



## **Auriga, the Signature Spa Experience of Capella Hotels and Resorts, Takes Personalized Approach to Wellness with a Winter Spa Program Dedicated to Sleep Health and Life Balance at Schloss Velden**

VELDEN, AUSTRIA (November 16, 2007) – Auriga, the signature spa brand of Capella Hotels and Resorts, is taking a personalized approach to wellness with the introduction of an exciting winter wellness programs that eschews the one-size-fits-all approach. The week-long **Sleep Health-Life Balance** program will be available this winter at the **Auriga spa at Schloss Velden** in the idyllic lakeside resort town of Velden, Austria. The program offers guests a powerful start to their new year, providing them with highly personalized tools to help them eat healthier, sleep more soundly, and exercise more effectively.

The guest will be individually evaluated through detailed personal fitness and lifestyle assessments by professional trainers, nutritional coaches and medical experts, who will then create a customized wellbeing schedule to include two individual spa treatments per day. Also included are coaching and personal training sessions, themed lectures, yoga classes, and autogenic training – a relaxation technique developed by German psychiatrist Johannes Schultz that employs visualization and postures to alleviate stress-induced psychosomatic

disorders. Dr. Ingo Wachernig and Dr. Adriana Fink lend their expert guidance to the program.

Guests who book the **Sleep Health-Life Balance** program will sleep on a specially prepared bed with pillows and comforters filled with Swiss stone pine strands, which, according to research at Switzerland's University of Graz, induces better sleep.

Each package also includes six nights' accommodations in a Deluxe Room with an upgrade to a Capella Room, breakfast daily at the Seespitz restaurant or through room service, refreshments in the guest's personal refreshment center, wireless Internet access, and parking. Between activities, participants enjoy access to the 30,000-square-foot Auriga spa and all of its amenities including a snow room, vitality pool, steam bath, golf simulator and fitness center. Named for the constellation whose brightest star is Capella, Auriga boasts a menu of distinctive signature treatments reflecting a new wellness philosophy based on the phases of the moon.

The package is available January 11 through March 1, 2008, with arrivals each Friday and Saturday afternoon and departures the following Thursday or Friday. The **Sleep Health-Life Balance** package rate is €3.950.00\* per person, double occupancy. To book this wellness week at Schloss Velden, or for more information, call 877-247-6699 or visit [www.auriga-spa.com](http://www.auriga-spa.com).

With a total of 105 guestrooms, Schloss Velden encompasses a landmark chateau originally constructed in 1603 as a private castle, as well as a contemporary, glass-wrapped addition by Jabonegg & Pálffy. Its opening heralds

nothing less than the rebirth of the grand European hotel tradition updated for the 21<sup>st</sup> Century, providing the ultimate blend of service, luxury and extraordinary surroundings. In addition to the signature Auriga spa, Schloss Velden offers fine dining at Schlosstern, casual fare at the lakeside Seespitz and cocktails at Schloss Bar. A modern beach club and private marina entices hotel guests to the water's edge and to all of the recreational opportunities the lake has to offer.

**Capella Hotels and Resorts** serves today's top-tier travelers and residential property owners and is setting a new standard in the hospitality industry. Capella promises the unique benefits of the finest boutique hotels, including superb architecture and interior design, privacy, individualized service and attention to detail – combined with the amenities and activities of the world's great luxury hotels and resorts. Capella, led by founder Horst Schulze, is a brand focused on customer choice, and offers choices that no other hotel company in the world can match. Capella is opening world-class properties in gateway cities and high-profile resort destinations around the world, including: Capella Telluride (Telluride, Colorado); Capella Singapore (Sentosa Island, Singapore); Breidenbacher Hof, a Capella Hotel (Düsseldorf, Germany); Capella Bahia Maroma (Riviera Maya, Mexico); Capella Pedregal (Cabo San Lucas, Mexico); Capella Castlemartyr (Cork, Ireland); Capella Dunboy Castle (Castletownbere, Ireland); and Schloss Velden, a Capella Hotel (Velden, Austria). Learn more at [www.capellahotels.com](http://www.capellahotels.com)

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\*Some restrictions may apply. Pricing based on a two-night stay, double occupancy.