



## Relâche Spa Debuts at Gaylord National Resort and Convention Center

*Region's Largest Hotel Spa Includes Extensive Menu of Services;  
Sweeping Views of Potomac River and DC Landmarks*

National Harbor, Md. (April 25, 2008) – As the Nation's Capital, the Washington DC region has more than its fair share of stress. Yet, through the floor-to-ceiling windows at the new *Relâche* spa, the panoramic view of "the district" paints a picture of serenity.

Inside the new Gaylord National Resort and Convention Center, this new full-service retreat promises to be one of the region's most popular spas. It's also one of the largest spas, featuring 12 treatment rooms in a 20,000 square-foot hideaway for relaxation, pampering and exercise.

Appropriately named *Relâche*, which is French for *relax* or *respite*, the new spa has a decidedly European flavor with its über-sassy black and white décor, providing a decadently urban flavor for the Gaylord Hotels award-winning spa brand.



### **A Space – And View – Beyond Compare**

*Relâche* spa and fitness center at Gaylord National Resort brings the latest spa services and exercise offerings together under one roof. Inside the sleek, modern setting of black and white marble, you'll find treatment rooms dedicated to specialized services, including a "cool treatment" area and a couples' suite with a hot tub that overlooks the Potomac River. Other areas of the spa include views of National Harbor and the resort's signature glass-covered atrium.

*Relâche* also features a signature Relaxation Room for meditation and peaceful thinking, steam rooms, full-service beauty salon and a spa boutique, furthering the resort's philosophy of having "everything in one place."

A centerpiece of the spa is a 24-hour state-of-the-art, 4,000-square-foot fitness center, connected to an indoor lap pool. The fitness center offers 24 pieces of cardio equipment, including treadmills, bikes, cross trainers and a row machine. Each cardio piece is equipped with television and radio. The fitness center also features Life Fitness strength equipment; and a complete free-weight and aerobics area. Personal yoga and fitness training is also available.

## **Spa Bliss with Unsurpassed Service**

Signature treatments at *Relâche* include:

- **Soothing Stone Massage** – a 50- or 80-minute treatment featuring warm smooth basalt river stones rhythmically glided over sore muscles, melting away tension and worries. The heat of the stones penetrates deep into the muscles, allowing them to completely unwind.
- **A Moment Together** – An 80-minute couple’s treatment provided in your own secluded spa haven, featuring dramatic views of the Potomac River.
- **Relâche Papillion** – Offering a means to transform your state of being in 80 minutes, to a feeling of “soul rebirth.” This body treatment begins with a calming soak, followed by a rejuvenating massage. Finally, you are wrapped in warm linens to capture a sense of serenity while warm aromatic oils are caressed into your scalp.
- **La Vie On Roses** – An 80-minute facial designed to stimulate microcirculation and nourish the skin, revitalizing fatigued, tired cells.

Skin treatments at *Relâche* mirror the spa’s philosophy of utilizing organic oils and ingredients whenever possible and incorporating them into services that reflect the resort’s personality. Among the spa’s unique skin therapy treatments are the *Relâche Allure*, a custom facial rich in micronutrients, and the *Age-Defying Catio Vital*, which assists the skin in the fight against free radical damage by infusing it with botanical antioxidants.

## **Solving Convention Tension**

To complement the resort’s convention focus, *Relâche* was designed to reflect the needs of meeting planners and meeting attendees. Highlights include:

- **Specialized treatments**, including the *Meeting Relief* massage, a specialized 50-minute treatment designed to clear your mind and stimulate your muscles with the invigorating effects of ginger and rosemary essential oils, accompanied by a vigorous massage.
- **Gentlemen’s Options** to help cater services to groups that have a large male contingency. These special services include a “*Gentlemen’s Only*” skin treatment, and a *Detoxifying Hydrotherapy* treatment.
- **Late Operating Hours** help busy meeting attendees fit some “down time” into their schedule.
- **Meetings Programs** give planners options to take aspects of the spa into the meeting room, including chair massages and energy breaks.

## **Full Salon Services**

With a full beauty salon, *Relâche* is equipped to offer both sexes an array of manicures, pedicures, makeup applications and hair styling. Hand and foot therapies worth noting are the *Relâche Signature Reflexology Pedicure* which is hailed as a “massage for the feet” and includes techniques that focus on the therapeutic aspects to release stress and tension.

## **About Gaylord Hotels**

Gaylord Hotels™ is a pioneer in the hotel and convention industry with a collection of four upscale, meetings-focused resorts found near Nashville, Tennessee; Orlando, Florida; Dallas, Texas; and Washington, D.C. Every Gaylord property celebrates the geographical heritage of the destination in which it is located with regional themes and attractions designed exclusively for that resort. The company’s hallmark – “everything in one place” - provides meeting attendees and leisure travelers with convenient onsite access to award-winning dining options, quality spa and fitness facilities, top-notch entertainment, on-site shopping and resort activities. Gaylord Hotels is owned and operated by Gaylord Entertainment (NYSE: GET), a leading hospitality and entertainment company based in Nashville, Tennessee. For more information, visit [www.gaylordhotels.com](http://www.gaylordhotels.com).

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## FACT SHEET

### RELÂCHE SPA AT GAYLORD NATIONAL RESORT

#### CONTACT

Spa Information/Reservations: 301-965-4400

Website: [www.gaylordnational.com](http://www.gaylordnational.com)

#### **Relâche Spa at Gaylord National Resort**

201 Waterfront Street

National Harbor, MD 20745

#### HOURS OF OPERATION

*Relâche* is open seven days a week.

Spa/Salon/Boutique: 9 a.m. – 9 p.m.

Fitness Center: 24 hours.

Indoor Pool: 5 a.m. – 9 p.m.

**PARKING** Three hours of complimentary parking validation is provided at the resort for day guests who purchase spa treatments at *Relâche*.

**DESCRIPTION** *Relâche* at Gaylord National is the largest spa facility in the National Capital area, featuring an extensive menu of treatments and services. Offering a spa, salon, indoor pool, and fitness center, it is one of the world-class amenities offered at the luxurious 2,000-room Gaylord National Resort & Convention Center.

**SPA** The luxurious spa area at *Relâche* Spa at Gaylord National features unique spa services in 12 massage, body and skin care treatment rooms, including two wet treatment rooms and a hydrotherapy tub room.

**FITNESS** A 24-hour state-of-the-art, 4,000-square-foot fitness center featuring 24 pieces of cardio equipment, and includes treadmills, bikes, cross trainers and a row machine. Each cardio piece is equipped with television and radio. The fitness center also features Life Fitness strength equipment; and a complete free-weight and aerobics area. Personal yoga and fitness training is also available.

**SALON** The *Relâche* Salon features a complete menu of services, including hair design, cutting and styling; nail care treatments, from luxurious spa manicures to soothing pedicures; to make-up consultations and makeovers.

**MEETINGS** Groups meeting at the Gaylord National Resort & Convention Center can also enjoy spa services. Treatments can be arranged individually either before or after meetings during the spa's extended operating hours. In addition, groups have the flexibility to "bring the spa" to their convention attendees. A variety of spa services can be offered during breaks, including seated neck, back and shoulder massages, manicures, mini yoga classes and mini stretch classes. Spa energy breaks or services during meetings can increase energy levels and keep attention spans sharp.

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## STORY IDEAS

### RELÂCHE SPA AT GAYLORD NATIONAL RESORT

#### **Meet Me at the Spa**

Meeting planners are increasingly incorporating much-needed “down-time” into their convention schedules. Whether it’s a yoga break in the middle of a brainstorm session or an afternoon of self-indulgence, more meeting attendees are finding themselves saying “Spaaaaah!” Find out how convention resorts like Gaylord National Resort & Convention Center have built spas with meetings in mind.

#### **Manly Man Spa Treatments for Joe Tough Guy**

Did you know that “Spa” is also the name of a small village in Belgium where ancient Roman soldiers would treat aching muscles and wounds from battle with hot mineral springs? It seems men were at the forefront of spa treatments long ago and that interest is increasing with men today, especially among male convention attendees who want to indulge in the luxuries while away. Investigate why spas like *Relâche at Gaylord National* have a particular interest in putting a focus on services uniquely tailored to men.

#### **When Vacation Kicks (Your) Butt!**

Could spending time visiting Washington DC’s attractions call for time recuperating in a spa? No matter which came first – aching feet from hours spent touring the Smithsonian museums or the spas to treat them -- a demand for spa services in the Capital area has resulted in an increased number of hotels adding spas to their guest offerings. *Relâche* at Gaylord National, the Washington DC region’s premiere destination resort, is the newest entry into the resort spa scene with a 20,000 square-foot monument to bliss. See what *Relâche* has to offer those looking to be pampered or rejuvenated after a day of site-seeing!

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