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PENTERRA SPA REWARDS HOLIDAY GIFT GIVERS

In Difficult Economic Times, it's Best to Give and Receive

KIRKLAND, Wash. (Nov. 20, 2008) – This holiday season, [Penterra Spa](#), the [Heathman Hotel's](#) on-site luxury spa, located in the city's vibrant downtown core, will give back to customers who purchase gift certificates for their friends and family. Beginning Friday, November 28, 2008 through March 31, 2009, customers purchasing \$200 in gift **cards** will receive 50 percent off their next scheduled treatment.

“The demands of the holiday season can lead to holiday anxiety and depression,” said Tita Lee, director of Penterra Spa. “This, teamed with the heightened focus on the economy, is likely to lead to additional pressure. The perfect gift this year will alleviate stress for the giver and the receiver.”

A selection of popular treatments includes:

- **Beyond the Sound:** Move beyond the shore to deep waters with a relaxing marine body balancing therapy, nourishing organic mud body wrap and foot scrub. After a cleansing rinse, guests will enjoy a full body massage.

- **Moss Bay:** Plant your feet firmly on the ground with an EARTH ritual. Includes an Irish Moss sorbet foot soak and reflexology. A blend of bamboo and soothing purple lavender scrub is applied, followed by a wrap that will calm and hydrate. Tangerine and rose oil creates a garden of pleasure in the full body massage. Awaken to a fresh mist of damask rose.
- **Ancient Mountains:** Inspired by the ancient volcanoes of the Pacific Northwest, this treatment begins with a sensory ritual of essential oils and gentle touch. A mineral mud masque brings hydration and nourishment to the skin, followed by a relaxing hand and foot massage. The healing energy of warm basalt stones melt away tension, balancing body and soul.
- **Coffee Culture:** A blend of exotic coffees make this treatment truly awakening to the senses as it purifies and cleanses. Enjoy a full body scrub of organic coffee and essential oils, a warm linen wrap, and a soothing face and scalp massage. This treatment concludes with a Balinese massage and coco cream body application.
- **Five Petals:** Sink your feet into floating petals, warm water and the sweet essence of exotic rose oil. The body is prepared using an exfoliating dry brush to smooth the skin, followed by a relaxing elixir wrap of botanically infused oil and therapeutic massage.

About Penterra Spa at The Heathman Hotel, Kirkland

Located on-site at the Heathman Hotel in Kirkland, the luxury [Penterra Spa](#) offers 5,000 sq. feet of relaxation rooms, individualized treatment space and a workout facility. The spa offers seven treatment rooms, a manicure/pedicure room, and a relaxation sanctuary. Amenities include a side-by-side Palladian Hydrotherapy system designed for soothing and relaxation for single or two-person use. Penterra

Spa's treatment lines are exclusive to the spa on the west coast and include Somme Institute, Sonya Dakar, Uspa and Deserving Thyme. The overall philosophy of Penterra Spa is rooted in personal attention and customized programming. The spa is directed by Tita Lee. For appointments and more information, visit <http://www.heathmankirkland.com/penterra> or call (425) 284-5855.

About the Heathman Hotel, Restaurant and Spa-Kirkland

Like its award-winning sister location, the historic [Heathman Hotel in Portland, Ore.](#), the [Heathman Hotel](#) provides guests with the ultimate in gracious service and a unique Northwest luxury experience. Earlier this year, the property garnered the AAA Four Diamond Award®, an indicator of excellence which promises travelers an unparalleled lodging experience. The Kirkland property features 91 classic guest rooms; 5,000-square-foot [Penterra Spa](#), complete with relaxation rooms, individualized treatment spaces and deluxe fitness center; 2,500 square-feet of meeting space; and [Trellis](#), a 90-seat wine country inspired restaurant and bar helmed by Chef Brian Scheehser. Trellis' rustic, robust menu evolves with the seasons, often featuring items from Scheehser's own three-acre farm. For reservations and information, visit <http://www.heathmankirkland.com> or call (425) 284-5800 / (800) 551-0011.

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