



Relax Mind and Body at the New Spa of the Rockies

2009, Glenwood Springs, CO... More than 100 years ago, the Glenwood Hot Springs was known for its sunken Roman tubs in the old sandstone bathhouse originally built in 1888. Now visitors to Glenwood Springs are able to relax, rejuvenate and recharge with modern treatments inspired by historic healing rituals at the brand-new Spa of the Rockies, located in the original 19th-century bathhouse.

The spa has eight treatment rooms including facial rooms and couples' suites as well as one specialized hydrotherapy treatment room for Vichy shower treatments. Other features include five hydrotherapy tubs for mineral baths and herbal soaks, two manicure stations and two pedicure thrones. Guests can enjoy a pre or post treatment steam in the locker room, as well as relax in the Serenity Room, a co-ed relaxation suite where soundproof windows give views of the pool without the noise. Here guests can sip organically grown teas, nibble dried fruit, and doze in a chaise while they await their treatments.

Spa Director Avalon Lionheart describes the facility as a natural spa focused on healing. "Our mission is to make people feel better and this spa is a perfect complement to the athletic club and pool facilities," she explains.

Drawing inspiration from the rich, thermal mineral waters of the Glenwood Hot Springs Pool, the Spa of the Rockies features a group of mineral-based treatments that promote wellness and vitality. Thirty-four essential minerals are incorporated into certain signature hydrotherapy bath treatments, body polishes, body masks, massages, manicures and pedicures. Many of these products are available for sale in the spa boutique

In homage to the Ute Indians who first soaked in the natural hot springs centuries ago, some treatments on the spa menu incorporate plants and herbs that are indigenous to the region. Examples include:

- Stonecrop Extreme Hydration Body Cocoon, a hydrating body wrap that incorporates stonecrop, an alpine succulent
- Rosehip & Maize Gentle Renewal Facial, for vitamin-C antioxidant protection
- Calendula & Rose Hand & Foot Soother, using the native flowers to smooth dry skin
- Kneipp Herbal Relaxation Soaks, using essential-oil products with spruce, wildflowers, valerian, juniper and linden blossom.

While the soft blue and chocolate brown décor of the Spa of the Rockies is simultaneously soothing, sophisticated and contemporary, architects and interior designers sought to maintain as much of the historic feel as possible. For example, one of the treatment rooms, a couples' suite where two people can get side-by-side massages, still retains the original fireplace and mantel.



GLENWOOD HOT SPRINGS

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For more information on Glenwood Hot Springs, call 1-800-537-SWIM (7946) or visit www.hotspringspool.com. Current press releases, a complete press kit, photos, videos, and a live web camera are available at www.hotspringspool.com/x.php?p=PressRoom. Glenwood Hot Springs is located in Glenwood Springs, Colorado, between Aspen and Vail, 165 miles west of Denver and 90 miles east of Grand Junction on Interstate 70 off exit 116 at 401 North River Road.