

SPA SOLAGE'S MUDTENDERS SERVE UP A FRESH SPA EXPERIENCE

CALISTOGA, CALIFORNIA – Spa Solage, located at Solage Calistoga Resort, offers a social environment that is both refreshing and relaxing, where guests can indulge in a new, playful reinterpretation of Calistoga's historic spa and mud bath traditions.

The full-service 20,000 square-foot spa, which includes both indoor and outdoor space, provides a contemporary alternative to the typical serene spa experience. Guests are invited to step out of their comfort zone and indulge in Spa Solage's signature Mudslide, a modern twist on traditional Calistoga mud baths that incorporate "the Mud," "the Waters," and "the Rest." For those a little less adventurous, there are 14 treatment rooms to experience a variety of massages and body treatments. Two of these treatment rooms are dedicated to offering Kate Somerville treatments, exclusive to Solage Calistoga.

Kate Somerville, skincare consultant to celebrities including Jessica Alba, Debra Messing and Molly Sims, has pioneered the field of paramedical esthetics and helped lay the foundation for the medi-spa industry. To complete the pamper and prettify process, the traditional spa also offers Magic Tan spray tanning, waxing and nail services at its manicure and pedicure studio.

"Our vision was to update the region's longstanding tradition of mud baths and geothermal water therapies," said Tracy Lee, Vice President of Spa Development, Auberge Resorts. "Spas are no longer just places for solitary retreats – they are destinations for girlfriends, couples and people who want to relax together. We've created a social environment for people to mingle, relax and have fun while partaking in an authentic mud and bath experience."

MUD THERAPY

Upon entering Spa Solage, guests enjoy the spa's open courtyard and fresh, contemporary furnishings that encourage them to gather round the fire pits and take in the gorgeous views of the Palisades and Mayacamas Mountains.

"THE MUD"

Guests are able to cozy up to the Mud Bar, where Mudtenders mix proprietary Solage Mud, essential oils and geothermal water on tap to create a customized smooth and fragrant mud that addresses the guest's physical condition. Guests feeling jet lagged may opt for a "Mud Mojito," loaded with lime, spearmint, honey and sandalwood to reinvigorate or a "Lavender Mudtini," infused with lavender, bergamont, tangerine, geranium and rosewood to soothe the body and aid in relaxation. Guests can also indulge in an elixir or mini-cocktail to sip as they proceed through the Mudslide.

To start, guests are invited to get down and dirty in the Mud Lounge as they paint each other or themselves with nutrient-rich volcanic mud designed to detoxify and feed the skin. The lounge area consists of four heated rooms designed for singles, couples or groups to apply the mud to the whole body, paying special attention to the lymph nodes (neck, armpits and groin).

"THE WATERS"

After relaxing for about 15 minutes, the mud dries on the skin drawing toxins and impurities from the body and stimulating circulation. The next stage is "the Waters," where the guest is escorted after rinsing off the mud. Spa Goers bathe in a contemporary version of claw-footed bathtubs filled with geothermal water and partitioned by curtains, allowing for the option of a communal bath experience or privacy.

"THE REST"

"The Rest" is the final phase of the Mudslide treatment. For high-tech relaxation, the guest is cocooned

in a warm blanket and can chill in one of the Spa's five SO SoundChairs, which offer state of the art, vibrational healing, balancing the nervous system and shifting the spa goer into a state of deep relaxation.

The 21st Century, NASA-researched SO SoundChairs hold the body at a zero gravity position that allows the heart to pump blood more easily to all parts of the body.

After officially entering a state of bliss, guests mingle in either the Spa's communal mineral pool, heated to 98 degrees, or in separate men's and women's private soaking pools, heated to 104 degrees, and cold plunge pools that stimulate circulation and cure any hangover. Offering a mineral content of 90%, the pools relieve aches and pains by reducing swelling and inflammation while also replenishing the necessary balance of minerals and water that the body loses naturally. The one-hour Mudslide is \$95/ per person.

SPA TREATMENTS

In addition to mud therapy, guests seeking a more traditional spa experience can choose from a specially selected treatment menu of therapies using all-natural, San Francisco-based Sumbody products, as well as indigenous ingredients to the Napa Valley. Signature massages and body treatments include:

- v **Sports Massage**
- v **Solage on the Rocks**
- v **Lava Colada Exfoliation**
- v **Fuzzy Navel Body Peel**
- v **Mellow Me Out**

Couples visiting Spa Solage will flip for one-of-a-kind treatments such as the "Love Shot" in stylish spa suites featuring outdoor soaking tubs and showers along with private garden patios and day beds designed for two. "Solage Fizz," an exfoliation treatment that is topped off with a couple's fizzy bath and Solage massage, is another indulgent treatment that couples will find enticing.

In addition to being pampered, Spa Solage encourages guests to break a sweat at the gym and movement studio, which offers Pilates, yoga and spinning classes as well as guided hikes and mountain biking. The Spa also hosts ongoing wellness and alternative health and beauty retreats throughout the year featuring leading industry experts

Spa Solage offers evening treatments, happy hour specials and special treats until 10:00 p.m.

About Solage Hotels & Resorts

Solage Hotels & Resorts is a new brand from Auberge Resorts, the award-winning creators of Auberge du Soleil, Esperanza, Calistoga Ranch and The Inn at Palmetto Bluff. Solage offers contemporary, design-focused properties that are stylish yet welcoming, creative dining and bar destinations and inviting social spaces with a fresh attitude. Taking an energetic approach to wellness, Solage puts a creative spin on traditional spa concepts and offers extensive fitness programs. Solage proves that luxury can be compatible with sustainability by incorporating environmentally sensitive design and green practices at every property. The brand debuted in 2007 with the opening of its first resort, Solage Calistoga, in Napa Valley. For more information about Solage Hotels & Resorts, please visit www.solagehotels.com