

LQRC

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LA QUINTA
RESORT & CLUB

MAGAZINE

POOLS
MAKE A
SPLASH IN
LA QUINTA

5
WAYS
TO TOTAL
WELLNESS
TAKE A PEEK
IN OUR PRIVATE
PHOTO ALBUM
GET SCHOOLED
IN GOLF



Total WELLNESS

WHETHER YOU'RE VISITING LA QUINTA RESORT & CLUB® FROM FAR, OR LIVE RIGHT AROUND THE CORNER, CHANCES ARE, YOUR REASONS FOR CHOOSING THIS PARTICULAR DESTINATION INCLUDE THE THREE R'S: RELAXATION, REJUVENATION AND REFRESHMENT FOR THE BODY AND SOUL. IN A WORD, YOU ARE SEEKING WELLNESS.

By Julie Lemerond

Wellness comes in all types of forms, be it physical fitness, mental health, or a combination of mind and body strength. While wellness is created from the inside-out, there also can be something said about rejuvenating your outer appearance to make you feel better on the inside, too. Here at La Quinta Resort & Club, a well-rounded attitude towards total wellness will help you achieve your goals and return to your daily life with a little more spring in your step.

FITNESS FIX

Though golf and tennis are main fixtures here at La Quinta Resort & Club, there's also an outstanding fitness department offering personal training, a fully-equipped gym and group exercise classes to either enhance or jumpstart your fitness routine. La Quinta's Fitness Manager Chanel Perez says that some of the most popular group classes include Zumba (a Latin-inspired dance aerobics class) and Pilates. Other course selections include yoga, group strength classes, tennis drills, and aqua fitness classes.

"Our staff of highly trained instructors bring a variety of classes that suit any tastes. We offer cardio, strength, and stretch, but we also offer mind, body and soul wellness, set against the most serene and Zen backdrop. I feel we offer a lot of options and opportunities for well being," says Perez, touting the benefits of enhancing personal fitness at the resort.

And if you're more into solo exercising, skip the group classes and head straight to the state-of-the-art fitness center, complete with cardio and weight

machines for all muscles. Or rent a bike at the fitness center and tour around town while burning calories.

SPA SOLUTIONS

In the hustle and bustle of everyday, taking advantage of spa services often comes last on the list of priorities, but Spa Director Damian Craft emphasizes the importance of using your time at the resort to relax and rejuvenate, spa-style, before returning to business as usual.

"All of our spa services help contribute to the overall health of our guests. Massage is proven to increase circulation and ease

"Our Celestial Shower is a private outdoor facility that utilizes cascading Swiss showers of varying strengths to massage and invigorate the body. This is a great prelude to any additional spa services."

muscle fatigue. Our skin care products are high in antioxidants and are designed to help the body fight free radicals that are produced by the environment, while our body treatments help detoxify and hydrate the body," he says.

Craft says that while Spa La Quinta's® signature treatments are the most popular, such as the Custom Massage, Custom Facial and Orange Blossom Body Facial, there are a few 'hidden gems' in the spa department. "Our Celestial Shower® is a private outdoor facility that utilizes cascading Swiss showers of varying strengths to massage and invigorate the body. This is a great prelude to any additional spa services. Our Babor Sea Creation Facial is also a truly wonderful experience. This luxurious facial is performed with tiger cowry shells and healing music," he adds. Any way you go, you're sure to leave looking and feeling better than before, which is exactly the purpose of a trip to Spa La Quinta. And the best part is, during these healing spa treatments, all you have to do is lay there and enjoy it.

MEDICAL MAKEOVERS

Let's 'face' it; no matter how well you take care of your skin, telltale

signs of aging are going to show up in the corners of your eyes, between your eyebrows and around your mouth. That is just how life works. Fortunately, Dr. Jesser of the About Face clinic, conveniently located at the resort, is here to help smooth out these trouble spots, leaving you feeling a bit better when looking in the unforgiving mirror.

For a quick and easy facial rejuvenation, Dr. Jesser says, "Our Photofacial Pro is a strong treatment administered in just one session. In just 10 days you can see a night and day difference. I call it the 'home run' procedure. Patients report wearing less makeup and even not using concealer anymore."

Other services available to guests include vein therapy, therapeutic masks and peels and granule-free microdermabrasion. All procedures are non-surgical, most are finished within an hour, and there is virtually no downtime associated with any of the procedures. Talk about quick and painless. Plus, the clinic is just steps from your hotel room, so you know you have a cozy place to relax after you're all done.

EATING RIGHT

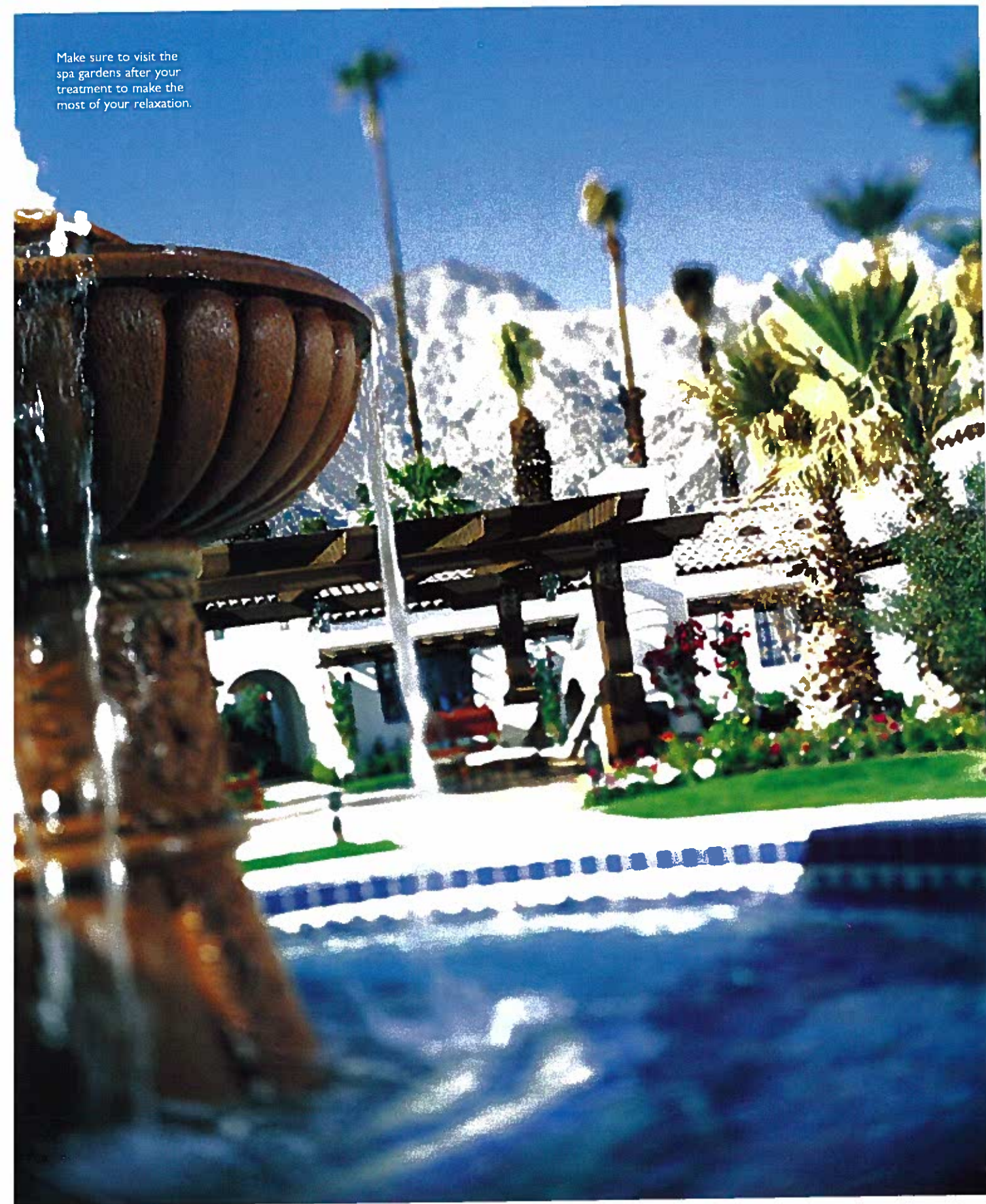
You've worked out, detoxified at the spa and enjoyed a minor medical 'miracle' at the hands of Dr. Jesser, but it's all for naught if you're not eating right at the end of the day. Have no fear: Here at the resort, it is possible to eat healthy while dining out.

Jan Pfeiffer, the resort's executive chef, oversees the menu creation at all of La Quinta's restaurants, and says "the art of dining and dining as art" is a motto strung throughout the resort's restaurants. Within this credo, making well-rounded, healthful menu options is a must.

Pfeiffer's choices for guests seeking heart-healthy menu selections? "The modern Waldorf Salad is a very heart healthy salad we feature in various outlets of the resort. Healthy selections at Adobe Grill include fish, vegetarian, lean meat and chicken selections. Spa Bistro features health-oriented cuisine, such as Vietnamese Spring Rolls and the Seared Ahi Salad, which is one of the most popular items," he says, and adds that healthy selections can be found at all of the resort's dining venues.

If you find yourself questioning which menu items to

Make sure to visit the spa gardens after your treatment to make the most of your relaxation.





WellMax detects early illness and shares preventative methods.

choose in order to stick with your diet, just ask your server or the chef—the kitchen staff is always happy to help and to make tasty recommendations to suit your needs.

HEALTH KICK

Dr. Cosgrove started the WellMax Clinic over 10 years ago, and sees the resort's on-property clinic as a valuable resource for people concerned about their health and seeking to increase wellness. With the belief that prevention and early detection is the key to health, the clinic offers a wide range of medical tests and procedures to ensure that you are living your healthiest life and to detect potential health risks before they happen.

"At WellMax, we identify not just disease early, but processes that lead to disease early. Bone density falls for years before 'osteoporosis' is a diagnosis. Plaque builds on arteries for years before 'coronary disease' manifests. We discover modifiable risk factors for many kinds of disease, and then help each person change those, whether it is a vitamin, a medication, a change in diet, etc.," Dr. Cosgrove says.

WellMax offers individualized health portfolios that can be used in conjunction with the records at your primary physician's office. After your full check-up, each patient is given a digital memory stick with all the records, images and lab results; this information can be used to compare future lab work with the patient's results at the time they visited the WellMax clinic.

"What most doctors would take weeks to do with lots of little appointments, we can do in a couple of days here at the resort, and make the process a pleasure too," he says. ❖

To set up your appointments at these various wellness outlets, please call or stop by the resort locations.

Fitness Center: 760.564.3385.

Spa La Quinta: 760.777.4800.

About Face Medical Aesthetics:
www.ezveins.com, 760.777.8772.

Restaurant Reservations: 760.777.4835.

WellMax Center for Preventative Medicine:
www.wellmax.com, 760.777.8772.