

Spa Water

A Guide to Creating World Class
Spa Water at Home



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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