



Travelers to Legendary Oasis Find Health Through Water *Resort & Spa in Northern New Mexico Offers Full Array of Therapeutic Services*

Ojo Caliente, NM – Most people don't know that the word SPA is actually the acronym for "Salud per Aqua" which means "health through water." In Northern New Mexico, you'll find the quintessential SPA experience at a legendary oasis called Ojo Caliente Mineral Springs.

Ojo Caliente is the only hot springs in the world with a remarkable combination of four different types of mineral waters in ten different pools with temperatures ranging from 80 to 109 degrees. These waters, which bubble more than 100,000 gallons to the surface every day, are rich in minerals including Lithia, Iron, Soda and Arsenic. The minerals are believed to have ancient healing benefits including relieving depression, aiding digestion, promoting healthy skin tone, relieving symptoms of arthritis, and are considered to be beneficial to the blood and immune system.

The legendary oasis, which celebrated its 140th anniversary in 2008, was opened as a spa in 1868 by Antonio Joseph, New Mexico's first territorial representative. The current owners of Ojo Caliente Mineral Springs prefer to call themselves stewards of the property believing maintaining and supporting the natural environment makes sense both environmentally and economically. Recent renovations and expansions have both enhanced the guest experience without abandoning the authentic and historic nature of the original environment. "I love this place," says Spa Director Jeannine Dolan. "It's not pretentious. It's an authentic healing center."

"People are in charge of their own healing here," says Ryan Saldivar, a therapist who lives and works at the resort. "One technique we teach is systematic breathing to reduce stress which is something they can take with them and use at any time. Therapists are only catalysts. Most people are capable of healing themselves. We just encourage them, offer lifestyle changes and give suggestions for better living."

Guests who are searching to relax and rejuvenate will find comfort in the full-service spa. Services include a wide-range of nurturing massage and body treatments as well as hydrating face treatments. Ojo Caliente uses the skin care line SUNDARI which is a collection of Ayurvedic products that utilize the powerful, regenerative properties of plants, herbs, roots, essential oils and floral extracts.

Guests at the resort may also find relief playing in the detoxifying mud pool. Visitors are encouraged to slather mud all over their body and bake in the sun until done. As the special blend of clay dries, toxins are released from the skin pores leaving a refreshed and clean feeling. The mud pool is open seasonally from May through October, weather permitting.

For guests who cherish their privacy the resort provides three secluded and private outdoor pools. Complete with kiva fireplaces, they are the perfect environment for those yearning to bathe *au natural*. Since the springs are open from 8am to 10pm, soaking under the stars by fire offers a particularly stunning and relaxing experience. Private pools are available by reservation only.

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To learn more about the healing waters and spa services at this legendary oasis, visit <http://www.ojospa.com>.

Further information: contact Wendi Gelfound, Marketing Director Ojo Caliente Mineral Springs Resort & Spa at marketing@ojospa.com, 505.583.2233 x *832.

About Ojo Caliente Mineral Springs Resort & Spa:

The legendary waters at Ojo Caliente Mineral Springs have been healing body, mind and spirit naturally for centuries. 2008 marked their 140th anniversary as one of the oldest natural health resorts in the United States. This is a secluded resort that is historic and fresh with eclectic charm in a relaxed atmosphere. The owners, who are also stewards of the property, are proud to promote cultural awareness as well as a sincere commitment to environmental sustainability. It is the only hot springs in the world with four types of healing mineral waters including lithia, soda, iron and arsenic. Lodging options range from enchanting suites and charming cottages to private homes and the historic hotel. The resort's full-service spa offers a serene experience for body and soul with a full range of services including nurturing massage, as well as face and body treatments. Breakfast, lunch and dinner are served in The Artesian Restaurant with the newly opened Wine Bar and lounge. The legendary resort is 1 hour from both Santa Fe and Taos.