



RING MY BELL by Marlene Montanez

There's a new spa in Scottsdale--and it's making quite a first impression. Introduce yourself to the Scottsdale Athletic Club's Eurasia Spa with The Sound of Peaceful Healing--a 120-minute sensory journey that uses sound, touch and smell to revive the senses and restore a feeling of calm.

The session begins with somewhat of a "Carol of the Bells". But Eurasia's Cosanti bells are no ordinary jingle bells: They vibrate long after they are rung, easing you into a relaxed and meditative state of mind. As an added bonus, the bells are thought to transfer their healing powers to the receiver.

After your mind has become a blank slate, hot stones are placed on your body, relieving any aches and pains. Heated pouches filled with organic herbs and essential oils (also placed over the body) will appeal to your sense of smell especially with customizable blends like jasmine and sandalwood or lemongrass and ginger. The treatment wraps up with a massage that leaves you too serene to form even one cohesive thought.

The Sound Of Peaceful Healing (120 Minutes, \$220)

Eurasia Spa: 480.991.1571

www.scottsdaleresortandathleticclub.com

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