

instyle

CLOTHING, COSMETICS AND CONSUMER TRENDS

Aaahhh, THE GOOD LIFE

Spa helps melt stress away

The folks at Salus spa take stress management to heart.

Combining the latest in cardiology, a holistic approach to lifestyle awareness, and the tranquil resort setting of the Rancho Bernardo Inn, Salus Heart and Wellness spa creates a program to rejuvenate the heart and mind.

"There's compelling scientific evidence that some of the health practices formerly considered 'alternative' — such as diet, exercise, yoga and meditation — have enormous potential to prevent heart disease and optimize overall health and well-being," says Dr. Neil Treister, a Fallbrook cardiologist who co-founded the spa.

Salus (pronounced SAW-lus), which is Latin for health, well-being and wholeness, opened last year.

In addition to traditional spa treatments and recreation, the program includes educational seminars about the physiology of the heart and blood vessels, stress-reduction techniques, heart-healthy cooking demonstrations and exercise tips.

A major part of the Salus experience is figuring out what kind of "stress prescription"

you need. "We help identify your personal stressors and then work on how you can better react to them," says Rosemary Pfuhl, co-founder of Salus and a Fallbrook licensed therapist specializing in stress management.

A complete cardiac evaluation is offered, including stress testing, cardiac examination, cholesterol analysis and computer assessment of cardiac health.

There's even a heart-healthy red-wine tasting. Not only does red wine offer plenty of healthy anti-oxidants (it's all in the grape skins), but according to Treister, the informal social interaction is likely to decrease adrenaline levels and activate the relaxation response.

Salus offers two-, three- and four-day programs in groups of 12 to 20 people. Prices range from \$1,500 to \$2,400 per person, including lodging, a spa treatment, breakfast and lunch each day, and a hosted dinner at the Hotel's El Bizcocho restaurant. Participants can use all resort facilities, including the swimming pools, tennis courts and golf course.

For information, call (888) 55-SALUS (557-2587) or see www.salusheart.com.

—R.J. IGNEZI