

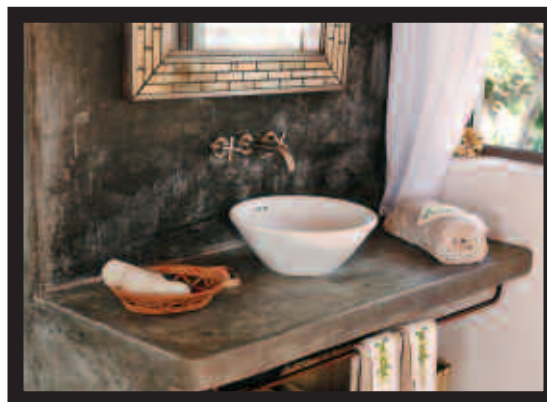
healthy  
choices  
for  
balanced  
living

# Healing *lifestyles & spas*

Featuring: Sagrada Wellness Center

*A Place where Wellness is*  
**SACRED**

By Christine Hassler



I boarded a red-eye flight to San Miguel de Allende, Mexico, mentally and physically exhausted, hoping that where I was headed would bring some balance back into my life. My destination? The East Meets West Retreat at the **Sagrada Wellness Center.**

**W**hen I arrived at Sagrada, I was greeted by Scott Currie and Eva Inglizian, the couple responsible for this intimate, all-inclusive, eco-friendly resort nestled in the mountains outside the colonial town of San Miguel. My retreat began the moment I stepped foot on Sagrada ground. I was immediately whisked away by Inglizian, an acupuncturist and the spa director, for an acupuncture treatment to combat my headache and jet-lag.

The official retreat began with an introduction by Eva Inglizian and her father, Dr. George Inglizian, the guest M.D. and psychotherapist. Eva explained that the mission of this retreat was “to promote optimal wellness by mingling the philosophies and traditions of both traditional and alternative medical care with just the right dose of pampering.”

First on the agenda was an in-depth, one-on-one consultation with both George and Eva to address my overall health from an Eastern and Western perspective.

Everything from taking my blood pressure to assessing my chi was covered and assessed. The two docs then converged to create a treatment plan to address my main health concerns: stress and depletion.

Topping the list of recommended treatments was Sagrada’s signature Acu-Facial Rejuvenation, which combines acupuncture, essential oils, and facial massage. Each day thereafter, I underwent several profound sessions of Acupuncture Modulated Psychotherapy (AMP), created specifically for this retreat. The AMP treatment begins by focusing on the breath as acupuncture needles are placed along emotional and grounding meridians found on the ears and feet. As I felt a rush of emotions coming up, the talk therapy began. George was there to soothe me through my tears as we discussed healthier lifestyle choices and thoughts I could commit to.

The acupuncture and therapy treatments were complimented by a two-hour yoga and Pilates-blended class each morning.

To view the rest of this article, click on the link below.

<http://www.healinglifestyles.com/index.php?page=nov2007-retreatandrenew-retreat>