, British Columbia, Canada)

**2 Destination Spa experiences in 1**. In February 2010 Mountain Trek is setting up our boot camp at the world-renowned Rancho La Puerto in Tecate, Mexico. Guests will explore over 3000 acres of private property with hikes traversing through meadows and streams to high up into the boulder garden foothills of Mount Kuchumaa. Mountain Trek's delicious spa cuisine will be on hand with freshly picked produce supplied from Rancho La Puerto's own intensive organic garden and surrounding farms. Fitness classes will take place in a variety of gyms on the premises including a swimming pool offering an array of exercise programs. It's still the hard working Mountain Trek boot camp program with a Mexican twist.

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### **The Oaks at Ojai** (Ojai, California, USA)

A new spa treatment – **Acupressure Massage for Metabolism** - is available to guests of The Oaks. Acupressure Massage for Metabolism is a relaxing full-body massage focusing on stimulating specific acupuncture points using acupressure to affect food and water metabolism as well as energy production. Four new fitness classes have arrived for 2010 as well: **Zumba, Kick Box 101, Sit, Strengthen, and Stretch** and **KAYAK Lake Casitas**. To help guests **Take It Home**, The Oaks has a new CD called "Nidra- Deep Rest", a new booklet on Stability Ball stretches, and a Sit, Strengthen, and Stretch booklet complete with the bands.



### **Rancho La Puerta** (Tecate, Baja California, Mexico)

Rancho La Puerta is celebrating its 70<sup>th</sup> birthday with several new offerings, starting this spring with the introduction of a **new skin care line** and **The Bar Method® Exercise Program**. In February, Rancho La Puerta is poised to announce a major partnership with a global skin care company to feature its line of certified, all-organic, plant-based products. All ingredients used are grown on organic, sustainable-agriculture farms around the world, and are purchased at fair-trade prices. The Bar Method is a one-hour targeted body sculpting workout that shapes the body by carving muscles, lifting seats, toning abs, and defining arms. Bar Method devotees will be able to enjoy a week of daily Bar Method classes. During the inaugural week, February 20, 2010, Burr Leonard, Founder of The Bar Method, will lead workshops. Throughout the year, as part of the birthday celebration, all guests will receive **\$250 gift certificates** that can be shared with any friend who is a first-time visitor. Other celebratory events are planned for June 2010, the actual month when Rancho La Puerta is exactly 70 years old.



Red Mountain Spa

### **Red Mountain Spa** (St. George, Utah, USA)

Red Mountain Resort & Spa is challenging guests to embark on the adventure of their lives in 2010 - a healthier and happier self in the New Year. The resort's resident Life Coach Cindy Clemens and the rest of the staff at Red Mountain have created a series of programs for 2010 to encourage guests to break free of the cruise control mentality and take a more active role in the direction of their lives. The programs include: **Life Compass Retreat, Re-Energize Through Weight Loss, Detoxification & Renewal, Emotional Fitness Retreat,** and **Fitness Boot Camp**.



S P A · E A S T M A N  
RELAI S ANTE

### **Spa Eastman** (Eastman, Quebec, Canada)

Spa Eastman is launching the **1st Canadian Living Food Lifestyle Program**. The 7-day program is designed to provide guests with the tools necessary to take control of their own personal well-being and to allow the body to maximize its potential for vitality, weight loss and naturally healing. Participants will experience the pleasure of living food gastronomy, the benefits of natural detoxification and learn how to integrate Living/Raw food into daily life.



### **Tennessee Fitness Spa** (Waynesboro, Tennessee, USA)

Tennessee Fitness Spa is offering two new special programs: **Belly Dancing Week** and **College Week**. The week of June 20th - June 27th, guests will enjoy seven days of belly dancing. Our popular belly dancing teacher will lead energetic classes with a special performance at the end of the week. During the two college weeks (June 13th - June 20th and August 1st - August 8<sup>th</sup>, 2010) full-time students and professors with college IDs will receive a 20% discount off their room rate.