

# SONOMA COAST VILLA & SPA

ELEGANT YET COMFORTABLY CASUAL

## Spa Menu

### **Full Body Massage**

Classical massage techniques utilizing light to average pressure, bringing health benefits, tension relief, and relaxation.

\$100 for 75 minutes

\$130 for 100 minutes

### **Hot Rock Massage**

A massage using warm rocks placed on the body to soften and warm the muscles in order to stimulate circulation of blood and lymph, clear congestion and evoke a powerful feeling of relaxation.

\$150 for 90 minutes with full body massage

\$160 for 90 minutes with either aromatherapy or sports massage

### **Sports Massage**

Massage for those who like firm pressure for deeper tension relief. It incorporates stretching movements and acupressure. Great for those with injuries, soreness or specific health needs.

\$110 for 75 minutes

\$140 for 100 minutes

### **Aromatherapy Massage**

Essential oils enhance the effects of a full body massage, bringing a much deeper sense of well-being. Choose from three different blends made with the highest quality oils.

\$110 for 75 minutes

\$140 for 100 minutes

### **Hand, Foot and Head Reflexology**

Points on the hands, feet and head are massaged, with emphasis on specific points that bring revitalization and balance to the entire body.

\$100 for 75 minutes

\$130 for 100 minutes

### **Age-Defying Treatment**

Rejuvenating face treatment using massage techniques that combat aging. Face is cleansed, detoxified and hydrated. Hands are scrubbed, massaged, and moisturized.

\$120 for 75 minutes with foot massage

\$175 for 120 minutes with a full body massage

\$210 for 135 minutes with a full body massage and Hot Rocks

### **Salt Scrub with Aromatherapy Oils**

Full body exfoliating treatment using sea salt and aromatherapy oils. The whole body is revitalized and the skin is left feeling silky smooth and vibrant.

\$120 for 75 minutes with hand and foot massage

\$175 for 120 minutes with a full body massage



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## **The Sonoma Scrub and Wrap**

A delightful body scrub using a mixture of all natural organic ingredients and followed by an antioxidant moisturizing wrap. Especially beneficial for those with sensitive and/or dry skin.

\$120 for 75 minutes with hand and foot massage

\$175 for 120 minutes with a full body massage

## **The Ocean Wave**

Seaweed infused mud wrap detoxifies, remineralizes and de-stresses the body. Includes a scalp massage, seaweed face treatment and hand/foot massage for a complete sense of renewal.

\$160 for 90 minutes with seaweed lotion rub

\$230 for 150 minutes with salt scrub and massage

\$260 for 165 minutes "The Deluxe" all of the above and Hot Rocks

## **The Net Release**

Our skilled therapists begin your 100 minute treatment with a Mediterranean footbath, heated neck wrap and a cup of "computer de-stress" tea. You are then led to one of our comfortable rooms where a special blend of aromatherapy oils, are utilized during your massage to enhance relaxation. A soothing eye treatment/pressure point massage follows and then a cocoon-like blanket wrap to ensure that you can let the relaxation you have experienced sink in. Your Therapist will then take a few minutes to give a personalized consultation on self-help techniques for the prevention and relief of stress. In this way you can take back with you to the workplace the benefits of your experience at The Sonoma Coast Villa and Spa.

**\$150.00 for 100 minutes**

Every treatment begins with a Mediterranean footbath and finishes with a blanket wrap.

