

SPA MONTAGE REJUVENATES SKIN & SPIRITS WITH CALIFORNIA CITRUS POLISH

Citrus Fruits' Vitamin C Antioxidants Boost Energy, Hydration & Slow Aging Process

Bring OC Treatment Home: Spa Montage Recipe for Invigorating Lemon/Lime Foot Soak

Spa Montage offers guests a head start on summer vitality with the antioxidant power of fresh citrus.

WHAT: The California Citrus Polish at Spa Montage invigorates tired skin with the natural antioxidants found in fresh lemons, limes and oranges, while an easy-to-create lemon/lime foot soak for at-home use offers quick relief to sore, tired feet.

WHY: The Vitamin C antioxidants in citrus fruits revive sluggish skin, boost the immune system, improve energy levels, increase circulation and hydrate skin; offering relief to skin that has been over-exposed to sun, ocean salt or dry air. Limes bring oxygen to the skin, adding a radiant glow and, as with lemons, assist in slowing the skin's natural aging process. Lemons also act as a natural antiseptic, aiding skin conditions such as acne and eczema, and minimizing the appearance of freckles.

HOW:

- **California Citrus Polish:** an exhilarating body scrub, created from locally grown organic citrus fruits that are synonymous with sunny southern California, revives tired, dull, dry skin. After the body is polished, the hydrating scrub is rinsed away with Vichy Shower shower heads strategically positioned over the body's reflex pathways, followed by an application of hydrating lotion to lock in the body's moisture and further enhance absorption of the antioxidants from the citrus fruits; \$130 for 30-minute treatment
- **Invigorating Lemon/Lime Foot Soak:** enjoy at home benefits with a foot soak you can create in minutes. Ideal for anyone experiencing tired feet from walking in heels, standing all day, or training for a marathon.
 - One-half small-lemon, and one half small lime, cut into thin slices (use 3-4 slices of each fruit)
 - One-half cup Dead Sea Salts (preferred, but Epsom salts also work)
 - 3 drops eucalyptus oil
 - Fill a large bowl or your bathtub with warm to hot water (not too hot) and add the above ingredients. Soak both feet for 10 -12 minutes. Your feet will feel renewed

- more -

WHERE: Spa Montage, Montage Laguna Beach, 30801 South Coast Highway, Laguna Beach, CA 92651, 866-271-6953

AVAILABLE FOR INTERVIEWS: Spa Montage Director Julie Raistrick is available to discuss the use of organic fruit and other indigenous ingredients in custom therapies, and the ongoing development of signature treatments to enhance mind-body balance.

About Montage Laguna Beach

Montage Laguna Beach, 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 Laguna Beach toll-free, at 1-888-715-6700; or visit the Web site at www.montagelagunabeach.com.

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Media Contacts:

Kacey Spies
Director of Public Relations
949/715-6116
kspies@montagelagunabeach.com

Sheila Donnelly & Associates
Babs Harrison
212/851-8425
babs@sheiladonnelly.com