

EXPERIENCE A WELLNESS VACATION
IN THE SHADOW OF THE TETONS

JACKSON HOLISTIC

Long has been the call to the wide-open spaces and natural places that offer soothing calm and a sense of renewal for the spirit. Over a hundred years ago, the influential naturalist and conservationist John Muir wrote, "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

Jackson Hole, surrounded by natural beauty and replete with an array of recre-

ational opportunities, is at the top of many vacationers' must-visit lists. Grand Teton National Park and nearby Yellowstone National Park attract families with the parks' diverse wildlife and other wonders during summer. Come winter, skiers and snowmobilers flock to the region to experience its legendary powder snow.

But as the demands of life accelerate, more and more travelers are realizing that the journey can be as much an inward one as it is about exploring a new place. Like Muir, people are looking to experience the restorative peace and refreshment afforded by mountains, fresh air and natural beauty. Thus, people are drawn to Jackson Hole for the health of it. Combined with the abundance of talented health and wellness practitioners and cultural enrichment opportunities, Jackson Hole is a potent place to recharge. If you're considering travel that nourishes the mind, body, spirit and earth, your journey begins here.

Adorned by the spectacular Teton Range, Jackson Hole is home to more than wilderness, wildlife and outdoor recreation.

Here you will find quality health-care practitioners and world-renowned lodges and spas that can spur you on your way to a healthier lifestyle. Those who live here know this well. There's a blending of culture, fitness, diet, spiritual renewal and community connection. Many locals embrace the healthy lifestyle and are physically fit and enthusiastic in spirit, and serve as role models of health and wellness.

Whether you're envisioning a relaxing, restorative retreat or an action-packed fitness boot camp of sorts, a wellness vacation in Jackson Hole will meet most anyone's desires. Perhaps you're seeking a balance of different experiences, or one person in your party wants one thing and another wants something completely different. The myriad of opportunities for therapy treatments, meditative healing and expanding educational horizons are all here. It's a native and natural place that makes for a unique blend of wellness options.

For starters, you might focus on a wellness regimen, an investment in your health, that you can begin here and continue back



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Henry H. Holdsworth/
Wild by Nature Gallery

BY TERESA GRISWOLD

October 5-15, 2007
Jackson Hole Destination
Wellness Week

home—combining, say, fitness, yoga, massage and a healthy menu. Here are some ideas for wellness adventures that are all part of this place:

Rise and shine, not just with breakfast, but with a morning workout. Local movement studios pursue the mission to empower individuals to take ownership of their own health, fitness and well being. The more sports-minded individual can visit one of the many health clubs that offer fitness machines, yoga, pilates and personal training. Or, why not try something new? Teton County Parks and Recreation, for instance, offers Capoeira (a Brazilian Martial art) and belly dancing classes.

Pair these with a healthy breakfast served at any one of the many Jackson organic bakeries and vegetarian eateries. Then drink in some art and a bit of culture at the National Museum of Wildlife Art, which features an impressive collection of fine art devoted to wildlife. Then, after viewing animals on canvas, search them out for real, while learning about their natural history, on a personal or organized excursion.



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Another day might begin with a healing massage treatment from one of the many certified and highly skilled massage therapists in Jackson Hole. Then treat yourself to a lunch from any of number of cuisines, from Western to Thai, Mexican to comfort food. You could end your day by taking in some culture at the Jackson Hole Center for the Arts, where dance performances and comedy acts are regularly staged.

Undoubtedly, Jackson Hole in winter is best known for its epic snow. What could be more invigorating than to get physical by taking advantage of the fluffy white stuff? Skiing, 'boarding and other snow-play opportunities abound. Going beyond the three ski resorts [described on pages 53 through 61], any on-snow activity promises to awaken your senses. Cross-country skiing and snowshoeing are popular activities in Grand Teton National Park, where rangers offer guided snowshoe hikes that teach visitors and residents about the winter ecology of the region.

A sled-dog tour will escort you into a world of ageless enchantment and excitement. You might even catch a glimpse of elk, moose, or deer while you're out mush-

ing. To make the experience even more enjoyable, a full-day excursion into the Gros Ventre Mountains might include a soak in the soothing waters of Granite Hot Springs.

Area pathways offer fitness opportunities where you can hike or cross-country ski along some of the locals' sweet spots, such as Cache Creek and the dike paralleling the Snake River. Friends of Pathways provides a grooming map to introduce you to the trail system.

Playing outdoors is sure to stimulate your appetite. It's easy to obtain a healthful lunch from any of several gourmet and natural-food specialty shops. You can fill your pack with provisions like freshly made sandwiches, extravagant cheeses and whole grain crackers from one of our many specialty food shops and delis.

If you're yearning for relaxation more than invigoration, an all-inclusive luxury hotel and spa with concierge services is for you. The concierge can help you book activities, while the spa will provide you with massages, aromatic wraps and warming, hydrating baths.

A variety of spas offer experiences to fit various tastes and budgets. For example, you

can pursue treatments focusing on the health benefits of massage and aromatic therapies that make use of local herbs and minerals. A favorite treatment among area athletes is the sports recovery massage, which utilizes arnica oil from locally gathered arnica flowers to help heal sore muscles. Alternatively, a purification package will leave you feeling ever so loved, renewed and restored. Warm stones relax and loosen muscles at a very deep level, and your cares will ease away as you rest under a sage-steam tent and enjoy a detoxifying mud wrap.

Spas at Teton Village offer deluxe experiences such as waterfall-lined, heated indoor/outdoor pools with poolside lunch service. To help you look and feel your best, go for a manicure or pedicure or try locally made natural skin and health-care products. You'll be mesmerized by the many medicinal herbs, essential oils, flower essences and specialty teas available. Stock up on natural botanicals and you can create your own beauty or bath spa when you return home.

Available to round out a Jackson Hole wellness vacation are the community's many specialty health-care providers—Chinese-



medicine practitioners, acupuncturists, herbalists, homeopaths, nutritionists, hypnotherapists, Reiki masters, music therapists, rollers and more. A complete healthcare directory can be found at www.tetonwellness.org

St. John's Medical Center is health-care central and also provides ongoing educational opportunities. Some events correspond with area health seminars and offer open-to-the-public presentations on such topics as cardiology, healthful aging and integrative approaches to certain diseases. Though geared toward locals, if you're in town during a seminar you might want to take in one of these lectures. Plus, St. John's Medical Center's Health Institute offers massage therapy, energy healing modalities, fitness evaluations, body-composition analysis and personal training.

The Integrative Medicine Healing Arts Center focuses on health of the whole body, specializing in treating the body, mind and spirit by integrating conventional and alternative methods to facilitate the body's innate healing ability.

Taking part in an organized retreat in Jackson Hole can deepen your level of immersion to the point where you'll let go

of external daily pressures and be reminded of how to live a good and healthier life. There's a Jackson Hole community of teachers, facilitators and students bonded by a reverence for all life and a focus on creating experiential workshops that provide opportunities for discovering and exploring personal vision and purpose. Ranging from three hours to a week long, these classes and retreats can instill the values of soulful living, Earth-based spirituality and wellness.

Other workshops focus on developing individual and team leadership, using wellness applications on the corporate level. Programs are varied, but all typically utilize experiential training and engage the participant in physical activity, based on the concept that motion creates e-motion.

The Murie Center, located at the historic Murie Ranch in Grand Teton National Park, carries forward the values inherent in the teachings of the late naturalists Olaus and Mardy Murie: respect for nature, the importance of wilderness and a call to responsible action. The center's staff works with diverse groups of people wanting to deepen and enhance their understanding of conservation by examining the human

spirit and the question, Why should we preserve our earth?

Capping the area's health-and-wellness calendar is the Jackson Hole-Destination Wellness Week. This ten-day event encompasses the Teton Wellness Festival which attracts visionary medical professionals and spiritual luminaries, while offering a range of wellness-oriented workshops and seminars. Notable keynote speakers in years past have included Dr. Andrew Weil, a pioneer in the field of integrative medicine; Julia Cameron, an award-winning writer and "creative expert" who embraces spiritual diversity; and best-selling author Deepak Chopra, M.D., who has been at the vanguard of holistic healing for many years. You might even want to plan your vacation around this annual event that's held every autumn (Oct. 5-15 in 2007).

No matter when you visit or what wellness pursuits you follow once you're here, after enjoying a wellness vacation in Jackson Hole you'll return home with a healthier approach to living a more balanced life. Come—explore your mind, body and spirit, while experiencing the healing and inspirational power of this place we call Jackson Hole.