

New Year, New You: Find Yourself Between A Rock & A Soft Place

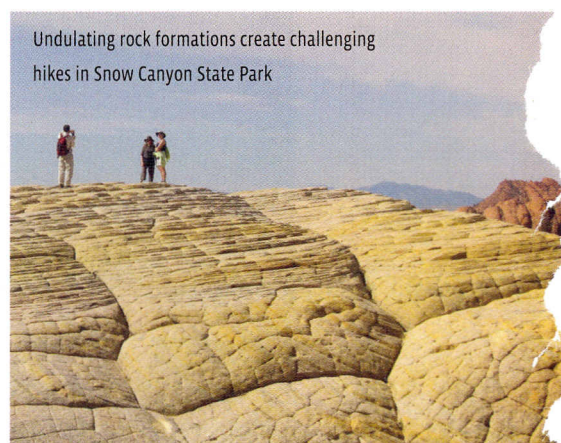
Based on past experience, I pretty much ignore marketing slogans, but “Find Yourself Between a Rock and a Soft Place” caught my attention. Could Red Mountain Resort & Spa really provide both outdoor adventure and the human tune-up I needed? The photos of burnt-orange earth and rock formations were dramatic, but it was the menu of “personal discovery services” that I found most intriguing.

A few weeks later I arrived at the 55-acre resort perched on the edge of Snow Canyon State Park in St. George, Utah. My spirits had already been lifted by the beautiful scenery I’d witnessed cruising along I-15 through Northern Arizona and Southern Utah — and yet the best was yet to come.

As advised, I’d pre-booked my spa and wellness appointments. First up: Clarity Duet. When I chose this treatment, I had no idea what it would involve, but clarity sounded like something I needed. At the Sagestone Spa, I was shown to a quiet room mildly scented by aromatherapy candles and introduced to Red Mountain’s lymphatic drainage specialist. She very gently massaged my lymph nodes, starting around my neck and working down my body. This treatment is recommended for edema reduction, detoxification, and reduction in symptoms of chronic fatigue and fibromyalgia.

Next, Reiki master Bud Howard took over. This part of the treatment was also very subtle,

as he placed his hands on my body and kept them in each spot for a few minutes. Afterwards he explained that he was transferring his energy in order to heal my body, mind, and spirit. As esoteric as this sounds, I have



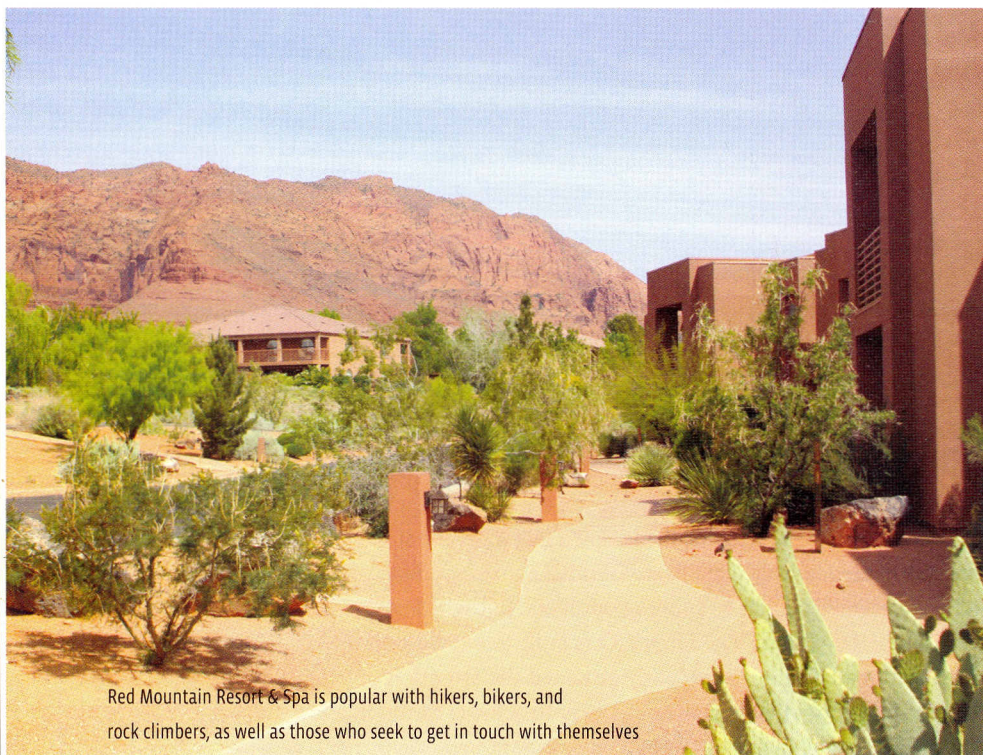
Undulating rock formations create challenging hikes in Snow Canyon State Park

to say that it was extremely relaxing and eliminated the headache I’d been carrying around for days.

After resting in the spa, I explored the rest of the resort. At the Wellness Center, I learned that Red Mountain offers fitness and nutrition consultations, as well as acupuncture treatments, chiropractic care, and bone density assessment. I also found the well-equipped fitness center and looked in on a Pilates class.

The next day I returned to the Wellness Center for a ChiBall stretch class, during which I rolled around on a soft six-inch ball and loosened up a few tight spots. The slightly-scented balls, imported from Australia, come in various colors. I chose pink, but

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Red Mountain Resort & Spa is popular with hikers, bikers, and rock climbers, as well as those who seek to get in touch with themselves

later learned that each color has “a vibration associated with a specific body part, emotion, and life challenge.”

I wasn't worried about the impact of my random ChiBall choice, but I was somewhat apprehensive about my Life Path Reading and Vibrational Sound Healing with shaman spirit guide Betina Lindsey. After all, what did I know about Native American therapies?

However, as soon as I met Lindsey — a mother-earth figure with a long dark braid — I knew I was in good hands. She greeted me warmly and expressed her desire to help me bring my life back on track.

We started with card reading, during which she intuitively described my personality and life challenges. She also described my past lives, shared ancient wisdom, read my chakras, and used the harmonic tones of crystal bowls and precious stones to elevate and heal my spirit. The session lasted nearly two hours



Card reading is one of shaman Betina Lindsey's many talents

The scenic beauty around Red Mountain Resort & Spa includes rippled red rock mountains woven with waves of white stone



and I continue to reflect on what I learned about myself that day.

At dinner, I queried others about their favorite experiences. Life coaching is most popular in the month of January. The meditation hike was a favorite of many; others liked mountain biking, rock climbing, yoga on the rocks, the evening fire ceremony, and several spoke highly of their iridology session.

Iridology? Why not? There's something about the ethereal beauty and high vibration around this retreat that creates a willingness to try new experiences.

Ian Phillip White looked into my eyes and provided an amazingly accurate diagnosis of my physical and emotional health. He also generously provided helpful suggestions for simple changes I could make to improve the quality of my life.



In spring, wildflowers bloom all around the resort in spite of the arid, rocky conditions

I went hiking in Snow Canyon State Park the next day, but when the group detoured to ascend a peak, I sat in the shade enjoying the view of blooming banana yuccas, prickly pear cacti, purple sage, and the rippled red mountains that reached as far as I could see.

Like my experiences here, this beautiful vista was a lot to absorb. (www.redmountainspa.com)

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