

# SPA MENU



CARNEROS  
RESORT AND SPA

## TRANQUILITY. HEALING. RELAXATION.

Surrounded by rolling hills and idyllic vineyards, The Spa at Carneros delivers healing treatments and relaxation remedies inspired by the earth's natural resources. Carefully sourced, all of our ingredients reflect the natural abundance of Wine Country. Lounge post-treatment in our soothing Mediterranean-style garden or decompress by the fire for a transcendent self-care experience.



# MASSAGE

*From traditional to specialty massages our experts will leave your body feeling rejuvenated and refreshed.*

## QUIET MIND

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 \$230 • 90 minutes \$345**

## CBD

Therapeutic healing and deep relaxation combine in our CBD massage. Allow 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 minutes \$255 • 90 minutes \$380**

## SWEDISH

Address your unique needs and calm your mind with this anti-stress Swedish massage. Let this organic blend of lavender and sage help ease everyday tensions, allowing the body and mind to unwind and settle into a deep state of relaxation.

**60 minutes \$230 • 90 minutes \$345**

## DEEP

Release held tension and improved range of motion with this deep tissue massage. Utilizing a cooling muscle balm infused with ginger, wasabi, and peppermint to aid in decreasing inflammation and bring a refreshing relief to problematic areas.

**60 minutes \$240 • 90 minutes \$355**

## PRENATAL

Alleviate discomfort and take a personal time out to receive a soothing, nurturing massage. Boost skins elasticity with a vitamin E enriched oil infused with sweet orange, rosewood, and Ylang Ylang to calm everyday nerves by creating an uplifting space.

**60 minutes \$230**

## COUPLES

Created for just the two of you, this relaxing massage using oils infused with our love inspired blend allows you to enjoy quality time together during a side-by-side massage.

**60 minutes \$460 • 90 minutes \$685 (per couple)**



# SKINCARE

## ROSE QUARTZ REVERSIVE FACIAL

Unlock the natural anti-aging mechanisms of the skin to tackle the most common signs of aging and slowdown the chronological aging process. Experience the benefits of a contouring and lymphatic drainage massage performed with dual Rose Quartz Gua Sha throughout the treatment to plump and smooth out lines on the face, neck, and décolleté. An exfoliating hand and arm treatment is performed during Radiance Masking, along with a gentle scalp massage to further relax tense facial muscles. For skin in need of regeneration showing signs of tiredness, dull complexion, loss of elasticity and visible wrinkles. This treatment will provide incredible luminosity and radiance revealing a healthy flawless complexion.

90 minutes \$360

## SIGNATURE 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 minutes \$255 | 90 minutes \$375

## 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 minutes \$240

## 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 minutes \$240

## ILLUMINATE

An intensive renewing facial with LED light technology to firm, tone and improve clarity. Includes a multi masking ritual, nourishing cleanse and purify exfoliation.

90 minutes \$355

## MEN'S

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

60 minutes \$240



# BODY SCRUB

## VALLEY GLOW

Nourish your skin with a full body scrub in which fresh minerals and sea salts crafted with organic herbal extracts and pure essential oils nourish the body to exfoliate and condition, leaving the skin smooth soft and radiant.

60 minutes \$245

## CHOOSE YOUR GLOW:

### RENEWAL

Refresh and reset while renewing your skin with this uplifting and energizing blend of sweet orange, California poppy, lemongrass and mint.

### IMMUNITY

Boost and restore immune resilience while replenishing your skin with this holistic blend of eucalyptus, tea tree and lemon.



# ENERGY WORK

## INTUITIVE MASSAGE

Inspired by your own body's rhythm and intelligence, your practitioner fuses bodywork with spiritual wisdom. Set your intention and let your therapist intuitively massage any pain or discomfort, while addressing underlying emotional and mental barriers to healing.

90 minutes \$405

## GUIDED MEDITATION

Mediation practice has been used for cultivating wellbeing, mental clarity, and physical health. This private session helps you build the knowledge and confidence you need to incorporate meditation into your daily life.

60 minutes \$230 | \$365 per couple



# HYDRAFACIAL®

*Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow.*

*Skin health does not need to be complicated. The HydraFacial treatment can be tailored to address your unique needs safely and effectively.*

## PLATINUM

The ultimate HydraFacial begins with detoxification process with Lymphatic Drainage. Then, the Platinum HydraFacial deeply cleanses, exfoliates, extracts, and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

**90 minutes \$405**

## DELUXE

This invigorating treatment includes deeply cleansing, exfoliating, and extracting impurities from the skin while simultaneously infusing nourishing ingredients to hydrate the skin. The Deluxe HydraFacial also includes a personalized Booster to address your specific skin concerns and LED Light Therapy to further reduce visible signs of aging.

**60 MINUTES \$300**

## HYDRAFACIAL ENHANCEMENTS:

### PERK EYES \$75

Hydrates and brightens the eyes, reduces puffiness and dark circles, and smooths fine lines and wrinkles.

### PERK LIPS \$75

Lightly plumps, gently exfoliates, and hydrates the lips.



# SIGNATURE EXPERIENCES

## SELF-CARE PACKAGE

*Located in our specialty farmhouse suite featuring a private outdoor deck, soaking tub and solarium shower*

Allow this total body experience propel you into a sense of peace and well-being, inspiring self-love through self-care. Begin by nourishing your skin with a full body scrub derived from sea salts crafted with organic herbal extracts to first exfoliate and then nourish the skin. Still your mind with a fresh mineral and sea salt soak in a private outdoor bath. Complete your experience with a 60-minute stress reliever massage to ease everyday tensions, and allow the body and mind to unwind and settle into deep, restorative relaxation.

**120 minutes \$485**

## CHOOSE YOUR INTENTION

### HAPPY HEART

Inspire a warm and happy heart with this nourishing blend of ylang ylang, cedarwood and patchouli.

### CALM MIND

Restore and reset, help to still the mind and promote restfulness with this blend of lavender and sage.

## RESTORATIVE RELAXATION

Restore your skin with a full body scrub derived from sea salts crafted with organic herbal extracts to first detox, exfoliate, and then renew. Followed by a full body massage, your skin will be re-nourished with a luxurious body lotion, a relaxing scalp massage is included in this total body renewal.

**90 minutes \$380**

## CHOOSE YOUR INTENTION

### RENEWAL

Refresh and reset while renewing your skin with this energizing blend lemongrass and mint.

### IMMUNITY BOOST

Boost and restore immunity while replenishing your skin with this holistic blend of eucalyptus, tea tree and lemon.



# POLICIES

*From traditional to specialty massages our experts will leave your body feeling rejuvenated and refreshed.*

## 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 877-684-5035 or email [spa@carnerosresort.com](mailto:spa@carnerosresort.com).



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