



## **Body, Mind and Spirit in “Tune”: Auriga at Capella Pedregal Introduces Art of Sound Therapy**

CABO SAN LUCAS, MEXICO (March 26, 2010) – Auriga at Capella Pedregal has introduced a revolutionary massage treatment to its exclusive spa menu, tuning the body through a healing combination of sound and touch that is individualized to the needs of each spa-goer. The new Art of Sound Therapy treatment uses chimes, along with the stimulation of acupressure points, to align the chakras and create harmony in the various systems of the body. The treatment induces a deep state of relaxation to heal mind, body and spirit, improving sleep and increasing vitality, among other benefits.

Offered as a 60- or 90-minute treatment, the Art of Sound Therapy is conducted in a signature chime room outfitted with pentatonic tubes. Therapists are trained to play particular tones and chords on the chimes, creating rich overtones and harmonies that oscillate and expand the energy field, breaking up negative energies that form in the aura.

“The Art of Sound Therapy is based on the principle that the body’s organs respond to sound in the same manner that our emotional, mental and spiritual bodies do,” said Vanessa Infante, spa director at Auriga at Capella Pedregal. “Each organ is composed of particles that vibrate at a specific

frequency. When the frequency of any cell deviates from the normal, a state of pathology sets in. This innovative therapy harnesses the power of sound, which travels through the energy pathways of the meridians and chakras, helping the body to tune into its own frequency, removing 'stuck' energies that are depleting vitality, and achieving balance and harmony.”

To begin the session, the spa-goer is invited to sit on a table under the chime, and is offered tea or an elixir shot to clear energy in the body. As the therapist strikes each tone, the spa-goer selects three key tones, which together create a custom music chord that is repeated throughout the session.

The treatment also includes a chakra/energy reading through the placing of hands over the spa-goer's body; the application of a hydrating “passion” and body oil free-style massage; acupressure in the back, arms, legs and face; and a hara (abdominal) massage in which the spa-goer takes long, deep breaths as the therapist restates the sound healing meditation.

To conclude the session, the therapist guides the spa-goer into a power nap, then gently awakens the guest, refreshing him or her with a spray of Osea's Sea Minerals Mist and a shot of cinnamon tea. The guest is invited to strike the chimes before leaving.

For best results, it is recommended that spa-goers have three Art of Sound Therapy treatments over a three-week span. A longer course of treatment might be necessary depending on the severity of stress or illness.

With 10 luxurious treatment suites and a Sylvia Sepielli-designed spa concept based on authentic Bajan healing traditions, Auriga is the centerpiece of Capella Pedregal, Cabo San Lucas' premier beachfront resort and residential community. Accessed via a private mountain tunnel linked to

downtown Cabo, Capella Pedregal encompasses the intimate 66-room Capella Resort and Spa, 31 shared- and full-ownership Capella Residences and 19 shared- and full-ownership Capella Casonas, all with dramatic views of the Pacific Ocean and Sea of Cortez.

Capella Pedregal occupies one of the most coveted parcels of land in Cabo – 24 beachfront acres at the southernmost tip of Mexico's Baja California Peninsula, near the legendary rock formations known as Land's End. It is 35 minutes from Los Cabos International Airport, which is serviced by direct flights from numerous major cities in North America.

To book the Art of Sound Therapy treatment or a spa getaway at Auriga, please call (877) 247-6688 or visit [www.capellapedregal.com](http://www.capellapedregal.com). To learn more about Auriga, please visit [www.auriga-spa.com](http://www.auriga-spa.com).

#### **About Auriga**

**Auriga™** is a distinctive and compelling signature spa brand that takes a holistic approach to wellness based on the unique phases of the moon. Developed in conjunction with Swedish-based spa company Raison d'Etre and Arizona-based spa consultant Sylvia Sepielli, Auriga's design concept and signature treatments utilize the varying energies of the lunar cycle to relax, restore and realign the mind, body and spirit.

Auriga's approach to wellbeing is complemented by three integrative wellness programs designed to enhance lives and create happiness. These programs provide a balance in Stress Management, Relationship Enhancement and Beauty Inside and Out.

Each Auriga spa also draws on the individual strengths of its local environment, while providing personalized service and pampering through natural and organic products, specialized programs and unique treatments.

Named for the constellation, Auriga opened in May 2007 at Schloss Velden, a Capella Hotel, in Velden Austria. Auriga at Schloss Velden has already garnered impressive accolades and was named "Best in Austria" by Gault Millau within six months of opening, made the 2008 U.S. *Condé Nast Traveler* Hot List, and the 2008 SpaFinder Readers' Choice as the "Best Spa in Austria." Auriga at Capella Singapore debuted in March 2009 and was recently named one of the "World's Best Spas" by Singapore Airlines' SilverKris inflight magazine.

New Auriga openings are scheduled for Summer 2010 at Capella Bahia Maroma (Riviera Maya, Mexico), Capella Niseko (Niseko, Japan) in Summer 2012 and Capella Bangkok (Bangkok, Thailand) in 2013. For more information, visit [www.auriga-spa.com](http://www.auriga-spa.com).

#### **About Capella Hotels and Resorts**

**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: Breidenbacher Hof, a Capella Hotel (Düsseldorf, Germany); Capella Bahia Maroma (Riviera Maya, Mexico); Capella Bangkok (Bangkok, Thailand); Capella Dunboy Castle (Castletownbere, Ireland); Capella Georgetown (Washington, D.C.); Capella Ixtapa (Ixtapa, Mexico); Capella Nahui (Riviera Nayarit, Mexico); Capella Niseko (Niseko, Japan); Capella Pedregal (Cabo San Lucas, Mexico); Capella Singapore (Sentosa Island, Singapore); Capella Telluride (Telluride, Colorado); and Schloss Velden, a Capella Hotel (Velden, Austria). Learn more at [www.capellahotels.com](http://www.capellahotels.com)

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