

Balance Magazine. Time-Out: Fall 2006

A Change in Season, A Change in Life

Cool, brisk mornings, warm afternoons and vibrant colors bring falling leaves in much of the United States. These are the days of autumn and the days of change. We've highlighted locations to help you move into the season and to help you remember who you are and to appreciate all that is. Enjoy the season, enjoy your life!

Omni Tucson National Golf Resort & Spa Tucson, Arizona

Treat yourself to a stay at the Omni Tucson and enjoy a 650 acre tranquil setting in the foothills of the Santa Catalina Mountains. The centerpiece of this resort is golf and with two 18-hole championship courses topped off with a full service spa you'll have a trip to remember. According to the Omni, "the Catalina course offers the traditional layout, while the newer Sonoran Course offers a desert style layout with steep elevation changes and some uphill and downhill shot opportunities."

In addition to golf, the Omni offers many other activities including biking trails, tennis, one-on-one fitness training, Pilates, tai chi, yoga and a stretching class for golfers. Their 13,000 square foot spa includes whirlpools, cold plunges, a quiet room to enjoy before or after treatments and 12 treatment rooms. Their signature treatments use local desert ingredients and a favorite is the Desert Rose Clay Mask, which purifies the body with mineral-rich mud from the earth and leaves you feeling relaxed after a full day of activity.

All of the Southwestern-decorated rooms either have a balcony or patio with views of the mountains, pools or fairways.

Spa 66, Hyatt Regency Pier 66 Ft. Lauderdale, FL

We've highlighted the Hyatt Regency Pier 66 a while back, and thought we'd give you an update on this beautiful lush tropical resort with stunning water views and extensive activities along the Intracoastal Waterway.

Water, water everywhere is their theme and with a three-pool waterfall, the Atlantic Ocean and their spa water treatments, you're sure to stay hydrated this year. New treatments focusing on hydration to promote wellness have been introduced and include their Eau Thermal Body from the City of Spa in Belgium, C-Brite – a facial that blends vitamin C and lactic acid to promote a youthful appearance and the Integra-peel that combines glycolic acid and Vitamin A, which works to control the aging process.

In addition to taking care of your outer appearance, you can also enjoy their state-of-the-art fitness facility and Har Tru tennis courts, dining, and the Aquatic Center.

For more information, please visit:

www.tucsonnational.com
www.pier66.com