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Backgrounder

THE SPA AT THE FLAMINGO CONFERENCE RESORT & SPA

The Spa at the Flamingo Conference Resort states exists to provide a healthy, relaxing and nurturing environment in which guests can rejuvenate both mind and body. The goal at the spa is to promote health and fitness within the Sonoma County community and to Wine County Visitors. The Spa is located within a full facility health club and near the beautiful outdoor 25-meter pool. Facilities include complete and separate locker rooms including hot tub, steam room, sauna. Fitness facilities include; weight room, yoga, Pilates, spinning, dance and step classes, treadmills, bikes, elliptical trainers and much more.

Body Work

From the Classic Body Scrub to specialty massage, The Spa provides a menu of essential bodywork. The Classic Body Scrub starts with a refreshing Vichy rain shower and an application of blended exotic essential oils and cleansers. The result is skin that is completely hydrated with a radiant and healthy glow.

Four massage rooms decorated in a Tuscan-style to fit the Wine Country setting provide a soothing setting for massage choices from the gentle, relaxing Swedish with the **Montecito Classic**, or specialty massage choices of **Deep Tissue, Sports, Shiatsu, Reflexology** or **Prenatal. Thai Massage** incorporating pressure point, muscle stretching and compression in a

rhythmic movement works on providing deep relaxation and to improve muscle tension and pain. Other massage choices include the heat therapy and muscle work of **Hot Stone Massage** and the scent therapy of **Aromatherapy Massage**. The Spa also provides **Couple's Massage**, a side-by-side classic full body Swedish style massage for two. Each massage room is equipped with a choice of music to fit the massage, as the goal is to engage all the senses by creating a harmony to massage and senses.

Skin Care

The Spa offers classic European facials as well as specific facials designed for the active adult and adolescent. Pevonia skin-care products are used in all treatments. The **Anti-Aging Facial** includes a highly sophisticated treatment using an anti-aging ampoule with 100 percent pure active ingredients penetrated with a gentle current. The **European Deep Pore Cleansing Facial** combines traditional deep pore cleansing with an effective enzyme treatment to purify and rebalance any skin type. The **Teen Facial** uses a combination of purifying and detoxifying ingredients to help to balance oil secretion and stimulate normalization of cells. The **Purifying Back Treatment** is a specially designed treatment for cleansing problematic back and shoulders.

Manicures and Pedicures

The full service manicure includes soaking, cuticle grooming, nail shaping, skin conditioning, exfoliation, massage, deep heat paraffin dip and then the perfect polish. The full service pedicure includes soaking, cuticle grooming, nail shaping, skin conditioning, exfoliation, massage, deep paraffin dip, then the perfect color. Private manicure and pedicure rooms provide a chance to relax while having the services performed. In the pedicure room, a comfortable, deluxe pedicure "throne" allows the guest to lean back and relax while having their nails done. The chair is equipped with a whirlpool, massage system, heated pad and drink tray.

The Foot Ritual

Montecito Heights Health Club and Spa General Manager Catherine Dubay, an elite runner who recently won the Nike Women's Half Marathon in San Francisco, had her own tired aching feet to provide the inspiration for the treatment and the spa's new Asian-Fusion inspired foot ritual room dedicated solely to the care and treatment of those all important lower extremities. "These treatments have enabled me to train hard on consecutive days by speeding up my recovery, and breaking up the scar tissue from all the abuse on my feet," says Dubay.

Spa Manager Mary Lou Chwierut spent months on the creation of just the right décor to nurture the senses, the perfect chairs to cradle the body while the feet are pampered, the perfect gentle music to stimulate relaxation, specially created products, the treatment itself and the training of massage therapists to nurture the feet and calves. Now, there is one place in Sonoma County where tired feet are revered and cured with three treatments: the 50-minute Sport Feet and Sweet Feet and the 25-minute Quick Feet treatments. All incorporate various types of massage including Reflexology, Swedish, Deep tissue, Shiatsu and Thai, hot and cold stimulation including warm stone, warm towels and cool gels and specially designed products from Prima Fleur Botanicals; a Marin based company specializing in creating custom spa treatment products.

Sweet Feet products use a harmonizing euphoric essential oil blend of Jasmine from India, Ylang Ylang from Commores Islands, and Rose from Bulgaria, with a note of warm spiced Madagascar clove. A soothing foot soak, rich with sea minerals, skin softening cleansers, and fresh flower petals is next. An exfoliating EFA-rich sugar scrub with Gardenia-scented pure coconut butters follows it. There is a foot massage with a richly developed AHA enhanced foot cream, and a hydrating floral laced foot mask.

The Sport Feet treatment uses an essential oil blend with properties to heal, soothe, relax and refresh. This complex blend includes Spanish Cypress, Moroccan Rosemary, Willamette Valley Spearmint, Madagascar Katrafay and Australian Tea tree. All are renowned for their therapeutic benefits. A foaming natural scrub infused with lemongrass that gently removes calloused flaky skin and hydrates, follows an invigorating room spray and rejuvenating foot soak. The feet are treated to an uplifting massage using cooling foot gel made with vegetable glycerin and nourishing Ugandan shea butter.

Packages

The Spa offers ongoing specials for guests to combine services to create their perfect spa experience. **The Perfect Day** includes a Classic Massage, Classic Facial, Montecito Pedicure and Montecito Manicure. The **Body in Balance** combines a Sports Massage, Classic Body Scrub, Montecito Pedicure and a Classic Facial. The **Mom's Retreat** is a Classic Facial, Montecito Classic Massage and a Montecito Pedicure. Childcare is available for all treatments at The Spa.

Contact Information

For more information and to make reservations please contact the Spa at Montecito Heights at (707) 526-0529 and www.montecitoheightsspa.com. The Spa is open Monday through Wednesday from 10 a.m. to 6 pm., Thursday and Friday from 9 a.m. to 8 p.m., Saturday, and Sunday from 9 a.m. to 6 p.m. The Spa accepts MasterCard, Visa and American Express.

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