



Press Release

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SháNah Spa & Wellness Center at Bishop's Lodge Resort warms the soul with enticing winter packages

SANTA FE, NM. - Nestled in the majestic foothills of the Sangre de Cristos, the newly opened SháNah Spa and Wellness Center at Bishop's Lodge Resort welcomes winter with rejuvenating and refreshingly affordable packages. The winter getaways include deluxe accommodations, a delectable breakfast and two invigorating 60-minute spa treatments, gratuities, resort fee and taxes. Packages are based on double occupancy and duration of stay: the one-day package is priced at \$430 daily; 3-day stay: \$1055 and a 5-day stay is \$1585. Guests save a substantial \$80 daily when booking the three night package and \$114 daily when staying for five-nights. Comparable packages in the summer seasons are 35% higher. Valid through March 31, 2003.

The SháNah Spa and Wellness Center, reflecting the rich culture of the Pueblo Indians and traditions of Spain and Mexico, nurtures guests with ancient wisdom and the healing arts. "SháNah," which means vitality and energy, provides a sanctuary where the guest can take time out to be cared for by Mother Nature. The facilities include six indoor treatment rooms, two private massage gardens, a Watsu pool, outdoor whirlpool, men's and women's lounges, encircled by waterfalls and thriving native plants. The spa menu offers calming treatments such as the Enchanted Desert Massage, Native Stones Massage, Aquassage, Reflexology, and the Cranial Sacral. The Native Stones Massage massages the body using smooth, heated basalt river rocks and Swedish massage techniques. The Aquassage is based on both stretching techniques and Shiatsu. The therapist provides continuous support to the body, which will float with ease in a 96-degree private pool. Established in 1851 as a retreat for Jean Baptiste Lamy, the first Bishop of Santa Fe, Bishop's Lodge Resort & Spa is an exquisite hideaway offering exceptional recreational opportunities and contemporary Southwestern accommodations in a traditional ranch setting. The resort offers fishing, horseback riding, hiking, tennis, swimming and nearby golfing and skiing. Situated on a 440 acre estate, the 111-room lodge is located 5 minutes from the center of Santa Fe, New Mexico. To make reservations or for more information, call 800/732-2240 or visit www.bishopslodge.com.

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