



## Travel Trends For Healthy Lifestyles

Picture Yourself Hiking In The Unspoiled Red Rock Beauty Of The American Southwest By Day . . . And Pampering Yourself By Night.

### Publisher's Comments ...

- RELAXATION
- TRANQUILITY
- RENEWAL!

One of my best decisions in 2009 was to join Jeanette from Preferred Travel for the Red Mountain Spa Adventure. This beautiful spa resort, nestled among the red rock cliffs in Utah's southwest desert, is a perfect getaway when you are in need of mind, body, and spirit rejuvenation. Jeanette's detailed planning and implementation are flawless, and she weaves all parts of the trip together seamlessly!

I began each day at Red Mountain with an early morning hike among the towering cliffs and narrow canyons of Snow Canyon State Park. I observed petroglyphs on two on my hikes and learned how to scale large slate-like rocks up to the highest peaks. These hikes bolstered my self-confidence and led me through indescribably beautiful canyons of vibrant red, pink, and yellow rock. But just as invigorating as the hiking itself were the bonds I formed with my fellow trekkers. Sharing our thoughts while we shared this incredible experience created a feeling of support, strength and friendship among us that has lasted well beyond the trip.

The afternoons and evenings at Red Mountain can be spent in Pilates, yoga and cooking classes or lounging by the pools. In addition, there are biking and walking trails, and strength & cardio classes in the fitness studios. Last but not least, Sagestone, the on-site spa, offers luxurious treatments, such as an "Adobe Lavender Hydrating Cocoon" and a "Glorious Skin Facial"!

I highly recommend attending the 2010 Red Mountain Spa Adventure with Jeanette at Preferred Travel. Jeanette is able to offer significant savings over booking the trip on your own. She has a genuine desire to make this the most memorable vacation for each and every person on the trip. You will meet wonderful women from all walks of life and leave Red Mountain Spa empowered and rejuvenated. Space is limited! Call and book your trip now!

Lynn K. Wolf, Publisher,  
Atlantic County Woman

## Red Mountain Spa

IVINS, UT

### PACKAGE INCLUDES:

- Deluxe Accommodations with High-Speed Internet Service
- Three Delicious & Nutritious Meals Daily
- Daily Guided Morning Hikes
- Unlimited Fitness Classes
- Healthy Life Classes at the Wellness Center
- Personal Discovery Activities
- Eat Well, Feel Well Cooking Demonstrations
- Use of Resort Facilities including Indoor and Seasonal Outdoor Pools, Bicycles, Walking Trails, Strength & Cardio Studios

### A LA CARTE SERVICES\*:

- National Park and Back Country Day Hikes
- Private Guide for Hire
- World Class Bike Tours and Trails
- Rock Climbing and Kayaking
- Outdoor Skills Classes
- Fitness Coach, Pilates and Private Fitness Instruction
- Health and Fitness Assessments
- Special Workshops/Cooking School
- Spa & Salon Services and Treatments
- Spa Boutique and Sport and Outfitters Store
- Golf & more

\* Additional fees apply. Advance sign-up required.

For more information  
and to make reservations  
call Jeanette,

**Preferred Travel**

2502 New Road  
Northfield, NJ 08225

**609.645.8000**



**Red Mountain  
Resort & Spa**

*Between a Rock and a Soft Place*



Within the setting of majestic spiraling sandstone cliffs, Red Mountain has become the premier adventure spa. The spa resort offers the largest variety of popular and innovative adventure and fitness activities, suited to every fitness level. Red Mountain's spectacular red rock setting is equaled only by the opportunities to experience exhilarating outdoor recreation in one of the most beautiful places on earth.

Whatever beckons you here, you're sure to find the adventure and renewal you seek. For outdoor adventure, Red Mountain is the ultimate vacation. Challenge yourself with our guided hiking and biking, rock climbing, kayaking, orienteering, stargazing or geology walks. Enjoy golf at the nearby Matt Dye-designed championship course, The Ledges Golf Club. Take adventure trips to nearby Zion National Park, Bryce Canyon National Park and other scenic spots.

If relaxing and luxuriating with our signature spa treatments is your idea of the perfect vacation, our experienced staff at *Sagestone Spa & Salon at Red Mountain* will assist you in planning services to enhance your stay. Perhaps an Adobe Lavender Hydrating Cocoon or Desert Pearl Facial is the perfect afternoon activity for you!

Looking for a vacation that will jumpstart a new, healthier lifestyle or a life transition? Red Mountain Resort & Spa, at Snow Canyon offers unlimited fitness classes, an impressive array of health and fitness assessments, cooking demonstrations and life enhancement programs — all designed to educate, motivate and empower you in your pursuit of enhanced health. Our professional staff and personal trainers will assist you in developing a program to meet your special needs.

