



LAGUNA BEACH

MEDIA FACT SHEET

SPA MONTAGE: REJUVENATION & RENEWAL IN LAGUNA BEACH

Spa Montage is an oceanfront plein air sanctuary for body and spirit

WHAT: Spa Montage is the resort's 20,000-square foot oceanfront centerpiece, designed to encourage guests to discover personal solutions for optimal health, wellbeing and strength that they can continue at home with recommended treatments, products and lifestyle changes. Spa Montage features a wide-ranging menu of ocean-inspired signature therapies as well as complete fitness facilities, movement studio, salon, spa boutique and array of wellness and meditation classes.

Peaceful Surroundings & Exquisite Details

- Indoor/outdoor space brings nature inside, including panoramic ocean views and sea breezes
- Warm, comfortable spaces with muted colors, rich woods and early California artwork
- Separate retreats for men and women, with cozy lounge chairs and intimate fireplaces
- Plush robes, natural silk duvets with down feather blankets and natural cotton sheets
- Seasonal organic fruit and teas are available throughout the day and bronze bowls filled with water, seasonal flowers and essential oils are set below the face cradles of massage tables

Facilities & Equipment

- Club-style locker rooms for men and women with indoor/outdoor relaxation areas with fireplaces; shower, steam and sauna areas; whirlpools and cold plunge
- 21 treatment rooms accommodate massage, facials and hydrotherapy treatments
- Oceanfront fitness facilities, with state-of-the-art cardio and strength training equipment outfitted with individual media and music centers; free weight area; outdoor lap pool, outdoor whirlpool and Mind/Body Movement studio
- Full-service salon with complete menu of hair services, including cuts and styling for men, women and children; make-up lessons and applications for weddings and special events; nail services, including signature Spa Journey manicures and pedicures, paraffin treatments and signature hair therapy and scalp treatments
- Spa boutique with niche organic products, botanicals, plush robes, workout gear, and spa wear
- Mosaic Bar and Grille serves healthy seasonal dishes at the Spa pool
- The Gallery, an indoor/outdoor specialty space, accommodates groups of up to six people for private spa parties and after-hours services and movement classes

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Signature Treatments & Holistic Services

- Individual-specific, customized treatments utilize products that are hand-crafted of indigenous botanicals, including eucalyptus, lavender, orange blossoms and more
- **Surrender**, a new approach to bodywork that begins with a comprehensive conversation between guest and therapist about lifestyle needs, wants and concerns, and results in the guest “surrendering” to a customized menu of recommended services; pricing starts with a two-hour consultation and treatment session
- **Surrender Retreat**, from two to eight days (or as long as guest desires) under the care and direction of a team comprised of a personal spa therapist and a wellness coach for the ultimate in fitness and relaxation, including daily treatment and fitness sessions, beach walks, meditation and journal writing
- **Prenatal Surrender**, a full-day prenatal Surrender program for expecting mothers with ocean-inspired therapies designed to achieve and maintain mind-body balance during pregnancy
- **Gentlemen’s Surrender**, a just-for-men “spa marathon” Surrender program from two hours to eight days (or as long as guest desires) with a personal spa therapist and wellness coach to achieve personal wellbeing; elements could include beach boot camp workouts, therapeutic sports massage, customized Art of Shaving with personal shave kit, inner golf, surfing or sea kayaking with coach, wine and artisan cheese tasting or cigar and cognac session
- **Aroma Balancing Therapy**, a 90-minute session that uses oriental analysis techniques to read and regulate body systems; a good first-time treatment or to inform recommendations
- **Anti-Cellulite Treatment**, a customized program to help tone and firm the lower body and upper thighs. Features the Algae Cellulite Massage to stimulate, contour and alleviate water retention; the Clay Body Sculpting Treatment with mineral-enriched mud to relieve discomfort and improve the appearance of skin, and an at-home kit to maintain results
- **Anti-Aging Facial**, An antioxidant serum is combined with a firming and contouring massage to stimulate collagen and increase the skin's elasticity. Followed by a marine mask to firm and lift. The result is a vibrant, youthful glow
- **Women’s Rebalancing Program** addresses symptoms that might occur during menopause. Following discussion of experiences of any discomforts from various side effects, an individualized treatment regimen provides relief and helps encourage a more balanced state
- **Laguna Beach Kur**, a relaxing and invigorating ritual with indigenous botanicals that begins with a mustard and eucalyptus hydrotherapy session, followed by a cold sheet wrap to enhance the body’s auto-immune response while combating stress, fatigue, and mental exhaustion
- Wide-ranging menu of massage bodywork, water and bath therapies, facials, wraps and scrubs to deliver anti-aging, cleansing, detoxifying, energizing or relaxing results

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Fitness & Wellness

- Fitness services include one-on-one personalized training sessions, developing personalized fitness profiles, nutritional counseling and “holistic” cultural and wellness programs
- Ever-rotating classes include yoga, meditation, Pilates, dance, core conditioning, indoor cycling, Ta’i Chi, aquatic exercise, aerobics, cardio ramping, body sculpting and Somatic Response Integration (SRI), a body-mind technique to gain wisdom from hand, breath and spontaneous body movements
- “Holistic” fitness classes engage the mind with different philosophies and invigorate the spirit with movement and music from other cultures, designed to encourage a broad-based approach to personal health that complements spa services and traditional workouts
- The ocean takes center stage in outdoor experiences such as **Thalassic Beach Walk** to focus on mind-body benefits of the sea and ocean air, **Beach Bootcamp** to promote strength and flexibility and **Montage Yoga Ritual**, a master class to promote mind, body and breath balance

“Insider” Services

- **After Hours**, private parties can arrange for exclusive use of Spa Montage after regular hours, ideal for those seeking ultimate privacy
- **Pure Indulgences**, up to eight hours of custom treatments selected from the Spa Montage menu and woven into a perfect just-for-you day by your spa therapist
- **Ceremonial Rituals for the bride**, personalized services for the bride-to-be
- **The Gallery**, a Roman spa-style room for up to six guests to enjoy bridal showers, girls’ weekends and more

Rigorous Training

- Spa Montage therapists participate in a rigorous year-long training program that includes extensive hours of continued education and results in certification by the American Spa Therapy Education Certification Council (ASTECC); once certified, therapists are qualified as Surrender spa therapists to take guests through a customized, personalized program that could include body therapy, fitness, skin care, nutrition and at-home recommendations
- Spa Montage estheticians participate in a similar training program, resulting in the only estheticians in the nation to become certified through ASTECC
- Vodder’s Manual Lymph Drainage training through Spa Montage consultant Anne Brahman. Dr. Vodder Schule located in Austria is the leading school in the world, teaching the Dr. Vodder method of Manual Lymph Drainage.

WHY: To help every guest achieve optimum mind/body balance and vitality, based on the belief that what is internal is external.

WHEN: Open daily from 6 a.m. – 9 p.m., with treatments available 7 a.m. – 8 p.m. Salon is open daily from 9 a.m. – 6 p.m.

WHERE: Spa Montage
Montage Laguna Beach
30801 South Coast Highway, Laguna Beach, CA 92651
(866) 271-6953 or (949) 715-6000

WHO: Spa Montage has a dedicated team of professionals:

- Julie Raistrick, spa director, oversees all program development, general operations and associate education and training
- Beth Erngren, wellness manager, oversees all fitness, wellness and cultural programs
- Anne Bramham, spa consultant and educator, helped develop the innovative treatment menu and continues to provide ongoing product development as well as education and support to team of therapists and estheticians
- A passionate cadre of certified massage therapists, estheticians and personal trainers

AVAILABLE FOR INTERVIEWS:

- Spa Director Julie Raistrick is available to discuss the Spa Montage philosophy that customizes every experience for every guest to help them achieve optimal personal wellness, as well as developing innovative therapeutic treatments, selecting an expert team, providing state-of-the-art continuing education and maintaining five-star standards consistent with the resort's signature commitment to oceanfront luxury.

About Montage Laguna Beach

Montage, set on a coastal bluff overlooking the Pacific in the heart of the vibrant arts community of Laguna Beach, offers 30 acres of oceanfront luxury. The 250-room craftsman-style resort features beachfront accommodations; a 20,000-square-foot spa; destination dining at Studio; a wealth of outdoor recreation, including three pools, beach and water sports; a fine art collection; and more than 20,000 square feet of indoor and outdoor meeting space. For information and reservations, please contact Montage, toll-free, at 1-888-715-6700; or visit the Web site at www.montagelagunabeach.com.

About Montage Hotels & Resorts

Montage Hotels & Resorts is an ultra-luxury hotel and resort management company founded by Alan Fuerstman in 2002. The company's flagship oceanfront resort, Montage Laguna Beach, opened in February 2003 in the vibrant arts community of Laguna Beach, California. The company's second hotel opened in Beverly Hills in November 2008. Other properties under development include Montage Deer Valley® in Park City, Utah, scheduled to open in 2010 and Cabo San Lucas, Mexico scheduled to open in 2012. www.montagehotels.com

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