

Coastal Trek Health & Fitness Resort joins Destination Spa Group

Canadian Destination spa offers health renewal and Mother Nature

Tucson, AZ (May 1, 2007) – Destination Spa Group (DSG) is pleased to announce that Coastal Trek Health & Fitness Resort has recently been accepted as a new member. The Canadian spa joins the prestigious group of 24 Destination Spas from around the world.

A bona fide Destination Spa, Coastal Trek Health & Fitness Resort was built with purpose. Owner Jim McLeod states, “I wanted to build a facility to provide a program for people like me: people who need to get back to basics, people who want to reclaim their health, or those of us who just want to get out into the mountains and focus on personal well being.”

In August 2005, Jim realized his dream and opened Coastal Trek Health & Fitness Resort in beautiful British Columbia, Canada. The resort is nestled on 15 wooded acres atop the Forbidden Plateau in the Comox Valley . With Mother Nature providing this exceptional playground, Coast Trek offers a seven-day health, hiking, and fitness plan that is designed to improve health and vitality. It is a place where like-minded people come to escape contemporary pressures, connect with nature, and embrace a brighter future that includes fitness, balance, and nutritional awareness.

According to Michelle Kleist, Destination Spa Group’s Executive Director, “Coastal Trek Health & Fitness Resort offers an authentic Destination Spa vacation. Ms. Kleist explains that, “Guests are taken in and provided with all the tools they need to lead a healthy life, leaving the property recharged. We are thrilled to have Coastal Trek join our organization and represent the true Destination Spa experience.”

For more information about Coastal Trek Health & Fitness Resort or Destination Spa Group, call 1-888-772-4363 or visit www.destinationspas.com.

Destination Spas™:

Only a select group of Destination Spas follow the tradition of the true Destination Spa – where the total environment is dedicated to health and life enhancement. The experience is transforming – a full immersion into healthy and joyous living. Guests come for the structured and personalized programs that blend fitness activities, healthy cuisine, wellness education, discovery classes, relaxation and renewal. Guests leave enriched for life.

Destination Spa Group®:

Founded in 1997, Destination Spa Group® is a membership organization that is dedicated to educating the public about the unique wellness and self-improvement opportunities of Destination Spas. Spas must meet specific criteria for membership and be committed to providing a health renewing experience.

Destination Spa Group offers three resources to help potential spa travelers find the right spa vacation and to live the spa lifestyle at home:

www.destinationspas.com; a free information and referral service: 888-772-4363
and *Destination Spa Vacations*.

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