

LANGDON HALL SPA ELIMINATES STRESS WITH A FULL BODY EMBRACE

CAMBRIDGE, ONTARIO, CANADA (June 14th, 2007) – Office stress got you down? A relaxing refuge awaits at **Langdon Hall Country House Hotel & Spa**, the charming and luxurious Country Manor tucked in a quiet corner of Cambridge, just an hour west of Toronto.

Langdon Hall is widely known as a peaceful oasis, and is growing ever more popular among professionals in search of serious pampering. It is with these guests in mind that the Spa has launched its newest signature treatment, *Langdon's Body Embrace*, which combines a range of services into one two-hour session. Guests enjoy head-to-toe rejuvenation without leaving the comfort of their treatment area, and can book the entire selection of complimentary services with one easy appointment.

Langdon's Body Embrace touches on all aspects of the face and body, leaving guests buffed, massaged and nourished. It begins with a deep body scrub and remineralization treatment, after which guests are wrapped in warm sheets. A mini hydrating face treatment and mask follows, with a scalp massage to encourage relaxation. Next, a full-body, Thai-inspired massage incorporates acupressure and hot lavender boluses, and winds down with conditioning lotion and oils to leave the skin silky soft. The two-hour session carries a price tag of \$205 plus taxes and gratuities.

“It’s all about bringing health and well-being back to the body, while being able to spend more time with the therapist in longer treatments, to achieve maximum relaxation,” says Spa Manager Alison White. “If clients are stressed, ill, run down, or not sleeping well, our signature combination of treatments will help to restore the body and replenish lost trace minerals.”

With 15 years of industry experience and overseas training in Scotland and England, White is keenly aware of international influences driving the latest spa trends. For Langdon’s discerning leisure guests, she favours herbal products and has incorporated holistic therapies from India and Asia into the hotel’s roster of services.

“More traditional therapeutic offerings like Swedish Massage are still available, but clients now have a wider variety of services to choose from,” says White. “We strive to accommodate their needs and wants, while moving towards the wellness side of things by bringing in fitness, yoga, and healthier foods.”

The Spa at Langdon Hall is situated within the stunning country estate, and offers a wide array of services in which to indulge. Spa visitors are welcome to enjoy the full amenities of the property, which include comfortable sitting rooms, an outdoor pool, tennis courts and a croquet lawn, along with 12 km of walking trails, a whirlpool and sauna, an indoor exercise room and Langdon’s famed vegetable and flower gardens.

Spa reservations are strongly recommended and can be booked by calling (519) 624-3220. Hours of Operation at the Langdon Hall Spa are Sunday to Tuesday 9:00- 5:00p.m. and Wednesday to Saturday 9:00- 7:00p.m.

Langdon Hall was built in 1898 as the lavish summer home of Eugene Langdon Wilks. The Federal Revival mansion exudes charm and character, impeccably maintained in the turn-of-the-century grandeur that was all the rage among the American upper class a century ago. The main house, with its graciously renovated former staff quarters and farm buildings, offers 52 lavishly appointed guest suites and a collection of private dining rooms with wood burning fireplaces. The property is surrounded by 200 acres of expansive gardens and trails.

For more information, please contact:

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