

THE SPA HOTEL HEALDSBURG

327 HEALDSBURG AVE - HEALDSBURG, CA 95448
TEL 707.433.4747 | thespa@hotelhealdsburg.com

The Spa is located off the Hotel's interior courtyard.



WELCOME

Experience a body revitalized, a spirit renewed! The Spa Hotel Healdsburg offers simple, complete, and conscious care in tranquil surroundings. The Spa's spacious facility offers six serene treatment rooms including a couple's suite, and relaxing garden patio. Our massage therapists and aestheticians are especially selected for their level of training and their deep understanding of the entire body.

Choose from many personalized treatments--massage, facials, manicures, pedicures, or total body packages. You will be pampered and restored, using the highest quality natural products enriched with herbal extracts and essential oils. The Spa features our own 100% natural custom blended premium products.

Changing rooms with amenities, robes, slippers and refreshments are available for the client's complete relaxation and comfort. Additional facilities include a fitness room with cardio equipment and free weights, sixty-foot pool and jacuzzi.

RESERVATIONS

Due to the popularity of The Spa we request that you schedule your appointment at least two weeks in advance. Call 707.433.4747 to schedule an appointment. The Spa is open every day for your pleasure. For a stress free check-in we invite you to arrive 10 to 15 minutes prior to your treatment time. For your comfort and convenience robes and slippers are provided; you may bring swim-wear in order to enjoy our Spa Jacuzzi. If you are a guest of the Hotel you may prefer to wear your in-room robe. Lockers are provided for each guest. We suggest that you do not bring any jewelry or valuables in The Spa as we can not be responsible for lost or damaged items.

CANCELLATION POLICY

We have a 24 hour cancellation policy. Please notify us 24 hours in advance if you must cancel or reschedule your appointment. Any cancellation made less than 24 hours in advance will be charged in full. A credit card is required to hold your appointment.

YOUR HEALTH AND WELL-BEING

We request that you inform The Spa reservationist and your therapist of any physical or medical conditions that may interfere with your treatment. Such conditions may include, but are not limited to, pregnancy, high blood pressure, diabetes, muscle or joint injury, use of Retin-A, Accutane, photosensitizing or keratolytic medications, or any recent laser or plastic surgery. This information will enable us to give you the best possible service and create the most comfortable environment for you.

THE SPA GIFT

Gift certificates are the perfect gift for any occasion and may be purchased through the Hotel front desk, call 707.431.2800 or e-mail thespa@hotelhealdsburg.com

BODY



SWEDISH

Relax your entire body with our classic Swedish-style massage combined with our specially formulated warm aromatic oils.

50 MIN \$110

DEEP TISSUE

Focus on where your stress is stored (neck, shoulders and back) with our intensive deep tissue massage to release tension from deep sub-layers of your musculature and fascia.

50 MIN \$120

COMBINATION

Tune into your natural healing potential, using a combination of massage modalities and energy therapies, such as deep tissue, hot stone, shiatsu, and reflexology to create a truly individualized experience.

50 MIN \$110 100 MIN \$220

SHIATSU

Restore your natural energy flow and balance with shiatsu--the ancient form of Japanese massage--calming pressure is applied to points along the energy meridians of your body using fingers, palms, elbows and knees.

100 MIN \$210

HOT STONE

Release your entire body with Hot Stone massage. Warm, polished basalt stones are used to penetrate heat deep into the muscles—promoting a state of physical relaxation, mental tranquillity and a spiritual connection to the earth's energy.

100 MIN \$210

THAI

Promote your body's natural healing abilities with the 2,500 year old healing art of Thai massage, combining assisted yoga, meridian stretches and rhythmical compression massage.

100 MIN \$210

WINE AND HONEY WRAP

Intoxicate your senses with this intensely hydrating signature body wrap. We use local organic honey and Sonoma County wine paired with a deep hydrating cream to refine and moisturize the skin, improve circulation and purify the pores. Relax in a cocoon of warm blankets with a face, neck, scalp and foot massage.

50 MIN \$110

SEAWEED GEL WRAP

Detoxify with the healing properties of seaweed. Wrapped in a cocoon of warm blankets, feel the benefits of the sea working to clarify your skin and remove impurities as your relaxation is enhanced with neck, face, scalp and foot massage.

50 MIN \$110

REFINING BODY POLISH

Stimulate your skin with our specially formulated exfoliate. Accompanied with your choice of our signature aromatherapy blends, we are able to create a unique and personal experience for each guest. Whether you prefer a gentle or more intense exfoliation, this treatment will improve circulation and leave the skin healthy, radiant and soft.

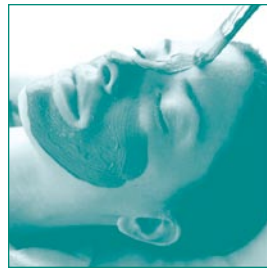
50 MIN \$110

SEASONAL FRUIT SCRUB

Delight your senses with this scrumptious scrub. Fructose, bioflavonoids and fruit acids work to nourish and tone, while a special combination of 10 Grains and Spices exfoliates groggy skin. Finish with an application of hydrating body lotion.

50 MIN \$115

FACE



ANTI-AGING

Replenish dehydrated, tired skin, with this anti-aging facial utilizing active formulations to stimulate and increase cellular activity, leaving skin deeply hydrated. Your aesthetician will also prescribe an effective home-care program for sustained radiance.

50 MIN \$120

PURIFYING

Clarify your skin with this purifying facial, customized to treat your individual concerns such as acne, rosacea and sensitivity. This gentle facial removes impurities, addresses irritations, and hydrates your skin without clogging pores. Your aesthetician will also prescribe a home-care program to continue the healing process.

50 MIN \$120

STRESS RELIEVER

Unwind with this relaxing facial to ease everyday stress through gentle, non-invasive facial techniques. Using products warmed by soothing chamomile tea, your skin is treated while your mind is calmed.

50 MIN \$120

HEAD TO TOE

Renew yourself from head to toe with this facial and exfoliation of hands and feet with heated hydration. Your aesthetician will consult with you to determine the best products and procedures to combine for the improved health and appearance of your skin.

100 MIN \$210

FACIAL + ACUPRESSURE

Revive yourself with soothing aromatherapy facial serums and acupressure for the face, neck, shoulders, hands and feet, to reduce stress and tension, improve your facial tone, and revitalize your spirit.

100 MIN \$210

HANDS & FEET



SIMPLY HANDS

Define your hands with our simple manicure, includes meticulous nail grooming, a relaxing aromatic hand massage, and perfect polish application.

50 MIN \$45

SEASONAL MANICURE

Uplift your spirits with our fragrant citrus manicure. Nail soak and grooming is followed by an exfoliating lemon chiffon scrub and invigorating hand massage. Finish with a natural-shine nail buff or polish.

50 MIN \$55

FEET TREAT

Rejuvenate yourself with our pedicure which includes an aromatic foot bath, foot scrub, meticulous nail grooming and relaxing foot massage, followed by the perfect polish application.

50 MIN \$65

SEASONAL PEDICURE

Surrender to pleasure with this luxurious pedicure—a fragrant bath for your feet, followed by our seasonal scrub, masque, and hydrating foot massage. Finish with a natural-shine nail buff or polish of your choice. Please ask for our featured seasonal treatment.

50 MIN \$75

HEALDSBURG EXPERIENCES

Regenerative, total body treatments
100 MIN \$210 PER PERSON



DRENCH

Our hydrating body massage, followed by our moisture rich body wrap uses sensuous wine and honey, to nourish your skin, revitalize circulation, and purify your body. **Dry brush, light massage of wine and honey, wine and honey wrap.**

PURIFY

Start with a gentle dry brushing to smooth your skin and increase circulation in preparation for our body wrap-which applies the natural detoxification benefits of seaweed. A soak in our tub encourages further purification along with our full body massage with detoxifying massage oil. **Dry brush, seaweed gel wrap, soak, light massage with hydration.**

REFINE

Radiant skin is achieved with our seasonally prepared body scrub applied for gentle or more intense skin exfoliation. Next, immerse yourself in the mineral enriched waters of our soaking tub in anticipation of our hydrating body massage. **Purifying scrub, soak, massage.**

ROMANCE

Rekindle your inner sensuousness with our passion oil massage for two in our couple's suite, followed by a luxuriating soak in our heated tub. A glass of crisp sparkling wine and decadent chocolate truffles are the perfect end to this affair to remember. **Massage and soak.**

BALANCE

Hydrate the skin with a customized facial, followed by a stimulating body brushing. Next, our specially formulated balancing body cream is applied and you are wrapped in warm blankets to rest and renew while your therapist performs acupressure on your face, neck, shoulders and feet. **Facial, dry brush, wrap, face and feet acupressure.**

NOURISH

Receive a personally tuned body polish to smooth skin and restore your healthy glow, followed by an application of our exclusive hydrating body lotion. Benefit from a deep heat treatment for your hands and feet while receiving a relaxing facial. **Scrub, wrap and facial.**

COUPLES SUITE

Celebrate the romance of California's wine country in a room designed to be shared. Our generous suite includes a private garden, a contoured soaking tub for two, towel warmer, and two lavish massage tables. Share any of our sumptuous massages or body treatments to complete this extraordinary experience.