



Shed pounds—not dollars—at an affordable, American health spa this spring.

By Pauline Frommer

ARTHUR FROMMER'S BUDGET TRAVEL

Mar. 14 — I can't remember a time when I've been so tense. My shoulders are kissing my earlobes, I'm craving chocolate and sleep is elusive. It could be the fact that March 17 has been transformed from a day of green beer and wanton partying to the deadline for war. Or perhaps it's the never-ending dive of the stock market, calls from friends who have lost their jobs, the slushy streets, the frigid temperatures. Whatever the reason and I don't think I'm alone in this; I sure could use a spa vacation.

BUT WITH THE economy in the doldrums, how many of us can afford the \$250-plus per night charges of most spas? Not many Rockafellahs around nowadays, which is why it's so refreshing to learn that a number of spas are courting clients in this slow travel period with specially discounted rates. We've discovered a trio of spas whose spring rates are as soothing as their mud wraps.

UTAH, YOU CAME, YOU RELAXED

Most of us know the Body Shop as a chain of stores devoted to the worship of exotic soaps (camembert scrub, anyone?) but among the red rocks of Utah, the Body Shop is a spa, and a rigorous one at that, with a challenging program devoted to weight loss and physical fitness. Located in St. George, Utah right on the edge of Snow Canyon Park, the spa makes good use of its surroundings, sponsoring daily hikes of the canyons and ridges of this craggy wonderland. In addition, there are cardio and toning classes, pilates, aqua-aerobics, nutrition lectures and yoga sessions at this little spa within a resort hotel. Spa-goers eat—what else—spa cuisine, a diet of low-fat and high-nutrient foods designed for rapid weight loss. For a spa, the prices are quite reasonable at \$970/week per person based on double occupancy (single rooms are a pricey at about \$300/week more) and that covers meals, activities and accommodations. Private training sessions and massages are extra. To learn more about the program, go to <http://thebodyshopspa.com> or call 888-870-BODY.