



**FOR IMMEDIATE RELEASE**  
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**ASPIRA™, THE MIDWEST'S NEWEST DESTINATION SPA IS BORNE ON**  
**THE BANKS OF A PRISTINE WISCONSIN LAKE**

**Surrounded by the natural beauty and energy of Elkhart Lake, Aspira™ emerged in November, 2005, as the Midwest's newest destination spa. Once considered sacred by the Native Americans who lived on its shores, Elkhart Lake, was formed by retreating glaciers, clean and pure. It was here that Aspira, meaning "infused with spirit," was borne as a place to take one's journey – a place to move forward in nature and peace.**

**Aspira's holistic approach to the spa experience embodies the teachings of feng shui and the relationship between the five elements of wood, fire, earth, metal and water. Through these elements, our treatment philosophy brings balance, peace and harmony to our guests.**

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Embracing the ancient healing wisdom of indigenous peoples from around the world, this 20,000 sq. ft. spa, provides specialized spa treatments including the Crystal Chakra Balancing Massage and The Art of Bathing such as hydrotherapy, chromatherapy and balneotherapy. Guests may also enjoy a host of salon services including facials, manicures and pedicures.

The Sacred Waters Massage, one of Aspira's signature treatments, takes its name from the waters of Elkhart Lake. Muscle tension is dissolved as the healing warmth of the water penetrates the deep tissues of the body for an incredibly relaxing experience.

With the spa, comes the Midwest's introduction of the 'SpaSuite™,' a place of retreat where couples, sisters, or friends can experience Aspira together. Each 'SpaSuite' is appointed with a master shower, whirlpool bath, natural stone fireplace and accommodates up to three massage beds.

Our 'SpaSuite' Experiences™ include collections of treatments such as *The Aspira Journey™*, *The Art of Spa™*, *Suite Serenity™*, *Sacred Waters™*, and *Infused with Spirit™*; all within the privacy of our spacious 'SpaSuite' environs.

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**A breathtaking meditation sanctuary is at the very core of our space, offering a place for peaceful reflection. Guests also find comfortable nooks for respite and relaxation, such as the Women's, Men's and Shared Lounges, with whirlpools inside and out.**

**Within Aspira's environs is The Spa Café offering a menu of fresh juices, smoothies, fruits and light meals.**

**To reserve your Aspira spa experience, call 877-SPA-2070 or visit**

**[www.aspiraspa.com](http://www.aspiraspa.com).**

**Aspira is located within The Osthoff Resort, located at 101 Osthoff Avenue in Elkhart Lake, Wisconsin. The Osthoff Resort is a AAA Four Diamond resort featuring all-suite accommodations, lakefront location, sumptuous American and continental cuisine, year-round recreation, breathtaking scenery and premier amenities.**

**For room reservations or for additional information, call 800-876-3399 or visit**

**[www.osthoff.com](http://www.osthoff.com).**

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