



# RELAX — A SAMPLING OF SPOTS TO MEND THE MIND

**QUA BATHS & SPA AT CAESARS PALACE**, Las Vegas; (866) 782-0655, [www.quabathsandspa.com](http://www.quabathsandspa.com)

**The treatment:**

- **Qua Dream Interpretation Journey:** A trained dream coach guides you through a deeper understanding with traditional Jungian archetypes and counseling; 50 minutes, \$130.
- **Hypnosis for Wellness:** A certified master hypnotist helps with pain or weight management, sleep, stress reduction or sports enhancement; 50 minutes, \$130.

**CANYON RANCH**, Tucson; (800) 742-9000, [www.canyonranch.com](http://www.canyonranch.com)

**The treatment:**

- **The Power of Spirituality: Transformation From Within:** A week-long course from May 25 to June

1 during which experts help participants focus on spiritual growth, share "in the joy of human connection," gain insight and healing through intuition and embrace the role of nature and beauty in life. Weekly, all-inclusive rates begin at \$6,990, single occupancy.

- **A Women's Retreat:** A week-long course from Nov. 9 to 16 during which participants examine the physical, emotional and spiritual passages in life including sensuality and sexuality, managing stress, balancing priorities and embracing your authentic self. \$6,990, single occupancy.

**EXHALE SPA**, Santa Monica; (310) 899-6222, [www.exhalespa.com](http://www.exhalespa.com)

**The treatment:**

- **Wellness coaching:** Participants work one on one with a wellness coach to discuss relation-

ships, career and health matters. Initial consultation, 60 minutes, \$190; follow-up, \$150.

**THE OAKS AT OJAI**, Ojai; (800) 753-6257, [www.oaksspa.com](http://www.oaksspa.com)

**The treatment:**

- **Stress Management Counseling:** In a one-on-one session, an expert helps participants identify the symptoms and causes of stress; 60 minutes, \$90.
- **Sexuality Secrets:** A two-day seminar offered on an occasional basis, featuring Pamela Madison, founder of the Santa Barbara-based women's health center, discusses the physical and emotional dimensions of sexuality. Rates at the spa begin at \$185 per person per night, with a minimum two-night stay; except where noted, all programs and classes are included.

**FOUR SEASONS HOTEL WESTLAKE VILLAGE**; (818) 575-3000, [www.fourseasons.com/westlakevillage](http://www.fourseasons.com/westlakevillage)

**The treatment:**

- **Healing Touch:** a session at the California Health & Longevity Institute to balance chakras with the use of touch and the practitioner's focused thoughts; 50 minutes, \$150.

**MURAD INCLUSIVE HEALTH CENTER**, El Segundo; (800) 304-6442, [www.murad.com](http://www.murad.com)

**The treatment:**

- Programs begin with a phone consultation, followed by an Inclusive Health Evaluation questionnaire and the Cellular Water Principal program with an "emotional selfcare" component. Prices for program packages vary by individual.

— VALLI HERMAN