

# HiddenSpas

October 11, 2010

## Featured Review – Spa Montage Beverly Hills

by RENEE on OCTOBER 11, 2010

Inside the 5-star Montage Beverly Hills you will find a luxurious haven of relaxation, peace, and wellness at [Spa Montage](#). The breath-taking 20,000 square-foot spa consists of two levels, with elevator access through the guest rooms, rooftop pool, and parking lot – making it easy to come in unseen, unheard, and undisturbed.

I recently had the pleasure of receiving a guided tour of Spa Montage, where I got to see first-hand why it is one of the most popular spa destinations in Beverly Hills.

From the minute I stepped into Montage Beverly Hills, I was immediately overcome with a sense of calm from the hotel's brown, gold, and sienna-toned décor, and the sweet scent of fresh-cut flowers. The spa itself compliments the hotel's color palette with lighter shades of earth tones, adding pale greens and soft whites, creating an instantly soothing atmosphere. Mosaic tiles brilliantly accent the walls throughout the spa, reminiscent of ancient Turkish Hammam bath houses.



Much like classic Turkish bath houses, which combine the traditions of spiritual and ritual cleansing with social gathering, Spa Montage boasts an invigorating co-ed mineral pool on the lower level of the spa, beaming with natural light from the skylights above.

Guests staying at Montage Beverly Hills are welcome to enjoy the co-ed mineral pool, along with the jacuzzi, steam room, showers (some with 15 shower heads!), and roof-top pool without having to book a treatment. Local residents and non-guests who book spa treatments get access to all the spa facilities and the rooftop pool for the whole day.



Local residents actually comprise 50% of the Spa Montage's overall clientele. During weekdays many clients come in after work for treatments, so the spa's late hours – last appointment is at 9pm, and the spa closes at 10pm – accommodate for those who can only come in during the evening. Still, the weekends are the busiest at Spa Montage Beverly Hills, with many loyal clients coming in once or twice a week for treatments. There has also been a steady

increase in male clients since the spa opened in 2008 as their gender-neutral menu of services and facilities also appeal to men – don't worry gentlemen, you won't find baby pink walls or fancy trims here.

As I was introduced to the various treatment rooms throughout the spa, I was blown away by the cleanliness, comfort, and truly inviting feeling the rooms radiated. The temptation to jump right into a treatment was almost unbearable!



The most alluring of them all, in my opinion, is the Ritual Suite. Several treatments can be done in this room, but the signature treatment is the [Three Bowls Purification](#), which can be done individually or as a couples treatment. This detoxification ritual begins with the application of three different muds and clays to purify, exfoliate, and nourish the body. These can either be applied by the therapist, or you and your partner can apply them on each other for a romantic and private indulgence. Each application is preceded with a relaxing foot, hand and scalp massage, and after each application you rinse off with the invigorating [Vichy Shower Rain Therapy](#).



The one-of-a-kind Affusion shower consists of 21 showerheads through which the therapist controls pressure, temperature, and the angles and points where the water hits your body to cater to your needs. For example, if you are jet-lagged from traveling, the therapist can hit different pressure points on your body with hot and cold water to rejuvenate you. Yes, there really is a science to taking a shower! Finally, the treatment culminates with an exquisite body crème of tangerine and fig, leaving a healthy glow. Having to move on from the Ritual Suite took a lot of strength because I wanted nothing more than to indulge myself in the Three Bowls Purification treatment!

One of the most luxurious and comprehensive services Spa Montage has to offer is the [Surrender Treatment](#). This is a fully personalized and custom program to put your body back in balance. You start with an in-depth consultation in which you answer questions about your daily food intake, exercise, and other lifestyle questions. The experienced therapist assesses your profile and designs a program, combining 2-4 treatments, that is specific to your body type and needs.

So how does the therapist know what is best for you? All the therapists at Spa Montage undergo ASTECC (American Spa Therapy Education Certification Council) Training – a rigorous year-long course, that includes 500 hours of additional training. In what is essentially like a college program in health and wellness, therapists take courses on massage, drainage, thalassotherapy, anatomy and much more. Thanks to this intensive training program, the therapists at Spa Montage are able to perform treatments both on and off the menu, allowing for the ultimate customizable experience. Spa Montage understands that their therapists need to be knowledgeable so that clients have a safe, satisfying, and healthy experience when visiting the spa. Therapists are able to talk clients through the process of their treatments so they leave knowing a little more about their own body, and feel confident that they got the best value for their dollar.



With 17 treatment rooms, over 25 different services to choose from, and a team of therapists who are knowledgeable and experienced, there truly is something for everyone at Spa Montage Beverly Hills. After having toured the spa myself, I can honestly say that I want nothing more than to treat myself to their signature “[Day of Indulgence](#)” – a full-day package of services that gives you the ultimate 5-star Montage experience: a 60 minute massage of facial of your choice, poolside lunch at the Conservatory Grill, a personalized fitness class, access to the rooftop pool with panoramic views, and full-day access to Spa Montage facilities.

If this tickles your fancy, and I know it does, click [here](#) to be directed to Spa Montage’s website where you will find a comprehensive menu of services. If you aren’t already tempted enough, Spa Montage is offering 30 Minutes of Complimentary Bliss from now until December 31<sup>st</sup> 2010 – receive a free upgrade from 60 minutes to 90 minutes when you book any treatment between Sunday and Thursdays! There’s no way you can pass that up... I know I wont!

Happy Spa’ing!!