

# Spas offer relaxing relief from Michigan winter

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Everything is very relaxing at the Spa at the Inn at Bay Harbor, which celebrated its opening weekend on Feb. 11. "The inn is right on Little Traverse Bay," said Theresa Doezema. "It's a tranquil setting."

Nearby, is the spa at the Grand Traverse Resort, which opened in May of 1999. Both spas offer a variety of holistic health therapies to help you feel refreshed in mind, body and spirit.

"The best reason anyone would want to come here is because

we've integrated the spa into the entire resort guest experience," said G. Michael DeAgostino.

Relax it's winter, but you can dream of the view of the bay at The Inn at Bay Harbor, which recently opened a European-style spa. Relax and feel the tension drain away as you enjoy a soothing massage.



THE INN AT BAY HARBOR

## Weekend Spa Getaways

The Spa at the Inn at Bay Harbor — 3600 Village Harbor Drive, Bay Harbor, about a 1-1/2 hour drive from Traverse City. (231) 439-4000, (231) 439-4048, (800) 462-6963, www.innatbayharbor.com

### Spa specials/packages

- **Experience the Magic, day package** — Half-hour facial, half-hour massage, manicure or pedicure, \$130 per person, through May 25.
- **Romance Spa Weekend** — Two nights luxurious accommodations, champagne upon arrival, massage for two, dinner one evening, \$349 per couple, through April 31.
- **Variety of day and half-day spa packages** available Monday-Friday such as Serenity by the Bay, which includes spa treatments and lunch, \$345 per person; A Bridal Day Package, \$310, and Mother-Daughter Package, \$265 per person. Call for more information about winter rates at The Inn at Bay Harbor and getaway packages.

Grand Traverse Resort and Spa — 100 Grand Traverse Village Boulevard, Acme, near Traverse City, (231) 938-2100 or (800) 748-0303, www.grandtraverseresort.com

### Spa packages:

- **The Spa** — Three days, two nights deluxe accommodations, breakfast for two each day, and spa treatments, \$530 per person, based on double occupancy.
  - **The Deluxe Spa** — Four days, three nights deluxe accommodations, breakfast for two each day, spa treatments, two personal training sessions, unlimited fitness class participation, \$807 per person, based on double occupancy.
  - **Time Out** — Three days, two nights deluxe accommodations, dinner for two, spa treatments, breakfast for two each day, spa gift, \$635 per person, based on double occupancy.
  - February and March specials:**
    - **Breakfast Special** — \$99 per night in the Hotel, \$119 in the Tower with breakfast for up to two persons.
    - **Birthday Special** — Those with a birthday in February or March receive the second room night free when they stay at least two consecutive nights.
    - **Sunday Special** — Stay at least two consecutive nights, including Sunday, and the second night stay is free.
- Specials are subject to availability and do not include tax and room charge.



GRAND TRVERSE RESORT AND SPA

**Stress relief:** After a Sacred Stone massage, guests are treated to a therapeutic shower at the Grand Traverse Resort and Spa.

"Not only do we offer a wide variety of spa therapies in the comfort of one of the Midwest's finest destination resorts, but in addition, guests may select spa entrees in our restaurants."

The Spa at the Inn at Bay Harbor, owned by Boyne USA Resorts, is phase one of a two-part project that includes a fitness center and full-service salon. The spa is 2,300 square feet and has seven treatment rooms.

Spa director Marie Saunders was affiliated with one of the Manhattan area's most popular spas. She has national certifications as both a personal trainer and aerobic instructor, and is both a national and international aerobic gold medalist. Spa supervisor Cynthia Gomes worked at the Aveda concept spa in Phoenix.

"The spa has a sky motif," explained Doezema. "Everything is very relaxing and calming. When you walk into the spa you can let everything go. It's open to the public and our

guests."

If you're skiing or golfing in the area, you can schedule a sports massage to soothe your tired muscles at the spa.

Treat yourself to a hot stone massage. "We're experimenting with Petokey stones which hold heat more than normal stones," said Doezema. Other highlights are a Rose Petal Body Wrap, Moor Mud Bath, and Abhyanga, a classic herb-oil massage designed to penetrate the skin, relax the mind and body. You can also get a facial, manicure, or make-up lesson.

Guests seeking a little more privacy also have the option of receiving in-room treatments.

"This has always been part of the resort," said Doezema. "It wasn't an after thought. We wanted to open a spa that takes a holistic approach to fitness, the body, mind and spirit."

### Grand Traverse Resort

"The highlight of the full-service spa at Grand Traverse

Resort is an 11,000 square-foot treatment facility dedicated to 35 treatment areas and over 16 personal treatment rooms," explained DeAgostino. The 100,000-square foot spa complex includes two indoor pools, a tennis center with five indoor and four outdoor courts, cardio-theater with 20 state-of-the-art fitness machines, an aerobics/yoga studio, weight room four whirlpools, and a full service beauty salon and bar.

Spa guests experience an array of spa services from skilled professionals in a warm environment. The pampering services, including holistic health treatments, ensure total rejuvenation and renewal.

Treatments include thermal therapy, body wraps, massage, mineral masks, facials, and exfoliation. Spa recreation includes

personal mind and body fitness training, individual and group yoga instruction, body sculpting strength training, tai chi, meditation walks, water-based aerobic exercise, swimming instruction, personal and group tennis instruction, and year-round sports.

Spring doesn't officially begin until Monday, March 20. For those seeking a respite not far from home, a visit to The Inn at Bay Harbor or the Spa at Grand Traverse might be just what the doctor ordered.

"Not only can you be pampered, but it's also a good deal," said Doezema referring to the Romance Spa Weekend special offered through April 31 at the Inn at Bay Harbor.

Both resorts are offering special winter rates, and spa packages. Call for details.

Celebrate Mardi Gras

# Indulgence is... Shopping!

Shop Laurel Park Place once each week from February 14 through Mardi Gras (March 7) and we'll reimburse one of your shopping trips!

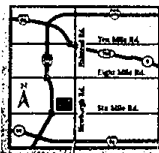
In celebration of Mardi Gras, Laurel Park Place is helping you indulge in shopping! Shop each of the three weeks designated below and you will receive a Laurel Park Place gift certificate worth the value of your lowest weekly receipt! Plus, you can enter to win a trip for two to New Orleans including airfare, accommodations in the historic French Quarter, a shopping spree and more!

Here's how it works. Simply make a purchase of \$35.00 or more each of the following weeks and you will receive a strand of Mardi Gras beads:

- February 14 — February 20: purple beads
- February 21 — February 28: green beads
- February 29 — March 7: gold beads

Bring the beads and your receipt to the Mardi Gras cart near Center Court to redeem them. When you have one strand of beads, you'll be eligible to enter to win the trip to New Orleans. Two strands of different colored beads: you'll be eligible to enter to win the New Orleans trip and receive a coupon for a free jerked shrimp appetizer at the Real Seafood Grill with the purchase of an entree. Three strands of beads (one of each color): you'll be eligible to enter to win the New Orleans trip and you'll receive a Laurel Park Place gift certificate worth the value of your lowest weekly receipt!

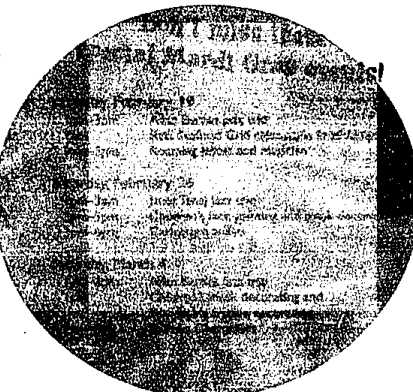
\*Theater, hotel purchases and Laurel Park gift certificates sales excluded. Only one receipt allowed from a department store. Receipts cannot be combined. All beads must be accompanied by a receipt. Additional rules and regulations apply and are available at the Mardi Gras cart or the Management Office.



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Shop the difference.

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