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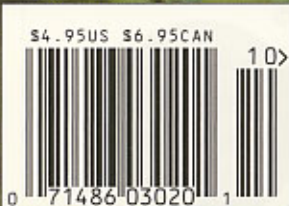
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vol.10 no.5

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10 Spa Chefs Share their Secrets

Are you a Metrospiritual?
10 trend-setters that are changing the world + how you can join them



10 Spa Chefs Share their Secrets

The image of “spa cuisine” tends to center around tofu and bean sprouts. But most spa chefs have a beef with the stereotype. In celebrating *Healing Lifestyles and Spa’s* tenth anniversary, we’ve asked ten of the men and women changing the image of spa dining to weigh-in on the challenges and secrets of creating spa cuisine.

By Amy Reiley | photography by Andrew Purcell | food styling by Carrie Tinkham





Michael Beck, Executive Chef

*Rancho Valencia Resort and Spa,
Rancho Santa Fe, CA*

Overseeing the kitchen of Rancho Valencia would be challenge enough for any fine chef. But to add to his repertoire of Franco-Italian inspired cuisine, Beck began incorporating spa cooking to Rancho's gastronomic delights in the summer of 2006 to align the award-winning culinary program with the philosophy of Rancho's new 10,000-square-foot spa retreat.

How do you define spa cuisine?

The challenge is to cook as healthy as possible and still make sure it doesn't taste just like rabbit food. It still has to be exciting, fun, full of flavor, and satisfying.

What is your favorite healthy ingredient?

I love healthy, unsaturated oils such as pumpkin seed, distel (cactus), or avocado. I think using the right oil is important not only in salads or vinaigrettes but to finish sauces or just add richness and flavor to the dish.

Are you a fan of dairy or soy?

If I use cheese, then I use goat or feta cheese. So in that case it would be dairy. Yogurt is great for dressings or even to marinate. Soy is great if you make shakes or smoothies but I prefer brown rice milk.

For more recipes from these spa chefs visit www.healinglifestyles.com 🍴