



For Immediate Release

## **Embodiment Wellness Spa™ Named “Best Day Spa” for 2008**

Mountain View, CA – May 16, 2008 – Embodiment Wellness Spa announced today that it has been named Best Day Spa in Silicon Valley by the San Jose Mercury News in their Reader’s Choice Rankings.

Embodiment Wellness Spa, which opened about a year ago is a unique concept among day spas. “Our mission is to help people look and feel good every day. We want the general population to be able to enjoy on-going, regular spa services so they can maximize their potential to achieve health and beauty. We focus on providing high quality services while maintaining a spa experience that is simple and affordable,” says Founder and Co-owner, Sheila Tan. “Winning Best Day Spa is validation that people are embracing our holistic approach to wellness. Our team is ecstatic about the recognition and we are grateful to our clients for their support,” adds Rié Collett, Co-Founder and Co-owner.

Embodiment is best known for its high quality massages and facials. Their massage services include deep tissue, hot stone, and advanced modalities such as fertility/pregnancy massage, and Orthobionomy™. Mountain View Councilmember and former Mayor, Laura Macias is one fan of the Spa saying, “I love Embodiment! It passes the noodle test for massage. You know the feeling-- after you're done; you walk out of the massage room limp like a noodle, a very comfortable, calm noodle. And, the Embodiment owners are caring too. They are consistently helpful.”

Embodiment’s facial offerings include the latest in skin care and anti-aging treatments with Idebenone. Embodiment is also one of the few spas with an all natural line of skin care with Coffeeberry®, a powerful antioxidant to defend against skin damage.

The Spa’s holistic approach also includes waxing; teeth whitening; yoga and wellness seminars on topic ranging from stress reduction, nutrition, fitness and creating a wellness environment in your home. Located on the border of Palo Alto, Mountain View and Los Altos, at 2495 Old Middlefield Way, Mountain View CA 94043, Embodiment is open seven days a week. In celebration of the recognition as Best Day Spa in Silicon Valley by the San Jose Mercury News, Embodiment is offering \$10 off massage, facial, or teeth whitening services. To learn more, call (650) 938-8100 or go to [www.embodimentspa.com](http://www.embodimentspa.com).