

FOR IMMEDIATE RELEASE

FOR: **HEALING LIFESTYLES &
SPAS MAGAZINE**
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**HEALING LIFESTYLES & SPAS MAGAZINE SPREADS ITS WINGS;
AVAILABLE NOW AT TARGET, RALPH'S, WALGREENS, AND MORE**

Louisville, Colorado – Spas are hitting the mainstream, and nobody knows them better than Healing Lifestyles & Spas Magazine. Just as the American public is becoming genuinely aware of the spa industry and all the benefits it can provide, *Healing Lifestyles & Spas (HL&S)* is pleased to announce that the premier magazine for mental, physical, and spiritual well-being is now available off the shelves at such quality retailers as Target, Ralph's, and Walgreens.

With the staggering growth of both the spa industry and the organic movement over the past five years, the public is clearly ready and willing to embrace a better, healthier lifestyle, incorporating spas, health centers, and yoga retreats. But a healthy lifestyle is about more than just travel; it's about the day-to-day, combining emotional wellbeing, living in harmony with oneself and the environment, and healthy eating habits to achieve a level of personal wellness in every aspect of one's life.

By expanding its availability, *HL&S* looks to solidify its place at the top of the spa industry without losing the well-defined focus its established audience has come to expect. Retailers like Kroger and Wegmans raise the magazine's visibility to more than just the avid industry follower, giving the general public a chance to discover everything a healing lifestyle can offer. *HL&S* seeks to educate this growing public through informative articles covering healing spas and retreat centers, yoga, mind-body therapies and remedies, environmental issues, skincare, nutrition, advice for living a natural lifestyle and more – subjects that all have a holistic impact on readers' lives and their daily routines.

“We are extremely pleased with the results that we've gotten thus far with our new distributor, Curtis Circulation, which happens to be the largest magazine distributor in the world,” says Shanon Googins, Associate Publisher. “They have greatly exceeded our expectations. We feel, however, it is important for our readers and the public to understand that while we are going more mainstream with our newsstand exposure, we are still holding true to our vertical mission of health and well-being.”

Celebrating its 10th anniversary as a leading voice in the industry, *Healing Lifestyles & Spas Magazine* delivers a wealth of information and knowledge to its readers on a wide array of lifestyle and healing subjects. Healing Lifestyles & Spas also developed and hosts the annual Spa Summit, a gathering of respected industry experts discussing the past, present, and future of

well-being and healing lifestyles in America and around the world.

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