



*Anticipation Builds for the Estate's brand new 14,000 sq. ft. Spa*

## Michael Conte Joins Meadowood as Director of Spa & Wellness

Meadowood Napa Valley welcomes Michael Conte as Director of Spa & Wellness. Michael's initial focus will be leading the opening team of the new 14,000-square-foot, all-suite Meadowood Spa anticipated to open this fall, as well as creating an elevated spa experience for the estate. Just prior to joining Meadowood's Executive Team, Michael was the Director of Spa at Montage Laguna Beach, California, where he led the Forbes Five-Star Spa to garner two consecutive World Spa Awards for Best Spa of North and South America.





*Sneak peak of a suite in the new Meadowood Spa*



*Michael Conte, Director of Spa & Wellness*

The new Meadowood Spa will have eight treatment suites (six singles; two couples'), each offering leafy, forested views and a spacious, private environment for treatments and complete relaxation. Under Michael's team, each guest's visit will begin with an in-depth conversation with a Spa Therapist, all of whom are trained in wellness coaching. The conversation will determine a special, curated treatment plan for each individual. The guests will then be escorted to his or her suite, which includes a private bathroom, steam shower, daybed and space to enjoy tea or light snack.

"Our therapists are going to be taking a personal interest in our guests' overall well-being," says Michael. "The overarching Spa experience will be a blended harmony of therapy, relaxation and education while offering a body, mind and spirit connection."

The suite experience will include a pre-treatment (relaxation tea, as well as either a customized steam or dry body brushing), followed by the treatment plan created with the therapist and then conclude with a post-treatment organic elixir. A sneak preview of spa packages to be offered include: "From the Earth," which focuses on the mind, will deeply relax and relieve stress by using nature found within Meadowood's own landscape. Black walnut, found throughout the estate, will be used to create a gentle scrub that will be enhanced with custom-blended aromatherapy oils. "The Air We Breathe," a three and a half hour re-oxygenating and invigorating offering, will focus

on recovery and be ideal for guests feeling the effects of jet lag or wedding and celebration festivities. A la carte offerings will also be available for guests who are pressed for time. "Our guests will not need to leave their suites for anything, unless they wish to visit our outdoor men's or women's garden relaxation areas," adds Michael.

Michael holds a BFA in Musical Theater and a minor in Directing from The Boston Conservatory in Massachusetts. He later shifted his professional focus and in 2005, retired from professional theater and went back to school, attending Mueller College of Holistic Studies in San Diego and graduating a Holistic Health Practitioner. After performing massage for a little more than three years, Michael was voted one of the best massage therapists in Orange County by RIVIERA magazine while working at the premiere Orange County Day Spa, Spa Gregories. During this time, he also was part of the opening team for the Renaissance Club Sport in Aliso Viejo, California as Lead Therapist.

In 2008, Michael joined the Spa Leadership team for the opening of The Resort at Pelican Hill along the Newport Coast and was instrumental in helping to achieve a Forbes 5-Star rating before later joining Montage Laguna Beach. He has volunteered and partnered with non-profit Greet the Day, an organization dedicated to providing free spa treatments to individuals fighting cancer and also volunteers for the International Spa Association (ISPA).