

**THE UMSTEAD HOTEL & SPA WELCOMES A FEW GOOD MEN**  
*New Packages for Gentlemen Available at North Carolina's Leading Luxury Property*

CARY, NC, September 20, 2007 – The Umstead Hotel & Spa, one of the southeast's most in-demand destination properties, invites men to relax and rejuvenate with specially designed packages for the discerning gentleman. With accommodations in one of the 150 luxury guest rooms and treatments at the premier spa, these packages will send men into the world looking and feeling their best.

According to the 2006 Spa-Goer Study conducted by the International Spa Association, nearly one-third of all U.S. spa visitors are men. Two-thirds of men who visited a spa did so while traveling. With walking and biking trails throughout the 12-acre property, and direct access to the Umstead State Park for hiking, boating, and running, the Umstead offers the chance for men to get away, get outdoors and get relaxed. The Umstead Spa's fitness room allows men to stay in peak shape during their visit. Personal training sessions can be arranged. The Umstead Spa was recently admitted into Leading Spas of the World, the only spa in North Carolina and one of just 10 in the United States to hold the honor.

**Gentlemen's Escape**

A one night stay, day-long rental of a poolside cabana, and treatments in The Umstead Spa are included in this new package. A gentleman and his lady will enjoy the Tassage for Two, combining the guests' choice of hydrotherapy bath with an Umstead Customized Massage. A Classic Pedicure for two is also included, so that the escaping couple can step home in style. Gentlemen's Escape rates start at \$766.

**Gentlemen's Delight**

For the gentleman looking to get away and get relaxed, the Umstead Hotel & Spa offers the Gentleman's Delight package. One night's accommodations and treatments in the Spa will get men of the world into world-class shape. A 75-minute Rock on Massage utilizing warmed stones and Swedish techniques will relax the body, a 50-minute Gentleman's Facial will restore the skin, and a 50-minute Gentleman's Classic pedicure will treat the feet. The Gentlemen's Delight package starts at \$674.

**Carolina Classic**

The Carolina Classic will bring gents to the top of their game. One night at The Umstead Hotel, a 50-minute Deep Tissue massage, 50-minute Gentleman's Facial, and Gentleman's Classic Manicure and Pedicure will make men feel like new. Rates for the Carolina Classic begin at \$672.

For reservations, call 1-866-877-4141. More info is available at [www.theumstead.com](http://www.theumstead.com)

**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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