

## ENJOY MONTHLY SPA SPECIALS AT TIDES INN

*Treatments Created to Match the Seasons,  
Perfect for a Relaxing Mid-Week Mid-Atlantic Getaway*

**IRVINGTON, Va. (June 26, 2007)** - The Tides Inn, overlooking Carters Creek with views of the Chesapeake Bay, is a spectacular retreat for your mind as well as your body. From July to December, The Spa offers guests monthly spa specials, from a blushing bride facial in July to a warm cocoa treatment in December. Each of these 60-minute treatments is \$105.

### **Monthly Spa Specials:**

**July: Like a Blushing Bride Facial** - This detoxifying and exfoliating treatment is designed for optimum body rejuvenation, assisting in the regeneration of precious collagen and elastin. Special emphasis on the arms, hands, neck and décolleté.

**August: Lovely Lavender Facial** - A calming, aromatic facial using lavender, known to relieve irritability, sleeplessness and exhaustion. It includes a skin analysis, deep cleansing and exfoliation, hydrating steam, décolletage massage, revitalizing mask and skin re-conditioning.

**September: Back to School Anti-Stress Massage or Facial** - This treatment applies a light rhythmic touch with pressure on the lymph glands to increase the flow of fluid through the lymphatic system. It speeds up the detoxification process, stimulates circulation, and has a relaxing effect. You'll leave this treatment feeling calm, fresh and centered.

**October: Pumpkin Facial or Body Treatment** - Pumpkin is an excellent treatment for all skin types, especially environmentally damaged or sensitive skin. High in Vitamin A (skin healing), C (anti-oxidant) and zinc, pumpkin soothes, moisturizes and acts as a carrier, assisting the other ingredients to absorb more deeply into the skin, intensifying the results.

**November: Hydrating Jasmine Wrap** - This treatment begins with a gentle dry brushing to prepare the skin to receive the rich butter crème containing jojoba and jasmine essential oil, known for its anti-depressant, emollient and aphrodisiac properties. The crème is gently massaged into the skin, and the body is wrapped in warm blankets to allow the rich crème to penetrate more deeply, while you receive a scalp and neck massage. This treatment offers deep all-over conditioning for dry, stressed and sensitive skins and also helps to increase elasticity.

**December: Warm Cocoa Facial or Body Treatment** - This is the ultimate treat for chocoholics! Cocoa contains magnesium and antioxidants, which help slow down the aging process. It also contains Vitamin A, which aids in skin regeneration and firming. This is a deeply relaxing treatment, designed to leave the skin feeling hydrated, fresh and

chocolately smooth.

For spa or room reservations and for the complete spa menu, call toll free 800-843-3746, contact the hotel directly, 804-438-5000 or visit [www.TidesInn.com](http://www.TidesInn.com)

**About Tides Inn**

The intimate 106-room Tides Inn, set on its own waterfront peninsula in the charming town of Irvington on Virginia's Northern Neck, has been a Chesapeake Bay tradition for 60 years. A preferred mid-Atlantic getaway for couples, families and small groups, the resort features luxury accommodations furnished in British colonial style. Additional amenities include the resort's signature fine dining restaurant, the Chesapeake Club, serving seasonal, regional Chesapeake Bay cuisine; a full service spa; cruises aboard the historic yacht, *Miss Ann*; 60-slip marina that accommodates boats up to 125 feet; a professional sailing school and an array of outdoor recreation, including championship golf, tennis, croquet and volleyball. For more information, please visit [www.TidesInn.com](http://www.TidesInn.com)

**FOR MORE INFORMATION:**

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