



spa cooking classes In addition to Rancho La Puerta, many other spas and resorts now offer healthy cooking demonstrations and hands-on sessions. Here's a short list. ANNE-MARIE COOK

Birdwing Spa (Litchfield, Minnesota) – Geared for weight loss, classes two to three times a week augment food education seminars.

Cal-a-Vie (Vista, California) – Chef Steve Perneti shares healthy cooking tips every Friday evening.

Chiva-Som International Health Resort (Hua Hin, Thailand) – Weekly classes reveal the secrets of the spa's tasty Thai recipes.

Coastal Trek (Courtenay, British Columbia) – One day a week the kitchen welcomes questions as the chefs create the day's meals.

The Copperhood Inn & Spa (Shandaken, New York) – Weekly kitchen demonstrations display the delights of vegetarian gastronomy.

Deerfield Spa (East Stroudsburg, Pennsylvania) – The spa's recipe book inspires the weekly cooking demonstrations.

Echo Valley Ranch & Spa (Jesmond, British Columbia, Canada) – Executive chef Kim Madsen, who won the Medaille Cordon Bleu in France, opens his kitchen daily to guests.

Fitness Ridge Resort and Spa (Ivins, Utah) – The nutritional education program includes cooking demonstrations twice a week.

The Greenbrier (White Sulphur Springs, West Virginia) – Hands-on, gourmet spa cuisine classes cater to adults and kids.

Green Mountain at Fox Run (Ludlow, Vermont) – The weeklong Mindful Cooking for Mindful Eating program encourages a healthy diet.

Green Valley Spa (St. George, Utah) – Weekly classes teach guests to prepare the meals they've enjoyed during their stay.

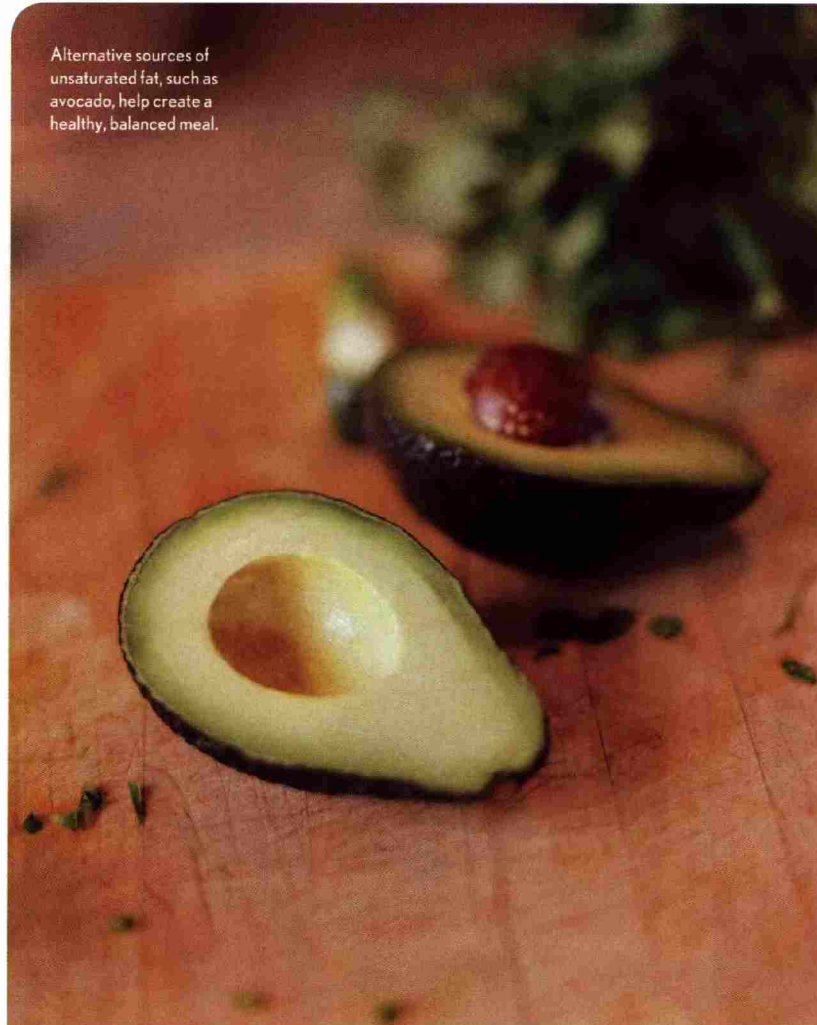
The Heartland Spa (Gilman, Illinois) – Chef and registered dietician Barb Peters demonstrates her techniques three times a week.

Lake Austin Spa Resort (Austin, Texas) – Guest chefs spice up the weeklong Culinary Experience program offered each month.

Miramonte Resort & Spa (Indian Wells, California) – Chef Darren McCabe brings spa flair to Italian traditions with hands-on classes.

The Oaks at Ojai (Ojai, California) – Two cooking demonstrations each week reveal the spa's salt-free, low-calorie recipes.

The Spa at Sea Island (Sea Island, Georgia) – Personal consultations with chef Laurie Erickson include demonstrations and lessons on mindful grocery shopping.



Alternative sources of unsaturated fat, such as avocado, help create a healthy, balanced meal.

