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## **Award-Winning Nob Hill Spa Unveils New Tranquil ‘Zen’ Room**

*~New secluded space promoting total relaxation debuts November 24~*

**SAN FRANCISCO (November 15, 2010)** To extend the benefits of a massage or facial beyond the treatment room itself, Nob Hill Spa is debuting the inviting new Zen room on Wednesday, November 24 for guests who receive spa treatments. The Zen room provides a quiet and serene atmosphere for guests to attain total relaxation, separated from the more open atmosphere of the spa’s indoor pool area.

The new Zen room features a tranquil and welcoming environment complementing Nob Hill Spa’s soothing color palette and incorporating soft lighting, luxurious chaise lounge chairs with pillows and soft blankets, and translucent curtains that define guests’ private relaxation space. For refreshments, hot tea and water will be available, as well as trail mix, dried fruit and dark chocolate.

“One of the greatest aspects of Nob Hill Spa is the space it provides our guests to relax and unwind before and after their spa treatment,” stated Ania Mankowska-Allard, interim spa director of the Nob Hill Spa. “In order to maximize that experience for our guests, we have transformed our former yoga studio into a new quiet and serene room called ‘Zen’. We listened to our guests’ requests for a dedicated room tucked away from the often social feel of the spa’s indoor pool area, and this new Zen room is the answer.”

In addition to the mental benefits of having a quiet place to relax, an article on top spa trends in the October 2010 issue of *Pulse* magazine describes the physical benefits as well, stating that scientific research shows “quality rest can have a beneficial impact on weight and metabolism including influencing hormones associated with appetite as well as reducing the risk of several chronic diseases associated with aging.”

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Nob Hill Spa's Zen room – located in what was formerly the spa's yoga studio – is available for use by spa guests who receive a massage, facial or body treatment. Our hope is for our guests to lengthen their spa experience with us, reaping all of the physical and mental rewards of their spa treatment.

**About the Nob Hill Spa**

For spa reservations or gift certificates, please call **(415) 345-2888** or visit [www.nobhillspa.com](http://www.nobhillspa.com). Named one of the “2010 Top Ten Urban Hotel Spas in the World” in SpaFinder’s Reader’s Choice Awards and “Best Pamper Spot” of 2009 by *San Francisco* magazine, the Nob Hill Spa features ten individually appointed treatment rooms, an indoor infinity pool and fireside lounge with spectacular views of downtown through 18-foot high windows, and a Premier Spa Suite, perfect for small groups looking for a special spa experience. Located atop Nob Hill at California and Taylor streets, the Huntington Hotel is a family-owned and operated landmark known for a long-standing tradition of high standards, gracious service, and quiet, understated luxury. The Huntington Hotel & Nob Hill Spa is a member of Small Luxury Hotels of the World and Preferred Hotels & Resorts Worldwide and is the sister property of La Playa Hotel in Carmel, California.

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