



Personal Wellness
Active Getaways

great places

Healthy & Holistic Getaways

If you are looking for an active, healing, holistic and wholly enjoyable getaway, consider one that is customized to achieve your personal wellness goals.

At the Willow Stream Spa's Well & Being rooftop pool

An Integrative Approach

The Willow Stream Spa's Well & Being program at the Fairmont Scottsdale Princess offers one-stop wellness shopping.

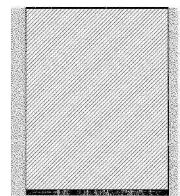
Well & Being, in Scottsdale, AZ, features customizable, medically guided experiences combining fitness, integrative medicine, nutrition, wellness and skincare. Guests can choose from a diverse menu (which includes plenty of blissful spa treatments) to create a holistic, personalized program.

"You can come in for a massage and an acupuncture facial, or you may want to find out your percent of lean muscle mass or metabolic rate with our exercise physiologist," says Tieraona Low Dog, MD, Well & Being Chief Medical Officer and Fellowship Director for the

University of Arizona Center for Integrative Medicine.

Personalized Intentional Living consultations cover your choice of topics, from nutrition and fitness to Traditional Chinese Medicine and stress management. But there's also support available beyond a visit for those who want it.

"We're committed to helping you maintain your health goals even when you leave the property," says Dr. Low Dog. "You can schedule phone appointments with your integrative doctor, nutritionist, exercise physiologist, acupuncturist or health coach." →





Fresh Fitness Offerings

Expanded fitness facilities open up the options for guests, from Pilates and CrossFit to Spinning and Ballet Barre. Classes on meditation, tai chi, breath-work and seven types of yoga are also among the studio offerings.

One gravity-defying highlight is Aerial Yoga, a unique style that utilizes cloth slings

suspended from the ceiling (think Cirque-du-Soleil-meets-hammock) for support to allow for greater stretch and more inversions, while promoting flexibility and circulation. Whatever your skill level, it's fun, freeing and refreshingly different.

TRX Suspension Training (a Navy SEAL-inspired workout that develops balance, strength, core stability and flexibility), and immersive Rip Surfer Classes (complete with surf videos and music for inspiration) also give guests a chance to try something new while getting a great workout. For those seeking a customized approach and help setting goals, personal trainers are on hand to help.

High-Tech Health Tools

Data geeks aren't the only ones who will benefit from the high-tech diagnostic equipment available at Well & Being. The BOD POD, which looks like a giant egg or space capsule, measures body composition (including fat mass) as well as resting metabolic rate, total energy expenditure and more in about five minutes using a non-invasive method while you sit inside it.

Guests can also track workouts and other activities during their stay with a Fit Bit monitor, or gain insights into sleep patterns and get tips for better sleep with a Zeo Sleep Manager headband, worn at night. Both gadgets are available to check out at the spa and can be synched with a smart phone. (Just ask someone on staff to walk you through setup.) Based on the resulting data, experts on staff can help you set goals and monitor your progress if you like. Then again, you're just as welcome to lounge by the rooftop spa pool or savor one (or more) of those decadent spa treatments instead. That's the beauty of Well & Being; it's all up to you. *Scottsdaleprincess.com*

—Liz Robins