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**THE ALVADORA SPA AT ROYAL PALMS RESORT AND SPA:
A ROMANTIC, INTIMATE RETREAT FOR RITUAL AND REJUVENATION**

PHOENIX – To enter the Alvadora Spa at the Royal Palms Resort and Spa (managed by Destination Hotels & Resorts) is to experience the sounds, scents and sensations of romance itself. This intimate retreat, nestled in the Old World milieu of the Royal Palms, is adorned with warm wood, rich colors, inviting furniture, aromatic fireplaces, gentle fountains and lush gardens – providing the perfect space for a couple to share a treatment à deux, or an individual to experience quiet introspection.

Delos Cooke, original owner of El Vernadero, the mansion that became Royal Palms Resort and Spa, was an ardent world traveler. Intrigued by the Mediterranean region, he learned that, for thousands of years its people have used the therapeutic qualities of their natural environment for well-being. They believed that each new dawn brings a golden opportunity for rejuvenation. ***The ancients called this awakening Alvadora.***

“We offer our guests an experience, not just a treatment,” explains Michelle Kinney, spa director. “By combining the European philosophy that all treatments should be therapeutic, with the American preference for pampering, we designed services to stimulate all of the senses and provide personalized touches not usually found in spas today. For example, a gentle, aromatic foot bath, a European ritual, enhances many of our massages and body services, providing a deeper level of relaxation and making our guests feel that they are indeed special and cared for.”

Treatments are inspired by the revitalizing benefits of the herbs, flowers, oils and minerals indigenous to the Mediterranean thus offering a unique departure from the desert-inspired treatments predominant in the Southwest and a haven to enhance romance and renewal.

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Types of treatments include Massaggio (massages), Watsu (a combination water and Shiatsu therapies), Terme Vivo (therapies of water), Corpo Terapia (body therapies), and Pella Cura (skin treatments). Treatments are 60 and 90 minutes, compared to the industry standard of 50 and 80 minutes, providing guests with even greater enjoyment and value. Additionally, Alvadora offers services for hands, feet, hair and makeup in the Salon, and a full complement of fitness and meditation activities.

Designed for romance and loving connections...

Alvadora was specifically designed to provide a selection of treatments for two – couples, mothers and daughters, friends – in a signature treatment suite, the Acqua Dolce. 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**, which may also be experienced solo. Guests choose from four 90-minute Rituals – Minerale, Botanica, Alghe, or Vino – each priced at \$190.00

As an example, the **Botanica Ritual** begins in the Acqua Dolce room 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 a selection of eucalyptus, pine, wild flowers or chamomile essences while overlooking the garden with its romantic fireplace. Then comes a gentle massage with hydrating, vitamin rich lotions, complimented with body sprays. While relaxing in a warm towel wrap, guests receive a delicious scalp and shoulder massage with aromatherapy oils designed to calm the mind. At the conclusion, the therapist finishes with warm compresses for the hands and feet.

Other signature treatments include the Renaissance Massage and Footbath, the Renaissance Facial and Footbath, the Royal Body Polish, the Orange Blossom Body Buff, and the Bella or Signore Facials.

Old World ambiance in an estate-like setting ...

Alvadora is an open-air, two-level spa offering 10 individually decorated treatment areas, magnificent views of Camelback Mountain, French doors opening to private patios for outdoor treatments and the relaxing benefits provided by Mother Nature, a full-service salon, comprehensive fitness center and a Mediterranean menu to be savored poolside.

The decor is reminiscent of an Old World villa nestled in the hills surrounding the Mediterranean. The entrance features a fountain imported from France, and a wooden door imported from Mexico. The lobby is adorned with rich wood and jute carpeting, a reception desk with a jade marble countertop from Tuscany, and artwork reminiscent of the Mediterranean.

As guests tour the spa, they experience its inviting indoor and outdoor spaces embellished with features such as natural stone, aged timbers, large wooden doors, rich textures and residential furniture, gardens, murals, blue-tile fountains and fireplaces.

In addition to the Acqua Dolce-Acqua Giardino signature couples' suite, Alvadora offers a complement of unique treatment rooms: the warm yellow Villa Fiore and cool blue Villa Serena couples' treatment rooms; the cantaloupe Pietra and raspberry Sole facial rooms; the soothing yellow Luna and cool moss Cielo massage rooms; the outdoor Watsu massage patio; and the Terrazza outdoor massage balcony with an open view of Camelback Mountain. All treatment rooms are highlighted by aged wall treatments, amenities such as ceramic footbath bowls, artwork of Italian vistas, and private patios or balconies.

Lockers rooms are customized with full-length wood lockers each outfitted with a mirror, jewelry holder and padded hangars. Steam rooms and outdoor resting areas with fireplaces and hot tubs are included in both the men's and ladies' locker rooms.

The Alvadora Spa presents a unique opportunity to experience heightened romance, a solo discovery of self, or pure pleasure and respite from everyday cares.

For information, contact (602) 977-6400 or visit www.royalpalmsresortandspa.com

A member of Historic Hotels of America, Royal Palms Resort and Spa is a AAA Four Diamond resort located at the foot of majestic Camelback Mountain. Combining the graciousness and sophistication of a Mediterranean villa with the intimacy and privacy of a secluded retreat, Royal Palms offers: 117 custom-appointed guest rooms and intimate clusters of casitas and villas; regal Spanish Colonial architecture; over 20,000 square feet of estate-like meeting space; Tuscan-style gardens; exquisite tapestries, antiques and stone fireplaces throughout. Designed around the original historic private mansion, Royal Palms is home to the award-winning T. Cook's restaurant, Alvadora Spa, a swimming pool with private cabanas, and croquet lawn. Just minutes

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from Scottsdale's shopping, galleries, golf, Phoenix Sky Harbor International Airport and the Camelback financial corridor, Royal Palms is an ideal retreat for business, pleasure and special occasions, offering luxury, privacy and convenience.

Royal Palms Resort and Spa is one of 32 independent, upscale and luxury hotels, resorts and golf clubs in the United States managed by Destination Hotels & Resorts, the fourth largest independent hospitality management company in the country. The company, based in Englewood, Colo., features a portfolio of more than 8,000 guest rooms, 13 golf courses and nine full-service spas. DH&R properties are located in key metropolitan and resort markets including New York, San Francisco, Washington, D.C., Chicago, Denver, Dallas, Boston, San Diego, Aspen, Phoenix, Palm Springs, Jackson Hole, Maui and Lake Tahoe.

Destination Hotels & Resorts also provides consumers with access to a unique collection of lodging properties in the United Kingdom through a sales and marketing alliance with the De Vere Hotel Group PLC. This partnership extends the reach of DH&R to the U.K. with a partner who offers a similar portfolio of distinctive hotels and resorts. For more information on the properties in the Destination Hotels & Resorts collection or the De Vere alliance, please visit www.destinationhotels.com.

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