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LOCAL TRAVEL EXPERT AND THERAPIST LAUNCH FLOR ESCAPES, A UNIQUE WELLNESS TOUR

Itinerary Fuses Holistic Spa Treatments, Yoga, and Group Therapy with Cultural Activities

Washington, DC, November 05, 2008 – **Flor Escapes**, a branded wellness tour, makes its debut as an exclusive vacation option in the wellness travel marketplace. Local travel marketer, Lillian Avilés-Chapa, currently the Director of Marketing at JDB Fine Hotels & Resorts, has joined forces with longtime friend, Carol Husain, licensed counselor, to develop a fulfilling healthy travel program that combines holistic spa treatments, yoga sessions, and group therapy with cultural activities. The first **Flor Escape** will take place in central “colonial” Mexico, March 16-21, 2009 and includes five nights accommodation at deluxe boutique hotels in Lagos de Moreno and San Miguel de Allende, two holistic spa treatments per person, three yoga sessions, two group therapy sessions, two private guided cultural tours, most meals, private transport for itinerary based activities, airport transfers and a bilingual escort throughout the trip. The price for this wellness tour is \$1,700 based on double occupancy (\$340 per person per night), a single occupancy supplement is also available. The price includes ground activities only, airfare is additional.

“The wellness travel trend has not been fully developed in the USA and **Flor Escapes** is positioned to offer clients the unique experience of a comprehensive wellness program with the opportunity of delving into a local culture with specially crafted tours”, explains Lillian Avilés-Chapa. “True wellness is providing not only therapy but a fully integrated experience for the mind, body and soul”, further adds Carol Husain, who will personally lead the group therapy workshops on Mindfulness and Self Soothing.

All destinations, hotels, guides, spa treatments, yoga instructors and counselors have been specially selected to ensure that each trip is a true escape and journey to relaxation and self discovery. For complete details visit www.florescapes.com.