

ZENERGY SPA: CULTIVATING A HEALTHY LIFESTYLE

By Kim Frank
Photography by Josh Wells



The Zenergy Spa invites you in with warmth and soft music. The personal guide, luxurious locker rooms, even the air, seemingly infused with aromatherapy, subtly calms the senses. Aesthetically pleasing, the spa wing evokes the sense of mountain living with walls lined with aspen branches, expansive windows featuring stunning views of Baldy, and fine art curated from local galleries. There is no doubt we are in good hands, regardless of what services we will enjoy. With a total of nine treatment rooms, a highly

trained staff of bodywork practitioners, a nail salon, and renowned hairstylist Greg Hinshaw's hair studio, there is something for each of us, pretty much every day of the week.

We tend to think of a spa treatment or spa day as a special occasion indulgence, for a birthday, pre-wedding celebration, or a pick-me up as an antidote to a rough day. While the entire range of spa treatments, from skin care to massages to acupuncture, certainly feels lavish, incorporating regular treatments as part of



our health and fitness regimes have life-extending benefits for our overall wellness. Prioritizing regular spa treatments should be an integral part to a fully balanced healthy life.

Zenergy helps us make holistic wellness convenient. Any 50-minute spa treatment at the spa includes a complimentary day pass for non-members, granting full enjoyment of the entire club, turning a massage or facial into a full day of health and wellness. With access to the outdoor heated lappool and hot tub, yoga, fitness class-

es, and the state-of-the art gym, boutique, and delicious, healthy on-site café, a spa service goes from a one-hour indulgence to a full-body experience.

My personal spa experience at Zenergy was an adventure, beginning with an acupuncture treatment with healer/acupuncture therapist, Annelies Ware. While acupuncture (the safe, painless, and effective Chinese medicine that involves tiny needles placed on different points throughout the body in order to balance the

energy or life force that flows through the meridians in the body), is not exactly what one may think of when one embarks on a spa day, that and reflexology (which targets specific points on the feet, hands, face, and ears to stimulate all parts of the body to melt away tension, pain, and anxiety) are two alternative therapies that offered by the Zenergy Spa. I've always wanted to try acupuncture and Annelies' reputation as among the best made me

"I love what I do, I LOVE being at Zenergy, and making people feel better. I love helping people feel empowered to help themselves. I have so much gratitude for my clients and my work....for my life."

-Annelies Ware, Acupuncture and Massage Therapist, Zenergy Spa

confident I was in good hands. The session was profound. Somehow everything from my seized-up shoulder muscles to my stress and anxiety was addressed and relieved. Tiny currents seemed to spread, creating a sense of openness and freeing blocked passages, as fresh, healing energy coursed through my mind and body. Acupuncture is most therapeutic when incorporated into a regular wellness routine; this single session made me want more.

Fresh, citrus-infused water and the offer of a snack enhanced my brief wait between acupuncture and my Eminence Organic Customized Facial (customized specifically to the needs of your skin. Utilizing the proven benefits of fruits, vegetables, and herbs, the facial includes a cleanse exfoliation, extractions, facial massage, masque, and finishing products). The facial was supreme. Not only were the products nourishing and healthy, my therapist, Brittany, treated me to an ancient Japanese form of anti-aging cellular renewal using a brisk, complex pattern of facial massage to stimulate skin tightening and vital cell regeneration. The results were surprising; she had done naturally, with her hands, what

high-cost, state-of-the-art micro current machines can do. When I asked how she knew about this unusual facial, she told me that one of her regular clients had had it done at a spa in New York and loved it so much that the therapist learned the technique so her client could have regular treatments here at home.

This kind of personal care and attention is the hallmark of the spa at Zenergy. From the walk up the entrance stairs, built into a cascading fountain path, to the engaging greeting in the lobby and the made-to-order green smoothie at the end of your time here, the attention to making every single detail special is both deeply felt and appreciated. More than a one-time treat, Zenergy at Thunder Spring makes it possible to enrich and extend the quality of our lives.

WIRELESS WELLNESS WHENEVER



Zenergy has just made booking an appointment even easier! With the new Zenergy app you can book classes and spa treatments online or from a mobile device.



MEET ANNELIES WARE:

Healer, Mom, Wife, and Avid Athlete. A therapist with Zenergy since they opened in 2001, Annelies holds her L.Ac. in Acupuncture and Chinese Herbology and is also a massage practitioner. Her 12 years as an acupuncturist and 15 years as a massage therapist, combined with over 3,200 hours of training in Chinese Medicine, give her a deep understanding of the human body. Annelies' deep love for the outdoors gives her the knowledge necessary to help people get back to living the lives they want to live. Try her handcrafted Arnica Oil that she uses in her massages at Zenergy. Available at Zenergy and online at <http://anneliesarnica.com/>.

SVPN: What inspired you to become a healer?

Annelies Ware: Years ago, I worked for an herbal company in Jackson, where we wild-crafted plants to make the medicine and sell the medicine. I was running one day, contemplating the direction I wanted to grow my career, and I had a deep insight that I was to work with people. This wasn't something that I ever thought I'd go into, I always pictured it would be environmental studies or botany. I feel I was called to do this work, become a healer. I looked at western medicine, but acupuncture, living in connection with the ele-



ments, really spoke to me. Every day my practice is nourished by the people I work on, my clients.

SVPN: What exactly does acupuncture do to help people with what ails them?

AW: Acupuncture helps balance the body so the body can heal itself. At Zenergy, the physical therapists and I work closely together to manage pain situations and speed the healing process. Acupuncture

is a cumulative effect. While you get results the first time, the second time, those results double. Acupuncture doesn't simply treat symptoms; it gets to the root of them.

SVPN: What makes Zenergy Spa special?

AW: Our staff. We have an exceptional staff of therapists and estheticians. It's one thing to have a luxurious place, but our staff's talent, experience, responsiveness to clients, and longevity make us extraordinary.

SVPN: Can you describe your perfect Zenergy day?

AW: I'd start with a spin class then hot yoga. After, I'd get a café smoothie then have a massage and a facial. Afterwards I'd take a yin yoga, then go for a mani-pedi while I ate a snack from Kelly's Haven at the café. Finally, I'd enjoy the alpenglow from the outside hot tub.

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