

THE SPA AT LAGUNA CLIFFS KEEPS THE ORANGE IN ORANGE COUNTY

DANA POINT, CA – In Orange County, California, most of the orange groves that gave the region its name have given way to urbanization, but the fruit's influence remains stronger than ever at The Spa at Laguna Cliffs. Opened in 2004 at the Laguna Cliffs Resort & Spa, A Marriott Resort in Dana Point, this luxurious, 14,000-square-foot facility offers an extensive array of treatments, services and products that employ the aroma and essential oils derived from orange blossoms to rejuvenate, revitalize and renourish the mind, body and spirit.

From the moment guests step inside The Spa, they are greeted by the soothing scent of oranges, and this fragrant reminder of Orange County's heritage continues with relaxing aromatherapy during The Spa's Signature Orange Massage.

Oranges are also the source of key ingredients in The Spa's Signature line of professional skin and body care products, which are used in an array of specialized treatments, including the Laguna Cliffs Mandarin Body Buff . Orange peel and the orange blossom oil known as *Citrus Aurantium Dulcis*, which is valued for its emollient properties, infuse the gels and lotions with softening, soothing and healing capabilities, while vitamin C provides restorative treatment for sun-damaged skin.

"The health benefits of oranges go far beyond eating the fruit and drinking the juice," explained Spa Director Jane Lohmann. "Oranges are exceptionally good for your skin as well. That's why we developed our Signature products around the natural therapeutic qualities of oranges. And of course, the orange theme perfectly complements our location on the coast of Orange County."

The aromatic orange blossoms create a tranquil ambiance that extends throughout The Spa, providing an inviting, comfortable and casual setting for a wide variety of clients, from women who wish to pamper themselves and executives who need relief from the stress of their jobs to couples who appreciate the privacy of the Spa Couples Suite and men who have embraced the metrosexual aesthetic.

"Spas are definitely not just for women anymore," Lohmann observed. "Increasingly, husbands and boyfriends join their wives and girlfriends at the spa instead of heading off to the golf course while the ladies have their massage or facial."

In fact, all of The Spa's services, with the possible exception of the Pregnancy Massage, are available to men as well as women, and there's even a Gentlemen's Hot Towel Facial that's just for the guys. Men and women are also welcome to relax on the private terrace, which is warmed by an outdoor fireplace. In addition, the Spa Couples Suite, which features a private outdoor whirlpool tub and steam shower, may be reserved by couples of all sexes.

In all, The Spa offers eight different massages, including Thai-Su, a combination of Thai

and Shiatsu that is available exclusively at Laguna Cliffs Resort & Spa; six body treatments, including mud and green tea wraps; and seven facial treatments, including microdermabrasion. These services are performed by a professional staff of 14 massage therapists and five aestheticians.

While the spa treatments are geared toward relaxation and renewal, The Spa's full-service Howard Jones salon is available to assist in beautifying with such services as hair styling, coloring, manicures and pedicures.

In keeping with its philosophy of providing results-oriented treatments that promote the health and well-being of the total person, The Spa has created a series of special packages tailored to individual needs:

- The Mind Package - An Express Exfoliation, Express Massage and Express Facial allows those with a busy schedule to renew their mind quickly and refreshingly.
- The Body Package - Guests nurture their entire body with a Signature Massage, Signature Facial, Signature Manicure and Pedicure and Shampoo and Style.
- The Spirit Package - Athletes with overworked muscles have their spirit revived with a eucalyptus steam and hot tub soak followed by a full-body express exfoliation, deep tissue massage and deep foot massage.
- The Soul Package - Soul mates enjoy an express massage and a half hour of relaxation in the Spa Couples Suite.
- The Six-Week Wedding Countdown Package - A complete menu of massages, facials and salon treatments plus yoga and personal training sessions for bride and groom leading up to the big day, including final make-up and up-do touches in the salon for both the rehearsal and wedding day. Separate wedding day packages are also available for both brides and grooms, and a Wedding Shower Package includes massages, facials, pedicures, cocktails and snacks.

Guests may continue their spa experience at home with Signature orange-based products, plush robes, candles and unique gifts that are available in The Spa's boutique.

The Spa at Laguna Cliffs also presents an intimate alternative to large gyms with its state-of-the-art fitness center featuring Star Trac cardio equipment (each has its own flat screen TV), as well as Life Fitness strength training equipment. In addition, a number of fitness classes are offered, including aqua aerobics, Beach Boot Camp, yoga and Pilates. Personal trainers are available by appointment for those wanting to take their fitness routine to the next level.

The Spa also caters to groups that are meeting at the Laguna Cliffs Resort & Spa, A Marriott Resort with a variety of special services. By scheduling relaxation, fitness, spa services and educational presentations into their agendas, companies can add a unique element to their corporate meetings, group functions or getaways.

All of The Spa's services are available on an individual or membership basis. The Spa at Laguna Cliffs is located at 25135 Park Lantern, Dana Point, CA 92629. Additional

information is available by calling 949-487-7576 or visiting www.lagunacliffspa.com.

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