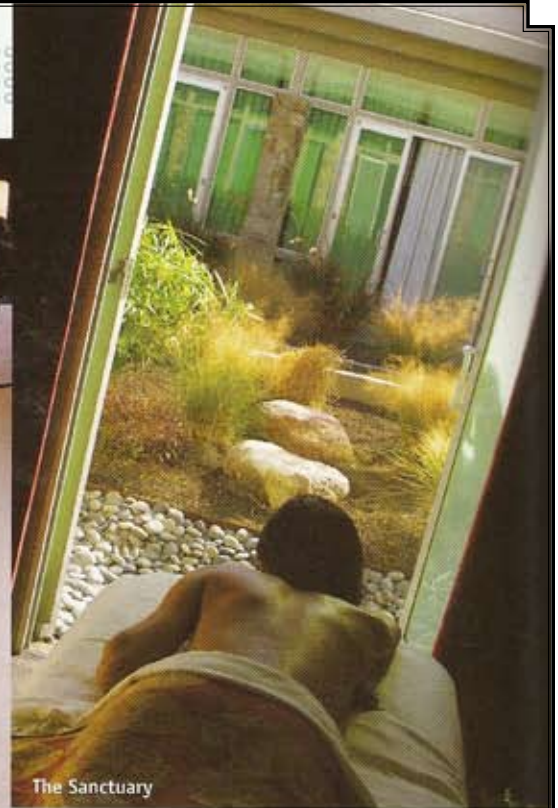
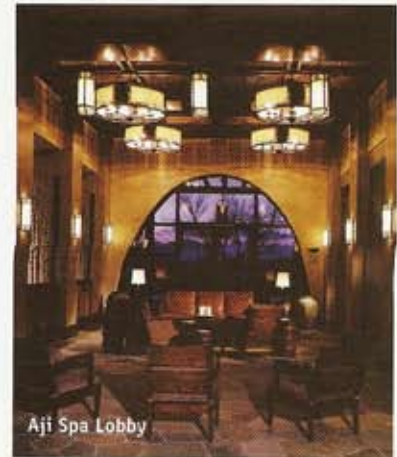


Aji Spa



The Sanctuary



Aji Spa Lobby

**M**other's Day celebrations date back to the Ancient Egyptians, who held an annual festival celebrating Isis, the goddess who was commonly regarded as the mother of pharaohs. A number of ancient cultures held celebrations in honor of mother deities. These celebrations have evolved into modern cultures with 50+ countries around the world honoring mothers formally on May 11, and dozens more honoring mothers in a multitude of celebrations and holidays throughout the year.

Most mothers put the needs of their families before their own, and Mother's

Day is the time to reciprocate and shower Mom with some of the love and care she shows us all year long. It's the perfect time to treat her to a day of pampering and renewal. Although Mom really enjoys the time she spends with you, and would truly appreciate dinner out, she would probably appreciate a little rest, relaxation and tranquility equally as much — if not more. Even if your mother is not a regular spa drop-in, don't think that she won't want this experience to see what goes on at a spa firsthand. She will.

As working mothers (inside or outside of the home) we often find ourselves feeling a little overworked and definitely

overwhelmed. When time is short and schedules are tight (as is true for most moms) we may short ourselves when it comes to exercising, eating right and taking care of ourselves in general. So this year we are asking you (and our husbands) to forego the elaborate dinner out in lieu of some much-needed pampering. This is a great way for you to let the special women in your life know how much they are loved and appreciated.

Here are some spa suggestions to help the special mothers (mother figures and mothers-to-be) in your life rejuvenate their bodies, minds and spirits.