



Healing Waters Spa

An affordable spa with something for everyone
“Total Health: Mind, Body, Spirit”

People have been coming to soak in the “healing waters” of one of the world’s largest mineral hot springs (located in Hot Springs State Park; Thermopolis, Wyoming) for many years. Clare Armstrong arrived in Thermopolis in 1917 at the age of 30. She had only six months to live; at least, that’s what her doctor in Nebraska said. Upon her arrival she started swimming in and drinking the mineral hot waters and she steadily became stronger. This amazing lady lived to be 104! This is just one example of the healing of these mineral hot waters.

There are many ways to enjoy these waters and to leave feeling refreshed.

- Swim and soak in natural mineral hot water in Hot Springs State Park.
- Pamper yourself with beauty salon services.
- Enjoy a soothing massage.
- Exercise in a watercize class or at the fitness center.
- Dine on “Healthy Eating” meals at our restaurants.
- Relax in one of our motels, campgrounds, or retreats.

Create your own healing waters spa package. Contact the businesses below to make arrangements for services. Yes, an affordable spa experience is here!

Mineral Hot Waters

The Star Plunge has an indoor pool, an outdoor pool, hot tubs (both inside and outside), three whirlpools, and a vapor cave. Low impact watercize classes are Tuesday and Thursday at 2:30; high impact classes at 7:00 PM. Rates for of above are \$9.00 for ages 5 - 64; \$7.00 for seniors; \$4.00 for 4 and under; under one year old, free. Also available are a weight room and a tanning bed. Arrangements can be made for physical therapy, massage therapy, Watsu water therapy, and Swedish massage. Group rates available. PO Box 627, Thermopolis, WY 82443; 307- 864- 3771

The State Bath House - In 1896, a treaty was signed with the Shoshone and Arapaho Native American Tribes, which gave the public free use of the hot springs. There is no fee for using the State Bath House. However, soaking is permitted for only a limited time. 307- 864- 3765

Teepee Pools has two large pools, one inside, and one outside. There are three hot tubs (outside and inside) with water jets. There is a sauna and steam room. Also available are scheduled aerobic classes for arthritis patients and one class that is a more vigorous workout. Watercize classes are on Monday, Wednesday, and Friday at 9:00 a.m. or 7:00 p.m. Rates for the use of the pool and its facilities are \$9.00 ages 6 – 62; \$7.00 for seniors; \$5.00 children ages 4 and 5; children 3 and under are free. Group rates are available. Massages are available by appointment. A chi machine is available. Contact Dan Moriarity, PO Box 750, Thermopolis, WY 82443; 307- 864- 9250, dmoriarity@rtconnect.net.

Fountain of Youth RV Park has full hook- ups and pull through sites plus grills, tables, laundry and showers. A large mineral hot water pool is part of this park. Mary Berry PO Box 711, Thermopolis, WY 82443; 307- 864- 3879, foyrvpk@trib.com.

Best Western Plaza Hotel located in Hot Springs State Park has a hot mineral spa and fresh water seasonal pool. 307- 864- 2939, 888- 919- 9009. www.bestofwyoming.com.

Holiday Inn of the Waters Hot mineral water is piped directly to the Inn located in Hot Springs State Park right next to the Big Horn River. The Hot Water Holiday Package per couple is \$159.95 weekdays and \$179.95 for weekends. This package includes lodging for two nights, use of a hot mineral Jacuzzi, exercise room, complimentary bottle of champagne, prime rib dinner for two, breakfast coupon, kids stay and eat free, two free passes to Hot Springs County Museum, and other discount coupons (10/1/04 –5/25/05). Also available (for extra fees) is use of the racquetball courts, mineral steam room, mineral baths, relaxing massages, and private tubs. A full time massage therapist is on staff. 115 East Park Street, Thermopolis, WY 82443; 307- 864- 3131, holinn@trib.com, www.thermopolis-hi.com.

Beauty Salons

Appearances Unlimited Salon services include massage sessions, plasma ablation, microdermabrasion (\$75.00), hydrating facial, face & body waxing, paraffin for face or hands, lash & brow tent, makeup and makeup artistry, chemical peels (\$50.00) body wraps, haircuts & perms, help for thinning hair, and an exclusive full skin care line, as well as a large retail stock. Value package (microdermabrasion, chemical peel, & paraffin hand treatment) \$100.00. Contact: Virginia Pendergraft 224 South 6th Street, Thermopolis, WY 82332; 307- 864- 3060, cpendergraft@bresnan.net.

NuVogue Salon and Day Spa is a full service salon with prices starting at \$13 for wash and style for a man's cut to the "Queen of the Day" package which includes a massage, facial, manicure and pedicure for \$140. A "Princess of the Day" package which includes a facial, manicure and pedicure is \$80. Also available are hot stone massages, alpha- hydroxy peels, body wraps, full hair styling and color, makeup and skin care, full body waxing, paraffin treatments, and eyebrow and eyelash dying and perming. Contact: Maralee Hilzendeger, 326 North 6th, Thermopolis, WY 82443; 307- 864- 2210, marareese@rtconnect.net.

Massage Therapy

Mary Spradley, CMT, Reiki Master, certified and licensed since 1993, combines years of continuing education with a deep sensitivity to each client's needs to give a highly therapeutic, yet deeply relaxing massage. \$35.00/half hour; \$55.00/hour. Contact: Mary Spradley, 307- 864- 2705 maryhugh5@hotmail.com.

Ellen's Self Health Care Magnetic back massage to relieve stress and discomfort and facials are offered at this shop. Ellen Garland, 130 Chevy Chase, Thermopolis, WY 82443; 307- 864- 3879.

Fitness

Gottsche Wellness and Fitness Center has state- of- the- art fitness equipment in a 10,000 square foot gym which also has an indoor walking path. Massages, personal trainers, and classes are also part of this center. \$5.00 daily rate; \$28 single, monthly; \$18, senior. Contact: Cheryl Shero, 148 East Arapahoe Street, Thermopolis, WY 82443; 307- 864- 2145, rehab@trib.com.

Holiday Inn of the Waters Health Club and Spa contains two floors of exercise equipment and weights, two racquetball courts, a hot mineral steam room, mineral soaking tubs, outdoor mineral jacuzzi and a full time massage therapist. Prices start at \$3.00 and up. 115 East Park Street, Thermopolis, WY 82443; 307- 864- 3131, holinn@trib.com, www.thermopolis-hi.com.

Enhancements

Naturopathy Clinic Naturopathy stands for "Natural" and a naturopathic doctor follows "natural law" to support the body's systems and allow the body to do its own wonderful healing. Consultations are done using kinesiology, and nutritional programs are set up to assist the body in its healing process. Rate for consultation is \$50.00 per session. Contact: Linda Groves, N.D., M.H., 1324 Odell Street, Thermopolis, WY 82443; 307- 864- 5410, lgroves@tritnet.net.

Nature's Corner, Inc carries a wide variety of natural supplements including herbs, homeopathic, Chinese herbal remedies, vitamins, minerals, amino acids, etc. The staff is knowledgeable about their uses and properties. Also available for purchase, are books and references to educate the customer, and natural foods, helpful in targeting special dietary needs such as low carb, wheat free and diabetic. Special orders are welcome. Contact: Sarah Ferrell, 530 Broadway, Thermopolis, WY 82443; 307- 864- 3879.

Sundstrom Design at Sunshine Gallery - Pamela designs and creates jewelry and sculpture which aid in healing and maintaining health by moving energy and clearing blockages to the natural rhythms of the body and home. She consciously uses her skills as a Certified Reiki Master and award- winning metal artist while working, thereby instilling these gracefully formed pieces of art with gently healing energies. On occasion, Pamela works directly with the client's energy field. Personal pieces start

at \$80.00. Pamela Sundstrom, Sunshine Gallery, 517 Broadway, Thermopolis, WY 82443; 307- 864- 3727. pamsundstrom@wyoming.com.

Thermopolis Chiropractic and Acupuncture In addition to chiropractic and acupuncture, this clinic offers nutritional supplements, homeopathic remedies, quantum reflex analysis, massage therapy, and EB-305 detoxification. Rate: \$30 for Chiropractic, acupuncture, \$25 for detoxification; \$40 for 1 hour massage. Contact: Dr. Bill Hayes, PO Box 1364, Thermopolis, WY 82443; drhayes@trib.com.

Dining

“Healthy Eating” menu items are available at many of the restaurants in town including:

The Holiday Inn

Las Fuentes

Subway

Pumpernicks Family Restaurant

Sideboard Restaurant

CJ’s Roadhouse

The Legion Supper Club

Any Free Time Left?

Stroll along the Big Horn River. Climb Monument Hill and Roundtop. Fish for blue ribbon trout right in town. Float the river. Golf at the foot of Round Top Hill. Drive through the buffalo pasture. Many other attractions are available during your stay in Thermopolis.

Check the Chamber website: www.thermopolis.com to discover what else awaits you. Or call 800- SUN N SPA.

Thermopolis Hot Springs Chamber of Commerce

119 South 6th

Thermopolis, WY 82443

Listings/prices are subject to change without notification.