



Welcome to
PUERTO RICO

Spa



Adjuntas	AD/4	Canóvanas	AB/9	Florida	AB/5	La Parguera	AE/2	Naguabo	AC/11	San Lorenzo	AD/9
Aguada	AB/1	Carolina	AB/9	Guánica	AE/3	Lajas	AE/2	Naranjito	AC/7	San Sebastián	AC/2
Aguadilla	AB/1	Cataño	AB/8	Guayama	AE/8	Las Marías	AC/3	Ocean Park	BC/11	Santa Isabel	AE/6
Aguas Buenas	AC/8	Cayey	AD/8	Guayama	AE/4	Las Piedras	AC/2	Orocovis	AC/6	Santurce	BE/9
Aibonito	AD/7	Ceiba	AC/11	Guaynabo	AB/8	Loiza	AD/10	Patillas	AE/9	Toa Alta	AB/7
Añasco	AC/1	Cidra	AC/6	Guarabo	AC/9	Luquillo	AB/10	Peñuelas	AE/4	Toa Baja	AB/7
Arecibo	AB/4	Coamo	AD/8	Hatillo	AB/3	Manatí	AB/11	Ponce	AE/5	Trujillo Alto	AB/9
Arroyo	AE/8	Comerio	AD/7	Hormigueros	AD/1	Maricao	AB/6	Quebradillas	AE/3	Utuado	AC/4
Barceloneta	AB/5	Humacao	AD/10	Humacao	AD/10	Maricao	AD/2	Rincón	AC/1	Vega Alta	AB/7
Barranquitas	AD/7	Condado	AA/2	Isabela	BC/14	Maunabo	AE/10	Rio Grande	AB/10	Vega Baja	AB/6
Bayamón	AB/8	Corozal	BA/7	Isla Verde	AC/5	Mayagüez	AD/1	Sabana Grande	AD/3	Viejo San Juan	CA/1
Boquerón	AE/1	Culebra	AC/13	Jayuya	AC/5	Miramar	BC/6	Salinas	AE/7	Vieques	AD/13
Cabo Rojo	AD/1	Dorado	AB/7	Joyuda	AD/1	Moca	AB/2	San Germán	AD/2	Villaalba	AD/6
Caguas	AC/9	El Combate	AE/1	Juana Díaz	AE/6	Mona	AD/1	San Juan	AB/8	Yabucoa	AE/10
Camuy	AB/3	Fajardo	AC/11	Juncos	AC/9	Morovis	AC/6	San Juan Metro	AB/8	Yauco	AE/3

QUICK FACTS

Information

Banking and Currency

Puerto Rico is a Commonwealth of the US and uses the US dollar. Most major US banks have branches here. Banking hours are 8:30-2:30 (though some have extended hours). Credit cards & travelers checks are widely accepted. Automatic teller machines are easy to find.

Electricity

A modern electrical grid following US standards: 110 volt AC.

Emergencies: Dial 911

Events

Puerto Rico has a long history of cultural events built around the Patron Saint Festival in each municipality. In addition, a number of world-class events as well as local celebrations are held throughout the year.

Ferry Service

Ferries run between Old San Juan and Cataño, Cataño and Hato Rey, Fajardo and Culebra, Fajardo and Vieques, Vieques and Culebra. Check the area directories for the schedules.

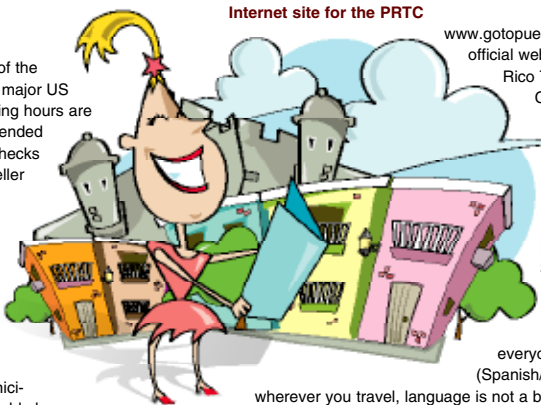
Immigration

There are no passports or visas required for US citizens. For citizens of other countries, call your local US Embassy to determine entry requirements.

Information Centers & Brochures

800-866-7827

Call toll free for bilingual information and free brochures. Check this planner or the website for the list of the PRTC offices world-wide. Daily 8am-midnight.



Internet site for the PRTC

www.gotopuertorico.com is the official website of the Puerto Rico Tourism Company.

Check for special offers and more information on Puerto Rico.

Languages: Spanish & English

Puerto Rico is a Spanish-speaking country. In the major tourist areas most everyone is bilingual (Spanish/English). However, wherever you travel, language is not a barrier.

Population

The population of Puerto Rico is 3.5 million with 1.4 million living in the San Juan Metropolitan Area.

Puerto Rico Tourism Company

787-721-2400

The Puerto Rico Tourism Company (PRTC) is the official government agency responsible for promoting travel and tourism to Puerto Rico.

Special-Needs Travelers

All the hotels have facilities for travelers with special needs. Some operators, such as tour operators, offer unique services for the special-needs traveler (which are part of their description). The Sea Without Barriers area of Luquillo Beach is designed for use by those with special needs and seniors.

Taxes and Tipping

A hotel tax is added to your bill. The tax for hotels with casinos: 11%. Paradores: 7%, all other accommodations: 9%. The standard tip is 15%. Sales Tax purchases 7%.

Telephone Service (Area 787 & 939)

A modern, reliable US-style telephone service. Numbers with area code 800, 888, 877 or 866 are toll free from Puerto Rico or the US. Most hotel systems are compatible with dial-up modems. Some properties have high-speed Internet connections. Puerto Rico has area codes: 787 and 939. To call outside San Juan Metro from the metro area, dial 1, the area code and then the number.

Time of Day

787-728-9595

Atlantic Standard Time (AST): the same as Eastern Standard Time (EST) +1 hour. Daylight savings time is not observed. May to October: AST = EST, November to April: AST = EST+1.

Tours and Trolleys

Quite often, you will be able to arrange a free tour of local attractions and sights through the mayor's office or tourism office of the local municipality. This is particularly true of the smaller communities on the Island. You will also find that a number of the municipalities offer a trolley service (either scheduled or by appointment) that will take you by all the local attractions and sights. If you want to get the inside story from locals, this is a good place to start.

Weather

787-253-4586

Puerto Rico enjoys an average temperature of 82°F (28°C) from November to May. The average beach temperatures are 80°F in summer and 76°F in the winter. The mountains tend to be 20° colder in the winter. Call this number for current weather report.

TRAVEL & SPORTS® MASTERGUIDE™

Publisher:
Travel & Sports, Inc.
Boulder Colorado USA

Website:
www.travelandsports.com

Editorial Support:
Permanent Press, Inc.
edit@travelandsports.com

Graphic Design:
Tommy de Armas -
aTommy.Co.
tommy@greenheads.com

Spanish Translation/Review:
Coursey Translations

Spanish Review:
Backroom Productions

English Review:
The Write Proof

Photographic Support:
Ocean Imaging
oceanimaging.com
Efra Visuals

Illustrations:
JAB Designs & Illustrations

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El Nuevo Día - Linda Stockton
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About:

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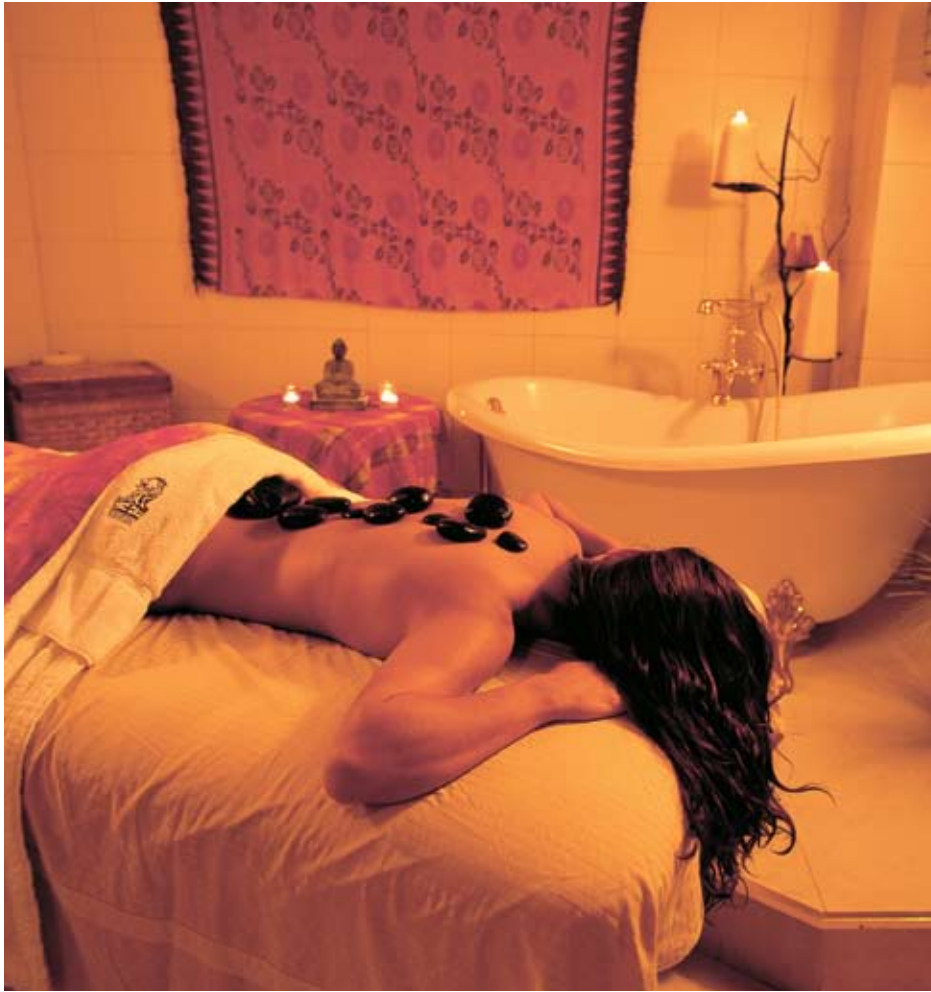
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Surrender & Spaaahhhh!

BY: STAFF AUG-SEP 2006



FRAZIER NIVENS

Puerto Rico offers a feast for the senses, from views of palm-silhouetted sunsets and sounds of waves lapping on shore to the touch of gentle breezes on the skin, the smells of the rain forest, and the taste of exotic mangoes and lime-drenched papayas. All of the senses come together at Puerto Rico's spas, where luxurious surroundings, tropical treatments and professional personnel leave you feeling spa-tacular.

Rejuvenate your body, mind and spirit at our highly acclaimed spas. Here are a few suggestions:

After being confined to an airplane seat for hours, weary travelers no longer have to wait to get to their hotel to receive spa treatment. Within terminal gates 4-5 of Luis Muñoz Marín International Airport is the delightful Diamond Point International Massage. Their ideal cure for jet lag is Lazy Man's Yoga, a deluxe treatment using yoga stretches and acupressure points to help increase energy and body flow.

Puerto Rico has a multitude of spas where you can indulge yourself and rejuvenate your body, mind and spirit. Everyone could use a spa break. Whether it's for some major stress relief or utter self-indulgence, discover Puerto Rico's spas and feel spa-tacular!

Within the walled historic district of Old San Juan lies a haven of relaxation known as Secrets of Eden Spa. This center for well-being offers more than 30 facial treatments and 18 massage therapies as well as a new hair and nail salon. Specially trained therapists in Ayurvedic Medicine perform spiritual therapies such as Quartz Energy treatment.

To experience The Ritz-Carlton Spa in San Juan is to experience a world of well being for the body, mind and spirit. This 12,000-square-foot haven of luxury provides the latest in skin therapies, touch therapies, soak therapies and salon services. The signature Café con Leche treatment detoxifies and energizes the skin, and the Papaya and Mango Smoothie offers the ultimate facial. Beach side massages offer the ultimate tropical indulgence.

The new and luxurious N' Spa is part of the multi-million dollar renovation of the 1940's ocean liner-inspired Normandie Hotel. The exclusive couples' package, Falling in Love at the Normandie, includes an enticing aromatherapy bath in the ocean-view Jacuzzi, decadent chocolate massage, and choice wine. The After-Sun Treatment is the perfect remedy for sun-reddened skin, or try a face-lift mask made with fresh homegrown aloe vera.



FRAZIER NIVENS

Let the expert staff at Spa Paradisus nurture, revitalize, rejuvenate and relax you from head to toe. Set within the Paradisus Puerto Rico resort in Río Grande, the spa showcases an exclusive Rainforest Collection, using custom-made organic products in the various treatments. Its Rainforest Pure Indulgence rehydrates, soothes and cleanses the skin in a three-step rejuvenation therapy that leaves you totally refreshed.

For world-class pampering, it's the Mandara Spa at the Westin Río Mar Beach, Golf Resort and Spa. The Asian-inspired oasis boasts 11 treatment rooms, a fitness center and a full-service beauty salon. The extensive menu of services features treatments that utilize products native to Puerto Rico and the Caribbean such as the Caribbean Coffee Body Scrub, a blend of coffee, vanilla and spice oil that revitalizes the skin and spirit.

Spa

SPONSORS

Ritz-Carlton Spa, San Juan, The 787-253-1700
Carolina: Isla Verde (BC/14) www.ritzcarlton.com
12,000-square-foot spa. Massage, spa therapies, hydrotherapies, skin care and salon services. Sauna and whirlpool. Fitness Center, aerobics studio, personal trainer. 6961 Los Gobernadores Avenue

Victoria Sauna & Spa 787-259-7676
Ponce (AE/5) www.hiltoncaribbean.com/ponce
Indulge your body and soothe your soul with a treatment at our full-service spa and beauty salon. Hilton Ponce Golf & Casino Resort

OTHERS

Bodyderm Spa 787-821-0505
Copamarina Beach Resort, Guánica (AE/3)

Diamond Point Intern. Massage 787-253-3063
LMM Int'l Airport, AA Terminal Gates 4-5, Carolina (AB/9)

Edouard de Paris Salon & Spa 787-253-1300
El San Juan Hotel (10th Floor), Carolina: Isla Verde (BC/14)

Golden Door Spa 787-863-1000
El Conquistador Resort & Spa, Fajardo (AC/11)

Mandara Spa at Westin Río Mar 787-888-6000
6000 Rio Mar Boulevard, Río Grande (AB/10)

Martineau Bay Spa 866-837-4216
Martineau Bay Resort & Spa, Vieques (AD/13)

N Spa 787-729-2929
Normandie Hotel, San Juan: Puerta de Tierra (BB/6)

Nouvelle D' Spa 787-783-9492
701 Andalucía Ave, San Juan: Puerto Nuevo (AB/8)

Olas Spa & Health Club 787-721-0303
Caribe Hilton, San Juan: Puerta de Tierra (BB/6)

Secrets of Eden Spa 787-721-6400
Recinto Sur #331, San Juan: Viejo San Juan (BA/1)

Spa at Villa Montaña, The 787-872-9554
Villa Montaña Beach Resort, Isabela (AA/2)

Spa InterContinental 787-791-6100
InterContinental San Juan Resort & Casino, Carolina: Isla Verde (BC/14)

Spa Paradisus 787-657-1026
Paradisus Puerto Rico, Río Grande (AB/10)

Sun Capsule Tanning Salon 787-791-3667
Ave. Los Gobernadores, Pueblo Bldg. 2nd floor, Carolina: Isla Verde (BC/14)

Zen Spa & Health Studio 787-722-8433
1054 Ashford Ave, San Juan: Condado (BA/7)

Casa BACARDI®

VISITOR CENTER

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tour, and
experience
our Spirit.



Monday to Saturday from 9:00 am to 6:00 pm (last tour at 4:30 pm) and
Sunday from 10:00 am to 5:00 pm (last tour at 3:45 pm).

Info: 787-788-8400 / www.casabacardi.org

Route 165 km 6.2 Cataño, Puerto Rico. About a 20-minute drive from San Juan.
Follow the adjacent road signs to the distillery.



YOUR DESTILERIA
DISTILLERY TOUR

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