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FOR IMMEDIATE RELEASE

**EAST MEETS MIDWEST WITH NEW SPA MENU FROM SUNDARA**

Wisconsin Dells, WI (May 18, 2005) – Sundara Inn & Spa in Wisconsin Dells, Wisconsin has just released its new menu of spa services, and the trend toward treatments that use ancient healing principles imported from the East is woven throughout the menu. Sundara’s “Chakra Series” of services, for example, blends 5,000-year-old Ayurvedic teachings from India with the Zen-like qualities of Asian-inspired massage methods. The result is an uncommon selection of skin treatments, massages and even facials that address body and mind. The full menu may be accessed online at [www.sundaraspa.com](http://www.sundaraspa.com).

The idea of East meeting West in spa services is already strong on the coasts, but is just now making its way to the Midwest. Sundara is one of the very few to offer these types of treatments. New to the menu, for example, is a Vedic Facial that fuses together the holistic disciplines of aromatherapy, energy centering and Ayurvedic techniques that focus on mind and body balancing and relaxation.

Another especially interesting service is the Gemstone Facial, during which warmed river stones are placed on the face to relax muscles, alternating with gemstones to rebalance energy centers and induce deep relaxation.

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Certain to be popular is something called Champissage, or head massage. Based on the Eastern practice of a loving touch, handed down for countless generations from parent to child, it includes deep kneading of the shoulders and neck, followed by a scalp massage. Then, acupressure points are worked to relieve headaches and sinus pressure.

According to Director of Guest Relations Tara Duarte, more spa-goers, even the less experienced, have been inquiring about these treatments. “We have guests traveling from other parts of the country to try our Chakra treatments,” said Duarte. “It’s been an interesting evolution for us, seeing how people are opening their minds to treatment philosophies that are so different, and yet based on wisdom of the ages.”

Sundara is a destination spa, intimate by design with 26 suites and 12 lifestyle villas. It is tucked away in a fragrant pine forest on the scenic outskirts of Wisconsin Dells. For reservations or more information, call 888.735.8181.

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