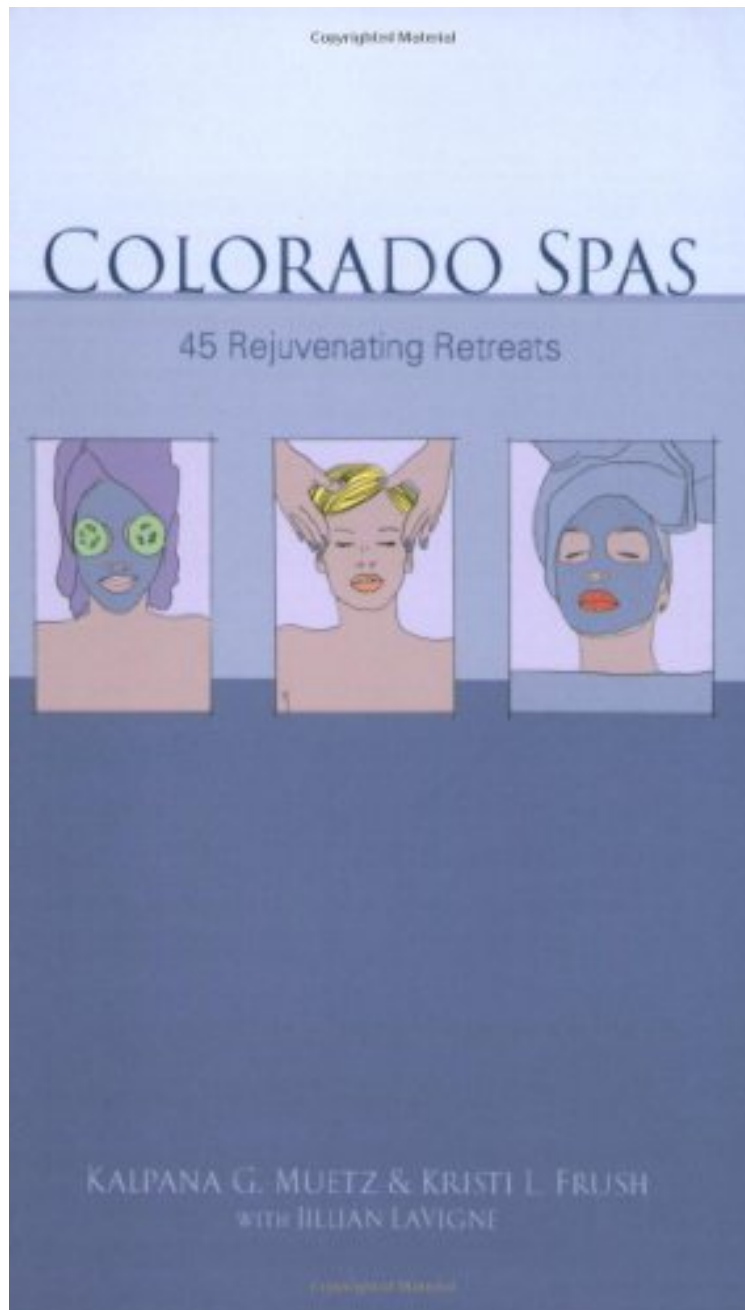


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Colorado Spas: 45 Rejuvenating Retreats

Kristi Frush, Jillian LaVigne, Kalpana Muetz
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Kristi Frush, Jillian LaVigne, Kalpana Muetz : Colorado Spas: 45 Rejuvenating Retreats before purchasing it in order to gauge whether or not it would be worth my time, and all praised Colorado Spas: 45 Rejuvenating Retreats:

1 of 1 people found the following review helpful. Fantastic resource for locals!By Papaya GirlI live in Colorado, and love destination spas and hot springs particularly. This book was a heck of a find - chock full of places I've dog-eared and intend to check out. I hope they issue new editions every couple of years to keep it current.0 of 0 people found the following review helpful. Helpful InformationBy Deanna CawleyHelpful information to try some Colorado spas.

The first guidebook of its kind, this invaluable resource for spa-goers and visitors throughout the state of Colorado includes extensive details on forty-five relaxing and rejuvenating spas, including a wide variety of day, resort, and destination retreats. Whether you seek invigorating hot springs, luxurious pampering, a focus on health and wellness, or eco-friendly products, Colorado Spas will help you discover a spa experience that caters to your every need.Covered in Colorado Spas: Quality and service Amenities Ambience Signature treatments Surrounding attractions Authors Kalpana Muetz, Kristi Frush, and Jillian LaVigne are longtime Colorado residents and spa devotees.

About the AuthorKristi L. Frush has been teaching for over six years at both Regis University and Colorado State University and is a fourth-generation Colorado native. She has been frequenting spas for over 15 years and enjoys the stress relief it brings to her busy life. Jillian LaVigne has written in many different arenas, including the ski industry, home design, and energy conservation. Visiting spas is an extension of her yoga and meditative practice. Kalpana G. Muetz has been teaching and designing courses for Regis University for the past six years and has lived in Colorado for over 15 years. Spa-going is a great balance to her very active lifestyle.