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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Seaside Paradise**

**By Amy Covington**

The folks at the Sanibel Harbour Spa are serious about relaxation. Their 40,000-square-foot spa is devoted entirely to revitalizing frazzled nerves in a calming seaside setting. They carry the tranquil theme throughout, with soothing water sculptures, botanical accents and sea-based treatments. Walking through airports can leave your tootsies in need of attention. As soon as the bellman takes your luggage, head immediately to the spa for a mandatory Pedisage (don't worry, our Spellchecker isn't broken). This is a real treat for overworked feet: gentle cleansing and exfoliation with sea and plant-based products followed by a massage that will leave you feeling as though you've been walking on air, not standing in long airport security lines.

The most strenuous part of your stay is choosing where to eat dinner. From courtside steaks and seafood, to cocktails poolside and romantic sunset dinner cruises, Sanibel has something to please every palate. Your vacation isn't complete without one of Sanibel's amazing body treatments. We recommend the Peppermint Sea Twist with aromatic peppermint oil and fresh European seaweed, which stimulates, rejuvenates and improves circulation, making it an ideal treatment for sore aching muscles and water retention. The Mango Salt Glo is also worth a try: dampened sea salts, rich in minerals, cleanse, exfoliate and stimulate the skin, and a layer of energizing Mango Mist.

Still have the sound of screaming babies from your plane ride reverberating in your head? Sanibel Harbour Spa has just the remedy. The BETAR (Bio Energetic Transduction Aided Resonance) sound bed offers relaxation through sound and music. This unique machine is one of only 16 such systems in the world. Set within a geodesic dome structure, the BETAR bathes you in music and natural sound rhythms via a state-of-the-art sound system, for the ultimate in relaxation.

In terms of accommodations, Sanibel has numerous options, including 240 hotel rooms, 107 concierge-style commotions location in a private enclave within the resort, and several waterfront condominiums.

Amy's passion is writing about the good things in life: food, wine, fashion, and travel. Her writing credits include Downtown San Francisco Magazine, Dining Out San Diego Magazine, among many others, as well as numerous consumer and luxury websites such as

<http://www.justluxe.com>

and

<http://www.livingluxe.com>

## **When I Lie Safe In Your Arms**

**By Emmanuel Emesakoru**

### **When I Lie Safe In Your Arms by Emmanuel Emesakoru**

When I lie here safe in your warm arms  
Defenseless at the mercy of your charms  
A weakling I turn staring into your eyes  
I lose my strength in this new paradise

This paradise of encircling warmth I love  
For it's cool as the rainfall from above  
That falls upon my skin and makes it shine  
Knowing that you're always mine and fine

When I lie here safe in your strong arm  
Though I'm weak but I'm safe from harm  
I feel my bones turn into water and flow  
My dead feelings gently kindle and glow

This glowing feeling compares to the galaxy  
For it always brings me closer to sweet ecstasy  
When I lie here safe in your soothing arms  
Boneless, defenseless at your irresistible charms

There's really nothing about me. I am Emmanuel Emesakoru, a budding poet who desires to live someday by the poetic works of my hands someday in the United states and make a fine name, just writing poetry.



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