

VANITY FAIR

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Global Spa Roundup: Spa at the Montage Hotel Beverly Hills

by **Emily Poenisch** January 5, 2009, 6:00 pm



It's been more than a decade since an all-star luxury hotel arrived in Beverly Hills, but as 2008 came to a close, the **Montage Beverly Hills** hotel finally opened its doors, and it's certainly been worth the wait. A Spanish Colonial Revival interior evokes the glamour of 1920s and 30s Hollywood—lavish without being grandiose, and romantic with historic flair. With 20,000 square feet of space, the hotel's two-story spa comes fully loaded with 17 treatment rooms, a yoga and Pilates studio, fitness facilities, and a full-service Kim Vo Salon. From the fluffy Telegraph Hill robes to the beautifully appointed dressing rooms, no detail has been overlooked.

Spa Montage's approach is holistic, with an emphasis on hydrotherapy and anti-aging treatments. "Our treatments go beyond pampering," spa director Barbara Schultz says. "Our goal is to have each guest feel better than when they came in." In line with that mantra, the spa offers myriad à la carte services, but the Surrender program, a bespoke approach that allows guest and therapist to address



individual needs collaboratively, is the true jewel in the spa's crown. Therapists begin with a brief conversation to ascertain the guest's wishes before suggesting a variety of treatment options from which to fashion a singular experience. For those who find themselves bewildered by complicated spa menus, this is the perfect opportunity to forgo the fine print.



Treatment plans vary, but you might begin with a one-on-one yoga session on the spa's expansive rooftop. From there, you may descend the tiled stairway to the second level of the spa for one of many water-based treatments. The lower space, inspired by the ninth-century Andalusia region of Spain, has a grand mineral pool rising above the co-ed relaxation area. Perhaps you've opted for hydrotherapy, in which case you'll find yourself sinking into a bath infused with salts and detoxifying oils while a therapist performs lymphatic massage. Or you may have selected Vichy-shower rain therapy (contrasting shower temperatures stimulate the system), and you'll be scrubbed with salt and slathered in French clay enriched with soothing and detoxifying agents. And if you're really, really lucky, you may even find yourself benefiting from the magic touch of therapist Cherie, who gives what can only be described as the world's best head massage ever. Whatever your choice (and for those who've recently opted for cosmetic surgery, there's even pre- and post-operative therapies to be had), one thing's for sure: by the time your therapist whispers that your appointment is at an end, you'll find yourself rejuvenated, invigorated, and blissfully contemplating a future appointment.

The Spa at the Montage Hotel Beverly Hills is located at 225 North Canon Drive, Beverly Hills, California; (310) 860-7800.