



THE SPA AT HOTEL YOUNTVILLE



## The Spa at Hotel Yountville

The synergies of mind, body, science and nature are embodied in a holistic approach to total body wellness in our eco-chic poolside Spa. Relax in our co-ed lounge, relish in one of our suites with Swiss showers and hydrotherapy tubs and recover in an authentically crafted custom service for a complete restorative transformation.

*\*Spa menu prices (except Wellness Therapies) are inclusive of a 21% service charge which is distributed 100% to and divided among spa team members. Any additional gratuity provided is distributed 100% to your practitioner.*

## RITUALS

VINO THERAPY | 110 minutes | \$544.50

A quintessential wine country remedy that begins with a full body exfoliation using a cabernet enriched salt scrub to nourish the skin and remove impurities. Next, sink into an aromatherapy bubble bath while enjoying a glass of wine from a local vineyard. A full body 50-minute massage with chardonnay grape seed oil delivers natural antioxidants to stimulate skin renewal and reveal your softest skin. You will leave feeling rested and renewed.

COUPLES RETREAT | 80/110 minutes | \$423.50/\$544.50

*(priced per person)*

Reconnect during this intimate experience of a candle-lit bath and a glass of sparkling wine followed by side-by-side massages in the privacy of one of our Couple's Suites.



## BODY THERAPIES

**SLIMMING WRAP** | 80 minutes | \$423.50

This award-winning body treatment is a highly effective wrap specifically designed to contour the body by addressing cellulite, water retention and circulation concerns. The synergistic blend of arnica, essential oils, detoxifying and oxygenating properties, visibly improves skin texture. An infra-red therapy blanket with amethyst conducting channels wraps you in a warm cocoon to relieve aches, support the immune system and reduce stress and inflammation while an LED light facial enhances your skin's natural radiance from the cellular level.

*\*Please note contraindications include transplants, pacemaker, defibrillator, fever and heat sensitivity.*

**SEAWEED WRAP** | 80 minutes | \$423.50

Indulge in this firming and detoxifying wrap designed to refresh and energize the body and mind. This treatment offers a cocktail of 3 types of algae specifically selected for their detoxifying, hydrating, firming and smoothing effects. Stimulate the elimination of toxins while dramatically improving texture and suppleness of the skin.

**POLISHED** | 80 minutes | \$393.25

A full body scrub utilizing a foaming polish containing hydrating oils to smooth rough, dry skin, followed by a 50-minute luxurious, antioxidant silk soufflé massage to replenish the body with moisture and nourishment.

## FACIAL THERAPIES

### COLLAGEN LIFTING | 80 minutes | \$332.75

Plump up your skin with our Collagen lifting facial that delivers instant tightening and rejuvenating results. A refreshing enzyme exfoliation is followed by a collagen gel and mask for enhanced firming and toning, leaving you feeling fresh, smooth, and radiant.

### BRIGHTENING PLUS | 50 minutes | \$248.05

The ultimate brightening facial that diminishes the appearance of sunspots and fine lines with lactic and mandelic acids. Awaken lackluster skin with energizing vitamin C, refreshing marine extracts and age defying technology for a lasting radiant and youthful glow.

### HYDRATING PLUS | 50 minutes | \$248.05

This renewing and hydrating customized facial will reveal your skin's radiance while addressing your specific needs and concerns.

## ADVANCED FACIAL THERAPIES

### REGENERATE™ NANOFACIAL | 80 minutes | \$393.25

This non-invasive skin care treatment using cutting-edge Nano Infusion technology, acupressure and cold therapy delivers the Best. Facial. Ever. A firming and restoring cold therapy Cryo Mask brightens and nourishes your skin while a zen acupressure massage plumps the skin and provides deep relaxation. Chilled Nanoglobes contour and reduce puffiness while sealing in moisture. Reduce fine lines & wrinkles, minimize pore visibility, and improve the overall tone and texture of your skin with this facial that provides instant, vibrant and long-lasting results.





## MASSAGE THERAPIES

Enjoy any of our Massage Therapies as a couple's service for a deeper sense of connection.

**AROMASTONE** | 50/80 minutes | \$272.25/\$393.25  
A full body sensory massage featuring warm essential oils to nourish the skin and heated, mineral rich volcanic stones to release deep muscle tension.

**HY ESSENTIAL** | 50/80 minutes | \$248.05/\$369.05  
This signature massage allows you to choose from two Hotel Yountville custom blends of aromatic oils synergistically combined with rhythmic, free-style techniques that are performed in harmony for relief from muscle tension and to promote deep relaxation.

**MATERNITY** | 50/80 minutes | \$248.05/\$369.05  
A customized massage to meet the distinct needs of our pre- and post-natal guests for relief from muscle fatigue, lower back pain and increased strain on bones, muscles and ligaments.

## ENHANCEMENT THERAPIES

Wellness additions to elevate your services and create a more personal spa journey. These enhancements are performed within the time frame of your service and do not add additional time to your service.

### CBD | \$48.40

225 mg of locally made CBD infused with eight pain-relieving and anti-inflammatory herbs including arnica, ginger and chamomile along with organically grown broad spectrum hemp oil.

### SCALP THERAPY | \$48.40

A luxurious scalp massage with nourishing hair oil.

### BODY FIRMING BOOST | \$48.40

*(Only available with massage and body therapies)*

A caffeinated firming body lotion specifically created to target the appearance of cellulite and stimulate healthy collagen.

### NANO GOLD COLLAGEN FACE MASK | \$60.50

An age-defying mask infused with minerals and gemstones to firm, smooth, lift and repair.





## BATHING THERAPIES

Slip into your robe, relax, and enjoy a personalized bathing ritual from one of our exclusive Bath Butlers in the unhurried luxury of your resort suite.

### LAVENDER CLOUD | \$181.50

Drift into bliss with an herbal-infused lavender and chamomile bath to quiet the mind and still the body for deep rest and restoration.

*Includes aromatherapy candle and lavender roll-on.*

### AROMA BATH & BUBBLES | \$235.95

Breathe deeply as you soak in a soothing aromatherapy bubble bath of essential oils while sipping the season's select Napa Valley sparkling wine.

*Includes an aromatherapy candle and sparkling wine bottle.*

## ADVANCED BATHING COLLECTION

These therapeutic treatments are formulated for one person

### CBD WELLNESS | \$211.75

Sink into relaxation with 125 mg of antioxidant rich CBD oil, soothing Epsom salt and arnica. Decrease stress, pain and inflammation while softening the skin with nourishing shea and coconut oils.

*Includes aromatherapy candle and 1oz CBD massage oil.*

### SEAWEED | \$211.75

Discover the centuries-old tradition of seaweed bathing, blending essential minerals and vitamins to deeply hydrate, detoxify, and nourish the body while easing muscle tension by breaking down lactic acid.

*Includes aromatherapy candle and organic exfoliating body bar.*

*\*Please note contraindications include iodine allergies, thyroid imbalances, and hypertension.*

### SLIMMING | \$211.75

Experience an invigorating oxygenating bath designed to diminish the appearance of fluid retention and cellulite while promoting blood and lymphatic circulation to rid the body of toxins.

*Includes aromatherapy candle and organic exfoliating body bar.*

*\*Please note that the optimal temperature for this bath is 104 degrees. This treatment is not recommended during pregnancy and contains gluten.*

### COLD PLUNGE | \$181.50

Immerse yourself in 60-degree cold water therapy infused with frankincense and peppermint, renowned for reducing pain and inflammation. Enhance your experience by alternating between the steam shower and cold plunge for optimal results.

*Includes body brush and 4oz eucalyptus & lavender shower mist.*





## WELLNESS LIFESTYLE THERAPIES

Fuel the body, engage the mind, and nurture the spirit with these mindful practices to decrease stress, improve sleep and promote a healthy lifestyle. All sessions are tailored to your individual needs.

**RESTORATIVE YOGA** | 45 minutes | \$315 | 1-4 guests  
Still and restful yoga promotes relaxation by holding poses for a longer duration.  
*Includes yoga practice book.*

**FLOW YOGA** | 45 minutes | \$315 | 1-4 guests  
Move from one pose to another in a faster, continuous, smooth way.  
*Includes yoga practice book.*

**MAT PILATES** | 45 minutes | \$315 | 1-4 guests  
Tone your core muscles and improve strength, posture, agility, and flexibility.  
*Includes "cooling" towel.*

**STRENGTH AND STRETCH** | 45 minutes | \$315 | 1-4 guests  
Special techniques for the avid sports enthusiast.  
*Includes soothing muscle salve.*

**CARDIO-BOXING** | 45 minutes | \$315 | 1-4 guests  
A full body workout combining shadow boxing and cardio movements to help build muscle, strength, and heart rate control.  
*Includes "cooling" towel.*

**TAI CHI** | 60 minutes | \$315 | 1-4 guests

A gentle series of movements for the entire body in a meditative, flowing sequence.  
*Includes mindfulness book.*

**SOUND HEALING** | 30 minutes | \$315 | 1-4 guests  
A transformational experience incorporating the vibrational energies of crystal and brass singing bowls for a deep relaxing experience.  
*Includes mindful breathing tool.*

**CHAKRA BALANCING** | 60 minutes | \$315 | 1-4 guests  
A gentle energy-healing meditation including a visualization of colors with an emphasis on the Chakras or Energy Meridians throughout the body. Rebalance the energetic frequencies of the mind and body, while promoting wellbeing and renewed vigor.  
*Includes chakra healing roll-on.*

**EFT (Emotional Freedom Technique, AKA Tapping)** | 60 minutes | \$315 | 1-2 guests  
Tapping on specific energetic meridian points to create a more balanced energetic system (like Chakra rebalance but with tapping and repetitive affirmations) to clear out old, stagnant energy and make room for new possibilities.  
*Includes aromatherapy roll-on.*

Classes require booking 24 hours prior to appointment time.  
Pricing is per class (subject to change).





### Disconnect to Reconnect

Cell phone use is not permitted in The Spa at Hotel Yountville.

### Spa Cancellation Policy

As a courtesy to other guests and our therapists, if you need to cancel or reschedule an appointment, please give a 24-hour notice to avoid a 100% cancellation charge. "No Shows" will be charged the full treatment price. If you are running late, a phone call is always appreciated. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will be charged the full amount of your originally scheduled treatment.

### Service Charge

\*Spa menu prices (except Wellness Therapies) are inclusive of a 21% service charge which is distributed 100% to and divided among spa team members. Any additional gratuity provided is distributed 100% to your practitioner.

### Spa Hours

Daily | 9:00AM - 6:00PM

An aerial photograph of a spa area. In the center is a large rectangular pool with light blue water. A person in a pink swimsuit is swimming in the pool, and another person is standing at the edge. To the right of the pool is a hot tub. Surrounding the pool are rows of lounge chairs, each with a white umbrella. The area is landscaped with green bushes and trees. The text "THE SPA AT HOTEL YOUNTVILLE" is overlaid in the center of the pool area.

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