

# new beginnings

Welcome to a year of New beginnings and a New you!

By Donna Mantone Adinolfi



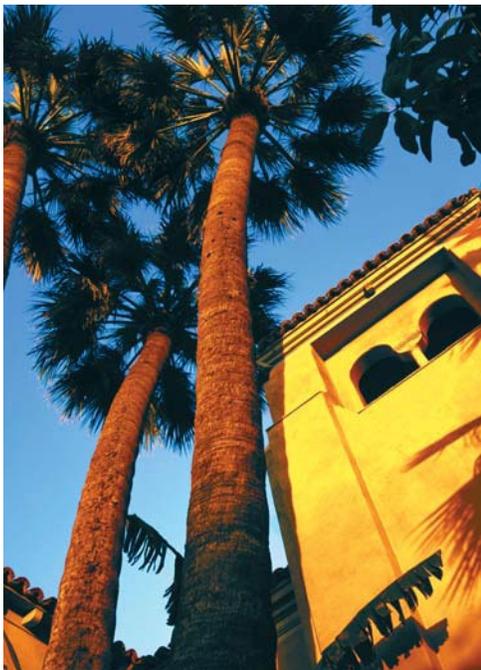
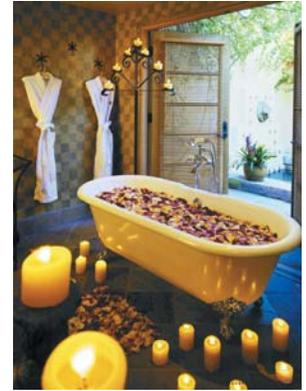
Our life's journey is about evolving and as we enter a new year, we may need to redefine our direction and path and perhaps getting away on our own with a friend or significant other will help us with finding clarity. Perhaps we will awaken that passion that lies within us and perhaps we will find other passions that lead us in a new direction. We've included a couple of locations to consider in helping to jump start your fire within. Make this year the year you rediscover that passion and enjoy the journey!



**Canyon Ranch Spa Club  
Gaylord Palms Resort &  
Convention Center**  
*Kissimmee, Florida*

A treasure in Kissimmee awaits business and leisure travelers at the Canyon Ranch Spa Club at the Gaylord Palms. The Gaylord Palms is styled after an old world Floridian mansion and offers a Florida experience showcasing the charm of St. Augustine to the island spirit of the Keys. You'll find a variety of themed restaurants and entertainment options as this resort offers so much under one roof.

The Canyon Ranch Spa Club at this resort offers an opportunity to jump start a healthy living lifestyle with fitness, nutrition and spa treatments. This 20,000-square-foot spa offers a Tea Relaxation Room, an outdoor hot tub and pool, 25 massage, body and skin care treatment rooms, a fitness facility with weight training and cardiovascular equipment, the Canyon Ranch salon, massages and bodywork as well as aromatherapy and Ayurvedic treatments, facials and more.



**Royal Palms Resort & Spa**  
*Phoenix, AZ*

A true oasis in the desert, this property is a Spanish Mediterranean treasure in the Southwest and one of my favorite locations for relaxation and inspiration. The architecture and grounds make this a favorite with Camelback Mountain in the background, hidden gardens, stone walkways, soothing fountains and tropical foliage.

A visit to Alvdora Spa offers a natural Mediterranean experience as well as pure luxury and a unique setting to rejuvenate the body, mind and spirit. Alvdora offers a two-story facility with ten treatment areas, a Watsu massage pool, three villa rooms, an outdoor shower and it incorporates indigenous herbs, minerals, oils and flowers in its treatments. A favorite treatment, mostly because of the use of Neroli, is the Orange Blossom Body Buff. The sweet and sensuous scent of Neroli oil, which comes from the bitter orange blossom, helps restore moisture and this treatment also includes an application of body lotion and neroli water mist.



For more information,  
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[www.royalpalmsotel.com](http://www.royalpalmsotel.com)

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