

HOTEL CASA DEL MAR OFFERS NEW “WELLNESS YOUR WAY” PROGRAM
Featuring a Collaboration with Moonview Sanctuary, A Dedicated Wellness Director And
A New Spa & Wellness Center To Launch In February 2009

December 2, 2008 (Santa Monica, Calif.) -- Hotel Casa del Mar (<http://www.hotelcasadelmar.com/>) offers guests the unique opportunity to enhance their wellness routine while traveling, with its new “Wellness Your Way” program. Casa del Mar offers an inventive à la carte menu of programs focusing on mental and physical wellness and resilience. Especially during these trying times, targeting mental wellness is a key focus of this new platform. Wellness programs have been created in collaboration with Moonview Sanctuary, a Santa Monica-based non-residential treatment and optimal performance center and will be enhanced by the new Casa Spa & Wellness Center to launch in February 2009.

FOCUS

Exclusively at Hotel Casa del Mar, the esteemed doctors behind Moonview Sanctuary have designed a series of treatments and programs to help visitors find clarity, balance and grace. Led by Clinical Director Dr. Stephen Sideroff, Ph.D., Moonview uses both Eastern and Western disciplines to individually customize psychological, physical and spiritual healing. Casa will offer a selection of custom Moonview Sanctuary sessions and programs on property, including *Neurolinguistic Programming (NLP)* and *Hypnotherapy*.

RELAX

The ultimate complement to Hotel Casa del Mar’s new wellness platform will be the newly renovated Casa Spa & Wellness Center to launch in February 2009 featuring all the best in eco-luxury. The new spa will feature treatments utilizing Voya Organic Seaweed products, exclusive to Casa in the Los Angeles area. Guests can experience Voya’s 100% certified organic Seaweed Leaf Body Wrap Ritual to revitalize skin condition, relax tired muscles, and relieve stress.

MOVE

With the help of a highly trained staff of fitness instructors, programs will take advantage of Casa’s exclusive oceanfront location. Some unique fitness opportunities include *Play to Win*, a private volleyball session with a pro AVP competitor; *Travel Unravel Restoration Class*, offering guests tools to recover from a long flight, constricting drive or rigorous work week.

All luxury guestrooms will be outfitted with a *Wellness Chest*, offering guests everything they may need to “Take a Hike,” and *Brain Games* are scattered throughout the hotel and offered at turndown. Additionally, a thoughtfully selected menu of waters and juices will be available for replenishment and healthy dining options will be offered both in-room and at Catch Restaurant & Sushi Bar.

**PRESS
INFORMATION**

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