

RENEWING MIND, BODY AND SOUL IN THE TETON MOUNTAINS AT HUNTSMAN SPRINGS



DRIGGS, IDAHO (September 4, 2014) – Yoga on a freshly manicured lawn with the snow-capped Teton Mountains as a backdrop. Jogging or walking a two-mile boardwalk through a nature preserve where bald eagles and a majestic elk are your only audience. And sharing a fresh melon, mint and cucumber smoothie with Wellness Director Kari Erdman, whose quick smile and wit are eclipsed only by her vast knowledge of a how to live a wholesome, healthy and serene lifestyle.

There are few more relaxing settings than The Springs Wellness Center & Spa at [Huntsman Springs](#), the award-winning family resort destination in Idaho's scenic Teton Valley, just 45 minutes from Jackson Hole, Wyoming.

In July, Huntsman Springs celebrated the grand opening of its new 4,500 square-foot Wellness Center & Spa where Kari and her staff have been busy introducing residents and guests to the many programs she's developed.

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PRESS RELEASE

“Our new Wellness Center is the community hub of family activity, as well as a place of relaxation and rejuvenation where one can focus on mind, body and soul renourishment,” says Kari, an experienced holistic nutrition and wellness coach with a master’s degree in health promotion management from Nebraska Methodist College.

The Springs Wellness Center and Spa features a state-of-the-art fitness facility offering Precor Cardio equipment and TechnoGym® strength equipment, private fitness coaching, holistic nutrition, wellness coaching, yoga, reflexology, youth fitness fun, Zumba and more. Personal services, such as massages, manicures/pedicures and facials also are offered.

Outside, overlooking the Tetons and the tenth hole of Huntsman Springs’ award-winning golf course, is a large swimming pool for laps or simply relaxing, as well as a shallow children’s water play area for youngsters. There are multiple hot tubs, including one that stays open throughout the winter. The *Watering Hole*, an inviting poolside bar and grill, offers an eclectic menu ranging from chicken fingers for kids to healthful comfort food and tasty beverages distinctive to Huntsman Springs.

The community of Huntsman Springs offers an array of amenities including the acclaimed [David McLay Kidd-designed golf course](#), a boardwalk through an onsite nature preserve, world-renowned fly fishing on seven onsite lakes and the nearby Teton and Snake Rivers, and superb skiing at [Grand Targhee](#). Lovely contemporary high mountain-style Lodge and Park Homes and homesites are available for purchase overlooking the mountains and golf course. All profits of Huntsman Springs are donated to Cancer Research.

For more information about Huntsman Springs and the Springs Wellness Center & Spa, please contact Kari Erdman at 208-354-7722 or kerdman@huntsmansprings.com.

***Melon, Mint and Cucumber Smoothie**

2 cups chopped honeydew

1 cup chopped cucumber

12 fresh mint leaves

2-4 tablespoons fresh lime juice, to taste

