

Media Contact:

Marian Gerlich / Ed Placidi
P&G Communications
Los Angeles
818-786-8687, pgworld@aol.com



SPA MATILDA...INTEGRATED WELL-BEING

Spa Matilda is an intimate haven of comfort and sophistication where guests embark on meaningful journeys of renewal and well-being characterized by personalized experiences that encompass a wide range of globally inspired therapies infused with local flavor, culture and context.

Spa Matilda is inspired by the hotel's namesake and the highly spirited life she continues to lead. Echoing her life-long commitment to exploration and personal discovery, Spa Matilda is defined by the unique connection between the spa – the tranquil setting, menu of integrated treatments, and technical expertise and professionalism of the staff – and the authentic, transformational experiences of the guest.

Integrated Experience:

Integration is both the cornerstone and underlying philosophy of Spa Matilda. The menu presents an integrated program of traditional and innovative spa therapies, beauty treatments, fitness services and wellness offerings. Customization, personal goals and unique lifestyle factors deliver meaningful results to diverse guest needs and expectations. The unique charms and indigenous healing traditions of the region are showcased within the spa's Apothecary, featuring hand-blended treatment and retail products composed of locally procured artisanal ingredients.

Tranquil Garden Ambiance:

The 4,700-square-foot spa is set in an intimate and tranquil garden ambiance with indigenous flora. Guests are greeted at the entrance by a dramatic water feature, a liquid wall gently flowing down from the infinity-edge pool above. The Spa's design is a modern and sensual reinterpretation of local design and traditional materials. The four treatment rooms include a couple's room, wellness studio (for yoga and Pilates) and a private luxury spa suite featuring a meditation garden, lounge and personal facilities replete with steam shower, soaking tub and dedicated grooming area. There are sitting areas for pre- and post-treatment quiet time including two patios and an indoor/outdoor Relaxation Lounge with fireplace. A fitness facility features cardio- and strength-training equipment, along with an adjacent studio for personal training, stretching and functional movement.

Multi-Dimensional Menu:

- **Integrated Wellness Experiences:** Each of the five suggested experiences – Decompress, Recover, Energize, Focus and Radiate – offers a specific theme that corresponds to individual needs, goals or state of mind. Alternatively, the spa can create a completely customized program based on the guest's unique personal preferences and objectives.
- **Massage and Specialty Bodywork:** The diverse selection ranges from familiar options such as Deep Tissue and Aromatherapy, to more exotic modalities like Thai and Cranial Sacral and signature therapies such as hot/cool Stone, Purifying Honey and Herbal Poulstice treatments.

- **Body Therapies:** Uniting the power of water, heat and natural ingredients with the intuitive touch of the therapist, the Body Therapies comprise a variety of exfoliating Scrubs and revitalizing Wraps that tap timeless traditions and local ingredients, such as Coconut, Vanilla and Lavender; Nopal, Ginger and Lime and Tres Leches.
- **Skincare:** Employing the technologically advanced Natura Bisse and Primavera products with maximum concentrations of highly effective ingredients, the facial menu offers a choice of Revitalizing, Hydrating, Vitamin C, Calming, Holistic, Purifying, Oxygenating and Re-sculpting treatments.
- **Beauty Services:** To help guests look their best when stepping out or attending that special event, notably the increasing number of weddings and other celebrations being held in the destination of San Miguel, the Spa offers head-to-toe beauty and grooming, including Nail Services, Waxing, Hair Styling and Makeup.
- **Fitness & Mind/Body Experiences:** In addition to the cardio- and strength-training equipment, the state-of-the art fitness center offers Yoga, Personal Training, Pilates, Meditation and Tai Chi. Directions and maps also are provided for walking, jogging and hiking excursions..

Some treatments are available in the privacy of your guest room.

Original Art Informs Spa Matilda: The works of noted artists are displayed throughout Hotel Matilda, and Spa Matilda continues this artistic theme: a 4' x 8' piece by Angelo Musco greets guests at the Spa. In *Aranea*, Musco has built a spider's web of human figures (more than 48,000) that span, interlock and overlap in a rich, multi-dimensional series. Musco describes the piece as representing the "tension created by a complex web of humanity." It is displayed in the spa to signify that the stress and tensions of modern life are relieved by experiencing the rejuvenation and relaxation of Spa Matilda.

###