

Spa Stuff

Our Favorite Spa Stuff Here, There, Everywhere

Summer vacation means different things to different people. Our idea of a great vacation means some interesting travel interspersed with some regular workouts, a bit of relaxation and some cushy spa treatments thrown in as needed.

You might be surprised to find that star treatment isn't found only in Hollywood! Here are a few of our favorite vacation gems.

The Marshall House in Savannah, Georgia

The Marshall House, with its meticulous service and award-winning design, has always been known as an exceptional hotel. Recently, for the second year in a row, it was voted Savannah's Best Hotel.

And there's more. Coastal Living Magazine named The Marshall House among its top 20 favorite lodgings, and the Travel Channel featured the Marshall House on Great Hotels. No small feat, in a city where hospitality is revered and expectations are high.

We love it because it's right smack in the heart of hospitality central in downtown Savannah. (You may remember the photos of Ben and Jen -Affleck and Garner, that is at a Starbucks in Savannah. That was right down the block from the Marshall House!)

If you're planning a wedding celebration in historic Savannah, The Marshall House's

downtown location and elegant ambiance provides the perfect accommodations for visiting family and friends. The Inn is near popular wedding locations, such as Forsythe Park, Savannah's romantic gaze-bos and squares, and many downtown houses of worship.

We love it even more because it's one city block away from the Downtown Athletic Club (DAC), where Marshall House guests enjoy complimentary guest privileges during their stay. It doesn't get any better than this when it comes to working out while on the road. The Marshall House has all the authentic old-fashioned charm you could ask for (complete with resident Savannah ghosts) and the DAC is a full-

service gym loaded with weightlifting and cardio equipment as well as its own on-site spa (Vanilla Day Spa) and Pilates studio (Pilates of Savannah).

The only other thing a fit traveler could need is good food and that base is covered by the Kayak Kafe, with its "Luscious Liquids and Healthy Eats" located right at DAC. Their Greek salad is as good as any we've tasted, loaded with organic greens and other goodies. Their fresh fruit smoothies rank right up there with the best.

The Marshall House/DAC combo is a fitness traveler's dream.

While you're enjoying your Savannah spa and fitness stay be sure to take in a tour of the haunted graveyards and homes that the city is famous for. Oglethorpe Tours provide the best tour of the city and they offer, in addition to the usual fare, custom fitness walking tours for those who want to get an extra workout while looking at the



THE MARSHALL HOUSE



Savannah Summer Style

The Marshall House

This unique 68-room hotel has the perfect historic downtown location on Broughton Street. Walk 2 minutes in one direction, and you're on River Street. Head out in another, and you're at City Market. Savannah's famous squares, historic homes and sultry night clubs are all within walking distance.

123 East Broughton St.
Savannah, GA 31401
tel: (912) 644-7896 or
1(800) 589-6304

Downtown Athletic Club

(Including Pilates of Savannah)
One East Broughton St.
Savannah, GA 31401
(912) 236.4874

Vanilla Day Spa

Located at DAC
(912) 232-0040

Alligator Soul

114 Bernard Street
Savannah, GA 31401
(912) 232-7899

Oglethorpe Tours

Owner, Adam Wilkins
1121 Louisville Rd.
Savannah, GA 31415
(912) 233-8380

Hooper Homestead



ghostly environs. Our tour guide, Angela Sergi, even provided extra spring water for our tour and personalized the tour so that we enjoyed not only the sights, but got a great cardio workout in the process.

Be sure to visit Alligator Soul for Southern cuisine. It's not far from The Marshall House, downstairs off the main street. The food, ambience, and Savannah vibe are the best in town, possibly the South!

Hooper Homestead Guest Quarters in Central City, Colorado

You'll create enchanting memories at this Historic Bed and Breakfast. Situated on one of the most exquisite sites in Central City, Colorado, this 1880's Victorian Era Inn is the year round residence of the Roberts' sisters Pat & Christine.

Secluded among 60-foot tall blue spruce trees, the property is barely visible even from Hooper Street. However it commands a magnificent view of the City, the surrounding mountains and old mining areas. At Hooper you are only a four-minute walk to downtown antique shopping, casinos and opera. Fitness buffs will want to adventure out into the surrounding area for full-blown mountain hiking.

When you return to the Bed & Breakfast from your hike, book a session at Blissful Spirit, the casual and comfy on-site Day Spa offering everything from Shiatsu to Kripalu bodywork...and more!

A trip to Central City is a far cry from the slick, Disney-fied attractions you can find in so many areas in this day and age, but it's a tranquil, laid back experience that just might rejuvenate your body and soul.

Hooper Homestead Guest Quarters
210 Hooper St.
Central City, CO 80427
(303) 582-5828
www.hooperhomestead.com
www.blissfulspirit.org



Blissful Spirit