

FOR IMMEDIATE RELEASE:

**Stay Slim and Stress-Free with New Treatments At  
The St. Regis San Francisco's Remède Spa  
New Wellness Program Includes Innovative Offerings,  
Herbs from the Hotel Terrace Garden and Yoga Classes**

SAN FRANCISCO (August 3, 2010) – Remède Spa, located within the five-star St. Regis San Francisco, has expanded its menu offerings with original new treatments, the unveiling of the Terrace Wellness Garden, which is now in full bloom, and the launch of bi-weekly yoga and wellness classes for guests and residents. The additions to the spa menu, the Body Contouring & Slimming Ritual and Rejuvenating and Hydrating Body Ritual, target the figure, skin and soul, ensuring guests are primed for the remainder of the summer season and on the path to year-round wellness.

“The new treatments and amenities at Remède Spa are representative of the exceptional experience provided by The St. Regis and of San Francisco, which has always been forward thinking in regards to wellness and life balance,” explained Remède Spa Director Deborah Larsson. “These latest offerings have made Remède Spa even more dynamic, allowing us to create an all-encompassing experience using innovative therapies, fresh herbs and flowers, and renowned technicians and instructors as a part of our signature customized approach.”

Recognizing that each guest, each face and each body is unique, Remède Spa has expanded its treatment offerings beyond the signature Remède Customized Facial, Remède Customized Massage and Remède Customized Wraps to include the following new customized treatments:

- **Body Contouring & Slimming Ritual** – Treat the body like a temple with the perfect detoxifying and firming treatment for sleek, smooth skin. This treatment begins with a citrus herbal body brushing to stimulate lymphatic drainage and start the body's detoxification process, followed by a covering in European inspired slimming oil. This captivating, rich coffee oil comes from Southern America and is infused with hints of

Italian Lemon and Madagascan Cinnamon to further purify and tone the body. A refreshing body mist completes the 90-minute body beautifying experience. \$265.

- **Rejuvenating and Hydrating Body Ritual**– This treatment begins with an aromatic Body Scrub to deeply moisturize and exfoliate the body. As the scrub melts into the skin it enhances the benefits and absorption of the Mineral Mask, rich in antioxidants and nourishing oils. Clients will relax in a warm, comforting body wrap while receiving a soothing scalp treatment and foot reflexology. The final step is a full body massage with the Aromatherapy Crème After Bath Body Moisturizer. This 90-minute experience boosts moisture levels and vitality, leaving the skin silky smooth. A truly decadent treat! \$256.

Remède Spa offers an exclusive selection of locale-inspired treatments, featuring techniques and ingredients reflective of the region's distinct characteristics and traditions. These treatments, among others, incorporate herbs and flowers from the hotel's fourth floor Terrace Garden, where lavender, sage, thyme, rosemary, lemon balm, borage, fennel, celery, agretti, wintergreen and spearmint mints, nasturtium and violas are grown. In addition to the Body Contouring & Slimming Ritual and Stress Relief Aromatherapy & Hydrating Wrap, treatments developed specifically for Remède Spa San Francisco include:

- **The Stillness Ritual:** For those seeking a rejuvenating escape, look no further. This treatment promises serenity with a calming herbal bath fragranced with chamomile and sandalwood along with lavender from the Terrace Garden. The bath is followed by a transformative 90-minute tranquil Swedish massage that combines cranio sacral therapy and foot reflexology to release tension and restore vitality. Delivering emotional and physical balance for the body as a whole, this 120-minute treatment is excellent for reducing stress and recovering from jetlag and sleeplessness.
- **Four Hand Massage:** Experience the expertise of two Remède Spa massage therapists as two pairs of hands work in a well-choreographed rhythmic motion. One therapist leads the movements while the second mirrors those movements on the opposite side of the body. An excellent treatment for those who have trouble letting go completely and relaxing.
- **Urban Radiance Facial:** Attain a soft, luminous glow with this 60-minute facial that incorporates crushed pearl and oxygen to address hyperpigmentation and uneven skin tone.

For a complete wellness experience, Remède Spa invites guests to participate in weekly yoga and wellness classes taught by a group of esteemed yoga masters and offered complimentary to guests and residents. The group of highly-respected and educated teachers includes Anthony Williams, Arch Deleon, Darren Main, and Lauren Slater, who personalize the practice to reflect their own studies, resulting in customized classes taught in various styles from

Restorative and Hatha to Kundalini and Flow yoga. Courses take place on Tuesdays and change monthly. Remède Spa also offers guests private sessions by yoga masters who tailor classes to each individual's needs and preferences.

Guests are encouraged to continue the relaxation with a dip in the pristine indoor infinity pool with glorious views of San Francisco or a meal at Vitrine, The St. Regis San Francisco's elegant and light-filled signature restaurant. Chef Romuald Feger presents inspired breakfast and lunch offerings prepared using seasonal, local ingredients, including herbs and produce from the Terrace Garden.

Exclusive to St. Regis Hotels & Resorts, the luxurious Remède Spa is San Francisco's only Forbes Four Star-rated spa. Understated elegance sets the tone for 9,000 square feet of sophisticated surroundings, featuring nine treatment rooms, men's and women's lounges and a spa boutique. Every trademark touch, from signature Champagne and truffles to exceptional service and luxurious linens, reflects an exclusive lifestyle and discerning sensibility.

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