



Feet get all the fun; from rocking the latest trends in shoes to showcasing a freshly painted pedicure. Feet can also tell a lot about a person--if they are lover or fighter, living in the past or staying in the present and even how well one's relationships are in his or her life. Within every shoe is a different story, a different person to elicit! CopperWynd Resort and Club offers Perscentology, a unique system of personality profiling through toe reading. Yes, toe reading. So untie those laces and see what your toes say about you.

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Visitors at the CopperWynd Spa will be greeted by the welcoming and soft-spoken spa director and therapist, Marie Bernat. Bernat strongly believes one's past and future is written on his or her toes. First, she examines the face to get a better understanding of the individual she is reading, as well as releasing built up energy by wiggling each finger. Next, she begins with Life's Direction toe reading: the left foot is connected with the spiritual realm, whereas the right foot reveals the ins and outs of an individual.

Each toe has a different meaning. The big toe is our destiny, the direction in which we are headed in life. The next is our communication toe, how we communicate with people in our life. Next to the communication toe is the passion and anger toe. From this toe, Bernat learns how an individual expresses emotion--especially the more pronounced ones like passion and anger. The relationship toe is next. From spouses, friends, family, boyfriends, girlfriends, co-workers, and exes this toe tells Bernat how we treat the ones we love and how they treat us. Lastly, the baby toe is all about security. How secure we are with ourselves and others? Do we feel protected in life? Who would have guessed toes can tell us all of that?

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Perscentology is much more than just toe reading. In fact, this 75-minute session begins with a relaxing spray of locally blended mint and lavender on the massage table. The full-body treatment incorporates aromatherapy, hot stones, body-reading and message. The last half-hour is dedicated to discussion about overall physical issues and, of course, the toe reading.

If you are curious as to why your little toes curl in, why there are lines on your big toes and what it means when one toe overlaps the other, you may want to consider trying the Perscentology treatment at CopperWynd Spa. Bernat will give you biofeedback techniques to help you restore balance and harmony in your life. She helped me become present in my life by being more cognizant of something that holds sentimental value to me: tulips. After spending an hour with the lovely Bernat and learning more about myself through by toes, I see tulips every day now.

For more information on Perscentology at CopperWynd Resort and Spa, visit: <http://copperwynd.com/specialty-treatments>.