



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REST, RELAX, REFOCUS

## Deluxe Mexico Spa Trip MISSION VALLEY YMCA

October 16-23, 2016  
February 19-26, 2017

Informational Meeting:  
September 10, 10 a.m. - 12 p.m.

Eight days of pampering, & health and beauty treatments in the majestic Sierra Madre mountains at Ixtapan de la Sal Mexico.



### SPA PACKAGE INCLUDES:

- 6 swedish reductive massages
- 3 facials
- 3 reflexology foot massages
- 1 loofah/fango treatment
- 1 hair treatments
- 1 hair styling
- 1 manicure & pedicure
- 3 tennis lessons
- 6 guided morning walks
- Daily yoga, aerobics, Pilates, salsa and aquatics classes
- Nutritionally balanced meals
- Use of fully-equipped gym, whirlpool, sauna & steam room

ADDITIONAL SERVICES ARE AVAILABLE

### Total Cost Per Trip\*:

\$2,495 per person, double occupancy;  
\$2,690 single occupancy

**REGISTER BY SEPT. 1 and get \$100 OFF!**

**EACH FRIEND YOU REFER YOU GET \$100 OFF!**

**ALL INCLUSIVE**, Includes all ground transportation & airfare to the Ixtapan Hotel & Spa, 7-night hotel stay, all meals, taxes, tips and 17 SPA TREATMENTS!

A \$200 non-refundable deposit is required.  
\*Prices subject to change.

**PAYMENT PLAN AVAILABLE**

To Book Your Trip: Contact Ivona Kolevska at 619-298-3576 or [ikolevska@ymca.org](mailto:ikolevska@ymca.org)  
OR Sandra Lawhon at [sl@landmark-key.com](mailto:sl@landmark-key.com)