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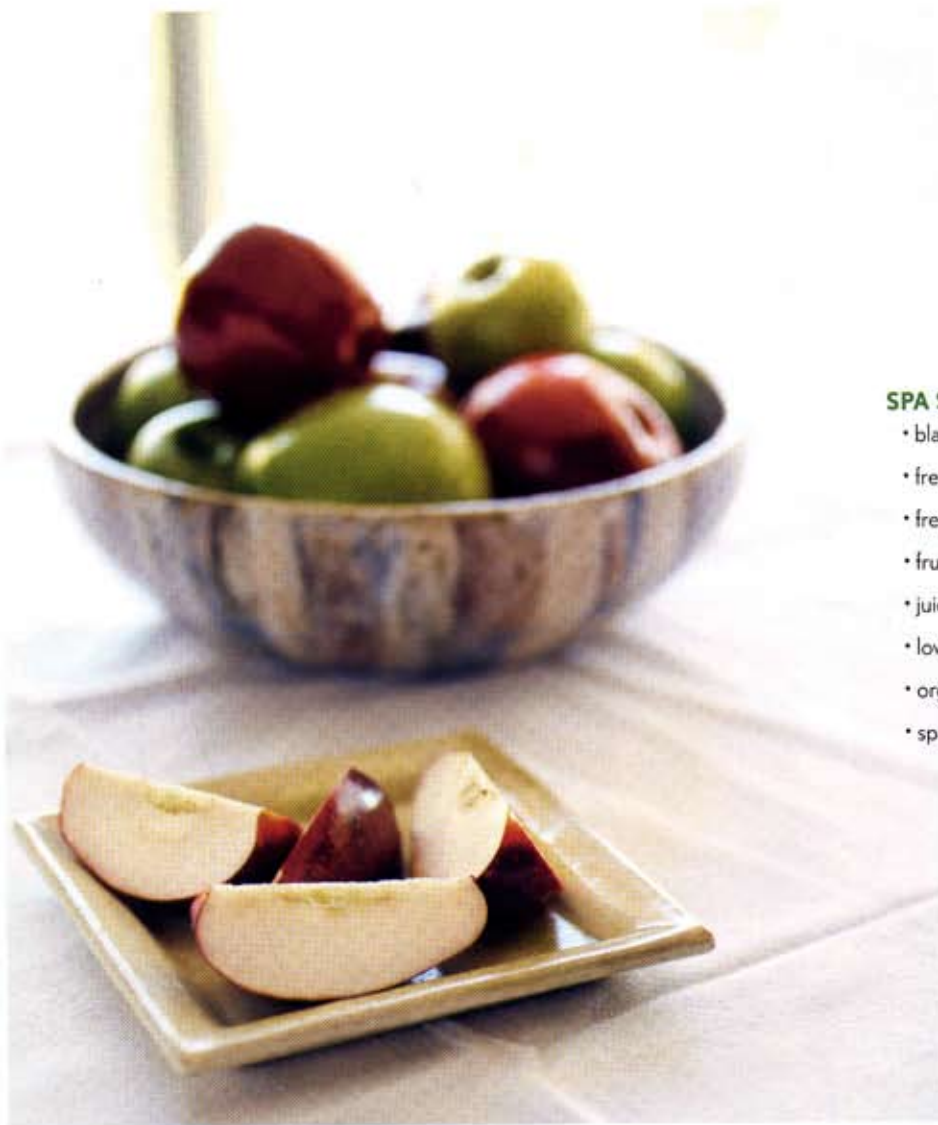
Stay calm, cool and collected no matter how hectic the season. Take a cue from destination spas and stock up on snacks that keep moods – and your weight – on the level. *By Liz Brown*

Beyond its festive celebrations and glad tidings, the end of the year brings added stress, unwanted calories and erratic energy levels, posing a challenge to the mental and physical well-being of even the most balanced among us. Fortunately, the same kinds of nutrient-rich foods served at spas to energize a workout and soothe the spirit provide a simple solution for navigating the ups and downs of stressful times with a sense of calm — and even joy.

Fruits and vegetables are among the best choices for nutritious snacking at any time. The carbohydrates they contain provide sustained fuel, which can stave off cravings, energy slumps and binge eating — especially at parties where less healthy choices are often abundant.

“Fresh produce provides vitamins





SPA SNACK ESSENTIALS

- blanched or grilled vegetables
- fresh fruits and vegetables
- fresh salsa
- fruit and yogurt smoothies
- juices made from fresh fruit and vegetables
- low-fat, organic dips
- organic tea
- sparkling and fruit-infused water

and minerals, which we need more of during times of stress," says Brenda Jaeck, certified nutrition and lifestyle counselor at New Age

Dr. Wendy Bazilian, nutrition specialist at the Golden Door in Escondido, California, recommends putting out a plate of vegetables and

Whatever your nutritious snacking selection, whether at the spa or at home, portion control is key.

Health Spa, in Neversink, New York. The fiber fruits and vegetables contain also supplies longer-term energy, keeps hunger pangs at bay and assists in elimination.

fruit for yourself as if you're entertaining. (Purchase them pre-cut if that's easier.) Include an assortment in different shapes, shopping online for out-of-season varieties that might

make the selection more appealing to you, and choose low-fat, organic dips if you need them. She also recommends keeping fruit in see-through bowls on a countertop or refrigerator shelf — not out of sight in the crisper.

Other good options: an ounce of your favorite cheese (including cottage) or a tablespoon of peanut butter on two whole-grain crackers. Four-ounce yogurt cups are another convenient, pre-measured snack to keep on hand for quick energy. Whatever your nutritious snacking selection, at the spa or at home, Bazilian cautions, portion control is key. The goal is to fuel yourself but not overeat.

For nibbling on-the-go, nuts and dried fruits make a great choice, providing a healthy balance of carbohydrates, protein and heart-healthy fat

What Spas Serve

At destination spas, where lifestyle changes are often the goal of spa-goers, healthy snacks are on-hand for in-between meals. We took a look at what's available.

the experts	eating well	good advice
New Age Health Spa NEVERSINK, NEW YORK	Throughout the day: A tea bar with fresh fruit, as well as vegetable broth and steamed rice. In the afternoon: A protein snack of mixed nuts.	During times of stress, eat fresh fruits and vegetables for their vitamins and minerals. —Brenda Jaeck, certified nutrition and lifestyle counselor
Red Mountain Spa IVINS, UTAH	All day: Fiber-rich fruit and vegetables like raw carrots and daikon chips, as well as jicama sticks and edamame tossed with fresh lime juice and chili powder.	Seek out organic, whole-grain foods for optimal nutrient and fiber content. —Chad Luethje, executive chef
Cal-a-Vie SAN DIEGO, CALIFORNIA	Always: Trays of blanched vegetables and fruit-infused pitchers of water. Once a week: Grilled veggies drizzled with Bragg Liquid Aminos.	Eat a healthy snack at home before going to a party to lesson the temptation to indulge. —Ilene Miller, nutritionist
Golden Door ESCONDIDO, CALIFORNIA	Mid-morning: Potassium broth and freshly picked vegetables and fruits. Afternoon: Fresh fruit juices with a fruit and vegetable platter.	Make sure your snacks are nutrient-dense but portion controlled so you can just grab and go. —Dr. Wendy Bazilian, nutrition specialist
Miraval CATALINA, ARIZONA	All day: Fruit and vegetable fare with oven roasted potato chips, assorted wholesome half-ounce cookies and one-ounce slices of sweet breads made with all-natural fruits, fruit purees and unrefined raw sugars.	Give yourself plenty of healthy between-meal choices. It will help you stay the course. —Bill Wavrin, executive chef and culinary director



BY THE BOOK

In addition to the 250 juice, smoothie and spritzer recipes included inside, words of wisdom like "too much strawberry is never enough" and "use honey and vanilla to coax out the natural sweetness of the humble carrot," make *Squeezed* (Laurel Glen Publishing) an inspiring resource any time of year — especially when healthy eating habits are challenged by special-occasion temptations.

to help maintain energy and promote clear thinking throughout the day. Having them with you makes you less inclined to overeat away from home, as well. Bazilian suggests combining portions of eight to 12 nuts with two to three tablespoons of dried fruit in a small bag as a post-shopping or pre-party snack.

When it comes to convenience, energy bars are less ideal than unprocessed foods, but those that resemble granola bars tend to be healthier than those that look like candy bars. Seek out natural, organic

whole-grain varieties for optimal nutrient and fiber content and only eat half at a time. Chad Luethje, executive chef at Red Mountain Spa in Ivins, Utah, offers hearty energy bars made with organic peanut butter, dried fruit, nuts, sesame seeds and oats, as well as granola made with oats, nuts, seeds and dried fruit.

Besides helping you feel your best, favoring healthy snacks increases the likelihood that you'll savor the occasional holiday treat — and start the New Year off with one less resolution.

HEALTHY ELIXIR

This energizing broth from Cal-a-Vie is soothing to sip warm in-between meals. (It can also be used as a nutritious base for soups and sauces.)

the revitalizer

- 1 48-ounce bottle low-sodium tomato juice cocktail
- 3 cups filtered water
- 2 cups assorted sliced vegetables (avoid those in the cabbage family due to their strong flavor)
- 4 tomatoes, chopped
- 2 celery ribs, chopped
- 1 large carrot, chopped
- 1 bunch parsley
- 2 bay leaves
- 2 tablespoons chopped fresh basil (1 tablespoon dried)
- 2 teaspoons fresh rosemary (1 teaspoon dried)
- 1/2 teaspoon fennel seeds
- Crushed hot red pepper to taste

In a large, nonreactive saucepan, combine the tomato juice cocktail, water, vegetables and herbs. Bring to a boil over moderate heat. Reduce the heat to low and simmer for 40 minutes.

Transfer to a strainer set over a bowl, pressing firmly with a wooden spoon to extract all the juices, or process through a food mill. Discard pulp. Serve hot or cold. (Freezes beautifully in single-serving measures for later use.)

Yields 10 cups, approximately 35 calories each.