

Spa Atlantic has prepared the “*Sanctuary in the Sun*” series based on the European-style spa’s holistic approach to wellness. The Atlantic’s spa blends ancient techniques with a contemporary sea and citrus oceanfront offering, borrowing from the indigenous surroundings of life throughout South Florida. Among the treatments spa-goers can choose from during the retreat are three trendy, signature scrubs: the Cubeltini (ideal for all skin types; a relaxing sugar scrub that soothes and redefines the texture of the skin using lime, mint and cucumber), the Trinatini (stimulates the senses; an invigorating and exfoliating salt scrub using lavender and pomegranate), and new for 2007, the Rubitini (a sugar scrub using rosemary and grapefruit), offered in Spa Atlantic’s Spatini package. These three cocktail-inspired body scrubs rejuvenate the skin and reveal a fresh, summer glow.

In the hands of their gifted therapists, retreaters will enjoy a rejuvenating experience as therapeutic to the mind and spirit as it is to the body. Boasting stunning views of Fort Lauderdale’s golden-sand beaches and the Atlantic Ocean, Spa Atlantic provides expertise, encouragement, and a unique selection of spa services.

Weekend Retreat Snapshot

- Welcome reception
- Saturday morning Sunrise Yoga with Fitness Expert Norman Sarmiento
- “Finding Your Inner Point of Balance” seminar with Life Coach Debra Gawrych
- Healthy living cooking class with Executive Chef Scott Downs
- Select spa treatment
- Personal life coaching session with Debra Gawrych
- Sunday morning sunrise stretch and walk with Fitness Expert Norman Sarmiento

The Experts

Covering a range of topics from health and fitness to culinary arts, Spa Atlantic has chosen a panel of three, experienced professionals to guide the spa experience through a series of lectures, training sessions and demonstrations.

Life Coaching: *Debra J. Gawrych, MBA* — For the past 25 years, Debra has been a dynamic change-agent and will be lecturing on “Finding Your Inner Point of Balance.” Debra engages her clients to discover their authentic selves in order to take charge of their lives to achieve their highest potential. Through personality assessments, dynamic experiential work on vision and purpose, as well as respectful confrontation and resonance models, clients come away with practical tools and are inspired to courageously use these tools in their daily lives. She is also the CEO and founder of Common Boundaries, a company devoted to encouraging and improving communications through self-awareness.

Health and Fitness: *Norman Sarmiento* — Featured in NBC Today Show’s Travel Editor Peter Greenberg’s book, “The Traveler’s Diet: Eating Right and Staying Fit on the Road.” Fitness Expert and Personal Trainer Norman Sarmiento is sought for his generous spirit and personal touch. Sarmiento’s special brand of training will be featured during two sunrise sessions that include yoga and a beach walk.

Culinary: *Scott Downs, Executive Chef, Trina Restaurant and Lounge* — Recognized by *Ocean Drive* magazine as one of South Florida’s hottest chefs, Downs, the head chef at The Atlantic Hotel & Spa’s signature restaurant, Trina Restaurant and Lounge, will demonstrate how to cook for a healthy lifestyle.

About the Retreat

The “*Sanctuary in the Sun*” will be held on May 18-20; June 22-24; July 13-15; and August 10-12. A double occupancy package begins at \$750 per person. Single occupancy rates are available. For more information on the retreat or to make a reservation, call 866.837.4274.

Attn Editors: Color photography available.

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The Atlantic Hotel & Spa, a member of Starwood’s Luxury Collection and the first oceanfront, luxury boutique hotel to open in Fort Lauderdale, is a 124-personal residence hotel. The Atlantic is an award-winning hotel surrounded by 23 miles of golden-sand beaches and boasts an award-winning signature restaurant, Trina Restaurant and Lounge, with a Mediterranean gourmet menu created by a New York City Celebrity Chef, and a blissful 7,000 square foot European-style spa, Spa Atlantic, featuring citrus and sea-inspired treatments. Reservations for The Atlantic may be made through the worldwide Luxury Collection Reservations offices with toll-free telephone numbers in 59 countries (1-866-837-4274 in the U.S. or Canada) or by visiting our Web site at www.luxurycollection.com/atlantic.