

# 944

FASHION  
ENTERTAINMENT  
LIFESTYLE

PHOENIX  
OCTOBER 2006

LIGHTS  
OFF

SPECIAL  
LINGERIE  
SECTION

32 PAGES OF SEXY  
UNMENTIONABLES

\$4.99US \$6.99CAN  
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Spa Director – Brad Garrett  
Facilitator / Speaker – Steven Ringelstein  
Life Coaching – Steven Ringelstein  
Hamмам full body – Staff

Quantum Biofeedback – Trish Devitt  
Yamuna body rolling – Crystal Bartos  
Micro-Current Light Therapy - Victoria Mogilner  
Acupuncture - Victoria Mogilner

# black tie / vh spa



BY STEPHANIE HENRY

Better known as the standby for sleeping off wild nights out in Scottsdale, the mid-century modern Hotel Valley Ho has a secret on the second floor (unbeknownst to most partying jet-setters). Among the hotel's turquoise, gold and white suites lies the VH Spa, a sanctuary that stands for its two main goals: vitality and health. Spa Director Brad Garrett, a 10-year veteran in the industry, has created a retreat with more than relaxation in mind. Here, it's all about balancing brain, body and spirit. Beginning this October, Garrett introduces the Urban Renewal Retreat, a 24-hour crash course to revive after a stressful state. But unlike other spa retreats, this new-age group of five treatments focuses on relaxing *and* rebuilding a healthy state of being. Worn-out guests arrive on Friday for a meet-and-greet reception with the specialists and then go right into a series of treatments that span just a night's stay — life coaching, Hammam Full Body Treatment Massage, Quantum Biofeedback, Yamuna Body Rolling and Micro-Current Light Therapy Acupuncture Facial. By focusing on both inner (biofeedback, life coaching) and outer (Hammam, body rolling and light therapy) health, the treatments work together to create a blissful, sometimes life-changing, experience. For \$1,045 to \$1,135 for select weekends October through May, the package includes dinner at the Polynesian-themed Trader Vic's and breakfast at Café ZuZu. But honestly, the heightened feeling afterward is priceless.

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