



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



monthly member exclusives

**Don't forget to check the front desk for new discounted spa treatments each month!**

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## let's get physical

- The fitness center will be receiving a facelift in August. Expect new flooring and new paint. Stay tuned for details on how this might impact your daily workout.

A new TRX-style suspension training station has been added to the Warrior Pit. Suspension training utilizes your body weight to get in shape. The system allows for hundreds of different exercises to keep your workout routines fun and challenging. Used by athletes and coaches, it's the latest trend in fitness. Stay tuned for details about our new Rip Fit session class coming soon.



## spotlight treatment of the quarter: desert monsoon polish

Summer weather means clothing that bares more skin. Book a Desert Monsoon Polish to get your skin ready for sundress season. The gentle exfoliation of the Desert Monsoon Polish is at once decadent and effective. The treatment takes place in our vichy shower room and starts with a loofah exfoliation. The loofah is enriched with Body Bliss' Turquoise Sage Yucca Root Body Wash. While laying on the treatment table, your body is then rinsed with warm water that will bring to mind Sedona's cleansing monsoon rains. (Note: Your body is covered with bath towels during the entire service.) The shower is followed by a scrub using Body Bliss' Aloe Bamboo Exfoliating Gel. Your body is again rinsed. The final step in this 60-minute treatment is a hydrating application of Turquoise Sage Jojoba Body Butter, which features lavender, sage, arnica flowers and jojoba oil. Ask your favorite massage therapist for more details. All Sedona Athletic Club members receive a 20 percent discount on services.



## forever young: beauty tip of season

Anti-inflammatories are important to your skincare regimen year-round, however, they are particularly helpful when temperatures heat up, and we enter allergy and sunburn season. When applied to the skin, anti-inflammatories not only improve texture and combat aging, they also reduce signs of swelling, pain and redness.

While spring and summer do bring gorgeous weather and a lot of outdoor fun, these seasons can be hard on the skin. Seasonal allergies often come with uncomfortable swelling and redness. The days are longer, leading to an increased chance of dangerous sunburns. These skin conditions can be vastly improved with the healing and calming properties of anti-inflammatory ingredients.

While we carry several products with excellent anti-inflammatory support, Ezinc Protection Cream in particular is a great multi-purpose product. With ingredients such as green tea, aloe leaf, bisabolol and enough zinc oxide to provide a natural SPF of 18, it's wonderful for this time of year. Ezinc Protection Cream can be applied on any area of the body that needs more moisture while providing protection and relief from irritants and burns. For more details, talk to your favorite eforea aesthetician.



## social scene

In conjunction with Global Wellness Day, which happens on June 11, Sedona Athletic Club and eforea spa will host its annual open house. Enjoy mini spa treatments including facials, massages and energy work; nosh on healthy snacks from ShadowRock; meet personal trainers; and check out product demonstrations. Stay tuned for the event time.

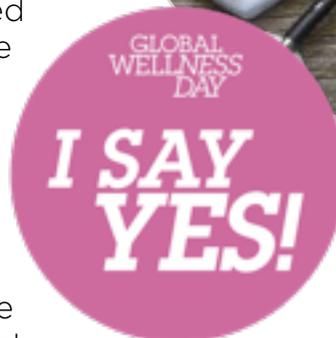


## global wellness day

Global Wellness Day on June 11 is an international movement that dedicates one day to living well, both physically and spiritually ([www.globalwellnessday.org](http://www.globalwellnessday.org)). Hilton Sedona Resort at Bell Rock will be celebrating all week starting with an opening reception at the Sedona Athletic Club lap pool on June 6. Check with the front desk for information on unique wellness-based treatments at eforea spa June 6-11.



Sedona Athletic Club has teamed with Sedona Golf Resort for its Be Well. Live Well Golf Tournament – the first of its kind in Arizona. The tournament will alternate nine holes of golf with 9 holes of physical activity such as kettle bells, tai chi, yoga, jogging, mountain biking and Zumba. The cost is \$75 per person, and that includes a healthy breakfast, a T-shirt and more. The tournament begins at 9 a.m. For more details, visit [www.sedonagolfresort.com/well](http://www.sedonagolfresort.com/well).

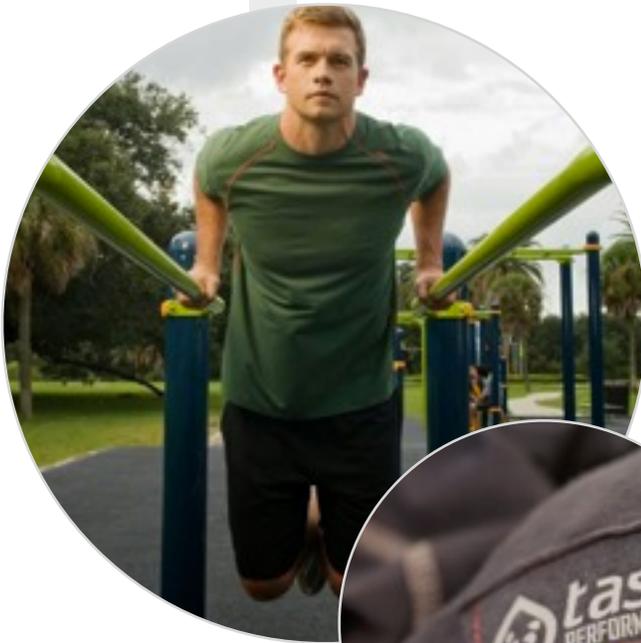


# announcements

Invite new members to join Sedona's premier health and fitness club! Download membership information [here](#).

## class schedule

Did you know Sedona Athletic Club offers more than 30 fitness classes seven days a week? Find the right class for you [here](#).



## shop eforea

Step up your game with tasc Performance apparel. The athletic wear is made from fabrics sourced from moso timber bamboo, which makes it feel softer than cotton while also allowing it to meet your fitness needs without chemical enhancements. The bamboo grows quickly (without the use of water or pesticides) and is responsibly managed. Ninety percent of the energy used to make each garment comes from a renewable resource (mostly solar). Shouldn't you feel good about your clothing while you feel good about your health?

## shadowrock restaurant



Located at the Hilton Sedona Resort at Bell Rock, ShadowRock offers inspired southwestern cuisine crafted from regional ingredients. The restaurant serves breakfast, lunch and dinner seven days a week. Call 928-284-6909 or dial extension 6909 from the spa and have your meal delivered to the café so you never have to take off your robe.

