

A horizontal banner image featuring several lavender flowers in various stages of bloom, set against a light, textured background. The text 'SPA MENU' is overlaid on the right side in a large, orange, sans-serif font.

# SPA MENU

**BALANCING INNOVATIVE AND TRADITIONAL MASSAGE** with the healing benefits of spa technology, Spa at Carneros is the perfect antidote for the excesses of life. Surrounded by abundant farm lands, our wine country warmth and highly skilled therapists will leave you feeling rested and recharged.

## MASSAGE

### QUIET MIND MASSAGE

Focus your attention and allow your mind to drift into a state of stillness. Our mindful massage includes a custom blend of green essential oils and gentle massage techniques performed with care. Along with soothing scents, the soothing massage helps let go of distraction, muscle tension and stress—relaxing the body and emptying the mind for better sleep, clarity and inner peace.

60 minutes \$195

### CBD MASSAGE

Therapeutic healing and deep relaxation combine in our CBD Massage. Allow the aromatic lavender scent to relax body and mind while the full-spectrum CBD and eight pain relieving herbs help the body heal and rejuvenate. This healing treatment is formulated to reduce inflammation and pain associated with conditions such as arthritis, sprains, muscle soreness, skin irritation and nerve inflammation.

60 minute \$210

### SWEDISH

Address your unique needs with this antioxidant, anti-stress Swedish massage to feel relaxed and revived.

60 min \$190

### DEEP

Release held tension and improve range of motion in problem areas. Includes: ginger, rosemary, and turmeric balm.

60 min \$190

### PRENATAL

Alleviate discomfort and take a personal time out to receive a soothing, nurturing massage with an infusion of mandarin, rose and lavender oils.

60 min \$190

## SKINCARE

### CARNEROS AGELESS

Specific and focused on individual skin challenges, these prescription therapies are just what the doctor ordered. Our expert skin therapists will customize an advanced cosmeceutical treatment to obtain your optimal skin care results. Combining high-performance cosmeceuticals with an indulgent facial experience, this highly experiential treatment leaves you completely relaxed with results you can see and feel.

60 min \$215

### HYDRATION BOOST

Replenish and revitalize sensitive or quench thirsty skin. A customized cleanse, relaxing massage and a deeply moisturizing honey mask will elevate your skin's overall health and balance.

60 min \$195

### CLARIFY

This complexion clearing treatment restores balance, tone, and texture to give your skin a total reset. Harnessing the power of exfoliants and masks packed with natural AHAs and BHAs, this treatment nourishes and hydrates to transform problematic skin into polished, even, clear looking skin. A calming massage leaves you, and your skin, feeling healthy and balanced.

60 min \$195

### MANLY

Restore natural vitality with a cleansing enzyme exfoliation, boosting collagen mask, and a cool marble eye massage to provide long lasting results.

60 min \$195



CARNEROS  
RESORT AND SPA

707-299-4850 SPA@CARNEROSRESORT.COM



# SPA INFORMATION

## **POLICIES**

With your safety in mind, our steam room and infrared sauna are temporarily closed; however, our serenity lounge, locker room and patio remain open for your enjoyment. Access to services and amenities may be limited based on capacity levels. Per CDC and ISPA association guidelines, social distancing and face coverings are required at all times, including during treatments.

## **GRATUITIES**

A 20% service charge will be added to the price of your service(s) for your convenience.

## **AGE REQUIREMENTS**

Spa guests must be at least 18 years of age.

## **MEDICAL CONDITIONS**

Please alert us if you have a medical condition or are presently under a physician's care. Conditions such as pregnancy, high blood pressure and heart ailments are of special interest to ensure your safety. We will customize our services to fit your needs when possible

## **CANCELLATIONS**

If you must reschedule or cancel your appointment, please notify The Spa at Carneros at least 24 hours in advance to avoid being charged the full service fee. Changes or cancellations due to delayed travel or traffic will result in shortened treatments or a full charge for missed treatments.

## **RESERVATIONS**

To schedule an appointment, please **call** 707-299-4850 or email [spa@carnerosresort.com](mailto:spa@carnerosresort.com).



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