

Spa Water

A Guide to Creating World Class
Spa Water at Home

FOR IMMEDIATE RELEASE

Cheers! A Drink to Your Health

New Book Features Award-Winning Spa Water Recipes

Top spas from around the world have known for ages the amazing benefits of fruit, herb and flower-infused water. They've touted the benefits of healthy hydration and strived to create healthier, more delicious and aesthetically appealing spa water for their guests. In fact, a growing trend in many resort-style spas is to rely on the expertise of a spa water chef to create unique spa waters that not only replenish but enhance relaxation. But why wait for a trip to the spa when you can create healthy hydrating water at home?

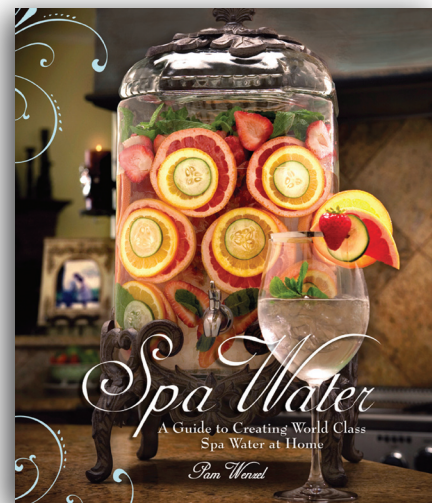
Pam Wenzel, author of newly released ***Spa Water: A Guide to Creating World Class Spa Water at Home*** (Brown Books Publishing Group), brings home a collection of twenty-two refreshing recipes shared by award-winning spas from around the world. "Cantaloupe Aqua Fresca" from the Trellis Spa, The Houstonian Hotel, Houston, TX; "Orange Basil" from the Heavenly Spa by Westin, the Westin Denarau Island Resort & Spa, Fiji; and "Kapha Balancing" from The Raj Maharishi Ayurvedic Health Spa, Maharishi Vedic City, Iowa are just a few of the mouth-watering recipes presented in this beautifully photographed spa water recipe book.

Creating healthy, delicious, vitamin-infused water is simple, inexpensive and eco-friendly. With a large container, a few ingredients and a little imagination, the possibilities are endless. Plump, ruby red berries layered with fragrant, bright green limes suspended in icy cold water; who could resist? Presented in an elegant beverage server and poured into oversized wine or water glasses, these creations become conversational showpieces at home with family and when entertaining guests.

Pam was inspired to write *Spa Water* recognizing that we live in a more health-conscious society, where people have become increasingly aware of the many benefits associated with proper hydration. A seventeen-year breast cancer survivor, Pam discovered a number of correlations between dehydration and health while doing research for her book. She found dehydration could be a major contributing factor—not only to a higher cancer risk, but for digestive problems, back and joint pain, obesity, overall poor health and disease.

So drink up! Whether striving to create a healthier lifestyle for you and your family or welcoming special guests, this beautiful collection of spa water recipes is designed to refresh body and soul. *Spa Water* is available online and at bookstores.

While Pam's primary goal is to help bring awareness to the importance of healthy hydration, she has also joined forces with the Dr. Susan Love Research Foundation's Army of Women in their effort to recruit one million women to participate in their study to determine the cause of breast cancer. To learn more visit: www.myspawater.com and www.armyofwomen.org.



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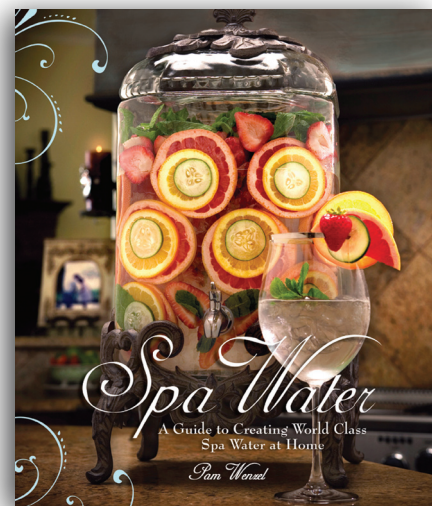
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Q&A

with Pam Wenzel

What inspired you to write a book about delicious and beautifully presented spa water?

My husband. On a weekend golf trip to the Hyatt Tamaya in New Mexico, I could not help but notice his frequent trips to the beautiful spa water server in the guest lobby. I have always nagged him about not drinking enough water, so this was a revelation! Upon arriving home, I couldn't wait to purchase my own beautiful beverage server and a spa water recipe book so I could begin hydrating my family with healthy water recipes...only to be disappointed when my search turned up just one or two recipes online, but no book! So, I spent the next two years experimenting, researching and writing. With the support of my family, friends and neighbors *Spa Water* was born.



Spa water has rapidly become a phenomenon worldwide. What do you think sparked it?

A more health conscious society. We are becoming more aware of the many health benefits associated with hydration, and because spa water is so much more appealing than plain water, it makes it more tolerable to get the recommended six to eight glasses each day.

How does spa water help sustain essential elements imperative for a healthy life?

Dr Rob Parker (my family's wellness doctor) writes in my book foreword that there are three essential elements necessary for our bodies to sustain life. In order of necessity, they are air or oxygen, water, and nutrition from food. Spa water contains two of the three elements—water and nutrition from food. When you infuse water with food, you get hydration with an infusion of whole food nutrition that is perfect in every way.



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You seem passionate about increasing awareness for the work that's being done by the Love/Avon Army of Women in the fight to eliminate breast cancer. How does this tie in with *Spa Water* and why this organization?

I am a breast cancer survivor. Through the research that went into this book, I discovered many connections with dehydration (and plastics from water bottles) that may contribute to a higher risk of breast cancer. I am passionate about the Army of Women because they are actually working to find the cause of breast cancer. If they are successful in recruiting one million women, we could finally know the cause of this disease in my lifetime. What an opportunity this is for all of us who are willing to stand up and be counted as one in a million!

Some will argue that there isn't scientific evidence to prove the correlation between hydration and cancer prevention, how would you respond?

There are way too many health issues plaguing our nation that have been scientifically proven to be associated with, or have very strong links to dehydration, to argue about the cancer connection. These include juvenile diabetes, arthritis, obesity, joint pain, back pain, digestive problems and headaches, and the list goes on.

The recipes included in *Spa Water* come from twelve distinctive spas from around the world. How did you select these spas and the twenty-two recipes included in the book?

That was the fun part! I contacted several resort groups listed in Spa Magazine asking for recipe submissions and had a great response. After recreating each recipe, I then enlisted the taste buds of family, friends and neighbors. The recipes chosen were based on what I thought were most appealing—not only in taste, but also for appearance and health benefits.

Do you have a favorite spa water recipe that you create at home?

Yes, I love the Cantaloupe Agua Fresca from Trellis in Houston.



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Are the recipes easy to make?

Most are very simple. One of the many great things about spa water is that you can use what you typically have on-hand. My kids will eat strawberries the first day I buy them, but after a few days (when they are the sweetest) they aren't so appealing and used to get tossed out. Now, I will cut them up for spa water. Same goes for oranges and apples. The older and sweeter...the less likely they are to be eaten, but they're perfect for spa water recipes.

As a mother of two, what do your children think about drinking water loaded with all kinds of fruits and veggies?

That is the best part, they love it! My daughter will cut a few cucumber slices and add them to her water thermos for school. My son always asks for grapefruit with orange when he feels a cold coming on. I love that they ask me to make water when their friends come over; it saves me tons on juices and sports drinks, and they always drink as much as their bellies can hold.

Do you have suggestions for parents on ways to help their children bypass soft drinks and other highly sweetened beverages when peer pressure and consumer marketing to this audience has so much influence?

Yes, take the time to educate them on the importance of healthy hydration. Juvenile diabetes, juvenile arthritis and juvenile obesity cases are at an all-time high. These three health issues can all be related to dehydration. Kids (and adults) confuse thirst with hunger, and they are washing down food with sodas and sugary drinks. If my child asks me for a sports drink or soda, my first question is "how much water have you had today?" I also like to allow my children to create their own spa water recipes. I keep frozen berries on hand; they are easy for kids to manage, and when they make their own water, they are proud and always want to share it.

What's next? Are there other books in your future?

As a matter of fact, quite possibly, yes. My kids (and my neighbors' kids) have been creating recipes we all love and want to share. *Kids' Spa Water* could be something to watch for!



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About the Author

Pam Wenzel



Pam Wenzel is a forty-five-year-old mother of two. As a seventeen-year breast cancer survivor, she has made it her goal to help Dr. Susan Love Research Foundation's Army of Women initiative reach their target of recruiting one million women to help determine the cause of breast cancer. Pam grew up in Gig Harbor, Washington and now lives in McKinney, Texas, with her husband, Rusty, and their two children, Palmer and Stevie.

Pam's passion for spa water began a few years ago on a weekend golf trip to the beautiful Hyatt Tamaya in Albuquerque, New Mexico. It was there, after observing her husband's frequent trips to the elegant beverage server in the guest lobby, that she realized spa water could not only be the perfect solution to the ever-present challenge of providing her family with a healthier hydration choice, but could also justify the purchase of that gorgeous beverage server that she'd had her eye on.

Over one hundred delicious test recipes, twenty-five beautiful beverage servers, and many elegant wine glasses later (everything tastes better in a wine glass), sip by sip Pam's spa water journey led her down a creative path to a better hydration choice and continues to create a sense of peace and well-being for her entire family.

In support of research to find the cause of breast cancer, a portion of the proceeds from the sale of *Spa Water* will benefit the Dr. Susan Love Research Foundation. Pam encourages readers to join the Army of Women and become one in a million, and learn how adequate hydration can help lower the risk of cancer. Find out more at www.armyofwomen.org and www.mySpaWater.com.



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Excerpted from *Spa Water*

Cantaloupe Blend

Tamaya Mist Spa at Hyatt Regency Tamaya
Resort & Spa, Santa Ana Pueblo, New Mexico

This unique resort, envisioned by the Pueblo of Santa Ana, showcases the people of Tamaya's love for hospitality and their respect for nature. Palatial, picturesque, and rich with culture—from the moment you step into the welcoming courtyard, modeled after a traditional dance plaza, you will feel history come alive.

The natural sweetness from the melon makes this one of my favorite drinks; each sip reminds me of a tranquil escape.

A taste of summer, the cantaloupe's sweet fragrance is easily infused into the water. Cantaloupe is low in calories and packed with vitamin A, known for enhancing vision. The cucumber is an excellent source of silica, a nutrient booster for a smooth complexion, and cucumber's high water content makes it naturally hydrating—a must for glowing skin.



Ingredients

1 cantaloupe
1 cucumber
4 cups ice
Water

Peel and slice the cantaloupe. As with all fruit, wash or scrub well. Cucumbers, like most fruit, have wax that is very stressful for the body to digest, so you should peel and slice the cucumber. Peeling the cucumber also adds more flavor and cuts down on bitterness. Layer the sliced fruit in a beverage server, adding ice between each layer. Pour water over the mixture and chill.

Infuse longer for stronger flavor.

Complimentary Recipe

Cantaloupe and Cucumber Vinaigrette

1 drop agave nectar
A dash of salt
2 Tbsp. vinegar
2 Tbsp. olive oil

Remove the cantaloupe and cucumber from the water and puree. Place all ingredients in a blender and puree. Serve with fresh spinach, field greens, or as a sauce for fresh fish.



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Raspberry Mist

Tamaya Mist Spa at Hyatt Regency Tamaya
Resort & Spa, Santa Ana Pueblo, New Mexico

The award-winning Tamaya Mist Spa, named for the soft morning mist that gently floats over the cottonwood trees and the Rio Grande, is a tranquil place like no other. Nestled at the base of the Sandia Mountains between Santa Fe and Albuquerque, this exotic New Mexico resort reflects the rich history of the people of Tamaya. As mentioned in the introduction, my path to healthy hydration began here. Every time we strolled through the guest lobby, my husband and I would stop to sip and savor one of their beautiful waters. They encouraged my creativity with each concoction; my goal was to recreate the spa water experience at home.

A taste of Tamaya at home, this water is absolutely beautiful and perfect for serving at your next get-together. Fragrantly sweet, with a subtly tart overtone and almost melt in your mouth texture, raspberries are wonderfully delicious. In addition to their excellent flavor, raspberries are full of strong antioxidants and possess anti-cancer properties. Limes, known as an immune system boosting fruit, add a vitamin-packed zest. This citrus is helpful in fighting colds, the flu, and recurrent ear infections.

Frozen raspberries make a better drink, as the flavor is intense. When serving, add fresh raspberries for garnish or consumption.



Ingredients

3 cartons of raspberries
4 limes, thinly sliced
4 cups ice
Water

Layer your beverage pitcher with lime slices and raspberries. Add ice. Repeat until the server is full. Pour water over the ice and fruit.

Note: If you are using a beverage server, do not use frozen berries—they tend to break up and clog the spigot of the server.

Complimentary Recipe Raspberry Dressing

1/4 cup olive oil
2 tsp. Dijon or honey mustard
2 tsp. raspberry-flavored vinegar
Freshly ground black
pepper, to taste

1/2 tsp. garlic, finely chopped
1 tsp. basil, finely chopped
1 tsp. agave nectar
1/8 tsp. salt
Fresh raspberries

In a large bowl, whisk together olive oil, mustard, vinegar, pepper, garlic, basil, agave, and salt until dressing is well combined. Serve tossed with fresh fruit.



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