

## GIRL POWERED FUN AT SHERATON CARLSBAD RESORT AND SPA

Plan your next girlfriend's getaway at the Sheraton Carlsbad Resort and Spa. Whether for a weekend or a quick mid-day retreat, we have just the outing for the girls to relax, rejuvenate and recharge.

**Mom's Home Cooking Takeover...** Daughters or even mommy group friends can score major Mother's Day points by booking the **Girls In Kitchen package** the weekend of May 2-3, 2009. This gal's bonding package includes a one-on-one session in the kitchen with Executive Chef learning how to prepare one of his signature dishes and a trip to the local organic farm, dinner for two in Twenty/20 our restaurant that showcases Coastal California cuisine and deluxe accommodations with two queen sized beds. Learn to make one of Mom's newest favorites and surprise her by bringing it to the table the following week for Mother's Day. The Girls in the Kitchen package requires reservations and is subject to availability. A second Girls in the Kitchen day is planned for late summer with exact dates to follow.

**Girls Around Town Day Escape...** Created for gal pals who need a break but can't stray too far from home. Enjoy a luxurious 50-minute marine based signature treatment in the organic full service Ocean Pearl Spa followed by a spa healthy lunch in Twenty/20 Grill and topped off poolside with all day access Resort amenities including free form pool, relaxation lounges and fitness center. Girls Around Town Day Escape is priced at \$110.