

THE SACREDNESS OF THE SPA

We are drawn to the spa for sanctuary and renewal, within an environment that has become the antithesis of our hard-core, fast paced and high-tech world, where we retreat into the vital elements of life. The focus on `healing environments` has emphasised the quality of touch, smell, hearing, seeing and sensing to bring us into harmony with a natural state of being.

A world-wide fusion of influences has united the spirit of the spa, into a place where we go to reconnect with our soul, and experience that joyous sense of *gratitude* for simply being alive, that comes so easily when you feel good! The well-being of relaxation has its roots in the ability to `let go`, in the surrender to the thankfulness of inner peace which in itself is a force for healing and resolution. And as day follows night, qualities of *forgiveness* gracefully follow gratitude, and we may find ourselves in a truly spiritual space where we are absolved from the tensions of blame, guilt and remorse; the harbingers of disease, stress and depression.

The spa has become the new monastery, the house of the spirit, a place where we all become one in the anonymity of robes, shared baths, bareness, peace and the mutual respect we hold for each others peace. The therapists and healers become alike priests of the spa who guide us further on, to touch base with our inner gods, whoever they may be, bringing us home to ourselves.