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Interlaken --

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Another suggestion for relieving tension and reducing stress is to have a massage. Herbal wraps are also popular choices of the spa's "a la carte" services as is a visit to either the Jamaica Room or the Maui Room, both of which have suntanning beds.

The facilities also include the private mineral baths and a complete salon area where facials, skincare, hair care and makeup, manicures and pedicures are among the services offered. Regarding the cosmetics used, Traynor advised, "They are all our own all natural private line of cosmetics."

Property Manager Peter McLaughlin advised that local memberships are available for periods of 3 months, 6 months and 12 months for singles, couples and families and assured that all are offered "at very moderate prices." Memberships provide unlimited use of exercise equipment, sauna, whirlpool, steamroom, and pools plus for very reasonable prices, one can also enjoy the many a la carte services.

For those who prefer to treat themselves to one of the five day or three day country spa escapes, there are both midweek and weekend packages available. Each includes staying in one of Interlaken deluxe guest rooms, three delicious meals a day (these can be "customized" to fit your own goals,) daily exercise programs and unlimited use of the exercise equipment, sauna, whirlpool, steamroom and swimming pools. Plus these packages also include opportunities for pampering experiences such as a Swedish body massage, a facial and (before you leave) makeup session, two herbal wraps, two mineral baths and two tanning sessions as well as several other amenities.

To assure each spa guest of individual attention and lots of pampering, Traynor explained that no more than 36 guests are accepted at any given time with these spa packages.

Of course, spa packages are just one of several hotel and villa guest packages available for those wishing to stay in one of the 144 guest rooms or in one of the one or two bedroom villas. The Get-Away package, the Interlaken holiday, the honeymoon and anniversary package, midweek golf package, charter fishing on Lake Michigan package, and the winter ski package are others to be considered.

For the 1986 season, the Interlaken ski hill is open Saturdays, Sundays and holidays from 9 AM to 5 PM and provides the experienced skier with an excellent opportunity to brush up on his skill and the beginning skier a good opportunity to learn the basics. Complete sets of downhill equipment are available on a rental basis for both resort guests and nonguests.

For those more inclined toward cross country skiing, Interlaken offers complete sets of cross country rental equipment which can be thoroughly enjoyed on their cross country trails. Cross country skiing is offered every day.

A relatively new winter sport at Interlaken which is also offered each and every day is snowmobiling on the property," stated McLaughlin. Snowmobile rentals are available from noon to dusk during the week and from 9 AM to dusk on weekends.

Those wishing to dine at Interlaken will find the Lake Bluff dining room with its picturesque view of Lake Como offering breakfast, lunch and dinner each and every day and evening. Stated McLaughlin, "In the Lake Bluff dining room we have an almost unlimited menu centering on American cuisine. Then there is tableside service for items like steak Diana and cherries jubilee."

Among the "special" offerings available in the Lake Bluff dining room is their luncheon buffet featuring a selection of hot entrees and their well known salad bar every Monday through Friday.

Another popular buffet is the Friday night seafood buffet which includes a wide variety of salads and seafood entrees such as crab legs, clam strips, beer battered ocean perch, and

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