



Las Vegas

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"I may disapprove of what you say, but I will defend to the death your right to say it." -Voltaire

Soothe your Mind, Pamper your Body and Lift your Spirit

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The Casa Velas Hotel's spa beckoned me with their unique treatments. Their spa menu divided the treatments and massages into Earth, Air, Water, Fire and Metal categories.

I chose the **Diamond Magnetic Treatment**, from the Fire section. This treatment helps to eliminate the effects of electromagnetic pollution and the excessive stresses of daily life. Spa Director Adriana explained, "We don't actually use diamonds, but combine several semi-precious gems to balance the different chakra points in the body. After applying mud, the therapist removes it with an electromagnetic massage that soothes the joints and releases Energy to relieve tension. This is not just a body massage, but a massage for your health."

There are so many other excitingly different massages and treatments. The **Quiro Golf Massage** uses golf balls because they are small and can be worked into the muscles. This massage relieves nerve pressure, soothes muscle and joint discomfort, and improves flexibility.

The **Prehistoric Obsidian Stone** was an ancient offering made to the Mexican gods and was prized by noblemen and warriors. Casa Velas uses warm obsidian stones to harness their mysterious power during the **Ancient Stone Massage**. These stones maintain a comfortable internal heat which is absorbed directly into the muscular system and activates blood circulation, eliminates toxins, enhances metabolism and relaxes the nervous system.

Try the **Romantic Couple's Moon & Earth Massage** outside in specially designated open cabins under the moon and stars with nature all around you. This massage is based on soft pressures and a combination of relaxing techniques.

All of their spa treatments begin with an ancient Indian ceremony and washing the client's feet with flowers. Casa Velas grows their own natural herbs and fruit to be used in the restaurants and spa.

The **Hydrotherapy Ritual** includes a revitalizing shower followed by several steps. First sit in the sauna then alternate with a hot and cold sequence under a pressure shower. Next detox in a steam room filled with eucalyptus oils. You are ready to rest and rehydrate your body with a glass of chlorophyll, Jamaica or citrus water. The extra-large Jacuzzi awaits you. Return to the hot and cold showers and finally it is time to relax in the spa's lounge.

Member of the **Leading Small Hotels of the World**, the Casa Velas is located near the airport and Old Town, Puerto Vallarta, Mexico. For information, call (866)-612-1097. www.hotelcasavalas.com

More details: http://www.lasvegastribune.com/index.php?option=com_content&view=article&id=2230:soothe-your-mind-pamper-your-body-and-lift-your-spirit&catid=169:quick-getaways&Itemid=272