

Treat yourself to a...

Deluxe Mexico Spa Trip

Sponsored by the Mission Valley YMCA

July 19 - July 26, 2009

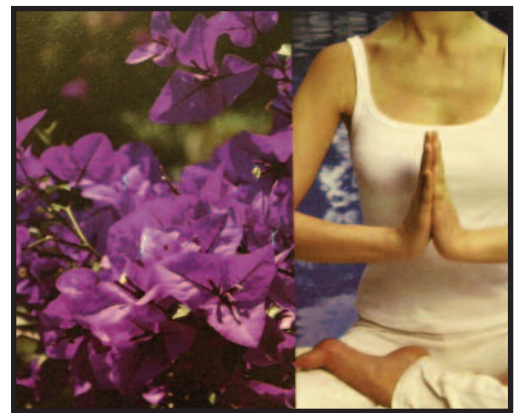
October 18 - October 25, 2009

February 21 - February 28, 2010



Total Cost Per Trip: \$2,195* (Per person, double occupancy)

Includes travel & airfare from San Diego to the **Ixtapan Hotel & Spa**, 7-night hotel stay, all meals, taxes & tips, and the "Spa Classic" package.



Join us for **8 days** of pampering, good nutrition, daily exercise, and health and beauty treatments in the relaxing environment of the picturesque village of **Ixtapan de la Sal**, with the majestic Sierra Madre mountains as a beautiful backdrop.



**Ixtapan "Spa Classic"
Package Includes:**

- *6 Swedish reductive massages
 - *3 Facials
 - *3 Reflexology foot massages
 - *1 Loofah/fango treatment
 - *2 Hair treatments
 - *1 Hair styling
 - *1 Manicure & pedicure
 - *3 Golf or tennis lessons
 - *6 Guided morning walks
 - *Daily yoga, aerobics, and aquatics classes
 - *Nutritionally balanced meals
 - *Use of fully-equipped gym, whirlpool, sauna & steam room.
- Additional services are available.

***To Book Your Trip:** Contact Colette Vandebroek at (619) 298-3576, or email: cvandebroek@ymca.org. A \$200 non-refundable deposit is required; 15-person minimum per trip.