

GOLDEN NEWS



The Golden Door Spa at El Conquistador Resort Newsletter

Featured this Month:
Winter Escape Package



Happy Holidays!

December 2011
Volume 6, Issue 12

Inside this issue:

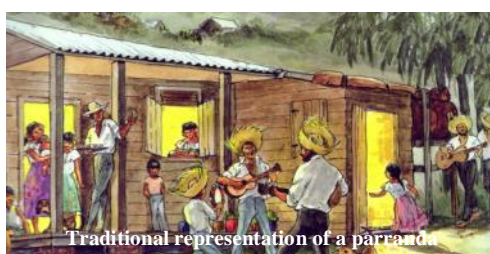
- Parranda Navideña 1
- Cranberries Benefits 1
- VitaSkin™ Collection 2
- El Conqui Super Stars 3
- Find 10 Polar Bears 4
- Polar Bear Facts 4
- Holiday Décor & Your Dog 5
- Dark Chocolate & BP 5
- Philo's Corner 5



Holidays in Puerto Rico— *Las Navidades* as we know them, stand not just for Christmas (or one day, but for a whole season...one that starts right after Thanksgiving and ends in the middle of January—You've never seen anything like it!

In our warm weather, the colors are bright, and the festive music is all around us. We celebrate family as the religious services encourage spiritual reflection. Our cultural heritage steps into the limelight— we celebrate the birth of Christ in the middle of holiday festivals, typical foods and traditional music. *Las Navidades* highlight aspects of the Puerto Rican culture, defining our identity.

One of our most cherished holiday traditions is the *parranda*. The *parranda* (also known as a *trulla*), is a group of friends and family who go from one house to another during the night, singing and playing Christmas music—think of it as a Puerto Rican version of Christmas caroling. *Parrandas* occur unannounced throughout las Navidades, and most often after ten o'clock at night. Unsuspecting friends or relatives are surprised by the *parranderos* and their music, so one of the requisites of Christmas preparedness is stocking up on traditional holiday refreshments, like *coquito* (a kind of eggnog made from coconut milk, rum, milk, egg and cinnamon), *tembleque* (Puerto Rican style coconut pudding), nougat and hazelnuts.



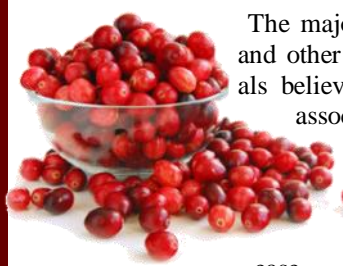
Traditional representation of a parranda

Once the singers and musicians have gathered on someone's front door, they begin their *asalto navideño* by shouting ¡*Asalto!* (Assault!), and everybody starts singing, which naturally awakens the unsuspecting homeowner, who must come to the door and let everybody in. The *parranderos* (or *trulleros*) squeeze into the house and continue to perform *aguinaldos* and other Christmas songs. The host offers the *parranderos* traditional refreshment, and that's how the party starts. After a while the whole group, including the owners of the house, go to another house to *parrandear* a little more, and the process repeats. The group grows as they offer their *parranda* at several houses during the night. At the last house, probably around 3 or 4 in the morning, the homeowner offers the traditional chicken soup or *asopao de pollo*. The party (hopefully) is over at dawn. Now, do we know how to party or what?

May your Holidays be filled with fulfillment, happiness and laughter!

Shanti Om, Rita

Cranberries: Healthy Holiday Treat



The majority of physicians and other health professionals believe there is a clear association between a diet high in fruits and vegetables and a low risk of chronic disease. Phytonutrients (naturally derived plant compounds), particularly antioxidants, are increasingly being shown to help optimize human health.

Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of certain of bac-

teria, including E. coli, associated with urinary tract infections to the urinary tract wall. The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers.

Recent scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases. Ongoing research continues to suggest that cranberries may offer a natural defense against many health problems.

Source: <http://www.cranberryinstitute.org/emerging.htm>

By: Leyda



Treat your skin inside and out with Éminence Organics' new VitaSkin™ Vitamin Solutions Collection...revolutionary pill-in-pill vitamin supplements and organic masque pairings. Clinically proven and created with the same fresh organic ingredients Éminence is known for, the easy to use system takes the guesswork out of skin care and brings healthy, luminous skin into reality.

VitaSkin™ Vitamin Solutions Collection addresses three different skin conditions: anti-aging (Firm Skin), rosacea (Calm Skin) and acne (Clear Skin). By using VitaSkin™ Vitamin Solutions Collection, you'll see an even-toned, healthier and younger looking complexion in no time!

Oral vitamins might not be a new concept in skin care, but the technology used by Éminence Organics in the delivery system certainly is. The Clear Skin, Calm Skin and Firm Skin Vitamin Solutions for wellness and beauty employ the innovative Moisture Defense System of pill-in-pill technology to efficiently protect moisture-sensitive ingredients in the delivery through your body. This unique system creates both internal and external barriers to prevent water migration and maintain stability of the ingredients to ensure the delayed release of the nutrients found in the inside capsule.

Unique formulations work together with the Calm Skin Arnica Masque, the Clear Skin Probiotic Masque and the Firm Skin Acai Masque to treat your skin inside and out for optimum results.

Éminence Organics' groundbreaking synergistic skin care approach takes original innovative beauty and wellness supplements and combines them with targeted masques for even better

results! VitaSkin™ Vitamin Solutions Collection includes cleanser, moisturizer, masque & vitamins. You can enjoy one of these facials at the Golden Door Spa or just bring the collection home—it is now available at the Spa Boutique.

Calm Skin Solution— For Sensitive and Rosacea Prone Skin

50% of users reported a reduction in the appearance of skin redness in just 14 days with the specially formulated comforting and soothing Calm Skin Solution! Get out of the red and into the clear by calming sensitive skin and the appearance of redness and inflammation naturally.

Clear Skin Solution— For Acne prone skin

75% of users reported a reduction in acne lesions and scars in just 14 days and 100% of users showed a reduction in the number of acne scars in only 28 days with the Clear Skin Solution! Say goodbye to problem skin and hello to a radiantly clear complexion with clarifying and calming ingredients to eliminate the signs of acne.

Firm Skin Solution— For Anti-Ageing

86% of users reported an improvement in skin elasticity in just 14 days and 100% of users reported an improvement in skin elasticity and skin firmness in only 28 days with the Firm Skin Solution! Turn back the hands of time with natural ingredients to reveal luminous, youthful skin that boasts the appearance of fewer fine line and wrinkles.

For more information on these new and exciting organic skin care products, call us at the Golden Door Spa Boutique: 787-863-1000, extension 7523.

Rain or shine, the **Winter Escape Package** provides you with a day to relax and enjoy a pampering 50-minute Golden Door Swedish massage, 50-minute Cucumber & Mint Scrub and lastly, drench your skin with a burst of hydration while enjoying a 50-minute Golden Door facial. **Special Price \$270**

Complete Targeted Regimes for every skin type from start to finish. Clinically proven and created with the same fresh organic ingredients Éminence Organics is known for, the easy to use system. Take the guesswork out of skin routine this fall and bring healthy, luminous skin into reality with the **Vita Skin Vitamins Solutions Facial.. Introductory price \$130**

El Conquistador Resort's Super Stars

By: Rita



Cheo receives his award from Tourism Company Executives



Cheo and Ramón with their awards

José A. López, known by all his friends as Cheo, recently won the coveted Employee of the Year Award in the Restaurants Category among all the Hotels and Resorts in Puerto Rico, in an event held on September 30 at the Conrad Condado Plaza.

After being chosen Employee of the Month in 2010, he proceeded to win Employee of the year at El Conquistador, which earned him the right to participate in the island-wide competition.

Cheo has been a familiar face at El Conquistador for the past 18 years, making our guests' stays more memorable by providing them with excellent, friendly service, initially at Palomino Island, and now at the Splash Bar. His engaging smile greets our guests as they enjoy our pool facilities, and he is always ready to get your drink of choice— be it a coffee or a piña colada!

Even though Cheo actually studied accounting on a baseball scholarship, he

never got to practice...Once he came to Fajardo and started working at the resort's restaurants, there he remained: "I just got hooked on working with people from all over the world!", he says, and a career in accounting gave way to a career in bartending, which he learned at the Resort.

Even though he doesn't drink alcohol himself, Cheo likes bartending and enjoys learning new recipes from his colleagues.

He credits his father with instilling in him strong values and a sense of purpose. His father believed people should be responsible and accountable for their actions, and was set against half-hearted commitments...“When you say you are going to do something-do it! Cheo took this teaching to heart, and, as you can see, he is still making his father proud! “I am here to be a Service Ambassador to our guests, so that once they come to El Conquistador, they will always want to come back!”



Ramón Piñeiro and award-winning "Dulce Ensueño"

Since 2011 has been a year of wonderful prizes, we are proud to share another success for El Conquistador Resort: Ramón Piñeiro, one of our bartenders, recently won Puerto Rico's 1st Mixology Cup, a national competition hosted by Rums of Puerto Rico and the Tourism Company, which was held last September at the Conrad Condado Plaza.

Ramón has been a bartender at the resort for a year, now. He started working in banquets and later on as a back server at *Striphouse*, before moving to his actual position assisting our congenial Leo Nieves, Restaurant Manager, at the pools and restaurants of El Conquistador.

His drink, "Dulce Ensueño", was inspired by the island's traditions of old, and reminisces back to the 1940's, when

sugar cane plantations still spread over Puerto Rico's coasts, dominating our economy.

"Dulce Ensueño" blends El Barrilito aged rum, molasses (the thick brown uncrystallized syrup obtained from sugar during refining) guava, and a touch of Amaretto. Ramón garnished the drink with a small guava shell covered in "queso del país", or Puerto Rican White Cheese, topped with brown caramelized sugar...Yummy!

Ramón and his creation went toe-to-toe with thirty seven competitors, making it to the top in a contest where presentation, flavor, originality, distinctive *typical* quality, preparation technique and consistency among all four samples prepared were measured and evaluated by a panel of judges. Congratulations, Ramón...Cheers!

Find the 10 Polar Bears in this Picture



Source: http://members.cox.net/gardnergallery/polarbear_find10_lone.htm

Did you know?

Polar bears (*Ursus maritimus*) are primarily marine mammals. They are the biggest member of the bear family and the largest carnivores in the world, rivaled only by the Kodiak brown bears of southern Alaska.

Non-breeding polar bear females and males do not hibernate or *den* in the winter, however, pregnant polar bears do. They eat a lot in the summer and fall in order to build up sufficient fat reserves for surviving the denning period.

Polar bears weigh one pound when they are born, but by the time they emerge from the den in spring, they are 20-30 pounds.

With heavy fur, blubber up to four inches thick and black skin that absorbs heat from the sun, polar bears are amazingly well adapted to the Arctic climate.



Photo: Tom Mangelsen

Tom Mangelsen

GOLDEN DOOR
EL CONQUISTADOR RESORT & LAS CASITAS VILLAGE

OPEN THE DOOR

1000 El Conquistador Ave.
Las Croabas, Puerto Rico 00738

T: 787.863.1000 Ext 7300/7474

ElConResort.com
LasCasitasVillage.com
GoldenDoorSpa.com



Please consider the environment
before printing this newsletter.

Contributing Staff:

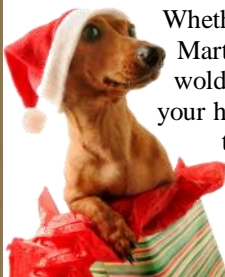
Rita Maldonado, Spa Fitness Supervisor/
Editor

Leyda Collazo, Spa Retail Lead

Andrea Miller, GD Skin Care Manager at
Golden Door, Escondido

Decorating Do's & Don't For Dog Owners

DogAge.com



Whether you lean more toward Martha Stewart or Clark Griswold when it comes to decking your halls, you'll need to use caution if there's a doggy in the house. These easy decorating do's and don'ts will help keep your decor from posing problems for your pooch:

1. Put plants in their place. Holly, mistletoe, and poinsettias are all considered toxic to dogs and could cause real trouble if your pup happens to take a nibble. No need to ban festive flowers and greenery altogether; just hang 'em high and way out of reach.
2. Use cord caution. Make sure your extension cords aren't frayed or showing any exposed wires, and keep them out of your pooch's sight to avoid chewing temptation.
3. Accentuate the top of your tree. Consider leaving the bottom part of your holiday tree bare and placing all ornaments, tinsel, and trimmings above your dog's snout level. Swallowing any bits or pieces of such decorations

can produce painful intestinal blockages.

4. Avoid food-based decorations. It's a simple fact of nature: Dogs can smell food and, when they do, will usually go after it. To prevent your tree from being grazed upon, skip the popcorn-and-cranberry strings, and leave off any edible ornaments.

5. Enforce water restrictions. Make sure your pooch knows not to drink from the tree water. As it sits, it tends to collect bacteria and often contains traces of fertilizer.

<http://www.dogage.com/care/tipoftheweek.aspx>



Dark Chocolate Lowers Blood Pressure

Dark chocolate -- not white chocolate -- lowers high blood pressure, say Dirk Taubert, MD, PhD, and colleagues at the University of Cologne, Germany. Their report appears in the Aug. 27, 2003 issue of The Journal of the American Medical Association. But that's no license to go on a chocolate binge. Eating more dark chocolate can help lower blood pressure -- if you've reached a certain age and have mild high blood pressure, say the researchers. But you have to balance the extra calories by eating less of other things.

What is it about dark chocolate? The answer is plant phenols — cocoa phenols, to be exact. These compounds are known to lower blood pressure. Chocolates made in Europe are generally richer in cocoa phenols than those made in the U.S. So if you're going to try this at home, remember: Darker is better. Just remember to balance the calories!

<http://www.thedoctorschocolate.com/is-dark-chocolate-good-for-you/>



PHILO'S CORNER

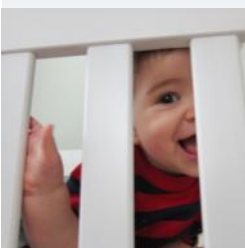


PHILO,
The Spa Wisdom Dragon

Without inner peace, it is impossible to have world peace. ~Dalai Lama

May you move all of your mountains, and disturb the peace by adding to it. ~Carol Horos

Peace is not something you wish for; it's something you make, something you do, something you are, something you give away. ~Robert Fulghum



The fragrance always remains on the hand that gives the rose. ~Gandhi

Generosity is giving more than you can, and pride is taking less than you need. ~ Kahlil Gibran

Never fear spoiling children by making them too happy. Happiness is the atmosphere in which all good affections grow. ~Thomas Bray

