



This is the West
**Escape to our Landscape...
Steamboat Springs' Cultural Landscape
Steamboat Springs Originals**

For Immediate Release
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MEDIA CONTACT:
Lynna Broyles
(970) 875-7005
lbroyles@steamboatchamber.com
www.steamboatchamber.com

Steamboat Springs Originals: The Original Colorado Hot Springs Spa

From the beginning, when the Ute Indians spent their summers enjoying the cool rivers and hot springs, the Yampa Valley was spa central. The Utes believed that the local springs had the power to rejuvenate strength, and they would often visit the springs after battles.

Early settlers to the area also frequented the springs. James Crawford discovered the beauty of the Yampa Valley in 1875, and helped to build the first log bathhouse at the Heart Spring in 1884. Soon after, the secret was out... by 1902 there were already two hotels in downtown Steamboat Springs and in 1909 the train began bringing visitors seeking the pleasures of hot springs in this spectacular mountain retreat.

Today the hot springs remain a popular attraction year round, and in recent years a number of day spas have sprung into being. A diverse selection of body treatments in a variety of environments means there is a remedy for every need and a unique retreat to suit every taste.

Strawberry Park Hot Springs

Just 7 miles from downtown Steamboat Springs, Strawberry Park Hot Springs is a must. Set in 40 pristine acres, bordered by National Forest, it is considered one of the most attractive mineral springs in the world. The waters are pure and mineral rich yet only contain trace amounts of sulphur. Overlooking the pools, and nestled next to the creek, are two private cottages dedicated to Swedish, deep tissue, sports and Watsu™ massage including two private pools for side-by-side Watsu™. Come for an afternoon or stay the night in a rustic cabin or an old caboose.

www.strawberryhotsprings.com.

Old Town Hot Springs and Hot Springs Body Works Massage

One of the largest and most experienced staff in town is available offering everything from sports and deep tissue massage to neural muscular therapy. Combine a massage with a workout with all the necessary facilities (lockers, showers, pools and springs) or drop the kids off in daycare or at the pool.

www.sshra.org

Advanced Massage & Healing Work

Serving Steamboat Springs since 1986, certified massage therapist Lena Steed combines deep tissue massage with Swedish massage. She also incorporates Rebalancing, Aromatherapy and Sports massage. Her technique is powerful and effective with a sensitive and caring approach. Her clients experience deep relaxation and rejuvenation that lasts. 970-879-2444 www.lenahealingarts.com

Bear River The Spa

Bear River Therapists' experienced staff have trained and worked internationally and have been in the industry for nearly 20 years. Specializing in facial treatments, Bear River will diagnose each client's skin type and prescribe the best treatment and products. Massage, body wraps, and reflexology are also available. Located downtown along the Yampa River, in the same building as Steamboat's Yoga Rx Studio. 970-879-8282

Old Town Hot Springs Under Renovation in 2007

Starting in Spring 2007, the Old Town Hot Springs (formerly known as Steamboat Springs Health and Recreation) will undergo a \$3.5 million renovation adding 1,000 square feet of hot pools. The Historic Heart Spring will be protected during renovation to preserve the integrity of its historic significance.

Improvements include:

- Larger hot pools
- Two new small spa pools
- Two new water slides approximately 250 feet in length
- Water slide tower
- Small bridges over pools
- Waterfall feature
- Landscaping

What's Open Summer & Fall 2007:

- Big pool
- Kiddie pool
- Shallow pool
- Temporary hot tubs on premises
- All fitness classes
- All massage therapy at Hot Springs Body Works
- Fitness center

Brio Salon and Spa

New to Steamboat Springs experience the warm atmosphere of Brio Salon and Spa. With services such as: highlights, trend setting cuts, soothing manicures, pedicures, healing massages, and facials. Reservations are recommended your "me time." 970-870-6541

HandsOn Therapy

HandsOn Therapy offers therapeutic massage in a relaxing atmosphere. Located in a private studio in the heart of downtown Steamboat Springs, HandsOn Therapy specializes in Swedish and pregnancy massage, hot stones and paraffin treatments. Gift certificates, discounts packages, yoga videos and massage products are also available and make terrific gift ideas. Out calls available. 970-871-9892

Life Essentials Spa

Life Essentials transports its clients from downtown Steamboat Springs into another world from the moment one walks in the door. A unique two-sided waterfall inspires relaxation and reemphasizes Their goal is to provide an environment conducive to educating their clients on the importance of body maintenance. Steam wraps, intense exfoliation, massage and full-body oxygen treatments are available to round out the body's needs for achieving internal balance.

970-871-9543 www.lifeessentials-inc.com

Massage to Go

Massage to Go brings the best holistic therapists home so you can relax, be rejuvenated and heal in the comfort of one's home, hotel or condominium. Massage, acupuncture, personal trainer or private yoga classes are available. Massage to Go...it's so easy and convenient to take care of oneself. 970-879-4603 www.steamboathealingarts.com

Serenity Spa

Serenity Spa's staff of two will more than satisfy the experienced spa client. Valerie Pearl, certified reflexologist and massage therapist, is always studying the latest trends to bring her clients, most of who are repeat customers. She believes in the service more than the spa, focusing on therapy for the sports minded. Joan Peters is a licensed aesthetician, also always in training to keep up with the latest treatments, specializing in European facials and is considered a local phenom in eyebrow shaping. 970-879-3381

Sol Day Spa

Sol Day Spa offers a few treatment rooms with a view. Offering a variety of services, it's easy to spoil oneself with a variety of treatments from hydrotherapy to aromatherapy facials. After a day at the spa, bring part of the experience home after visiting their boutique, Touch. 970-871-9765 www.solspa.com

Sore Muscles Kneaded Massage Therapy

Conveniently located close to the Gondola, experience a most relaxing atmosphere of waterfalls, soothing music and aromatherapy. Ray Thomas (nationally certified) and Lucille Gruss, CMT, with over 30 years combined experience, offer professional therapy treatments for repetitive injuries, deep muscle therapy for sports pain relief, as well as Swedish style massage, reflexology and Reiki energy balancing treatments. By appointment only. 970-870-0550

Steamboat Healing Arts

When a body needs nurturing help, Steamboat Healing Arts' best therapists are waiting to make a house call. Professional, insured, prompt & reasonable. They are the source for a personal massage therapist or yoga class at home, the condo, or office. 970-846-6233 www.steamboathealingarts.com

Waterside Day Spa and Salon

Waterside Day Spa & Salon is dedicated to providing the Finest Spa Treatments in a tranquil, serene setting. We are a Full Service Day Spa offering therapeutic massage, hot stone massage, ashatsu massage, advanced skin care, hair & nails, microdermabrasion, body treatments, waxing & tinting, photo rejuvenation, and much, much, more. Specializing in Weddings and Groups, too! 970-875-0271 www.watersidedayspa.com



Steamboat[®]

IN THE SUMMERTIME www.steamboatsummer.com