

Three is a charm for SunWater Spa

By Wendy Wilkinson

Inspired by a trip to India, where they bathed in the Ganges River with millions of others during a ceremony to cleanse the spirit, friends and collaborators Kat Tudor and Don Goede were drawn to the possibility of creating a healing arts space revolving around Manitou Springs' magical waters.

Thus, the idea for a hot mineral water spa in this special mountain town was born.

Now in its third year of operation, SunWater Spa offers more than 25 weekly movement, yoga and meditation classes such as Aqua Yoga, the energy-infused MELT, Beginner's Mind: Intro to Meditation, Yoga for Healing and Thai Yoga Massage.

SunWater also offers soaking in the seven heated natural mineral water cedar tubs and three saline, multi-temperature pools, as well as an infrared sauna to enhance the relaxation process.

"SunWater Spa is thrilled with the expansion of the business," said Courtney Love, director of sales and marketing for SunWellness, which includes SunWater and the historic

SunMountain Center properties, providing lodging accommodations for wellness retreats and bed-and-breakfast guests.

"We see about 3,500 guests each month at SunWater Spa, who enjoy soaking in the mineral-water tubs, attending one of our special workshops or events, taking advantage of one of our many spa services like massages, facials and body treatments, or participating in yoga and movement classes. We've seen 37 percent revenue growth from 2016 to date, and have welcomed over 49,000 guests since opening our doors in 2016."

Daily treatments and services include indigenous and natural massages such as a traditional Thai massage using oil and steamed, aromatic herbal poultices to relax muscles, stimulate circulation and



Courtesy of SunWellness staff

Laura and Lyn Ettinger-Harwell relax during a soak at SunWater Spa.

remove energy blockages. SunWater staffers also do Chakra Journey, a unique way to align your chakras using seven luxurious oils, each aligned with one of your body's basic energy centers, in a full body massage.

The spa's facials are uniquely customized: the Tea Tree facial is purifying, the Sun Radiance is an anti-aging facial with pure, natural ingredients from SunWater's private Surya skin care line, while the Warrior is designed for the unique needs of men's skin.

IF YOU GO

SunWater Spa, 514 El Paso Blvd., will host a third anniversary "Three is a Charm" celebration 8 a.m.-10 p.m. Wednesday, Aug. 15. The day includes half-priced soaking and a complimentary night of yoga, dancing and painting with Kat Tudor 5:30-7:30 p.m. The yoga event will have live music and is free to the community; however, space is limited and must be reserved in advance by calling 695-7007.

Also, take advantage of SunWater's three-day 3-2-1 package sale. For just \$108, you'll receive three classes, two mineral water soaks and one 60-minute service. This offer will be available for purchase only Aug. 15-17.

Classes, soaks and services in the 3-2-1 package expire Dec. 31, 2018, and do not have to be used on the same day. The 60-minute service must be booked at time of purchase.

The 3-2-1 promotion may not be combined with any other offer. SunWater Spa cancellation policy applies; see www.sunwellness.net/sunwater for details.