

## Spa Artisans: Spirit of Sage

Nestled in the heart of the Del Monte Forest, Pebble Beach is famous for its world-class golf links and award-winning 22,000 square-foot spa and salon. Rich earth tones and sun-flooded waiting rooms (one with a cozy indoor fire pit) create an atmosphere of pure relaxation.

A decade ago, Cari Herthel, a therapist at The Spa at Pebble Beach, created the signature Lasapa Lelima Purification Treatment to honor her Native American roots and celebrate the Esselen tribe, indigenous to California's Monterey Peninsula. Herthel wanted to utilize the healing properties of

endemic plants, herbs and minerals, including locally grown white and coastal sage, sea salt and muds.

The 100-minute treatment includes dry brushing, exfoliation with white sage-infused sea salt, a detoxing California mud wrap and a white sage oil massage. The therapist chants prayers and honors the four directions to recreate rituals that would be performed in a traditional lodge. During the treatment, trips to the sauna and steam rooms enhance the feeling of a sweat-lodge experience. [pebblebeach.com](http://pebblebeach.com)

—Kristin Vukovic



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## The Health Handbook

South African-born, New York City-based integrative doctor, Frank Lipman, M.D. (with Danielle Claro), has just come out with *The New Health Rules* (Artisan), a handy manifesto for health, which dispenses bite-sized, easily digestible bits of wellness wisdom on everything from Eating (“Think of dairy as a condiment”), Healing (“Wander Barefoot”), Living (“Use Healthy Pots and Pans”) and more. Beautifully illustrated, with straightforward advice and lots of great takeaways, this is your guidebook for change. —Rona Berg

## A New Spa at the Clinic



There is a growing body of evidence to support the medical benefits of massage, meditation, guided imagery, acupuncture, yoga. As director of the Mayo Clinic Complementary and Integrative Medicine Program, founded in 2001, Dr. Brent Bauer, M.D. (left), spearheaded much of the research that led doctors at Mayo to routinely recommend these “alternative” treatments to tens of thousands

of hospital patients every year.

“We’re seeing a shift,” says Dr. Bauer. “Twenty years ago, a lot of doctors were hostile to spa and integrative medicine. Now, folks in medical school are doing yoga and taking ginkgo. For them it’s not weird, it’s just what works.”

Taking that to what us spa folks would consider a logical next step, the Mayo Clinic recently opened Rejuvenate at the Mayo Clinic Healthy Living Program, a lovely full-service spa on the Minnesota campus. The Clinic’s Healthy Living Program already focuses on nutrition, exercise and stress reduction. Opening a spa to serve everyone—a husband who comes to the clinic for tests or worried family members who need help managing their stress—makes a lot of good sense.

No stranger to the spa world, Dr. Bauer has served on the Board of the International Spa Association (ISPA) for almost a decade. “Right off the bat, I could see where spa had moved from pampering to wellness,” he says. “I’ve become very convinced that there’s a great opportunity for spa and medicine to collaborate,” he continues. “Studies support the benefits of massage,” he says. “But do we really want to do massage in the medical wing?”

“We know we feel better when we get a massage,” says Dr. Bauer. “By helping someone feel better, from a spa or beauty treatment, it helps jumpstart someone’s wellness.”

[healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org) —Rona Berg