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ELK COVE INN SPA WILL EXPAND SERVICES, PROVIDE A 'HEALING SANCTUARY'

Elk Cove Inn Spa Director Iris Hawkins can relax the knottiest shoulders, sooth the tightest lower back, and provide personalized aromatherapy in the process—she lets clients choose their scents, then hand mixes them into massage oils as she works.

Hawkins and her carefully selected associates currently minister to Elk Cove guests by appointment in their rooms, providing massage therapy, acupressure and aromatherapy facial treatments, and dry brush and sea salt glow body treatments. When the Elk Cove Spa opens in February 2003, they'll provide these treatments and many others—including mud and seaweed wraps (both parafango and thalasso seaweeds), foot massage, and body scrubs and polishes—in a custom-designed facility that will reflect Elk Cove's ethos of relaxation, rejuvenation, and engagement with nature.

"We want the spa to be a healing sanctuary," Hawkins says. "We want guests to relax and feel like their souls are nurtured."

Along with her personal warmth and a real sensitivity to her clients, Hawkins brings 15 years of body-work experience and extensive training to the task of developing Elk Cove's spa program. In addition to being a certified massage therapist, she holds certifications from the Reiki Foundation and Ortho-Bionomy Foundation and has completed apprenticeships in cranio-sacral therapy, herbalism, and aromatherapy.

Hawkins is a fervent advocate of natural, organic, and environmentally friendly products. Accordingly, the Elk Cove Spa will use only the top natural bodycare lines, including Elizabeth Van Buren and Oshadi essential oils; Zia, Weleda and Dr. Hauschka skin and body products; and Inara and Heel spa preparations. Hawkins makes her own massage oils and other custom blends.

The spa itself will feature an amenity not available at other local day spas: a complete wet room with a Jacuzzi tub, sauna, and steam shower. These facilities will allow guests to gently remove products after all-over body treatments and enable the spa to offer treatments such as herbal saunas and steam and aromatherapy showers. As for the ambiance, Hawkins says she's aiming for "quiet, private, peaceful, safe."

Elk Cove Spa will be open to guests and the general public, from 9 a.m. to 8 p.m. daily. Contact 800/275-2967.

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