

Live your
wel//est
and calmest.

Soak in hot springs and vitamin D.

Exhale, and release the past.

Inhale, and invite the new.



 **GREATER**
palm springs
find your oasis.

visitgreaterpalmsprings.com

It's time.
And your journey starts here.

The Live Your Wellest Season is upon us.

Enjoy these special offers from local businesses to help you on your path to greater wellness.

SAVE THIS SECTION! Offers valid Sept. 1 - Dec. 31 using promo code: Live Your Wellest unless otherwise noted.

Live your
wellest

www.LiveYourWellest.com

Holistic & Natural Medicine



ACQPOINT WELLNESS CENTER 40% Off Select Services

Offering acupuncture, chiropractic, massage, Chinese herbs and more. New clients only. www.acqpoint.com (760) 345-2200 · Palm Desert

BLISSFUL RELEASE

25% Off Chakra Balancing & Energizing Session

Crystal tuning bowls and forks to balance and improve wellbeing and create clear, positive, and vibrant energy.

25% Off Emotion/Body Code Session

Remove the emotions protecting your heart and open up to receiving more love and abundance in all areas of your life. www.tracyjsmith.net · (760) 409-9289 · Palm Desert

BODY ALIVE

20% Off Wholistic Kinesiology Supplement Review

Determine which supplements are best for you through Kinesiology (muscle testing). www.bodyalive.us (760) 238-0625 · Palm Desert

DESERT SERENITY FLOAT & SPA \$39 Float with a Full Price Massage

\$20 off a float session when you book a full price massage. Valid on weekdays only. www.desertserenityfloat.com (760) 404-0419 · Palm Desert

KINETIX HEALTH AND PERFORMANCE CENTER

\$40 Full Body Cryotherapy Session

Cryotherapy reduces pain and inflammation and stimulates circulation to enhance healing. www.kinetixcenter.com (760) 200-1719 · Palm Desert

LEAH A. WILTGEN, LMT, CDT

10% Off First Manual Lymphatic Drainage Session

Assist your lymph system with the removal of waste and excess fluids with this gentle massage technique which also enhances healing. (760) 449-7855 · Rancho Mirage

LIVE WELL CLINIC

\$99 Buzz Bag IV Therapy

30-min. energizing treatment full of vitamins and nutrients.

50% Off B Essentials Vitamin Injection

Valid for one injection per patient per day. Cannot be combined with other offers. Must be over the age of 18 to redeem. www.livewellclinic.org (760) 771-5970 · La Quinta

LOVE YOUR LIFE HEALTHY

20% Off All Holistic Services

Dipika Patel, CHHC, offers Reiki, Crystal Therapy, Health Coaching, Cooking Classes, and more. www.LoveYourLifeHealthy.com (760) 821-3119 · La Quinta

NATURAL PRECONCEPTION HEALTH Fertility Consultation

10-min. free naturopathic doctor consultation to discuss fertility options to be your best for baby. www.naturalpreconception.com (760) 568-2598 · Palm Desert

OPTIMAL HEALTH CENTER

\$5 Off Vitamin Shots

\$5 off any B vitamin-based injections. Walk-in hours are Thurs. 3-5pm, or call for appointment. New clients only. www.drainsheimer.com (760) 568-2598 · Palm Desert

PURE HEALTH

50% Off Hydration IV Therapy

Choose the Pure Restore or Pure Immune bag. Valid for first time patients only. www.purehealthmedicine.com (760) 322-2520 · Palm Springs

PREVENTIVE MEDICINE CENTERS

IV Hydration Package \$450

1 month of IV hydration therapy includes 4 treatments (one/week) of hydrating fluid, methylcobalamin B12 and glutathione. Limited quantity. (\$550.00 value)

Custom IV Package \$90

4 custom IVs (one/week) may include methylcobalamin B12, MIC, B-complex, amino acids and glutathione. (\$120.00 value) Offers may not be combined with other discounts. www.hormonedoc.com (760) 320-4292 · Palm Springs

TIFFANY DALTON NUTRITION

20% Off Nutrition Consultation

One hour review of current diet, supplements and health history with recommendations to help you meet your health goals. \$120 (Regularly \$150). Based on availability. www.tiffanydalton.net (760) 348-8998 · Valleywide

TWO BUNCH PALMS

Free Group Class

Complimentary group enrichment class (Art, Pilates or Yoga) when you stay at Two Bunch for 3+ nights now through the end of 2019. Use promo code GetWell to book. www.twobunchpalms.com (760) 676-5000 · Desert Hot Springs

VENUS-THE HEALING ARTS CENTER

Free Salt Cave Session

Enjoy a free 45-min. salt cave session. Great for detox, releasing muscle tension, sound bath relaxation and meditation. New clients only. www.venushealingarts.com (760) 834-7028 · Palm Desert



Nutrition



ACQUA CALIFORNIA BISTRO AT THE RIVER

3-Course Feast \$17.99

Early Bird Special 3-5 pm daily: \$17.99 pp + tax. \$19.99 pp + tax after 5pm. Offering an array of vegetarian, vegan and gluten-free options. www.acquaranchomirage.com (760) 862-9800 · Rancho Mirage

CITRUS & PALM AT MIRAMONTE RESORT

Complimentary Hydration Drink

Freshly squeezed Hydration Drink when you order the Grain Bowl (red quinoa, wild rice, buckwheat, roasted yam, mushroom conserva, kale, roasted carrot and ginger dressing). www.miramonteresort.com (760)341-7200 · Indian Wells

EIGHT4NINE RESTAURANT & LOUNGE

3-Course Dinner for \$29

50% off regular menu prices with this special. Valid Sun.-Thurs. www.eight4nine.com (760) 325-8490 · Palm Springs

FLEMING'S PRIME STEAKHOUSE & WINE BAR AT THE RIVER

3-Course Celebration Menu

Monday night 3-course Filet and Lobster special. Reservations recommended. Call for details. www.flemingssteakhouse.com (760) 776-6685 · Rancho Mirage

FRENCH ROTISSERIE CAFÉ

Complimentary Appetizer

Complimentary appetizer with the purchase of any entrée. First time customers only. Offer valid through 10/31/19. www.frenchrotisseriecafe.com (760) 848-7684 · La Quinta

FRESH JUICE BAR

Buy One, Get One Free

Valid on all Juices, Smoothies and other menu items. Lesser item is free. One offer per person. www.freshjuicebar.com · (760) 837-9777 · PS, RM, PD, LQ

HEIRLOOM CRAFT KITCHEN

Free Side Dish

Complimentary side dish of your choice with any sandwich, brunch and entrée purchase. Limit one per table per visit. www.heirloomcraftkitchen.com (760) 773-2233 · Indio

LULU CALIFORNIA BISTRO

3-Course Meal \$17.99

Early Bird Special 3-5pm daily: \$17.99pp + tax. \$19.99pp + tax after 5pm. Offering an array of vegetarian, vegan and gluten-free options.

Sunday Brunch \$19.99

Enjoy a 3-Course feast for \$19.99. Choose from 12 soups and appetizers, 19 entrees and 7 desserts. www.lulupalmsprings.com · (760) 327-5858 · Palm Springs

NATURE'S HEALTH FOOD & CAFE

15% Off ALL Vitamins & Supplements

15% off ALL vitamins and supplements on the 1st and 3rd Wednesday of each month along with customer appreciation tastings, demos, and giveaways. www.natureshealthfoodcafe.com (760) 323-9487 · Palm Springs

RISTRETTO

Save 15% on Your Purchase

Take 15% off your purchase at Ristretto For Coffee Lovers when you mention: "Chill" Located within the Five Hundred Building at Palm Canyon and Ramon. Open 6 am to 6 pm daily. www.ristrettotops.com (760) 656-7532 · Palm Springs

THREE PALMS BUFFET AT AGUA CALIENTE RESORT CASINO SPA RANCHO MIRAGE

Buy One, Get One Mondays

Buy one buffet for \$17.99 and get one free! 11am-9pm. Cash or credit only. Excludes holidays. Comp or point purchases not eligible for offer. Must be an ACE Club member. www.hotwatercasino.com/grand-palms-buffet (888) 999-1995 · Rancho Mirage



Medical Tourism



ADVANCED CENTER FOR SPORTS & MUSCULOSKELETAL MEDICINE

\$100 Off First Consultation

Specializing in non-operative orthopedics. New cash patients only. www.sportsandmskmedicine.com (760) 636-1067 · Palm Desert

BRAIN HEALTH RESTORATION

50% Off First 10 Treatments

Magnetic e-Resonance Therapy (MeRT) to restore neurological health and brain optimization. Non-invasive customized therapy. www.brainhealthrestoration.com (760) 691-2069 · Rancho Mirage

DESERT MEDICAL IMAGING

\$100 Discount on Prostate MRI

Have an elevated PSA? Rethink your prostate cancer biopsy. Turn to the professionals at DMI. New cash patients only. www.desertmedicalimaging.com (760) 694-9559 · Valleywide

MIND OVER BODY

Free Eating Disorder Assessment

Is your relationship with food out of control? We can help with a personalized approach to eating disorder treatment. www.mindoverbodyps.com (760) 777-7720 · Palm Desert

PALM DESERT HYPNOSIS

90-Minute Introductory Medical Hypnosis Session

Free 90-min. introductory medical hypnosis session with certified specialist Roger Moore. New clients only. www.palmdeserthypnosis.com (760) 219-8079 · Palm Desert

SONUS HEARING CARE PROFESSIONALS

\$100 Visa Gift Card with New Hearing Technology Purchase

Does not apply to previous sales and may not be combined with other offers. Gift card offer valid only after the trial period. May not be valid with all insurances. See locations for details.

Free Hearing Test and Consultation

Complimentary hearing test and consultation by a licensed hearing care professional. (This is not a medical exam and is used for amplification purposes only) www.sonushearing.com · (760) 276-4137 · RM & PD



Desert Health

The Valley's Leading Resource for Health and Wellness

www.DesertHealthNews.com

THE EYELID INSTITUTE
\$1,000 Off Eyelid Surgery

Come meet board-certified ophthalmologist Jennifer Hui, MD, and see if cosmetic or medical eye surgery is right for you. www.theeyelidinstitute.com
(760) 610-2677 · Palm Desert

XO HEALTH

Cognoscopy Brain Assessment \$1,200

Comprehensive Bredesen Protocol brain assessment labset. Includes two 90-min. visits. Lab testing costs not included (covered by most PPO insurances and Medicare). (760) 573-2761 · Rancho Mirage

 **Mindfulness & Meditation**



LAYA RAZNICK, CERTIFIED HEALTH COACH
50% Off Private Meditation Class for up to 4 People

Learn the "Practice of No Problem" with this 60-min. class taught in a live virtual classroom. Learn from anywhere in the world! No experience needed. www.layaraznick.com · (760) 512-3399 · Palm Desert

PALM DESERT HYPNOSIS

Free 90-Minute Introductory Medical Hypnosis Session

One free 90-min. introductory session with certified specialist Roger Moore. New clients only. www.palmdeserthypnosis.com
(760) 219-8079 · Palm Desert

 **Spa & Hot Springs**



ANDREAS HOTEL & SPA
One Night Stay Spa Package

Includes the Andreas signature scrub, 60-min. Deep Tissue, 60-min. Aromatherapy massage, and the Vital C Facial. 4 hours of pure Heaven! \$525 with one night stay. www.andreashotel.com
(760) 327-5701 · Palm Springs

AZURE SPA & SALON AT RIVIERA PALM SPRINGS
Wine Down Wednesday

Purchase a 90-min. Swedish Massage for \$175 (Reg. \$225) and receive a glass of Rosé with your treatment. No treatment substitutions. Gratuity based on full service value. 24-hour advanced appointment required. Offer valid Wed. only. www.rivierapalmsprings.com
(760) 778-6690 · Palm Springs

COLONY PALMS HOTEL
Stay & Spa

Book your stay at Colony Palms and receive a \$100 spa credit. Subject to availability. Some blackout dates and restrictions apply. www.colonypalms.com
(760) 969-1800 · Palm Springs

DESERT HOT SPRINGS SPA HOTEL
\$10 Pool and Hot Spring Day Pass

Seniors \$5; Adults/Children \$10 with spa therapy of \$30 or more per person. \$49 + tax Day Room Rentals available 9am-4pm includes 2 Swim Club Passes. Call for availability. www.dhsspa.com
(760) 329-6000 · Desert Hot Springs

JW MARRIOTT DESERT SPRINGS RESORT & SPA
Spa Sanctuary Stay

Relax with a \$100 spa credit per room, per night. Spa facilities include desert rain showers, aromatic hammam, steam and dry saunas, and a saltwater lap pool. Rates from \$239. Promo Code: SPA. www.jwdesertspringsresort.com
(760) 341-2211 · Palm Desert

KINETIX HEALTH AND PERFORMANCE CENTER
\$95 Spa Day

Relaxing and customized massage coupled with warm aromatherapy towels and select essential oils. www.kinetixcenter.com · (760) 200-1719 · Palm Desert

MESSAGE ENVY OF THE DESERT
\$60 Introductory Rate

\$60 Introductory rate for a one-hour massage or facial session for first-time guests only. Available at Message Envy's 3 desert locations. www.messageenvy.com
(760) 779-1954 · PS, PD, LQ

OMNI RANCHO LAS PALMAS RESORT & SPA
Fall Spa Specials starting at \$99

Enjoy seasonal one-of-a-kind treatments and salon services. Call for details. www.omnihotels.com/hotels/palm-springs-rancho-las-palmas. (760) 568-2727 · Rancho Mirage

MIRAMONTE INDIAN WELLS RESORT & SPA
Best of Miramonte

Relax and rejuvenate with a \$50 resort credit for each night you stay.

Spa Getaway Package

Spa Getaway includes \$150 credit to the Well Spa for each night's stay and breakfast for two (\$40 total value). www.miramonteresort.com · (760) 341-2200 · Indian Wells

Live Your Wellesst at The Well Spa at Miramonte Resort

Complimentary CBD Stressless Oil treatment (\$30 value) with an 80-min. Desert Warrior Massage. Effective for athletic recovery, enhanced flexibility and mobility. www.miramonteresort.com/spa
(760) 837-1652 · Indian Wells

PARKER PALM SPRINGS
\$250 Spa Credit

Visit Sun.-Thurs. for rates starting at \$249 and receive an Estate room and \$250 credit towards our spa. Fri. & Sat. nights start at just \$299/night. Book online using code PKGSPA. Subject to availability. Taxes and resort fee not included. www.theparkerpalmsprings.com
(760) 770-5000 · Palm Springs

QUALITY MASSAGE AND SKIN CARE AT THE PLAZA RESORT & SPA

#LiveYourWellest Combo Treatments

Massage treatment combined with stretching and aromatherapy. Mobile or in-studio. Call for details.

\$59 60-Minute Massage

\$59 in-studio; \$80 mobile. Valid for massage therapy only. Must mention "Chill Pass" when booking. Not valid on holidays. Advance notice for appointments. Valid Sun. - Thurs.

Buy 5 Massages, Get One Free

Buy five 60- or 90-min massages at regular price and receive one of the same length free. Call direct to purchase. Valid for mobile or studio. www.qualitymassage.com
(760) 408-5626 · Palm Springs

SPA EL PASEO

One Hour Massage \$55

Sports related muscle aches, Swedish body and foot massage, Hot Stone Therapy, Deep Tissue Massage, and Herbal-Essential Hot Oils. New clients only. www.spaelpaseo.com · (760) 565-6439 · Palm Desert

SPA LA LÉ AT HOTEL PASEO

\$20 Off Spa for Hotel Guests

Stay with us and receive one \$20 voucher towards spa services. One voucher per room. www.lalespa.com.
(760) 895-4872 · Palm Desert

STUDIO M SALON AND SPA

\$10 Off Massage, Facial, and Body Treatments

Special pricing Sun.-Thurs.: \$10 off any regular priced 60- or 90-min facial, massage, or body treatment. www.studiomsalonandspa.com
(760) 327-9000 · Palm Springs

THE ANDALUSIAN COURT

15% Off Spa Service

15% discount on in-room massage or facial, or when Andalusian guests visit Studio M Salon and Spa. For appointments, contact Studio M at (760) 327-9000 www.theandalusiancourt.com
(760) 323-9980 · Palm Springs

THE SPA AT PALM MOUNTAIN RESORT

Happy Hour at the Spa

Book any 60-min spa treatment at 1, 2, or 3pm Mon.- Fri. and receive 15% off, then enjoy our climate-controlled pool and hot tub for a truly relaxing happy hour! Cannot be combined with any other offer. www.palmmountainresort.com/the-spa
(760) 449-5004 · Palm Springs

The Spa at Westin Mission Hills

\$119 50-min. Massage or Facial

Relax and restore with a Swedish Massage or Hydrating facial. Includes a glass of bubbly, spa day pass and complimentary parking. www.spaatmissionhills.com
(760) 770-2180 · Rancho Mirage

 **Beauty**



BLISS CHAKRA SPA

\$100 1-Hour Superfood Facials

Enjoy an Earth, Hydrating Smoothie, Rose Quartz Gem Stone, or Anti-Aging Facial, or Microdermabrasion using organic products made with real foods. Please indicate allergies. www.blisschakra.com
(760) 895-7065 · Palm Desert

KINETIX HEALTH AND PERFORMANCE CENTER

\$40 Full Body Cryotherapy Session

A Real Chill Deal. Cryotherapy stimulates circulation for youthful, glowing skin. www.kinetixcenter.com
(760) 200-1719 · Palm Desert

PREVENTIVE MEDICINE CENTERS

Three Micro-Needling Sessions for \$999

Address aging and elasticity with micro-needling. Includes nurse consultation, 3 micro-needling services and post-care cream. May not be combined with any other offers. (\$1,200 value). www.hormonedoc.com.
(760) 320-4292 · Palm Springs

QUALITY MASSAGE AND SKIN CARE AT THE PLAZA RESORT & SPA

90-Minute Facial/Massage Combo \$145

Mobile to you or in-studio.

\$40 Off Anti-Aging Facial

Chill out and face the season! Enjoy a 75-min. facial with anti-aging serum and extra facial massage. In studio \$125 or at your location \$145. Call direct to reserve your appointment. www.qualitymassage.com
(760) 408-5626 · Palm Springs

THE EYELID INSTITUTE

\$1,000 Off Eyelid Surgery

Come meet board-certified ophthalmologist Jennifer Hui, MD, and see if cosmetic or medical eye surgery is right for you. \$1,000 off your treatment. www.theeyelidinstitute.com
(760) 610-2677 · Palm Desert

 **Fitness & Sports**



DESERT ICE CASTLE

Disco Lights Ice Skating

Come chill with us! Admission for Adults and Kids just \$7. Ice skate rental is \$3. www.deserticecastle.com
(760) 324-0400 · Cathedral City

EVOLVE YOGA

\$10 Drop-In Fee

One pass per person; Purchased in-studio only.

\$29 One Week Unlimited

Good for week purchased and cannot be extended. Offers good for first time clients only.

Online Yoga First Week Free

Join Bronwyn online for vinyasa, gentle, yin and restorative. First week free, 33% off first month and \$15/mo. thereafter.
(760) 564-9642 · La Quinta

MARRIOTT'S SHADOW RIDGE THE VILLAGES

Golf Getaway Package From \$169

One and two-bedroom villa stay includes two rounds of golf per day with greens fees, cart fees, practice balls and GPS. Book online and use Promotional Code: Z J 4. Offer valid through 11/30/19. www.marriott.com/ctdsr
(760) 674-2600 · Palm Desert

PALM SPRINGS LANES

\$10 for 2 Games

Mon-Fri. 12-7pm. Two games and free shoe rental for \$10 per person. www.pslanes.com
(760) 324-8204 · Cathedral City

NAMASTE WITH SHAY

Save 25% on Groups of 10 or More

Private yoga/meditation for groups of 10 or more at your location. Promo code CVB19. Subject to availability. www.namastewithshay.com
(760) 895-1705 · Valleywide

URBAN YOGA

2 for 1 Drop-In \$18

Hatha, Vinyasa, Gentle, Integral yoga; Breathwork, Meditation, Sound Baths, Kirtan. Unique grounding floor donated by Deepak Chopra Innerspace®. New clients only. www.UrbanYoga.org. (760) 320-7702 · Palm Springs

 **Outdoor Adventure**



BOOMERS! PALM SPRINGS

\$19.99 Unlimited Mini Golf and Rides

Online: \$19.99. At park: \$26.99. Online printed tickets must be presented to be redeemed. Passes on mobile devices will not be accepted. Offer valid through 10/31/19. www.boomerspalmsprings.com
(760) 770-7522 · Cathedral City

PALM SPRINGS AERIAL TRAMWAY

\$36 Evening Ride and Dine

Take the Tram and have dinner with us! Combination ticket: \$36.00 adults/seniors; \$23.50 children ages 3-10. Ride after 4pm. Dinner served 4:30-8:30pm. No reservations. www.pstramway.com
(760) 325-1391 · Palm Springs



HEALTHY LIVING
IS NOT JUST A STATE OF MIND, BUT A
DESTINATION ENVELOPED IN WELLNESS.