

## **Spa & Wellness Center at Sycamore Mineral Springs Resort Celebrates its Unique Locale with Several New Treatments and Specials**

SAN LUIS OBISPO, CA (March 26, 2008) - Found in the heart of the wine country along California's Central Coast and just minutes from some of San Luis Obispo County's most pristine beaches, the Spa & Wellness Center at Sycamore Mineral Springs Resort is surrounded by natural wonders. Celebrating its unique environment, the Center is incorporating into its menu three new exclusive product lines - and several new spa treatments - that utilize either organic and paraben-free, marine-based, or antioxidant-rich Chardonnay grape ingredients.

"Sycamore's Spa & Wellness Center is in such a special location, surrounded by vineyards, the ocean and lush plants and foliage," explains Alice Bergendorff, spa and wellness director for the San Luis Obispo, CA-based Center. "We want to provide guests with the opportunity to benefit from the many healing elements intrinsic to these distinct surroundings while they also experience an enjoyable, relaxing treatment."

The three new product lines, all of which are county-exclusive to the Center, are Hylunia, Thalgo and Chardonnay Wine Therapy.

Hylunia is an organic, botanical skincare collection, free of chemicals, parabens, preservatives, fragrances, alcohol and many other harmful elements often found in spa products. Utilized in a wide selection of new facials and body treatments, the Hylunia products lend themselves to decadent spa delights ranging from a Chocolate Champagne Anti-Aging Facial to an Herbal Body Treatment for Women, incorporating a grape seed exfoliation and herbal body wrap.

Thalgo is a marine skincare collection that derives its ingredients from mineral and protein-rich marine plants in their purest form. Revitalizing and cleansing, the products restore the skin to its ideal condition and are used in a wide variety of facials and bodywork, such as the Exceptional Age - Aging and Wrinkle Control Facial, a Hydrating Collagen Facial and Eye Duet Treatment and a Detoxifying Dead Sea Mud Wrap.

Available since mid-January, the Chardonnay Wine Therapy treatments at Sycamore's Spa & Wellness Center have also been met with acclaim, with offerings such as the Chardonnay Antioxidant Sugar Scrub and Signature Facial each served with a glass of local Chardonnay or a non-alcoholic alternative.

In addition to the three new spa product lines and corresponding treatments added to the Spa & Wellness Center menu, Sycamore is now also offering couples massages,

including in-room services on a limited basis.

Several new spa enhancements are available to Center guests, as well. Customers who book a 60-minute or longer treatment will receive a day-of complimentary mind-body class or guided hiking tour and a 30-minute relaxing hydrotherapy treatment in a private hot mineral spring tub. And for those that book a 30-minute or longer treatment, an "Eye on Innovation" international award-winning eye treatment designed to relax, restore and revive the eye area, is available for the special price of \$25.

Future updates to the Spa & Wellness Center include outdoor treatments, waxing services, water therapy, manicures and pedicures, and a wet room.

For more information on the Spa & Wellness Center offerings at Sycamore Mineral Springs Resort, please call (805) 595-7302.

Sycamore Mineral Springs Resort, an integrative retreat centre, rests atop hot mineral springs and spans more than 100 acres of forest, hills and meadows in San Luis Obispo. It features secluded hillside mineral springs tubs, a labyrinth, meditation gardens, a renowned wellness center, a pool, and a gourmet restaurant. Moments away from the ocean, award-winning wineries, golf courses, Hearst Castle, and many charming Central Coast towns, it offers guests an exceptional opportunity to restore the spirit, nourish the mind and heal the body. The resort is located at 1215 Avila Beach Drive in San Luis Obispo, on the road to Avila Beach. More information at [www.sycamoresprings.com](http://www.sycamoresprings.com) .