

RATE DETAILS:

Please contact us for current prices or visit lifespringoasis.com.

A deposit is required to reserve your dates.

As long as basic cleanup is done on your day of departure, the departure and cleanup fee (\$75) will be waived.

Dates available: year-round

Owner description: Jan is a massage therapist and holistic health educator. She loves to meet people. If you are in need of special services or help, she is delighted to assist you, as her passion is helping others excel in their lives and achieve vibrant health. Jan and her two cats look forward to welcoming you to their cozy home.

About the Area: Boulder is a beautiful city with lots to see and do, ranging from university special events to mountain and outdoor activities. It is meeting place for athletes, holistic and alternative health seekers and practitioners, and spiritual and religious groups of all types.

Boulder has a moderate climate, with four defined seasons and over 300 sunny days per year.



View from the balcony.



Life Spring Oasis

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Boulder, CO 80308

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Lifespringoasis.com

Life Spring Oasis

**Your Personal
Retreat for Healing,
Transformation, and
Creativity...**

Boulder, Colorado

303-527-2886

Your Personal Retreat...

Accommodations:

One private bedroom with full bath (sleeps 1 or 2), shared living room, dining room, kitchen, and balcony.

Ideal for:

- Health recovery/recuperation
- Visiting athletes
- Participating in sporting or cultural events
- Executives needing temporary housing
- Personal retreats, including silent retreat
- Writers or other artists and/or thinkers
- Rolf, acupuncture or massage students
- Sanity maintenance while visiting family
- Quiet retreat for out-of-town guests

Suitability:

- No pets
- No smoking
- Second floor (no elevator)
- Two cats live in the unit with the owner

Important Details:

Your quiet, cozy room includes a full adjacent bath, plus access to the kitchen, dining, and living room, and balcony. Relax on the balcony overlooking a beautiful and peaceful old growth park with glimpses of the foothills. The large park across the street and trails in this quiet neighborhood are great for walking and cycling. This warm and inviting home offers a place to rest, heal, create, transform, and excel at any health-building, sport, work or creative project that brings you to Boulder.

Your room includes a comfortable full-size mattress with organic cotton sheets (available) and natural fabric bedding; cotton quilts, cotton and wool blankets, and natural and hypoallergenic pillows (cotton, down, polyester, memory foam, orthopedic) to choose from.

Blackout blinds block artificial outdoor light at night and sunshine in the morning.

Your bathroom features a blow dryer, 100% cotton towels, natural hand soap, a natural rubber bath mat, and 100% cotton area rugs.

The apartment has a vaulted ceiling, skylights, and a fireplace, and is home to two sweet indoor tabby cats who have free roam of their house. The subtle colors

of the decor are warm and soothing, and you can watch the organic container garden grow veggies in the summer!

Your stay includes these complementary amenities: Eldorado spring water, unlimited hot tea (herbal, green, or regular; the water is always hot!), washer and dryer with natural laundry detergent, wireless internet access, year-round outdoor hot tub, and summer swimming pool.

Special Features:

Entertainment: DVD, VCR, video and DVD library, CD player with relaxation CDs

Kitchen: in-room kitchenette with mini-refrigerator and electric steamer, plus full use of home kitchen with dishwasher, juicer, steamer, crock pot, coffee maker, and other cooking appliances and utensils.

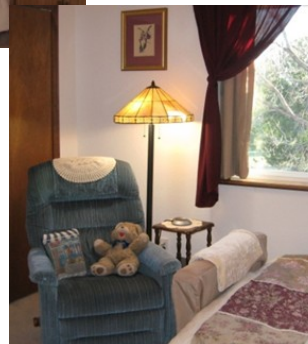
Outdoors: off-street parking in safe, quiet neighborhood with old growth trees, year-round hot tub and summer swimming pool, nearby trails at Twin Lakes, park across the street has trails and workout course.

Location/view: Two blocks from bus stops (J and 205 routes); recreational park across the street offers hiking trails with streams and lakes and glimpses of the mountains.

Communications: wifi (wireless internet) in apartment
Activities on-site or nearby: walking, biking, park with workout course, basketball, hiking/bike trails to lakes, biking distance to shopping area with groceries, restaurants, fitness center/gym, local museums and factory tours.



Two views of your room.



Other Amenities:

Services available: massage therapy, energy balancing (polarity therapy), wellness coaching, skilled relaxation instruction, laundry service, herbal or Epsom salt baths, electric bicycle rental, fireplace, whole foods diet instruction, and sugar-free chocolate!

Additional services customized to your unique needs by advance arrangement: business, personal assistant, or secretarial services, courier/chauffer services, personal care services (such as for recovering from surgery), hot paraffin hand/foot bath, fresh organic juices, special meals (including whole foods, sugar-free, wheat-free, dairy-free, anti-inflammatory, etc).

Health-friendly features: quiet location, natural cleaning products (no chemicals or fragrances); chlorine filter on shower, chlorine-free paper products; in-house library of health-related books, exercise videos, and DVDs, yoga blocks, jump rope; natural fabrics used wherever possible; Eldorado spring water; relaxing soothing colors.

Eco-friendly features: well-insulated home stays cool in summer (air conditioner rarely needed) and warm in winter (not much furnace noise), programmable thermostat, energy-efficient lighting, recycling, natural fabrics used wherever possible, indoor clothesline

Nearby Fun Stuff to do:

- 3 blocks to Leanin' Tree Museum of Western Art
- 3 blocks to Celestial Seasonings factory
- 8 blocks to Shelby American Collection car museum
- 3 blocks to Boulder College of Massage Therapy
- 1.5 miles to Rolf Institute and Southwest Acupuncture College
- 3 miles to IBM campus
- 3.5 miles to Boulder Reservoir
- 6 miles to Pearl Street and downtown Boulder



Living/dining area.