

**The Umstead Spa Secures Exclusive Partnership,  
Debuts Holistic Rituals From Far East  
*New Signature Treatments And Packages Offered At Leading Spa***

CARY, NC, September 12, 2007 – The Umstead Spa has brought a new sense of rejuvenation and inspiration to North Carolina as well as several exclusive spa industry achievements. Within six months of operation, The Umstead Spa has opened to much acclaim, introduced a comprehensive and customized spa menu including signature products and received the State's only Leading Spa of the World nod. Spa enthusiasts can now also experience holistic rituals from the Far East due to an exclusive partnership with Red Flower body line products from Japan. Guests will find new signature treatments among the already extensive menu of services enhanced with the Red Flower Hammam Tibetan Ritual and the Red Flower Japan Bandle Ritual. The 14,000-square-foot spa is an oasis of tranquility where the colors, aromas and textures, sounds and sights envelope and embrace guests. Incorporating Red Flower products and offering guests exclusive treatments gracefully complements the spa's sensory experience.

***Red Flower Hammam Tibetan Ritual***

Incorporates oriental techniques and special herbs such as frankincense, used to calm the mind and promote inner reflection; eucalyptus, used to cleanse the sinuses and gently detoxify; and lavender, used to soothe and relax. The herbs are wrapped and heated, and massaged into the muscles with a blend of essential oils and plant, nut and fruit extracts for a hypnotic and relaxing experience. Tibetan healing symbols and sounding bowls are used to complement the treatment. (90-minute treatment, \$190).

***Red Flower Japan Bandle Ritual***

A seven-step massage with products made from ginger grass, wild cherry blossom, mint, rose, lime and plum blossom. The principle is to stimulate blood flow through the body by blending layers of exceptional ingredients into the skin. (90-minute treatment, \$190)

Two new packages are now available for guests to combine the luxury of The Umstead Hotel and the serenity of The Umstead Spa. The new packages are in celebration of The Umstead Spa's recent acceptance into Leading Spas of the World, which includes only ten spas from the United States.

***Leading Spa for Two***

Romancers in need of a quick respite can get away with The Leading Spa for Two package. Includes overnight accommodations, \$100 credit towards dinner in The Umstead's signature restaurant, Herons, and breakfast for two in Herons or leisurely via in-room dining. Exclusive turndown service will be provided, with chocolate covered strawberries and guests' choice of red wine, chilled white wine, or chilled sparkling white wine. To top off the experience, guests will enjoy the Spa's signature couples' treatment, Tassage for Two, which combines a hydrotherapy

bath and 50-minute massage in the Couple's Treatment Room. Rates start at \$792 for one night or \$1,584 for two nights.

### *Leading Ladies Spa Getaway*

Ladies can get away from it all with an overnight stay at The Umstead Hotel, lunch in the Spa, and the lavish Timeless Trio treatment combination. The Timeless Trio includes an Umstead Spa Customized Massage tailored to the guest's needs, rejuvenating European Facial, and Classic Pedicure for the final touches. The Leading Ladies Spa Getaway starts at \$676 and one additional guest can be added for \$354.

**The Umstead Hotel and Spa** ([www.theumstead.com](http://www.theumstead.com)) is nestled against a beautiful three-acre lake, steps away from walking and jogging trails as well as The Umstead State Park. The 150 oversized guest rooms include luxurious furnishings and signature amenities. State-of-the-art technology enhances the customer experience on all levels. Adjacent to the hotel, the plush Spa features the finest treatment rooms, "meditation" courtyard and more. The treatment menu includes a variety of massages, facials, body masks, body polishes and exfoliation treatments, hydro-therapy baths and showers, hand and foot treatments, manicures and pedicures. The Umstead is North Carolina's only member of Leading Hotels of the World and Leading Spas of the World. For reservations and information, call toll-free at 1-866-877-4141. Images available upon request.

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