

classes, the hotel provides the services of a certified masseuse Friday through Tuesday from 9:00 a.m. to 5:00 p.m. Massage is an excellent way to stimulate circulation, renew vigor and maintain mental well-being. Another wonderful part of our healthful routine is the sauna. The hot dry heat lets your pores open so your body can cleanse itself.

## The atmosphere is always casual

Escape to Jacumba and get away from it all - get away from those things that keep you bottled up, tired and tense - enjoy the village where time stands still.

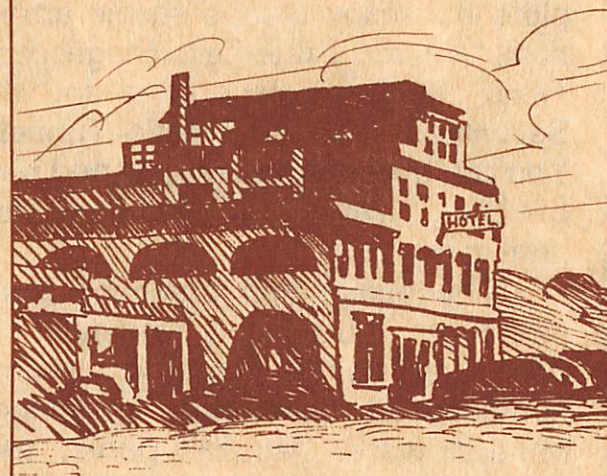


## All roads lead to Jacumba Hot Springs



For reservations and information  
call (714) 766-4501 or write to P. O.  
Box 466, Jacumba, California 92034.

## Vacation time is anytime in Jacumba



## Hotel, Hot Springs and Health Spa



## An adventure land that's within reach

Jacumba is a quiet charming little village nestled in a high desert oasis just 70 miles east of San Diego, California. People frequent this lovely community to relax in the soothing mineral waters, swim in the sun or explore the many unique scenic attractions like the Butterfield Stagecoach Trails, the Smuggler's Mine and the Seventeen Wooden Trestle Tunnels. You can even forget your car and take the bus . . . the Greyhound lines stop right at our front door.

The quaint and charming hotel rooms are unbelievably reasonable in price and include three wholesome homecooked meals, two hot springs mineral water jacuzzi pools, two refreshing outdoor pools, all in peaceful surroundings.

## Clean air, beautiful views

Breathing the clean, dry desert air will improve not only your respiratory and circulatory system but will add an invigorated mental outlook. Living in the city, we forget what it's like to have fresh air and look in every direc-

tion at high desert vistas. Pure air and water - two things that are in ever increasing short supply.

## Fun for everyone

Guests enjoy a flexible program that offers a complete and natural guide toward revitalized health. The



swirling soothing waters of the spacious jacuzzi have a constant flow of naturally heated mineral water. The jets give every part of your body gentle yet stimulating hydro-therapy massage. While your skin absorbs the minerals your system rids itself of toxins that make most people tense and tired. Muscle and mental tension

is relieved and you emerge relaxed and refreshed. In addition to the jacuzzi pools, you can enjoy an outdoor swimming environment in mineral water - swim for a good workout or wade and relax in the sun.

## Year 'round vacation land

The high desert terrain is strikingly beautiful, and by hiking on any of the trails near the hotel one is afforded a spectacular view of the Jacumba Valley and southward into Mexico. Each trail lends a unique atmosphere found only in the California high desert.

## Put new pep in your step

Complete facilities are available so your stay can be as active or as leisurely as you wish.

Exercise classes are offered every Saturday and Sunday. It's an active program that combines yoga, stretching and warm-up as well as aerobic techniques, yet flexible enough to let all members move through it at their own pace. In addition to exercise