

JENAFACTS

GOLF HOLIDAYS 2007 - 2008 ACTIVITIES



AGAVE, THE ARIZONA SPA WESTIN KIERLAND RESORT SCOTTSDALE, ARIZONA

Utilizing traditional native treatments handed down from Arizona's many cultures of healing, Agave, The Arizona Spa is a heavenly retreat designed to rejuvenate and renew the mind, body, and spirit.

The full-service spa includes 21 treatment rooms, a salon, a movement studio, weight training cardiovascular studio, men's and ladies' locker rooms (each with whirlpool, sauna and steam room) and a juice bar. Cabanas surround the pool garden, providing guests with a private area for relaxing, meditation and exterior spa treatments.

Serving as the spa's main inspiration, the indigenous agave plant is used in many of the treatments offered, providing guests with the benefits of its moisture-rich qualities. Among the most popular, the Agave Enchantment treatment hydrates parched skin with a body masque of agave and other desert plant extracts while the Blue Agave Paraffin Wrap soothes joints and muscles with an agave sugar scrub and paraffin application.

Agave also specializes in rare ancient treatments infused with the essence of the Far East. Recognizing that travellers are looking for more than a spa experience, the Spa takes a holistic approach to provide long-lasting effects after the treatments are finished. Agave has expanded its massage program to include treatments that connect wellness of mind and body. Performed by a specialist that is Nationally Certified in Acupuncture, Herbal Medicine and Massage these treatments include Tui'Na, a 5,000 year-old Chinese tradition that seeks to establish a more harmonious flow of Qi and blood, allowing the body to naturally heal itself, the Wellness Massage, designed to support and nourish internal organs and the immune system, and acupuncture, the insertion of very fine needles on the body's surface, in order to influence physiological functioning of the body.



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