

DESERT INN TO BUILD WORLD'S MOST COMPLETE HEALTH SPA

(Continued from Page 13)

120 - 125 degrees produces body cleansing through heavy perspiring. A cold shower in the room provides an invigorating contrast. Cold drinks and cold towels will also be served.

4. Finnish sauna -- Dry heat permits higher temperatures of 185 - 200 degrees. The same cleansing effects occur in the sauna as in the steam room. A wooden bucket with a ladle is provided for splashing water on the heated rocks. This momentarily raises the humidity and intensifies the cleansing process. Cold drinks and cold towels will also be served.

MASSAGE

1. Swedish massage -- Swedish massage incorporate five basic movements: long gliding strokes, kneading of the individual muscles, percussive and tapping movements, rolling movements with the fingers and vibration of the body.

2. Japanese or Shiatsu acupressure massage -- This type of massage uses hand manipulations to exert gentle to strong, deep pressure on "trigger" points along energy pathways. These manipulations stimulate, calm and/or harmonize the functions of the body and mind, promoting -- and resulting in -- relaxation and reduction of stress.

3. Polarity therapy -- This unique relaxation experience removes tensions through gentle manipulations and holding - contact techniques. The effects are perceptible immediately and are long - enduring.

SKIN CARE

The latest scientific techniques are combined to give a total skin - care experience. Patrons

first receive a complete skin analysis. Treatments are custom designed per analysis results. Special programs for the desert climate will also be offered.

Complete beauty salon and barber shop services will also be available.

FITNESS

The spa will offer a complete individualized fitness program for each guest. These programs will be based upon a medical and fitness evaluation and are included as part of the spa plan package.

There are two different gym facilities:

1. A coed weight training and cardiovascular fitness center, and
2. A large, sometimes coed, open gymnasium for various classes, i.e. aerobics, yoga and calisthenics.

Furthermore, outside the spa will be a walking and/or jogging fitness trail. The trail will have an all - weather surface, and exercise stations will be scattered along its course.

Additionally, five new lighted, tournament class tennis courts, together with viewing space for spectators, will be adjacent to the spa.

NUTRITION

Our nutritionist will personally meet with each guest and plan a diet consistent with his or her program. These special diet meals will only be available in the spa's dining area. Room service will also be available.

BAR MITZVAH AT TEMPLE BETH SHOLOM

Sean Langdon, son of Mr. & Mrs. Jack Weinstein, was called to the Torah and be-

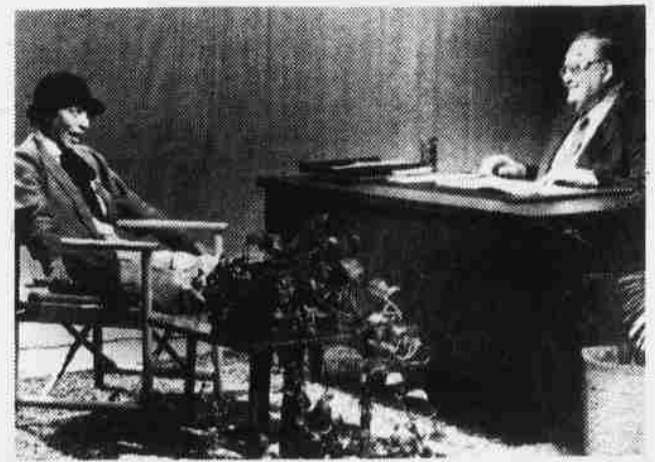


SEAN LANGDON

came a Bar Mitzvah during services at Temple Beth Sholom, 1600 E. Oakey Blvd. on Saturday morning, February 12, 1983.

Rabbi Kalman Appel, spiritual leader of the Temple, officiated, and Cantor Simon Bergman chanted the liturgy.

PAULA VISITS SIG



DESERT INN'S "SOPHISTICATED LADIES" STAR PAULA KELLY WAS SURPRISED TO LEARN THAT SIG SAKOWICZ REMEMBERED THAT SHE HAD GUESTED ON HIS TV SHOW IN CHICAGO 12 YEARS AGO. PAULA RECENTLY GUESTED ON "SUPERSTAR" SHOW VIEWED SAT. AND TUES. AT 1 A.M. VIA KTNV-TV-13.

20,000 HOLOCAUST SURVIVORS PLAN GATHERING

The Washington, D.C. community has opened its homes and hearts to Jewish survivors of the Holocaust and their families coming to the Nation's Capital for the historic American Gathering of Jewish Holocaust Survivors.

Already more than 650 homes with 1,000 beds have been made available to participants. The Washington Host Committee also has names of 500 persons who want to volunteer their time during the four-day convocation. Gathering organi-

zer Benjamin Meed originally estimated that 10,000 survivors and children might attend the event.

The Gathering takes place during the "Days of Remembrance" of the victims of the Holocaust, mandated by the U.S. Congress. In addition to a national civic ceremony sponsored by the U.S. Holocaust Memorial Council, there will be local observances in the District of Columbia, Virginia and Maryland. (For further information, contact Marcia Feldman, 202/724-0779.)

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