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FOR IMMEDIATE RELEASE:

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Watsu pool therapy offered at Bishop's Lodge

Santa Fe, NM – The SháNah Spa and Wellness Center at Bishop's Lodge Ranch Resort & Spa is one of only two spas in Santa Fe that offer Watsu pool therapy, one of only a handful in the United States.

Watsu is a very soothing type of massage that takes place in warm, waist-deep water. Its name comes from a combination of the words "water" and "shiatsu." The water in a Watsu pool is heated to body temperature – approximately 94-98 degrees Fahrenheit. At The SháNah Spa and Wellness Center, it is located in a private, tranquil garden and under usually blue skies.

Both massage therapist and client wear bathing suits. During Watsu the therapist literally cradles the client, with one arm supporting the knees, the other around the back. The client wraps one arm around the therapist's back, the other floats free. The therapist then twirls the client through the water, first one way then another, taking your body through a series of passive stretches and twists.

Watsu's gentle stretches have a therapeutic effect on the body. The buoyancy and support of the water allow maximum flexibility in the spinal column. Many people also find it works on an emotional level as well, promoting trust and connection.

"We are pleased to be able to offer this special water therapy," says Spa Director Antonietta Matter. "We have a small clientele that uses it regularly, and many visitors that are surprised to find Watsu therapy offered in New Mexico."

The Bishop's Lodge Ranch Resort & Spa has been ranked by **Travel & Leisure** magazine as one of America's premier retreats, and is among **Away.com's** Top 100 Family Resorts.

The SháNah Spa and Wellness Center has been honored with **Condé Nast Johansens'** "Most Outstanding Spa Award in North America and the Caribbean."

Bishop's Lodge Ranch Resort & Spa is managed by Prism Hotels & Resorts whose clients also include Marriott, Hilton, Radisson, Embassy Suites, and Holiday Inn. To make a resort or spa reservation, call 800-732-2240 or visit www.bishopslodge.com.

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