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Four Hundred Crescent Court, Dallas, TX 7501
Club 214.953.4343 Spa 214.871.3232



CLUB & SPA

THE CRESCENT CLUB AND THE SPA AT THE CRESCENT
JANUARY/FEBRUARY/MARCH 2003



Play Chocolate Cupid

TREAT YOUR VALENTINE TO A DAY OF GUILT-FREE CHOCOLATE BLISS

Give your Valentine a sensuous experience she'll remember forever – our guiltless spa chocolate package. Our “Chocolate Delight” gift certificate entitles her to a day of chocolate treatments that will sweep her off her feet. The day begins with a Chocolate Fondue Body Wrap; afterward she soaks in a bath of Raspberry Chocolate Smoothie while sipping a chocolate raspberry smoothie, then onto a Chocolate Syrup massage. While reveling in the deep chocolate luxury, she'll pause just long enough for a light lunch in the Juice Bar, then finish with a Nutty Mint Chocolate pedicure and a Chocolate Whipped Cream manicure, and a Chocolate paraffin treatment.

A SLICE OF HEAVEN FOR THE TRUE CHOCOLATE LOVER, \$400.
CALL 214.871.3232 TO ORDER YOURS.

Valentine's Day Dinner

Celebrate with your loved ones, February 14th at the Crescent Club, starting at 6:00 p.m. The Valentine's Day five-course prix-fix menu includes; choice of appetizer, soup or salad, sorbet, choice of entree and choice of dessert for \$85 per person. And to put you in the mood and dress up your table, we are serving Pink Champagne the entire week. We have searched the cellar and have found a wonderful Dom Perignon Rose, 1986 vintage; available for \$40 per glass.

LIMITED SEATING AVAILABLE. PLEASE CALL THE CLUB CONCIERGE FOR DETAILS AND RESERVATIONS, 214.953.4343.

THE SPA

Resolution Wrap

The New Year is here with all the promise and hope of a new baby. It is the time that we resolve to clean out our minds, bodies and closets. We are ready to trim off the excess that the holidays always give so generously. The bodyworkers at The Spa would like to offer their assistance to your New Year's resolutions. During the month of January we are offering an anti-cellulite wrap that we call

The Resolution Wrap. A treatment meant to enhance your new workout routine; this wrap is a superb fatty tissue stimulator that uses highly potent plant extracts to induce fluid and toxin release. To prepare the skin you will begin with a dry brush exfoliation followed by an application of gel and oil to increase circulation and promote detoxification. You will then receive an acupressure facial massage while wrapped in warm towels and blankets allowing the treatment to work its magic.

CALL 214.871.3232 TO SCHEDULE YOUR TREATMENT TODAY.



Let the Spa's bodyworkers help you get off to a healthy start in 2003.



Reciprocal Clubs

TRAVELING THIS YEAR? AS A CLUB MEMBER, YOU'RE A WELCOME GUEST AT ANY OF OUR RECIPROCAL CLUBS

The Carlton Club	Chicago, IL
The Mid-Day Club	Chicago, IL
Union League Club	Chicago, IL
The Columbia Club	Indianapolis, IN
The Georgetown Club	Washington, DC
The Rainier Club	Seattle, WA
The Summit Club	Tulsa, OK
The Albuquerque Petroleum Club	Albuquerque, NM
The Regency Club	Los Angeles, CA
The Fort Worth Club	Fort Worth, TX
The Fort Worth City Club	Fort Worth, TX
Houston Petroleum Club	Houston, TX
The Austin Club	Austin, TX
Club Giraud	San Antonio, TX
The Corpus Christy Towne Club	Corpus Christi, TX
The Denver Athletic Club	Denver, CO
The Carlyle Hotel	New York City, NY
The Ranchman's Club	Calgary, Alberta, Canada
The St. James Club	London, England
The St. James Club	Paris, France
The Dynasty Club	Wanchai, Hong Kong

FITNESS FACILITIES

Coral Casino Beach and Cabana Club	Santa Barbara, CA
The Denver Athletic Club	Denver, CO
The Carlton Club	Chicago, IL
East Bank Club	Chicago, IL
The Fort Worth City Club	Fort Worth, TX
The Honolulu Athletic Club	Honolulu, Hawaii

To make business or personal plans, just contact membership at 214.953.4387 for your letter of introduction and billing instructions.

Happy traveling.

THE CLUB



Stop by and try the new menu and an expanded selection of scotches, bourbons and wines.

Raising the Bar

In a hurry? Need to catch a show? Just left a cocktail party but did not get enough to eat? Come in to your bar at the Club and experience our new and improved bar menu. We now have a variety of dishes that go great with wine, and many tasty foods just right for light dining. While you are here you will also notice an expanded offering of Single Malt Scotch and now some Small Batch Bourbons, not to mention a nice selection of wine by the glass.

And let's not forget about the music. Jerry Hitt on piano and Tony Hakim on guitar team up with various guest artists on the weekends.

Entertainment Schedule

Thursday	6:00 p.m.-10:00 p.m., Solo Musician
Fridays	5:00 p.m.-8:00 p.m., Solo Musician 8:00 p.m.-11:30 p.m., Duo
Saturdays	7:30 p.m.-11:30 p.m., Duo, Trio or Quartet

THE CLUB

Members in The Spotlight

Happy New Year to all! This section is usually dedicated to an interesting member and their actions both in business and in their lives. It gives us an opportunity to meet them and gain a small insight into who the person is behind the name.

But, given that this is our first newsletter of the year, we thought we would take the opportunity to show you all the members who deserve a spotlight. If you ever wondered whether there were angels among us, there are. They might be standing right next to you.

The tradition of giving of oneself is alive in our members. From donating disc man players to

orphans, to creating a space in a special place for those loved ones touched by cancer. Our members create wishes that come true for children of all ages. Thankfully you are tireless in your giving, and our community is blessed by your good works. Our members are some pretty wonderful people. We are blessed to know you and the great good you do each and every day.



Can you provide names?



Can you provide names?



Can you provide names?



Can you provide names?



Can you provide name?

Chef Jon Shares his Recipe for Pistachio Crusted Halibut

IF YOU'VE EVER HAD IT AT THE CLUB, YOU'LL PROBABLY WANT TO MAKE IT ONE OF YOUR SPECIALTIES AT HOME

CRUST MIX

- 4 oz. pistachio nuts – roasted
- 1 oz. fresh sweet herbs (such as thyme, oregano, basil, dill)
- 1 oz. bread crumbs
- 1 green onions
- salt and pepper taste
- 2 each 6 oz halibut (or your favorite fish)



Combine all ingredients in a food processor and chop until fine. Remove from processor and toss in 1 oz. of good olive oil or melted butter to moisten the crust mix slightly aside.

YELLOW TOMATO COULIS

- 2 ea yellow beefsteak tomato – rough chopped
- 1/2 ea yellow onion rough chopped
- 1 ea garlic cloves minced
- 1 oz fresh thyme
- 1/2 cup chicken stock or clam juice
- 1/2 cup dry white wine
- salt and pepper to taste

Heat a stainless steel sauce pan. Using a little olive oil, saute the onion until just translucent. Add the garlic and saute for one minute. Deglaze the pan with the white wine and stock, then add the rough chopped tomato and reduce the heat to a simmer. Cook until the tomatoes break down and season with the thyme, salt and pepper. This sauce can be served as is for a rustic dish, or blended and strained for a more refined presentation.

TO FINISH

Beat one egg white with a fork to loosen it up. Dip one side of the fish into the egg, then dredge into the Crust mix. Press firmly to crust the fish well.

Bake the fish for 6-10 minutes at 350 degrees until just done. (Cook thin fish less and thick cuts more. Over cooking will result in a dry fish.)

Serve with the Coulis and your favorite vegetables.

QUESTIONS OR SUGGESTIONS?
FEEL FREE TO EMAIL CHEFJON@ROSEWOODHOTELS.COM

Club Calendar January through March

Rotisserie Lunch Specials

JANUARY

TUESDAY, 7TH	Broiled Rock Lobster
MONDAY, 13TH	Mushroom Stuffed Beef Tenderloin
THURSDAY, 16TH	Lamb Loin En Crouete
TUESDAY, 21ST	Seared Jumbo Scallops with White Port
MONDAY, 27TH	Veal Prime Rib with Truffle Jus

FEBRUARY

MONDAY, 3RD	Honey Rotisserie Duck
TUESDAY, 11TH	Smoked Quail with Cheese Grits
THURSDAY, 13TH	Seared Chilean Seabass
FRIDAY, 14TH	Valentine's Day Special Dinner
TUESDAY, 18TH	Buffalo Osso Buco with Green Onion Gnocchi
WEDNESDAY, 26TH	Pheasant Ragout with Wild Mushrooms

MARCH

TUESDAY, 4TH	Crab Stuffed Jumbo Shrimp Imperial
MONDAY, 10TH	Pork Tenderloin Wellington
THURSDAY, 13TH	Grilled Snapper with Lump Crab Jambalaya
MONDAY, 17TH	St. Patty's Day – Irish Lamb and Guinness Stew
MONDAY, 24TH	Herb Roasted Venison
THURSDAY, 27TH	Semolina Crusted Calamari Steaks

The Spa Fitness Classes
January through March

MONDAYS

6:15 am Cardio (TY)
6:30 am Power walking (D)
7:45 am Stretch & flex (D)
9:15 am Cardio (S)
11:15 am Spinn (S)
12:00 pm Yoga (C)
4:45 pm Spinn (S)
5:30 pm Spinn (S)
5:30 pm Yoga (C)

TUESDAYS

6:15 am Spinn (SP)
7:00 am Yoga (DA)
8:15 am Pilates (S)
9:15 am 20/20/20 (M)
12:00 pm Pilates (M)
4:45 pm Spinn (S)
5:30 pm Spinn (S)
6:00 pm Step (TY)

WEDNESDAYS

6:15 am Circuit training (S)
7:00 am Ball conditioning (D)
8:15 am Stretch & flex (D)
9:15 am Hi/low (R)
11:15 am 20/20/20 (S)
5:30 pm Spinn (S)
6:15 pm H2O (S)
6:15 pm Yoga (C)

THURSDAYS

6:15 am Spinn (SP)
7:00 am Yoga (DA)
8:15 am Yoga (R)
9:15 am Cardio/tone (R)
4:30 pm 20/20/20 (T)
5:30 pm Spinn (T)

FRIDAYS

6:15 am Kickboxing (S)
6:30 am Power walking (J)
8:00 am NIA (J)
9:15 am Chisel (C)
11:15 pm Spinn (S)
4:45 pm Spinn (S)

SATURDAYS

8:15 am Spinn (SH)
8:45 am Yoga (J)
10:00 am 30/30/30 (TY)
4:00 pm Spinn (K)

SUNDAYS

4:00 pm Pilates (A)

We also offer fitness assessments to check body fat, and benchmark measurements for \$40 or a training session and assessment for \$65. Private yoga and pilates lessons also available upon request., just call 214.871.3232.

CLASS LEADER KEY CL – COLEY DA – DAVID D – DEBBEE J – JESSICA
M – MARCELLA SH – SARAH R – RHONDA S – STEPHANIE T – TERRIE TY – TONY



Healthy Secrets
from the Juice Bar

JOIN US MARCH 19, 4-7 P.M.

You spent the first two months of the year working on the outside of your body, now let us show how we can help maintain the inside. From our energizing Breakfast Boost Smoothie to the cleansing Wheatgrass shots, our Juice Bar chef will introduce you to the ingredients, equipment and recipes. She will be available on March 19, from 4-7 p.m. sharing her specialties with you. Hors d’oeuvres will be served and there will be plenty of time for your nutritional questions.

Springtime in
the Limelight.

We are excited to introduce you to the most fabulous, invigorating, stimulating facial. The Lime Facial detoxifies sluggish skin and slows aging while oxygenating to leave your skin rosy and beautiful. This treatment is a great pick-me-up before an event or a night on the town. To make sure you feel as wonderful inside as you will look outside we top it off with a fresh slice of Key Lime pie.



Hot Stone Facial Spa Event

TRY OUT A NEW FACIAL TREATMENT TO REJUVENATE YOUR SKIN

In the chilly month of February we invite you to come in out of the cold. We are introducing the Hot Stone Facial. Similar to the massage, the facial soothes the deeper muscles while increasing circulation to improve your skin’s appearance. This just may be the most relaxing facial ever.

FREE 15 MINUTE EXPERIENCE FEBRUARY 18, 2-6 P.M.
PLEASE CALL KATHALEEN AT 214.953.4307 TO SCHEDULE YOURS.



Jump Start
your Program

JOIN US JANUARY 22, 4-7 P.M.

Come meet our trainers and find the perfect one right to help you kick off 2003.

Learn about the different classes and various style of exercise that

are available in your spa. We will offer ongoing discussions and demonstrations about our fitness programs as well as our numerous pieces of exercise equipment. We look forward to seeing you and helping you achieve your goals.

Spa Tips From the Girls

HELPFUL TIPS FROM OUR SIGNATURE SPA REPRESENTATIVES:
GIGI, LULU AND SASHA.

For January, Sasha says, “Start the year out right, by being adventurous and trying something new. Try the Thai Massage – the accupressure and passive stretching style of this massage give you the deep stretching of a yoga class combined with the intensive relaxation of a deep tissue massage. Loose clothing may be worn for this treatment.

For February, the girls say, “Roses are red, violets are blue, buy your honey a Spa gift certificate and forever they’ll love you. Gift certificates available for services or dollar amounts. Call or come by to order yours today.

For March, Gigi says, “Spring is here, but don’t fear that skirt, because we have the ultimate tan that will make it work.” Gigi suggests, “The Summer Glow, a self tanning treatment is a great way to get a bronze color without the sun damage or wrinkles. This 50-minute treatment starts with an exfoliating body scrub that prepares your skin for the flawless application of self tanner. \$90/series of six for \$450

GET YOURSELF READY FOR SPRING BY SCHEDULING YOUR APPOINTMENT TODAY, 214.871.3232.



THE
SPA

need image

Loan Tran, our Cool Gel and French Manicure specialist

Loan Tran:
A familiar face

Loan (pronounced Low Ahn) has been a manicurist for six years, and has been with us at The Spa for two. She was born in Viet Nam but for several years has lived with her family in Irving. Most Technicians develop a specialty treatment over time, and Loan has two, the Cool Gel pedicure and the French Manicure. She enjoys the Cool Gel because of the tremendous response from her guests. Their feet are completely refreshed and revitalized and the effects last all day. She favors the French Manicure for the creativity it allows her, painting on the tips by hand. Her long list of regular clients will vouch for soothing effect of her voice and gentle efficiency of her hands. Please feel free to stop by with any questions you may have for Loan, or if you simply would like to say hello.