

Internet access; a work desk with a pull-out shelf for a portable computer; adjustable lighting; an ergonomic chair; electrical outlets at desk height; and two telephones equipped with two lines, dataports and voice mail. Typical rates are \$119-139, with the Alaska hotel starting at \$199 and going up to \$239 during peak summer season. (800-445-8667, [www.hiltongardeninn.com](http://www.hiltongardeninn.com))

**Marriott:** Marriott and First USA, Bank One's credit card company, launched a new card with additional benefits. The Marriott Rewards Visa Signature card provides unlimited point-earning capabilities and enhanced Signature-level benefits to both new and existing cardmembers. New cardmembers will earn 10,000 bonus Marriott Rewards points when making their first purchase with the card. Existing members will be automatically upgraded to the new card with no change in annual fee or interest rate. Cardmembers earn three Marriott Rewards points for every dollar spent at 2,100 Marriott hotels and one point for every dollar spent elsewhere. Additional benefits include: no pre-set spending limit; 24-hour "concierge service;" up to \$1 million in travel accident insurance; and up to \$300 in trip delay insurance. There are also other travel- and purchase-related benefits. ([www.marriottrewards.com/visa](http://www.marriottrewards.com/visa))

**Noble House Hotels:** Three Noble House Hotels and Resorts in the western United States offer specials. Booking numbers are listed with each hotel. To review the properties, access [www.noblehousehotels.com](http://www.noblehousehotels.com). Inn at Loretto in Santa Fe (800-727-5531) has a \$299 Body & Soul Renewal package including one night in a pueblo guestroom, two half-hour Swedish massages, parking and all taxes and gratuities. The package is available through December 30. The Portofino Hotel in Redondo Beach, California (800-468-4292) has Breakfast at the Beach, including one night in a marina view guestroom from \$179 or in an ocean-view guestroom for \$199. Both rates include breakfast for two at Breakwater Restaurant or in your guestroom. The package is available through December 30. The waterfront Edgewater in Seattle (800-624-0670) is located on Pier 67. Its Breakfast on the Bay package includes waterside accommodations and continental breakfast for two for \$269. Cityside accommodations start at \$199.

**Travelodge:** Save 50 percent on your second consecutive night at participating Travelodge locations through December 31. Blackout dates may apply and a limited number of rooms are set aside for the promotion. (800-578-7878, [www.travelodge.com](http://www.travelodge.com))



*The Inn at Loretto, Santa Fe, offers relaxing treatments and restful accommodations.*

**Alabama:** The new Vance/Tuscaloosa Wellesley Inn & Suites opened in Vance. The hotel was converted from a Hawthorn Suites and contains 65 suites. It's located at 11170 Will Walker Road, just off I-59 and across from the Mercedes Benz Plant & Visitor Center. Guestrooms include refrigerator, microwave and coffeemaker with coffee; living and sleeping areas; and cable television/VCR with free HBO. Rates start at \$69. ([www.wellesleyonline.com](http://www.wellesleyonline.com))

**California:** Salus Heart and Wellness has opened at the Rancho Bernardo Inn in Rancho Bernardo. The center was founded by Dr. Neil Treister, a San Diego cardiologist and Fellow of the American College of Cardiology, and Rosemary Pfuhl, a licensed therapist specializing in stress management. Salus (Latin for health, well-being and wholeness) includes educational seminars as well as traditional spa treatments. It specializes in heart-focused wellness programs tailored to individual needs and health concerns. Its holistic approach recognizes the value of diet, exercise, yoga, stress management and meditation to prevent (or manage) heart disease. Salus offers two-, three- and four-day programs that can include treadmill testing, cholesterol analysis and computer-assisted heart disease risk assessment. The two-day program starts at \$1,499 per person, double occupancy, or \$1,699 single occupancy. The price includes lodging, meals, course tuition and a signature spa treatment. Treadmill exercise stress tests and heart and body scans are additional. ([www.salusheart.com](http://www.salusheart.com))

**California:** Harrah's Rincon Casino and Resort, the first Southern California casino operated by a major Las Vegas gaming



*Salus Heart and Wellness at the Rancho Bernardo Inn specializes in wellness and stress management programs.*