



FOR: **THE OSTHOFF RESORT**
101 Osthoff Avenue
Elkhart Lake, WI 53020-0151

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CONTACT: Dick Griffith
312/440-9900

LET THE OSTHOFF RESORT'S NEW FULL-SERVICE SPA MELT YOUR TENSIONS AWAY AS YOU "TRAVEL" THE WORLD SAMPLING ANCIENT TECHNIQUES

ELKHART LAKE, WISCONSIN – Spa treatments are enjoying spiraling popularity as Americans reach for ways to relieve tension and stress. This also accounts for the dramatic growth in the number of premier hotels that are adding spas and offering a wide range of pampering, rejuvenating services.

The latest luxury resort to introduce a full-service spa is the historic Osthoff Resort on the shores of Elkhart Lake in southeast Wisconsin. The newly opened **Aspira Spa** is part of a 159,000-square-foot four-story wing expansion.

"Spa services are so much in demand that we decided to put together the most extensive menu of treatments available," says Lola Roeh, general manager of the resort. "At the same time, we set out to create a state-of-the-art spa facility that provides the most perfect environment for our guests to receive these unique treatments."

With the opening of the new Aspira spa, the Osthoff succeeds admirably on both counts. It has created a facility that provides a holistic, organic approach to the spa experience—and it offers personalized services that reflect ancient healing wisdom of indigenous peoples from around the world.

Here, guests enjoy the slow, deep strokes of a Moroccan hot oil massage and experience the unique four-palm massage, created by two therapists working in perfect harmony to create the synchronized motion of four hands. They can relax with a

Japanese reflexology massage or receive a yin/yang massage, a marriage of Western and Eastern philosophies designed to ease mind and spirit.

Guests also might choose the “Lomi-Lomi,” a traditional Hawaiian “loving hands” massage that employs percussive and rocking movements and uses jasmine oil for its aromatic therapeutic benefits. Another aromatic massage blends grapeseed oil with pure essential oils to achieve calm and relaxation.

With its opening, the Osthoff Resort becomes the first hotel in the region to offer guests the “spa suite” concept. Spa suites feature comfortable living areas that include amenities such as fireplace, whirlpool tub, patio, love seats and showers.

“Rather than simply provide spa services in traditional treatment rooms,” says Roeh, “this concept takes spa treatments to a whole new level, providing a customized and highly personalized experience.” You can rent a spa suite for a few hours or an entire day and order in whatever treatments interest you (and even take meals there, based on healthful spa cuisine).

Guests can take a relaxing bath before a Swedish massage and also submit themselves to the “Art of Bathing,” with a sequence of wood (energizing), fire (cooling), earth (releasing/detoxifying), metal (relaxing) and water (toning).

A wide range of innovative treatments range from healthy scalp treatment, employing minerals and oils, to “Wedded Bliss”. The latter is customized to suit the special wishes of the bride and groom, who choose from couple’s massage, bathing ritual and manicure or pedicure before or after the wedding.

Aspira Spa’s extensive menu of services includes massages, facials, colortherapy, hydrotherapy, balneotherapy, salon services, spa manicures and spa pedicures. Treatments range from the 30-minute “Essential Facial,” providing a high quality facial in half the time, to a facial that employs five clay masks.

An integral part of the spa is The Aspira Café, offering upscale cuisine served in the café or the intimacy of a spa suite. The menu offers dishes prepared with few ingredients but with flavors that particularly complement each other.

Both The Osthoff Resort and its general manager have received well-deserved accolades. For each of the last seven years, the resort that has earned the coveted

AAA Four-Diamond rating. In 2002, Lola Roeh was recipient of the prestigious Wisconsin Innkeepers Association's "Innkeeper of the Year" award.

The resort offers 245 spacious suites and guest rooms. One, two and three-bedroom suites range in size up to 2,300 square feet and feature a kitchen or kitchenette, dining and living room, TV, fireplace and private balcony. Guest rooms feature a king-size bed, private balcony, two-person whirlpool bath, wet bar and TV. The new wing adds a second restaurant, Lola's on the Lake, with casual fine dining, a companionable bar-lounge and splendid views of Elkhart Lake.

The Osthoff Resort is just an hour north of Milwaukee and a little over two hours from Chicago. For more information contact The Osthoff Resort, 101 Osthoff Avenue, Elkhart Lake, WI 53020-0151, 800-876-3399—or check the Web site at www.osthoff.com.

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