



PRESS RELEASE - FOR IMMEDIATE RELEASE

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[Tubac Golf Resort & Spa](#) Launches Destination Wellness Program Integrated Health-Based Programs Appealing to People of All Ages and All Stages of Life

Tubac, AZ. – (June 24, 2008) The [Tubac Golf Resort & Spa](#) announced its new Wellness Program describing it as both novel and exhilarating. Novel, because it includes a variety of summer events, activities and programs, emphasizing complete wellness. Exhilarating, because the programs are designed to stimulate your endorphins, the pathway to better yourself physically, mentally and emotionally. “Wellness is not just the absence of illness.” Kristi Gall, wellness director emphasized. “It is about engaging the whole network of mind, body, spirit and creativity. Our extensive Wellness Programs are designed to encourage creativity, movement, and fun.” A sample of the numerous summer programs offered include; Laughter Yoga Workshop, Healthy Grilling Techniques, Junior Golf Camp, Your Camera-Translating Emotions into Images, Your Health & Aromatherapy and Wine Tasting Socials featuring wines from Southern Arizona’s wine country.

The [Spa at Tubac](#) was just voted one of *Top 50 Spa’s in the Southwest* by Premier Spas of the Southwest – A Collection of the Finest Spas by Sonoran Spotlight. “We have an integrative health-based philosophy that will now include seasonal [Wellness Programs](#) which will complement our extensive alternative health care services provided at the spa,” Linda Cormier director of sales and marketing said. “In addition to our indulgent spa offerings we feature yoga, meditation, Qigong, acupuncture, herbal remedies, exercise programs, nutritional counseling and longevity programs,” Cormier continued. “We are working toward our next exciting program, which will feature the opportunity to experience a Native American Sweat Lodge. We expect this will be a life-changing experience for many of our guests.”

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In August of 2007, The Tubac Golf Resort completed a \$40 million dollar renovation further establishing itself as one of Arizona's premier destination resorts. The renovations included a luxurious Hacienda-style destination spa, 9 new and spectacular holes of golf, 52 new Hacienda guest accommodations, a 17th century replica mission style wedding Chapel and exclusive shops and galleries.

Originally settled in 1789 as the Otero Ranch, the absolutely gorgeous 500-acre property spans the ages in every way, from its 200-year old Otero House and ranch buildings to the beautifully integrated renovation. The Tubac Golf Resort & Spa features:

- 98 distinctive guest accommodations including the Otero House, Hacienda Suites, Casita Suites and Posada Rooms
- Three restaurants, Stables Restaurant, Stables Grille and Dos Silos
- 27-holes of championship golf (featured in the film *Tin Cup* starring Kevin Costner and Rene Russo)
- The Spa at Tubac, a 3000 sq. ft. Hacienda-style spa (recently received rave reviews on www.about.com by Anitra Brown, a journalist specializing in spas world-wide)
- Over 7000 sq. feet of conference, banquet, wedding and event space, all reflecting the unique cultural heritage of the original Otero Ranch

Incredible Value summer packages include, Spa Lovers Beat the Heat Retreat, Stay 3 Nights - 4th Night Free, Unlimited Golf for 2, Girl Power Getaway Package, Golf Stay & Play Package, Romantic Rendezvous Package and South of the Border Package. Check out www.tubacgolfresort.com for even more great Incredible Value packages.

The Tubac Golf Resort & Spa, truly an oasis in Southern Arizona, is located in Tubac, which was just named as one of America's top 25 art destinations by American Style Magazine. In addition to its world-renowned galleries, Tubac features the Tubac Culinary School offering cooking classes in an ultra-modern demonstration kitchen.

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Other noteworthy area attractions include the famous De Anza Trail, Tumacacori Mission, Tubac Presidio State Park, Fred Lawrence Whipple Observatory and Titan Missile Museum. World-renowned birding exists throughout the immediate countryside. Within an hour are Nogales, Sonora in Old Mexico, Arizona-Sonoran Desert Museum, Kartchner Caverns and Southern Arizona's wine country.

For more information and reservations, visit www.TubacGolfResort.com or call 800.848.7893.

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