

Spa

Jalisco, Mexico

Hacienda El Carmen

Three centuries ago, it was known as the Hacienda de Santa Maria de Miraflores and in due course this was the founding hacienda of the Convento Del Carmen in 1722.

The manor of El Carmen bears the testimony of the people that inhabited it and appreciated the value of its history and architecture.

Its archway, corridors and the beautiful chapel provide the right mood for meditation, helping anyone to find peace and harmony with nature.

The lobby and Don Diego's tertulias salon (chat gatherings) are another example of the carefully restored spaces that portray the marriage of Mexico's colonial settings and the practicality that modern age demands, thus offering an environment of excellent taste and elegance.

Enjoy the glamorous historical surroundings while enjoying the relaxing experience of peace and tranquility with their exquisite neuron-sedating massages, delightfully combined with a red wine balneotherapy and the relaxing sounds of water and birds. All of their treatments are complemented with delicate hydrotherapy rituals that will make you feel like the most important and pampered person on earth.

Begin your ritual with detoxifying steam combined with eucalyptus inhalation-therapy. Alternate heat waves with the pressure shower and try their warm indoor jacuzzi ending with a cold shower. Rest at the specially designed tranquility areas and chill with chlorophyll water and a refreshing fruit drink.

All of the services include the hydrotherapy circuit (30 min.)

Go back in time and experience the best that Mexico has to offer.

Hacienda El Carmen Travel Website
+52(33)36-33-17-71

Jamaica

Strawberry Hill hotel and Spa

Perched 3,100 feet above sea level in the Blue Mountains and 30 minutes from the airport, Strawberry Hill Hotel & Spa offers an enchanting mix of rich Jamaican heritage balanced by healthy conscious living. This unique boutique property houses a Living Spa, a Main House, and twelve handcrafted 19th century Georgian style cottages, each carefully sited in a private tropical haven with magnificent mountainside and panoramic views of the vibrant city of Kingston.

The Strawberry Hill Living Spa, one of the highlights of the property, specializes in stress relief and organic healing based on the five elements practiced in Ayurvedic philosophies. Their Spa offers five treatment rooms, including a specialized hydrotherapy room, a plunge pool, a sauna and a deck for yoga and other outdoor activities. The property's high altitude captures the seasonal mountain mists that create an ideal climate for lush plant growth and truly healthful living.

Strawberry Hill's harmonious environment - encompassing cottages, cuisine, a spa, exotic fauna and flora, nature trails and a friendly, expert staff - is the foundational heart center of the Strawberry Hill Living philosophy.

Strawberry Hill Hotel and Spa
800-688-7678

European Wellness Spa

A JOY OF HEALTH vacation is the quintessential European wellness spa experience – it is an active rest in the traditional medical wellness tradition, one that nourishes and rejuvenates every facet of your being.

Your full service holistic spa retreat is tucked away on a tranquil, leafy old growth island on the Danube River, flowing through the heart of beautiful Budapest Hungary, with it's grand boulevards, stunning architectural diversity, and rich arts and cafe culture. You are minutes away from one of the most beautiful capital cities in the world, and still one of Europe's most affordable.

In the mornings, relax in the healing balm of natural hot springs baths and take physician directed spa treatments, known throughout Europe for their effectiveness in decreasing joint and muscle pain and strengthening vitality. In the afternoons, explore the grandeur of the city, or visit the countryside, try a local cuisine, and attend a concert or performance. Or, stay on the island to wander among its gardens, statues and medieval ruins.

Two Americans, one stateside, the other on the ground when you arrive, provide personal assistance before you go, at the spa when you arrive, and also help in exploring charming Budapest, the bohemian "Paris of the East".

Return home deeply relaxed, revitalized and enriched in body, mind and spirit.

Mention you saw us on Boomeropia and we will give you \$150 off your trip!

Joy of Health Vacations
Joy of Health Vacations Travel Website

St. George, Utah

Few places on earth match the beauty and tranquility of the red rocks surrounding

St. George, Utah. Few places on earth offer such a vast selection of healthy living activities, dining, spa, and recreational services than Red Mountain Spa.

Red Mountain Spa is the perfect setting to start or renew your health and fitness goals. Our offerings include a wide variety of fitness assessments and programs to meet your goals. However you choose to spend your time at Red Mountain, the peace and solitude of the facility, daily fitness activities, guided hiking, healthy gourmet cuisine and an array of wellness classes will set you on the path to lifelong fitness and health. Let the Adventure begin!

Red Mountain Spa
Red Mountain Spa Travel Website
877-246-4453

Primavera, Mexico

Rio Caliente is a natural hot springs spa and retreat center, only 45 minutes from the international airport of Guadalajara, Mexico. Nestled on the slopes of an ancient volcanic valley and surrounded by the natural beauty of the forest and mountains, Rio Caliente is an ideally secluded location for the spa goer seeking rest, relaxation, and rejuvenation.

At Rio Caliente, you may enjoy daily yoga and water exercise, guided nature hikes, unforgettable sunsets, soaks in hot mineral water, horseback excursions, massage, beauty and anti-aging treatments.

Come and enjoy the weather in Rio Caliente. No matter when you come, you'll find the weather is simply wonderful. Because of the altitude (5100 feet), it's comfortable all year—even in the summer months!

Rio Caliente
Rio Caliente Travel Website
800-200-2927

Hiking Spa Vacation

Picture yourself hiking in the grandeur of the Colorado Rockies -- peaks sprinkled with snow, crystal clear rivers, plunging waterfalls and pure clean mountain air. Hike through verdant alpine meadows abundant with wildflowers and towering forests alive with the smell of blue spruce and pine. Challenge yourself on more rugged all-day hikes up to pristine mountain lakes and breathtaking "top of the Continental Divide" views. Please note: Different hikes are chosen for the varying levels of the group participants. Days begin with Yoga, followed by our breathtaking hikes. Return to a rejuvenating therapeutic massage (on Monday, Wednesday and Fridays) and a soak in the Jacuzzi (with awesome 360 views) at our upscale and chic Aspen Sky Hotel - at the base of Aspen mountain - combining the warmth and charm of a full service hotel. Deluxe guest rooms with private baths include fluffy down pillows, hair dryers, dual-line phones with data ports and free long distance outside connections.

Global Fitness Adventures
Global Fitness Adventures Travel Website
800-488-8747

Slovakia

SENIOR stay is dedicated for persons over 55 years.

5 nights

half board

breakfast: buffet tables

dinner: choice from 3 meals of daily offer

initial consultation with physician

If you arrive later and miss the initial medical examination on arrival day, you can take it on next day morning.

5 per stay

- 1x thermal bath with pack (40 min.)

- 1x classical partial massage (20 min.)

- 1x bubble bath with supplement of herbs and salts (15 min.)

- 1x turf pack (15 min.)

- 1x electrotherapy (10 min.)

daily admittance to new indoor swimming pool and sitting pool with water attractions free of charge (10:00 AM - 05:30 PM)

- fitness room

Please note the reconstruction work in hotel Flóra from 03.01. - 31.03.2008.

The reconstruction work covers the hotel rooms on the first floor.

Hotel Flóra thanks you very much for your understanding and even through the reconstruction the personnel of the hotel wishes you to spend an enjoyable stay.

Sunflowers

<http://www.sunflowers-agency.com/slovakia/trencianske-teplice/stay-for-seniors-433.php> 421 54 474 2450

California

For centuries, the natural hot mineral springs now known as Wilbur Hot Springs have drawn those seeking their powerful healing properties. Since long before the days of the stagecoach, the mineral hot springs resort has been a source of respite, retreat, and rejuvenation for weary travelers. Throughout time, all those who have come here have left feeling better than when they arrived – having warmed the body, eased the heart and replenished the soul.

The greatest gift of Wilbur Hot Springs is the natural hot mineral water. Sheltered by a Fluminarium, the water is channeled into three flumes containing water at a variety of temperatures. Completely private, clothing is optional while taking the waters; however, it is required everywhere else on property.

Basking in the solitude and silence is a favorite pastime for those who come to Wilbur. Immersed in natural healing waters and surrounded by forests bursting with wildflowers, Wilbur Hot Springs is a place to relax – to just be. Here, you can be as active as you wish - or not. The library offers space for reading, meditating, writing and snoozing. Settle in to the peace and quiet.

Wilbur Hot Springs

www.wilburhotsprings.com

530-473-2306

Florida

Warm Mineral Springs is believed to be the “Original Fountain of Youth” sought by the Spanish explorer Ponce de Leon. Believers to the healing powers of Warm Mineral Springs say that the highly mineralized waters help ease back pain, gastrointestinal illnesses, various skin diseases, sinusitis and many other ailments.

The Spring's 87 degree water can provide relief for many ailments including skin conditions, stress, pain, muscular problems and arthritis. Visitors travel from around the world to soak in its soothing waters.

Over 65,000 people every year enjoy this world famous natural spring. Most of these guests are Europeans, Canadians and Asians (or Americans of similar ethnic background) whose cultures place a high value on the wellness aspects of mineral springs. Nine-million gallons of water a day flow through this 1.4 acre circular lake, the color of dark clouds. Even

if you enter the waters with nothing that ails you, you'll still feel better when you get out. It's like having a really good massage. And your skin will glow. Over 70,000 guests visited The Springs last year and walked around the circumference or swam in the lake, which has the highest mineral content in the USA; Third highest in the world!

The Springs

<http://www.warmmineralsprings.com/>
941-426-1692

Texas

The LakeHouse Spa at Lake Austin Spa Resort is rich with amenities. Guests of the LakeHouse Spa may enjoy:

An indulgent spa menu offering more than 100 treatments and services

Over 25 treatment locations including couple's suites, outdoor treatment cabanas, a screened-in Treatment Porch and the private Bamboo Room

Separate men's and women's locker rooms, each offering a hot tub, sauna, steam room and showers

Elegant lounges that open onto private outdoor stone-walled gardens, Balinese water features and a private sunning area

The magnificent Blue Room, a relaxing waiting area for guests prior to their spa treatments

The Aster Café, serving gourmet lunches and a beverage bar with flavored teas, water and fresh fruit

The Palm Pool and the Pool Barn which houses a Jr. Olympic-size pool

Our goal is to help you discover, or express, your own unique fitness personality and to help you achieve your individual fitness goals. The programs we have developed are cutting edge and the focus is on creating a healthy, active lifestyle, not applying a "quick fix."

Lake Austin Spa Resort

www.lakeaustin.com
800-847-5637

Iceland

The heart of Blue Lagoon's operation is at the Blue Lagoon, Iceland's most unique and popular attraction. Guests enjoy bathing and relaxing in the warm (37-39°C) Blue Lagoon geothermal seawater, known for its positive effects on the skin. A visit to the spa promotes harmony between body, mind and spirit, and enables one to soak away the stresses of modern life. The spa's guests rekindle their relationship with nature, soak up the scenic beauty and enjoy breathing the clean, fresh air. The Blue Lagoon holds six million liters of geothermal seawater, which is renewed every 40 hours. In addition to the main lagoon, exciting geothermal spa options await Blue Lagoon's guests:

Blue Lagoon waterfall, which provides an energizing massage.

Exclusive steam bath with white walls that resemble white silica mud

Cozy steam bath located in a lava cave

Sauna and a refreshing cold water sprinkle

Modern, spacious changing and shower rooms are on the site and use of Blue Lagoon shower gel, hair conditioner and moisturizing cream is included in the entrance fee. Guests also have access to white silica mud located in special boxes by the lagoon.

Blue Lagoon Iceland

<http://www.bluelagoon.com/>
354-420-8800

Iowa/Ayurveda Health Spa

The Raj opened its doors in April 1993 and soon gained a reputation as America's premier Ayurveda Health Center. It is the only such facility outside of India specifically built to offer traditional Ayurveda rejuvenation treatments. The French county-style facility encompasses 36,000 square feet and is situated on 100 acres of rolling meadows and woodlands in Iowa's heartland.

At the heart of The Raj programs are the profound treatment programs that help restore balance and reawaken the body's natural healing mechanisms. But the treatments are only a part of a comprehensive approach to creating health. Guests at The Raj also gain an understanding of how all the various aspects of their lives are interrelated and contribute either positively or negatively to overall well being. Guests learn to understand how individual factors in their make-up affect physical tendencies, moods, cravings, motivation, and behavior. And guests learn how simple shifts in diet, exercise, and daily and seasonal routines can enhance their progress toward increased strength, stability and

vitality. Not only do our guests go home feeling renewed in body and spirit, they also report that the benefits from their stay continue to grow long after they have returned home.

The Raj
www.theraj.com
800 864-8714 ext. 9000

Utah

Family-owned since its founding in 1985, Green Valley has become a world-renowned icon of spa luxury and innovation, with the only 4-Diamond accommodations between Las Vegas and Salt Lake City, celebrated spa and wellness programs, and state-of-the-art fitness, tennis and golf facilities and instruction – all set in a beautiful, sprawling property, against a backdrop of stunning red rock canyons and pristine nature. Green Valley Spa provides you an oasis of relaxation and calm in a stressful, toxic world. We strive for a total sensory experience – using the basic senses as a guide to that magical condition of lightness, peace and clarity. Choose from over 60 different treatments, including Green Valley's own Signature Treatments, Body Work, Facials, Water Therapy, Massage Therapy, Intuitive Therapy, and Native American Therapies.

Using practices such as meditation, Private Labyrinth Walking Meditation, Aura & Chakra Energy Field Analysis, Tai Chi, Energy Balancing, Card Readings, and Yoga. Our guides will help you quiet the chattering mind and surrender to a process of allowing your hidden intelligence to speak to you. As many of our guests discover, this hidden intelligence often knows more about what we truly need than our conscious self. At Green Valley, we've developed a total “body enlivening” process which not only acts to beautify the skin but also allows the body's natural systems to absorb nutrients, release toxic waste, and strengthen cellulose fibers for increased elasticity and resilience.

Green Valley Spa and Resort
<http://www.greenvalleyspa.com/>
800-237-1068

The Maldives

This private-island resort is in one of the Maldives Islands' remoter atolls, 40 minutes by seaplane from the capital, Mal?. (The Maldives are in the Indian Ocean, about 400 miles southwest of India.) The resort consists of 100 beach and over-water villas, the top accommodations. Despite the resort's remoteness, it has a Business Center, Broadband Internet connection in all rooms, Wi-Fi by the pool, and business services, including typing, photocopying, faxing, email, and translation. The One&Only Spa is a 10,268-square-foot wood pavilion with eight treatment rooms and offers therapies using natural marine products as well as yoga, meditation, Pilates, aerobics, and classes in partner massage. It has the full complement of water and heat facilities (steam, sauna, a Jacuzzi) and an air-conditioned gym with Life Fitness equipment and a personal trainer.

The One & Only Spa Kanuhura
<http://www.oneandonlyresorts.com/flash.html>
866-726-1465

Kenmare, Ireland

From its conception SÁMAS was designed to soothe and revive the tension, stress and fatigue that greet our every day. Even in ancient Ireland they had a Gaelic word for it SÁMAS, indulgence of the senses. Today you can enjoy the virtues of this bygone age in a special and quite unique place that blends healing and therapeutic traditions from the East and West with the life inspiring scenery of Kerry to revive the body, mind and soul.

At SÁMAS you are treated to the SÁMAS Experience. This comprises of 3 elements, Thermal Suite, Holistic Treatment of your choice and Pure Relaxation. By experiencing the physical and mental relaxation of this approach you will realise the importance and benefit of a moment of calm and personal space in our everyday lives.

On your first visit to SÁMAS your personal therapist will guide you through the spa ensuring you will absorb the philosophy and fully appreciate the virtues of true spa.

Park Hotel Kenmare
<http://www.samaskenmare.com/>
353 64 41200

Tuscany, Italy

At the heart of Tuscany there is a spring from which healing waters have flowed for centuries. The Etruscans and Romans discovered the cleansing and fortifying properties of the waters and made use of them accordingly. The waters obtain their healing forces from the depths of the earth, where they are enriched with valuable minerals and sulphur before rising once again to the surface.

Since its opening in Spring 2004, ADLER THERMAE Spa & Wellness Resort has succeeded in becoming one of the number one vacation spots in Tuscany.

At ADLER THERMAE Spa Resort, the combination of nature with modern architecture, Italian nonchalance and international luxury creates a stylish atmosphere of elegance and charm.

Whether on your private hotel room balcony or on our sunny terrace: you can enjoy the view of the azure-blue pools with its fascinating mountain backdrop and beautiful Tuscan countryside.

Light and enjoyable cuisine is the best recipe for a holistic sense of well-being. Our kitchen chefs use fresh, local produce and ingredients to create a wide variety of sophisticated meals and Tuscan specialties.

Hotel ADLER Thermae

<http://www.adler-thermae.com/en/hotel-adler-thermae/>

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