


INSPIRATION

True Blue



Turquoise, the healing stone that first adorned the Egyptians around 3000 B.C. and was later honored by Native Americans for its versatility, has long decorated the wrists, necks and earlobes of travelers to the western United States. Drawing on the culture, traditions and ingredients of the region, Nidah Spa at the Eldorado Hotel in Santa Fe, New Mexico, has introduced its Turquoise Gem Stone Therapy, the first of its kind to use the cooling and protecting effects of this powerful gem to influence four of the body's chakras. The inspiration for the treatment came from a magazine article about the healing powers of gems like turquoise, which has been used to treat high blood pressure, asthma and even dental problems. Guests who have experienced the therapy use words like "relaxing" and "spiritual" to describe it, and several locals have insisted on receiving the service every time they visit. — *L. Barrett*