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Featuring: Next Step Institute of Integrative Medicine

Let's Get Physical

Apparently simply spa-ing just isn't going to cut it anymore. As more and more spa-goers flock to destination spas, they're looking for something beyond pampering services; they're looking to keep their health in check through the use of more modern preventative medicine techniques like mammograms and DNA tests. Today's modern spas enable you to have a bone density test, colonoscopy, dental exam, herbal body wrap, and don't forget the healthy cooking class—all under one roof! Here are a few of the best head-to-toe mind/body tune-up resorts in the country:

NEXT STEP INSTITUTE OF INTEGRATIVE MEDICINE

Vail, CO

Next Step Institute Wellness Weeks embrace an integrative physical, mental, and emotional approach to health care. Each week is focused on a specific issue, but catered to the individual's unique needs. A team of renowned physicians, therapists, and holistic practitioners bring together the best of Western and Eastern medicine, with Native American healing practices and holistic therapies. Wellness Weeks cater to no more than five or six guests, each suffering from such similar health challenges as chronic pain, arthritis, diabetes, and cancer. Guests get to spend more than ten hours of quality time with physicians who prescribe individual plans for treatment, which may include anything from medication to equine-assisted therapy. Don't have the time to dedicate a week? Opt for the Day of Wellness: Medicine for the Body, Mind and Spirit, a comprehensive, yet abbreviated version of the Wellness Week. www.nextstepinstitute.org



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<http://www.healinglifestyles.com/index.php/sep/sep2008-healingnews-lets-get-physical>

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