



Elements of Wellness treatment options can range from massage therapy to reflexology, among others.

# CUSTOMIZED COMFORT

Spa Montage's Elements of Wellness treatments offer a bespoke wellness experience tailored to your needs.

BY KRISTIN SCHARKEY

**S**unlight streams through the window of the garden suite at Spa Montage Laguna Beach as jets swirl warm water around me. The scent of rosemary and sage wafts through the room, and compels me to sink deeper into the soaking tub. From work deadlines to constant travel, the season has been filled with stress. But now, I am completely relaxed.

My spa therapist understands my needs, as this Elements of Wellness Signature Experience required me to complete a preliminary personal lifestyle profile, which includes questions like, "How do you bring balance into your life?" At the start of treatment, my therapist and I also discuss my goals for the service. The resulting experience is one that is completely customized, each aspect of treatment curated from a wide-ranging spectrum of European spa science.

At the start of my two-hour therapy, I receive a scrub made of dead sea salt—high in magnesium and beneficial to the nervous system—as well as citrus essential oils, including bergamot, to calm my anxiety. A Vichy rain shower follows, in addition to a rhassoul clay body wrap and scalp, neck and shoulder massage to relax high

tension areas. Then, I submerge in the jetted bath before a one-hour massage with undaria algae oil, which replenishes with antioxidants.

"It is quite unique to have therapists educated to incorporate all these methodologies into one therapy or extended experience," explains Janet Denyer, Montage Hotels & Resorts regional director, spa operations. Elements of Wellness treatment options can range from reflexology to pelotherapy (muds), dermatome therapy (nerve pathways) and more.

Cherie Rodriguez, spa operations manager at Spa Montage Laguna Beach, compares the master spa therapists to artists choosing from a color palette. "[They] can really look at the whole spectrum of offerings, ... including equipment, facilities, products and an impressive amount of techniques to tailor a service for exactly what you need in that moment that day," she explains. "The artistic nature of the master therapist also comes through with the ability to not only do this on the spot, but also to connect with each unique guest, all with very different needs—no two treatments are exactly alike."

The result is a highly customized experience that enhances the path toward wellness—whatever your journey may be. **M**



Find renewal in Spa Montage Laguna Beach's garden suite.

To book an Elements of Wellness service, please visit [montagehotels.com/spa-montage](http://montagehotels.com/spa-montage).