

**Bridal (Anti) Boot Camps Offered For Brides-To-Be
To Leave Their Wedding Worries Behind;**

Ocean-view suites, Lavish Spa Treatments and Kombat Relaxation Classes are Included

- Available May 1st – November 30, 2008 –

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Nuevo Vallarta, Riviera Nayarit, Mexico (March 18, 2008) – Get ready bridal boot campees at the all-inclusive Grand Velas Puerto Vallarta resort in Mexico. At this Puerto Vallarta, Mexico wedding destination, Grand Velas All Suites and Spa Resort offers a Bridal Boot Camp Series where the only sweating is in the steam room, the only heavy lifting will be holding shopping bags, and the only food deprivation will be if the bride and bridal party forego the chocolate massage. The lavish Mexico getaway packages do include luxury ocean-view suite accommodations, extensive spa treatments, private Kombat Relaxation (combination Pilates and Yoga class), and Puerto Vallarta wedding goodies that range from a bridal planner to Swarovski Crystal Swans. The combination of Mexico's Pacific Coast and unlimited access to all the amenities of a AAA Five Diamond property makes the Bridal Boot Camp Getaway an ideal "Must Have" for a pre-wedding vacation at Puerto Vallarta.

In Mexico's all inclusive vacation destination by the beach, Grand Velas Resort's Boot Camp, Diamond Boot Camp and Five Diamonds Boot Camp bridal getaways are available from May 1 – November 30, 2008. The Grand Velas Boot Camp starts at \$12,670 USD, for up to five women in one or two adjoining, if needed, Parlor or Master Suites, the Diamond Boot Camp starts at \$19,850 USD, for up to five women in a two-bedroom Governor Suite, and, taking it up a few notches, the Five Diamond Boot Camp offers everything from private dance classes to Diamond Body Scrubs and starts at \$30,260 USD, for up to five women in a two- or three-bedroom Presidential Penthouse Suite. For more information please call 1-877-398-2784 or visit www.grandvelas.com.

For the (Brides) Maids:

Fear no nail-breaking with the Grand Velas Boot Camp Package. Bridal Bootcampees will be treated to a private outdoors dinner, a city and shopping tour of downtown Puerto Vallarta and several beauty and relaxation treatments at Grand Velas' Leading Spa of the World. After private registration and welcome beverage, sweat out toxins during a heavenly hydrotherapy circuit, buff up skin with a Tau-Sol body scrub, spruce up uprights during a revitalizing leg massage, and feel like a girly-girl with a pretty mani-pedi. Special wedding goodies, such as a bridal planner, wristlet with photo, mini-jewelry travel case, "Future Mrs...." T-shirt, and personalized beach bag are also included. The 4-day/3-night Grand Velas Boot Camp package starts at \$12,670 USD, plus 15% tax and offers luxurious accommodations in an ocean-view Parlor or Master suite for up to five in the party. For an additional \$1,850 USD per person, up to three more guests may be invited. If more than four women attend, two adjoining Parlor or Master Suites will be available.

For the Princess:

Inclusive of all the activities and amenities in the Grand Velas Boot Camp getaway package, the Diamond Boot Camp Package offers bridal bootcampees the opportunity to

indulge in a delicious Chocolate Wrap, expend tension with a vital energy Kipori Facial, double the relaxation results with Four Hands Massage, and shed those few extra pounds with a Slimming Anti-Cellulite Lipo-Wrap. For all the extra primping, Diamond Boot Camp guests also receive a spa bag that includes spa slippers, robe and Calla Lilly Spa travel case. The 4-day/3-night Grand Velas Diamond Boot Camp package starts at \$19,850 USD, plus 15% tax and offers luxurious accommodations in an ocean-view, two-bedroom Governor Suite for up to five in the party. For an additional \$2,700 USD per person, up to three more guests may be invited.

For the Queen Bee:

For the ladies that really want to take it to the next level, the Five Diamonds Boot Camp Package frosts the Diamond Boot Camp to a new level. In addition to private dance lessons, the Five Diamond package lets bridal bootcampees relish in luxury with a Diamond Body Scrub, soak up sophistication in a Diamond Bath Therapy, relive tension with proven ancient techniques in a Neuro-Aroma Mineral Massage, please the senses during the Oxygen Diamond Facial, and tame the tresses with a Relaxing Scalp Massage and Ritual Hair Treatments for all in the party. Along with a personalized Wedding Guest Book, the bride will receive Swarovski Crystal Swans, a silver plated pen and heart pendant, crystal necklace and earring set, freshwater pearl bracelet, crystal clamshell with pearl, and a dazzling circle pendant necklace.

To capture the breathtaking moments, the guests will be given Hearts Delight personalized cameras. The 5-day/4-night Grand Velas Five Diamonds Boot Camp package starts at \$30,260 USD, plus 15% tax and offers luxurious accommodations in the ocean-view Presidential Penthouse Suite for up to five in the party. For an additional \$3,670 USD per person, up to three more guests may be invited.

In Nuevo Vallarta, Riviera Nayarit, Mexico, Grand Velas All Suites & Spa Resort, a member of The Leading Hotels of the World and located just 15 minutes north of Puerto Vallarta on Banderas Bay, features 267 ocean-view suites, ultra spacious Spa Suites in the resort's new tower and new Imperial Suites. The crown jewel of the resort, Grand Velas Spa, features 20 treatment rooms, over 80 spa treatments, a high-performance gym and exercise room, spa boutique, and a beauty salon. Five restaurants, three of which are gourmet, feature stylish décor and a la carte choices for French, Italian or Mexican cuisine. The resort also offers tiered three-temperature infinity pools with iPod minis, tennis court and special entertainment for adults.