

MEDICAL SPAS®

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SALUS HEART AND WELLNESS OPENS IN RANCHO BERNARDO, CALIFORNIA

The First Spa For the Heart and Mind Offers An Overall Well-Being Experience Focused on Heart Health Through Lifestyle Improvements

Salus Heart and Wellness, a spa for the heart and mind, announces its official opening at the Rancho Bernardo Inn in Rancho Bernardo, California. 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 brings together expert medical professionals and wellness practitioners to offer a practical balance of traditional and complementary approaches to achieving a healthy lifestyle.

Salus (pronounced SAW-lus) is Latin for health, well-being and wholeness. This new type of spa experience includes educational seminars as well as traditional spa treatments and specializes in providing balanced, heart-focused wellness programs tailored specifically to individual needs and health concerns. Each Salus program combines up-to-date information on heart health, the best of complementary medicine, a holistic approach to lifestyle awareness and a unique Salus signature spa experience to create a total wellness experience for the heart and mind.

Dr. Treister, president and medical director of Salus Heart and Wellness, explains, "As a practicing cardiologist, I am excited about the tremendous progress we've made in our understanding of the heart and blood vessels. And now, there is compelling scientific evidence that some of the health practices formerly considered "alternative" such as diet and exercise, yoga, stress management and mindfulness meditation have enormous potential to prevent heart disease and optimize overall health and well-being."

Salus Heart and Wellness is independently owned and operated and not affiliated with JC Resorts or the Rancho Bernardo Inn.