

Announcing the arrival of *Cal-a-Vie Living, Gourmet Spa Cuisine Cookbook*

Cal-a-Vie Health Spa, the award-winning spa resort announces the arrival of the *Cal-a-Vie Living, Gourmet Spa Cuisine* cookbook. This hard bound, full color cookbook is packed with 141 no nonsense, flavorful, healthy recipes and cooking tips from the spa's chef of fifteen years, Steve Perneti and his team of culinary experts.

Some may remember that Oprah stole Chef Rosie from Cal-a-Vie over fifteen years ago. This is when Chef Perneti came onto the scene. He stole the hearts and warmed the tummies of not only the spa owners but most importantly, the spa guests. Perneti's ability to prepare incredibly flavorful yet healthy cuisine artfully presented has dazzled the guests ever since. Dishes such as Roasted Beef Tenderloin with Cabernet Sauce, Lobster Mashed Potatoes, Spa Pizza, and Spicy Rock Shrimp Won Tons are just a few examples that prove that healthy eating can be surprisingly enjoyable and seemingly indulgent.

Perneti's warm genuine personality and New Jersey Italian wit make Cal-a-Vie's cooking classes one of the most popular spa activities. Several times a week the guests can have dinner in the spa kitchen and learn how to prepare these culinary delights and take home healthy cooking tips directly from Chef Perneti and his team.

Cal-a-Vie Health Spa is sometimes referred to as Cal-a-Vie, The Spa Havens. Seven years ago owners John and Terri Havens, of Houston Texas, purchased this unique health resort. Reminiscent of a French Provencal village, it covers over 200 private acres of the coastal hills just 40 miles north of San Diego. The spa became a labor of love the Havens performed a multi-million dollar renewal adding enhancements to the grounds and program. Additions such as a 17,000 square foot fitness and meeting pavilion, Turkish-inspired bath house and the 400 year-old French Meditation Chapel rebuilt on the hillside are just a few of examples. More additions will soon be unveiled.

The resort is filled with one-of-a-kind 18th century French and European antiques. However Cal-a-Vie is not a frilly place for the faint of heart. It is designed to be warm and comfortable combining understated old-world elegance with the most modern of conveniences throughout. Only the 30 guests (maximum) and the 100+ staff are on property each week. This creates an extremely private and safe haven for the perfectly balanced and personally tailored 3, 4 or 7 night wellness program that blends fitness instruction, healthy eating and of course, luxurious blissful therapeutic treatments.

Chef Perneti will be scheduling select public and private cooking demonstrations and appearances as the cookbook launches this year. *Cal-a-Vie Living, Gourmet Spa Cuisine* retails for \$34.95.

For reservations and information about the spa and ordering the cookbook log on to www.cal-a-vie.com or call #1-866-SPAHAVENS

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