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## **ALVADORA SPA AT ROYAL PALMS INTRODUCES INDIGENOUS CITRUS TREATMENTS**

**PHOENIX** – (May 2008) – The Alvalora Spa at Royal Palms Resort and Spa, managed by Destination Hotels & Resorts, has developed a menu of citrus-based services that is unexpectedly indigenous to the Phoenix area and offers a very different “sense of place” from the typical desert-inspired treatments.

In 1929, the original Royal Palms was built on 65 acres in the middle of a citrus grove at the base of Camelback Mountain. Today, many of the original trees are peppered throughout the grounds and around the Alvalora Spa. Further, in years past, citrus was one of four key drivers of the Phoenix economy.

At a resort synonymous with romance, the Alvalora Spa’s menu of signature treatments featuring the fragrant orange blossom scent is quite fitting. The orange blossom scent comes from neroli, the fragrant bitter orange blossom which produces one of the most cherished and expensive oils in the botanical kingdom. Neroli is named after Anna-Maria de la Tremolille, Princess of Nerola (near Rome) in the 17<sup>th</sup> Century. According to tradition, orange blossoms were used in bridal bouquets to calm apprehension before the couple retired to the marriage bed. Today, the orange blossom represents joy, sensuality, weddings and romance.

Alvalora was specifically designed to provide a selection of treatments for couples in the spa’s Acqua Dolce suite. Featuring two heated stone tables with overhead rain showers, the suite opens to a private outdoor patio with a fireplace and waterfall shower. A therapeutic herbal tub and open views of the garden highlight the adjoining Acqua Giardino room.

At the heart of the romantic treatments are the Acqua Dolce Rituals, the newest of which is the **Citrus Ritual**, 90-minutes of shared luxury starting at \$200. The Ritual begins in the Acqua Dolce with an exfoliating body therapy on duo heated stone tables while water gently cascades from above. The outdoor eight-foot waterfall shower provides a final rinse. The Ritual continues in the Acqua Giardino, a water garden with an herbal whirlpool bath which provides a relaxing soak with citrus flower essences while overlooking the garden with its romantic fireplace. Then comes

a gentle massage with a hydrating honey and orange blossom lotion. While relaxing in a warm towel wrap, guests receive a delicious scalp and shoulder massage with a neroli aromatherapy oil designed to calm and rejuvenate. At the conclusion, the therapist finishes with warm compresses for the hands and feet.

***More citrus treatments....***

- **Citrus Grove Facial**, 90 minutes starting at \$200. This is an anti-aging facial using products brimming with neroli-based antioxidants to combat premature aging and provide skin with a healthy glow. The treatment includes a luxurious acupressure and lifting facial massage, a hydrating hand treatment and an application of Vitamin C (an ampoule is provided to take home for continued results).
- **Orange Blossom Body Buff**, 60 minutes starting at \$135. The sweet, uplifting scent of neroli oils is enchanting. Neroli is a naturally balanced moisturizing essential oil from the orange blossom, and it helps to restore moisture and support the skin's renewal process. A vigorous exfoliation is followed by a scalp and neck massage while the body is cocooned in warmth. The treatment is finished with a rich body lotion and mists of neroli water.
- **Citrus With A Twist Massage**, 60 or 90 minutes starting at \$135 or \$195 respectively. Combining the sense of smell with touch, this massage uses a variety of essential citrus oils to balance and restore energy.
- **Simply Citrus Manicure**, 30 minutes starting at \$35. A soothing therapy for dry, parched hands begins with a citrus soak, followed by nail grooming, a moisturizing application of citrus lotion and polish.
- **Simply Citrus Pedicure**, 30 minutes starting at \$45. Beginning with a citrus soak to rejuvenate the feet, this pedicure is followed by nail grooming, a moisturizing application of citrus lotion, and polish.

**For information and reservations, call the Alvadora Spa at 602-977-6400.**

**[www.royalpalmsresortandspa.com](http://www.royalpalmsresortandspa.com)**

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