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Soul Survival



What the Toes Know

Lauri Maguire
Spring 2004

After toughing it out on a seven-hour ride through the brutally hot Mojave Desert, the women on this journey were happy to opt for treatments at CopperWynd's spa, the Calming Wynd, which offers a gym, saunas, and a variety of treatments, from facials to hot-rock massages to "toe readings."

Toe reading is related to the practice of reflexology and is based on the belief that your toes, as well as different points on your feet, reveal aspects of your health and personality. I certainly could not argue with any of the conclusions that my toe-reading therapist reached. She had won me over in the first 10 seconds of my session when she told me that one of my gluteus muscles was stronger than the other. She pointed out that this was causing pain in my right hip and shoulder. A few months ago, I had been diagnosed with bursitis in my hip, an inflammation of the joint that my doctor had been unable to explain.

With instructions on how to correct the ailment, I trotted off to the pool and the waterfall whirlpool to check on my fellow female traveling companions. One was lost in the calming recesses of the spa's personal treatment rooms; her massage was so relaxing that she had checked out for a nap. My other companion was enjoying the beautiful view from one of the hotel's two sparkling pools. As we rested in a lush garden setting on a plateau that overlooks Fountain Valley and the desert below, it was easy to feel above the cares of the world. All was well for the moment—body, mind, and soul.

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