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Crystal Mountain set to open spa January 30

THOMPSONVILLE, MICH – After six years of careful planning and thoughtful design Crystal Mountain will open the doors to the highly anticipated \$5.5 million Crystal Spa Friday, January 30.

Crystal Spa will offer a full menu of services beginning January 30 including massage, body treatments, facials, manicures and pedicures. The current menu of spa treatments can be found within the attached document and includes signature treatments like the Crystal Glow facial and the Evergreen Renewal body treatment:

Crystal Glow Facial (80 minutes)

This signature facial includes a gentle exfoliation, soothing massage and finishing mask to balance your skin. Warm stones are used to relax your face, allowing the products to deeply penetrate your skin. Cold stones are later applied to soothe and tone. Finally, crystals and gemstones are placed along the seven chakras to align the body's energy. While enjoying your facial, you'll also receive an invigorating scalp, hand and foot massage.

Evergreen Renewal (50/80 minutes)

The Signature Evergreen Renewal begins with a stimulating Vichy shower of rosemary and citrus sea salts to remove dry, dull skin. Our therapists then treat you to an intoxicating head and scalp massage with evergreen extracts of white pine, balsam fir and silver fir. The session continues with a full body massage and seaweed wrap - infused with Icelandic moss and angelica - to soothe dry skin. This treatment concludes with a relaxing foot massage.

A Vichy shower and a VIP treatment room with hot tub are among Crystal Spa's 12 treatment rooms. The spa also features a meditation lounge and outdoor meditation garden with hot tub (available year-round), manicure and pedicure area, and locker rooms with heated floors, steam rooms and infrared saunas which use less power while providing deeper tissue penetration than traditional saunas. In addition, the facility is home to a fitness center with state-of-the-art cardio- and strength-training equipment, indoor pool with lap lanes, hot tub, and an indoor and outdoor motion studio.

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Crystal Mountain set to open spa January 30 (continued)

This new amenity coupled with Crystal's Peak Performance menu and an endless list of outdoor activities will uniquely position Crystal Mountain as the Midwest's premier four-season destination for healthy living. The Peak Fitness Center's staff of trainers offers a host of fitness programs including ski & agility training, golf-specific fitness training, Pilates, yoga, and a Beach Body Boot Camp that complement the relaxing and rejuvenating services offered within Crystal Spa.

Crystal Mountain has several spa packages, starting at \$199 per person, from which to choose that include lodging, treatments, meals, fitness classes, unlimited access to spa amenities and downhill and cross-country skiing. To book a spa package or treatment call 1-800-YOUR-MTN (968-7686).

With an elegant design inspired by the natural beauty, art and culture of northern Michigan, the 18,500 square-foot facility is the only LEED certified (Leadership in Energy and Environmental Design) spa in the Midwest and one of just six in the United States. Designed by Bob Holdeman, principle, and LEED certified architect Jessica Van Houzen of AAI, Inc. (Traverse City), the building's design includes features that maximize energy efficiency like ground water heat pumps, an automated heating and cooling control system and compact fluorescent lighting. Eco-friendly flooring and wall coverings were used as well as Icynene foam insulation that not only seals the building further maximizing heating and cooling but also absorbs sound creating a more peaceful and private experience within the spa.

The opening of Crystal Spa marks the completion of a \$10 million dollar expansion that began in March 2008. The spa alone will bring 30 new jobs to Benzie County. The expansion project also included construction of the Bungalows at Crystal Glen (five slopeside vacation bungalows), first aid facility and the Crystal Coaster, Michigan's only alpine slide.

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