

Healing

lifestyles & spas

magazine

Featuring: Garden Gate Day Spa at the Center for Ageless Living



Timeless Grace

Thanks to our youth-obsessed culture—in which practically every ad for creams, moisturizers, and lotions promises to have bottled the Fountain of Youth—wrinkles are to be eradicated before they have a chance to tell the world their story. In New Mexico, **The Center for Ageless Living** offers a new paradigm, operating under the premise that beauty, grace, and wisdom are ageless. At the campus's 6,200-square foot **Garden Gate Day Spa & Salon**, you can select from a menu of treatments and therapies that support graceful aging. Treatments have imaginative names that include the Hummingbird Melody, the Rosebud Restorative, and Calming Nature's Spirit Melt. The Rusty Gate, one of the spa's signature treatments, uses a variety of heat therapies to ease the pain and discomfort of osteo and rheumatoid arthritis.

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