

a year of living in the moment

By Donna Mantone-Adinolfi



You've heard the word mindfulness before. It's about living in the present and not thinking about yesterday or worrying about tomorrow. When you begin to live this way, since it's really the only moment we truly have, then you begin to live more fully and authentically. Sometimes it's about stepping back and getting a higher-level view of your life and putting it into perspective. One way to do this is to get away from everything and we've included a couple of options for you to live in the moment and open yourself up to the possibilities of being fully present in your life. It all begins with one step. Enjoy your journey!



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www.groveparkinn.com
www.laposada.rockresorts.com

La Posada

SANTE FE, NM

The spirit of the southwest is alive at this RockResorts luxury spa in one of the most popular destinations in the U.S. There is so much history echoed in the walls of this resort dating back to the late 1800's and even prior to that; however, it is by far one of the most unique properties in the area. Whether you're meandering through the lush property, enjoying live music and a cocktail in the 19th century Staab House, or finding serenity in the RockResorts Spa™, you'll soon find how living in the moment is possible.

La Posada is located on six beautiful acres in the center of Santa Fe and only two blocks from the historic Plaza and Canyon Road, both featuring shopping, art and dining options. The décor is clearly southwestern featuring adobe-style architecture, with 157 guest rooms and suites with many featuring the traditional viga and latilla ceilings and kiva fireplaces.

Returning to balance is also possible at the RockResorts Spa™ at La Posada. There are several signature treatments and a favorite is the Chocolate-Chile Wrap. The benefits of this treatment include toning and revitalizing your skin as well as detoxifying your body. It's a relaxing treatment and the after-effects are certainly beneficial as well.

A long weekend in Santa Fe is best enjoyed with a stay at La Posada, where you can relax, return to balance and enjoy all there is to do in Santa Fe, whether it be an interest in the galleries, enjoying amazing New Mexico cuisine or the surrounding area for hiking, cross-country skiing and so much more.

The Grove Park Inn

ASHEVILLE, NC

One of the most unique and charming spa resorts I've ever experienced is The Grove Park Inn located in Asheville, NC. Between the history and grandeur of this resort, the colorful hues of the Blue Ridge Mountains and the grottos at their spa, it's an experience to treasure.

The resort is home to 510 rooms encompassing the Historic Main Inn, with original Arts & Crafts furnishings while the rooms in the newer wings are more classically furnished with Arts & Crafts reproductions. The historic Main Inn is quite amazing as it was built in the early 1900's and since it's set up on a hill, it was quite an undertaking during that time. Its beauty, however, prevails and still provides a relaxing respite for visitors. There are four restaurants available, however Sunset Terrace, the outdoor dining area, offers some of the best views of the Blue Ridge Mountains. With different hues of blue, it is a setting that you'll remember and want to return to.

The Spa is probably the most enticing and remarkable area of The Grove Park Inn, with the majority of it being subterranean. It is 40,000 square feet and the most dramatic of spas with indoor waterfalls, stone architecture and a lush and exotic pool area. Words can hardly describe the relaxing and restorative feeling that is possible while in the mineral pool and waterfall area, or grottos, located beneath the inn. When visiting this spa resort, it's important to give yourself time in this area – it is an experience you won't forget and you may find that you just don't want to leave (I certainly didn't want to leave). There is also a sports complex at the resort offering fitness classes, racquetball and more.

So, whether you're looking for a relaxing getaway where you can cherish each moment while in one of the rockers on the porch, or a relaxing afternoon in the spa or a round of championship golf, this resort truly has it all and it's a resort to return to for years to come.

