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to Gold's Gym  
Inside



# MS. FITNESS

Fitness Lifestyle for Today's Active Women

Summer 2006

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Paula Abdul

Her **CARDIO CHEER**  
**Workout**  
and Her Mission  
Against  
Eating Disorders

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at Celebrity Events:  
Who Got What!



ask  
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"Many clients report that they feel transported to another world," said Hurley.

acupressure and movement therapy while the therapist cradles and supports the head, neck and legs in warm mineral water. The muscles of the body relax and release, relieving stress and pain, and the buoyancy and support of the water allow for free body movement not possible on land. The practice nurtures a sense of deep peace and quiet in the body and mind.

"Many clients report that they feel transported to another world," said Hurley. "Watsu is very meditative in nature. The warm mineral water, coupled with the feeling of weightlessness, relieves stress at a very core level."

A one-hour session at Two Bunch Palms costs \$120. Aqua Soma is \$115 for a one-hour session.

Two Bunch Palms, famous for being one of gangster Al Capone's retreat hideaways in years long past, features 45 guestroom suites and villas, a California-cuisine restaurant and a world-renowned spa with more than 45 treatments. A natural mineral hot springs grotto flows through the heart of the property, surrounded by beautifully landscaped gardens and preserved wilderness areas. The resort also offers private hot mineral tubs, a pool, saunas and private tennis courts. *For more information or to book a Watsu treatment or stay at Two Bunch call 800-472-4334.*

## Sheila Cluff: Raising The Bar on Fitness Vacations

Voted one of the Top 10 Spas in the U.S. by Spa Finder Magazine's 2005 Readers' Choice Awards, The Oaks at Ojai has set the standard in the spa industry, while maintaining affordable prices for nearly 30 years. Starting at \$175 per person, per night, a stay includes overnight accommodations, three meals a day, choice of 16 fitness classes each day, an on-site health advisor, as well as evening entertainment and seminars.

Sheila Cluff is the owner of this long-time health retreat and she continues to raise the bar with her schedule of activities, services, and products. For example, Sheila will host one of her popular fitness cruises aboard the Crystal Symphony with Crystal Cruise Lines to Greece in July. Participants will visit Mykonos, Santorini and Athens with a focus on exercise and healthy eating.

**Treatments at the newly-expanded salon at The Oaks include:**

The Botinol Facial with G.M. Collins, an exciting new no-needle derma procedure with Botox-like results. The intensive preventative and corrective treatment helps reduce wrinkles through deep cleansing, exfoliation and topical Botinol treatment. The Botinol treatment is 75 minutes and costs \$150. Ojai Olive Oil Body Soufflé is a 75-minute delight for the body using locally grown and pressed olive oil in an exfoliating body polish and total body masque that locks in moisture in a cocooning wrap to penetrate and hydrate the skin. The treatment ends with an olive leaf body moisturizer, leaving a well-relaxed body and baby soft skin. The cost is \$110.

The path to a healthy lifestyle can be continued at home year-round with four new fitness-class DVDs, including one taught by Sheila. The DVDs are available at The Oaks, by e-mailing [www.oaksspa.com](http://www.oaksspa.com) or by calling Holly Jackson at (805) 646-5573. The 30-minute fitness DVDs are \$19.99 each.

### Ms. Fitness "BEST OF" PICK

Looking for some of the best massages in the country? Then get thee to Lexington Ave. and 63rd St. in the Big Apple. There are magic fingers at the Spa at New York's Equinox Fitness Club in Uptown Manhattan. There, Stephen Macquignon and Marcelo Medici continually and consistently deliver the best sports massages we've found in the New York area. Both know how to deliver a deep tissue/sports massage that aids in recovery and rejuvenation. The fact that they work right downstairs from the best gym in New York doesn't hurt. Think about it: you can get a workout under the tutelage of top notch trainers who truly know their stuff and then trek down a flight of stairs for some amazing touch!

Best Massages in New York:  
 Stephen Macquignon  
 Marcelo Medici  
 Equinox 140 E 63 10021 212 750 4900  
 50 min 105; 80 min 140; 665 for five 80 min