



Q&A CRYSTAL SPA'S FIVE DIAMOND DIRECTOR



Crystal Spa is now among the internationally renowned spas to which Stella Gustafsson has lent her wisdom. A native of Iceland, she has a diverse background - from leading a project on sustainable tourism for the European Union to spa director for the five-diamond Spa Ponte Vedra in Florida. As the newly hired Crystal Spa Director, she was kind enough to lend us a few moments for this Q&A:

Q: CAN YOU DRAW ANY COMPARISONS BETWEEN NORTHERN MICHIGAN AND YOUR NATIVE ICELAND?

A: In both places you get a sense of unspoiled nature which is important because I think you need a beautiful scenic environment to add to the spa experience.

Q: HOW DID YOU BEGIN YOUR CAREER IN THE SPA INDUSTRY?

A: I was a group manager for a therapeutic spa in the Canary Islands working with psoriasis and eczema patients. I later went back to school to the University of Iceland, got my MBA in the United States and wrote my thesis on the healing powers of the geothermal seawater baths of Iceland's Blue Lagoon.

Q: HOW HAS YOUR EXPERIENCE WITH THERAPEUTIC SPAS SHAPED YOUR APPROACH TO DESTINATION SPAS?

A: The very meaning of the word spa is *taking the waters for healing purposes*. Our greatest service is to educate people how to take better care of themselves and that massage, skincare and relaxation are essential to living healthy.

Q: WHY DO YOU FEEL SUSTAINABILITY AND ENVIRONMENTAL STEWARDSHIP ARE SUCH CRITICAL ISSUES?

A: I believe that if you are fortunate enough to be born into a beautiful environment it is a responsibility to protect that environment for future generations.

Q: WHAT IS THE ULTIMATE COMPLIMENT YOU CAN RECEIVE FROM A SPA GUEST?

A: I can't wait to come back. When someone leaves the spa with a smile almost as if they are floating on a cloud then we know we've done our job. I'm pleased to say that I've seen this countless times already.



"LITTLE DROPS OF WATER, LITTLE GRAINS OF SAND..."

Wistful clouds, windswept dunes and glistening water now add to the serenity of Crystal Spa's outdoor Mosaic Garden through Peggy Hawley's Lake Michigan Mosaic. The Frankfort-based artist says her vision for this piece was to create an extension of the clean and calm environment of the relaxation lounge.

Although not the original intention, recycled items make up the palate for this original work. Broken dishes from the Thistle Pub & Grille now live as clouds. Pieces of Fiestaware from the Wild Tomato decorate the mosaic as yellow beach primrose. Tile samples from a friend were transformed into dunes. To create the confetti-like sparkle of the lake Hawley asked a Frankfort glass-cutter to break a mirror, commenting, "He was professionally immune from the seven years' bad luck."

Peggy Hawley's work has been exhibited extensively throughout the mid-Atlantic and can also be found at Vigland Gallery in Benzonia, MacBeth in Onokama and Gallery Fifty in Traverse City. Her painting, Baldy, hangs in Crystal Spa's relaxation lounge.

FINDING BALANCE

Skincare and therapeutic massage are often overlooked in a healthy lifestyle regime. Whether a marathon runner or walking to stay fit, any number of treatments can enhance overall wellness.

If you are one of the millions who spends most of the day at a computer, Crystal Spa's **Restore Massage** helps release the tension from the head, shoulders and neck. The **Crystal Glow Facial** is especially effective in treating rosacea, eczema, psoriasis and severely dry, sensitive skin. The **Espresso Body Scrub** not only relaxes but stimulates circulation as well.

FOR A COMPLETE MENU OF CRYSTAL SPA SERVICES VISIT ONLINE AT CRYSTMOUNTAIN.COM/SPA.



THE READERS' NUMBER 1 CHOICE

Crystal Spa has been rated #1 Hotel/Resort Spa in the Northeast, Mid-Atlantic & Midwest in *Spa Magazine's* Silver Sage Readers Choice Awards. In addition, the spa has also received a Silver Sage Award for Favorite Green/Eco Spa and was named to *SpaFinder's* international list of Ten Best Spas for Environmental Practices.