

focus on health

Fall 2016



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Spa & Retail THERAPY AT BLACK BUTTE RANCH



New!
FALL ARRIVALS
AT GLAZE MEADOW SPORTS SHOP

Check out the new fall arrivals from PrAna, Ugg, Eric Michael, Nomadic Traders and more. PLUS - up to 50% off selected merchandise.



Book a one hour treatment and receive 10% off at the Glaze Meadow Sports Shop.
Must mention this ad at the time of booking Spa appointment.

Call **855-225-8731** a day in advance for appointments. BlackButteRanch.com

It's a great time to focus on living a more healthful, balanced life. Time to off-load some stress, time to enjoy the beauties and challenges of the outdoor wonderland that is Sisters Country.

Whether you are looking to be more health-conscious and active, or trying to avoid or recover from the strains of being too active, you can find the services you need in Sisters.

From businesses that provide healthy food alternatives to practitioners who help

you repair — and more importantly prevent — injury, the Sisters community provides every healthful amenity, whether you are an aspiring Olympian, or just someone who wants to enjoy an active, pain-free lifestyle in beautiful surroundings.

It is a remarkable blessing to be able to live in a relatively remote area with a healthy environment, yet have so many health resources available.

We live in healthful abundance. Make the most of it.

The Spa at Black Butte Ranch

You don't need to be a resort guest to get pampered at the Black Butte Ranch Spa, but you'll certainly feel like you've escaped after your visit.

The Spa at Black Butte Ranch is just what you need to unwind, relax, rejuvenate and reward yourself. Choose from an extensive menu of therapeutic and beauty services that provide head-to-toe care. Enjoy massages, body treatments, relaxing to results-oriented facials, couples spa treatments, and a variety of pampering for the hands and feet.

Spa guests can enjoy full access to the indoor pool, fitness center, steam room and hot tub. You can also enjoy the wonderful selections inside our sports and gift shop, featuring a variety of organic



skin-treatment products, apparel, shoes and accessories. Visit BlackButteRanch.com/spa for monthly specials and information or call 541-595-5878.



Sisters Owned!
Residential & Commercial
Carpet & Upholstery
Plant-Based Detergent

541-549-6471
35 Years Experience
Peter Herman, Owner

Circuit Rider Carpet Cleaning

A clean carpet isn't just pleasing to the eye — it's a critical element of a healthy home.

Peter Herman of Circuit Rider Carpet Cleaning has been cleaning carpets and upholstery for home and office since 1982 in what he describes as "a labor of love." Now he's brought his expertise, attention to detail, and concern for health and safety to Sisters.

Circuit Rider Carpet Cleaning uses plant- and seed-based primary detergent and an anti-allergen pre-spray. There are no solvents or harmful ingredients, which is best for your health and for the environment. A thorough pre-vacuum and pre-spray, with attention to thorough spot-cleaning, all followed by hot-rinse extraction means your carpet



gets very clean, very safely.

Your carpet is a filter that harbors all the crud that you bring into your home — and that's not good for you. Get it clean, soft and healthy again, with expert care from Circuit Rider Carpet Cleaning.