



from the director's chair

Is it just me, or does it seem like winter was very short lived this year? It feels like spring arrived in February, or at least that's what my fruit trees thought. I'm looking forward to spending the rest of the season - and the summer - working in the garden. It's the first garden I've had, and I'm excited about planting vegetables and herbs. Did you know that you can burn between 200 and 400 calories per hour while doing moderate gardening? Factor in raking leaves, and that count increases to 450 calories. Not bad!

This month we celebrate Mother's Day, and then in June, it's all about dad. If you're looking for gifts, eforea spa and Sedona Athletic Club gift cards are always appreciated. In May, when you book a 60- or 90-minute body service, massage or facial, you will receive a one-week pass to Sedona Athletic Club. Tell your friends - this is a great deal. We are also offering a special Mother's Day NuFace gift set. The set includes a free 24K Brighten Gold Gel Primer along with the Trinity Pro device and Ele attachment. The kit is valued at \$513, but in May you can purchase it for just \$429. Ask a front desk associate for details.

Lastly, I'd like all of you to join me in welcoming Hilton Sedona Resort at Bell Rock's new general manager, Jay Kriske, who joined our team in February. Most recently, Jay held the position of resort manager at La Quinta Resort & Club in Southern California. Jay was born and raised in Chicago, and he moved to Arizona in 1978. You'll have the chance to meet Jay at our open house, which coincides with Global Wellness Day, on June 11. Read Social Scene for more details.

Yours Truly,

Daniel Finch-McCaffrey
Spa Director

