



NEWS RELEASE

For Immediate Release

Oct. 3, 2005

GUILTY PLEASURES FOR DESPERATE HOUSEWIVES

*"Ladies who Lunch" wanted in new Tigh-Na-Mara Spa package,
Nov. 1 to April 30th.*

PARKSVILLE, BC – Calling all "Ladies who Lunch."

To celebrate the grand opening of The Grotto Spa's new third floor, Tigh-Na-Mara Seaside Spa Resort is offering up a taste of "Wisteria Lane," Pacific Northwest style.

From Nov. 1, 2005 through April 30, 2006, discerning ladies can escape the fall doldrums and dirty dishes for stress-defying spa treatments, decadent desserts and divine martinis.

The package kicks off with a Guilty Pleasures Martini in the new Lavender Relaxation Lounges at The Grotto Spa, where you can you share your confessions over indulgent dessert and gossip in the handcrafted West Coast driftwood furniture. "Perfect Manicures" are included for all the ladies, which are sure to cause "catfights" over the latest nail colour in the neighbourhood. Two nights of accommodation complete with a bottle of Mad Housewife Wine caps this not so suburban weekend. "Desperate Housewives" is priced at \$149.00 per person, based on quadruple occupancy.

Already the largest spa in British Columbia with the unique 2500 square foot Mineral Bath and 16 treatment rooms, the expansion of the third floor is due to complete in early October. Additions include extravagant Grotto Spa Suites for Two, The Lavender Relaxation Lounges, and The Treetop Tapas Bar & Grill.

Each exclusive Grotto Spa Suite will have a large copper soaker tub filled by a cascading waterfall stemming from a feature rock wall, two oversized treatment tables, and a fireplace with two comfortable chairs and room for two to savor spa cuisine. "Treatments for Two" for couples and friends will allow two people to spend anywhere from 3 to 6 hours in one of these suites, being pampered every step of the way.

TIGH-NA-MARA

Seaside Spa Resort &
Conference Center



"We knew with so many spas opening, to be successful, we had to not only be unique, but be the best", says Dant Hirsch, General Manager. "So we built one of the largest Spas in Canada - The Grotto Spa...a mineral pool carved into granite walls, complete with waterfalls and imported minerals from the Savar Springs in Hungary. We strive to showcase exceptional British Columbian product lines to ensure our guests experience a truly West Coast Spa, one that we are incredibly proud of."

The Grotto Spa is the most recent addition to Tigh-Na-Mara Resort, a 22-acre retreat with luxurious Spa Bungalows, authentic rustic Log Cottages and Oceanview Condominiums overlooking the finest stretch of sandy beach on eastern Vancouver Island.

In 1981, the Hirsch's and their partners purchased the property consisting of 11 acres and 12 cottages. Over the years, the couple added over one hundred elegant and unique accommodations and developed the Resort into an internationally known destination. Today, the 22-acre resort consists of 192 accommodation units, the acclaimed West Coast Restaurant and Lounge, the largest Conference Centre north of Victoria on Vancouver Island, and of course, the Grotto Spa.

"Desperate Housewives" and all related characters are the property of ABC Television.

For information, please contact 1-800-663-7373, or visit: www.tigh-na-mara.com

MEDIA CONTACT:

Chris Higgins

Director & Owner,

Seasmoke PR, representing

Tigh-Na-Mara Seaside Spa, Resort and Conference Centre

P: 250-893-9322

E: chris@seasmokepr.com

W: www.seasmokepr.com