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CALIFORNIA DAY SPA - OSMOSIS CELEBRATES 25TH ANNIVERSARY WITH OVER 200,000 CEDAR ENZYME BATHS GIVEN

Summary: Osmosis Day Spa Sanctuary, only U.S. spa to offer cedar enzyme bath treatments, marks 25 years in business with more than 200,000 of the unique healing bath treatments delivered in a Japanese setting.

FREESTONE, CA, March 29, 2010 -- Starting from a humble backyard facility made from a recycled chicken coop, Osmosis, a [day spa in Sonoma County California](#), has now delivered more than 200,000 of its signature cedar enzyme bath treatments over the past 25 years.

Spa founder Michael Stusser introduced the unique and acclaimed [cedar enzyme bath](#) treatments to the U.S. after discovering them in Japan. His own life-changing healing and spiritual experience there convinced him that it was his mission to offer the treatments in this country in a Japanese-style environment.

Since its inception in 1985, Osmosis has grown to become an internationally known retreat sought out by visitors from around the globe as well as enjoyed by those living in Sonoma County. Locally, the spa is a regional landmark and has been awarded Best Day Spa in Sonoma County for twelve years by the community in the North Bay Bohemian.

The spa's enzyme baths are not Osmosis' only unique attraction. The grounds feature authentic Japanese-style meditation gardens and walkways, complete with ornamental, sculpted shrubs, classic rock arrangements and serene reflection ponds. The garden was recently identified as one of the most authentic Japanese gardens in the US, ranked above the prestigious Brooklyn Botanical gardens by Sukiya Living, a magazine for Japanese garden aficionados.

In addition to the spa's emphasis on health and wellness, Stusser and his team have always placed a high priority on reducing the spa's impact on its environment. In 2006 Osmosis undertook a major effort to advance the green agenda with an eco-renovation that continues to this day. Last year the team constructed a wetlands area that recycles 100% of all gray water generated for use in landscaping. The area also doubles as a safe haven for local wildlife. Meanwhile, thermal solar collectors installed in December now generate 80% of hot water used at the spa.

Osmosis has also been instrumental in founding the Green Spa Network (GSN). A national membership organization of spa professionals, GSN is dedicated to advancing sustainability in all aspects of their business operations. Now with over

100 members, GSN conducts regular conferences to discuss ideas and innovations. In November, the network hosted a highly successful conference at Mexico's historic Rancho La Puerta.

Osmosis is a major employer in the Sebastopol area, with a staff of nearly 100 people who have built a strong sense of community. Recognizing its place in Sonoma County, Osmosis has made more than a thousand donations of gifts and services to local schools and non-profits.

"Osmosis represents the power of a community of like-minded individuals," said Stusser about his staff. "These are people who actively build on their ideals, and they've helped shape the company into much more than just a spa."

Osmosis will celebrate its 25th anniversary with special events and new offerings all year long. Each month features a new theme in wellness, community and health. The recently launched Locals Nights, highlighted in the [spa specials and packages in Sonoma County](#) section of the website continues each month, offering convivial evenings with specially priced mini spa treatments, enzyme footbaths and informational presentations.

Local residents enjoy the opportunity to wander the grounds, speak first hand with spa practitioners and meet with neighbors. The next Locals Night of 2010 is set for Earth Day, Thursday, April 22nd, and will feature an open house for local healers.

Daytime television's fastest-growing talk show The Doctor's featured the **Cedar Enzyme Bath** as one of the *Top Ten Health Trends in 2010*. You can [watch Osmosis on the Doctors](#) on the Osmosis website which explains some of the science behind the treatments and why they have attracted such a following among Osmosis spa-goers.

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