

Balance Magazine. Time-Out: Summer 2006

Summer Escapes to Uncover your Passions and Energize your Spirit

It's the sweet summertime and with it comes a sense of relaxed living, new experiences and adventures. Whether traveling on your own or with friends, make time to get away and do something good for yourself.

Mandara Spa, Walt Disney World Swan and Dolphin Resort - Lake Buena Vista, FL

The new Mandara Spa is a great reason to spend time at the Walt Disney World Swan and Dolphin Resort this summer. This new 12,000-square-foot Balinese-inspired retreat offers both Asian-influenced and traditional treatments. The spa features 12 treatment rooms including two couple suites and you can relax in an exotic retreat at the spa's Tea and Meditation Gardens while waiting for a service to begin. A unique feature at the spa's Meditation Garden is a mystical, 25-foot Meru Temple (similar to a pagoda) surrounded by rock gardens and stone lanterns and the Tea Garden has a Balinese Bale, a thatched open-roof pavilion. Some of the services include Hawaiian Lomi Lomi Massage, Thai Massage, Balinese Massage, Swedish Massage, Japanese Shiatsu, Reiki, Reflexology and so much more. The resorts also offer golf; a health club; a white sand beach and an abundance of activities available at Walt Disney World and the surrounding area.

Rancho la Puerta, Tecate, Mexico

Rancho la Puerta was started in 1940 by Edward and Deborah Szekely and is located south of San Diego, California in Tecate, Mexico. It is the original destination fitness resort and spa and has offered a life changing experience for thousands for over 65 years. Every week, over 100 guests come together to hike, breathe, relax and go beyond their boundaries. Guests come to know one another, share experiences and enjoy a week of healthy vegetarian cuisine, physical activity and mindful moments.

There are many opportunities to contemplate life including walking in the full size replica of the ancient labyrinth found in Chartres Cathedral in France. In walking the labyrinth you come upon many turns and just as in life you can't anticipate where you will turn and where it will lead. Every turn can bring you into a new destination. This truly was a lesson in being in the moment and focusing on each step and breath.

Rancho la Puerta offers an abundance of fitness classes, hiking opportunities for the beginner to advanced, cooking demos, lectures and plenty of options for pampering in their health centers. Different people come to the Ranch for different reasons, all of which have meaning. Some come for the fitness opportunities, others to relax and rejuvenate and others for healing.

The Ranch has stayed true to its' core. Fitness is the basis of a week at the Ranch balanced with relaxation, healthy eating and reflection. There is much that lures guests to Rancho la Puerta including Mount Kuchumaa, which Native Americans consider a sacred place. And it is a sacred place. I'm inspired and transformed from my time at the Ranch.

For more information, please visit:

www.swandolphin.com/mandaraspa

www.rancholapuerta.com