



CARNEROS  
RESORT AND SPA

## SPA MENU

Effectively balancing traditional massage modalities with the healing benefits of innovative spa technology, Spa at Carneros is the perfect antidote for the stresses of life.

Surrounded by abundant farm lands, our wine country warmth and highly skilled therapists will leave you feeling rested and recharged.

CARNEROSRESORT.COM

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SPA RESERVATIONS

SPA@CARNEROSRESORT.COM

707.299.4850

## ONLY AT CARNEROS

### LIGHT ME UP

Magnesium-rich oils are applied with specific techniques, while pain areas are treated with LED light technology to accelerate healing. A massage follows, concluding with a selection of outcome-specific audio programs to recalibrate your mind-body connection.  
90 min \$270 | 120 min \$350

## BODY

### BODY BOTANY

This customized rejuvenating massage starts with an antioxidant rich body scrub that will leave your skin glowing, renewed and well hydrated.

*Choose one:*

**OLIVE LEAF & ROSEMARY** immune boost + reduce stress

**COFFEE, LEMON & SHEA BUTTER** refresh + uplift

**HIBISCUS & BLOOD ORANGE** nourish + moisturize

90 min \$270

### NAPA NIRVANA

Have it all from head to toe with a green tea mud body wrap, luxurious scalp massage and soothing hand and foot treatment that accompany this full body massage for ultimate bliss.

90 min \$270

## MASSAGE

### HOUSE

Address your unique needs with this antioxidant, anti-stress Swedish massage to feel relaxed and revived. Choose: honey quince lotion or rosemary orange oil.  
60 min \$180 | 90 min \$270

### DEEPER

Release held tension and improve range of motion in problem areas. Includes: ginger, rosemary, and turmeric balm.  
60 min \$190 | 90 min \$285

### HERBAL

Dissolve mind fatigue and jet lag with this aromatherapy infused massage that incorporates warm herbal poultices from head to toe, leaving you restored and renewed. Choose: an elemental oil.  
60 min \$180 | 90 min \$270

### SALTED & STONED

Balance and neutralize the effects of everyday toxins as you sink into deep relaxation and absorb the detoxifying benefits from the naturally occurring minerals and elements of Himalayan salt stones.  
90 min \$270

### HEAL ME

Relieve pain and soreness while getting a boost of wellness with a spot treatment of warm camphor and full spectrum CBD salve and full body arnica massage.  
60 min \$185 | 90 min \$275

### PEACE OF MIND

Let go, sync in and achieve profound relaxation with a combination of gentle massage, sound therapy and aroma essences, to reset your mind and body for optimal rejuvenation. Perfect for: sleep deprived  
60 min \$180

### MAYACAMA MAMA

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 \$180 | 90 min \$270

### IN COTTAGE MASSAGE

Add \$25 per guest

### EXTEND TIME

### SHINE

Add-on hair and scalp treatment  
15 min \$45

## TWOSOMES

### PASSION PRELUDE

Rekindle romance Napa-style with this couples massage using our sensual love oil to help you unplug, unwind and deepen your connection.  
60 min \$180 per person | 90 min \$270 per person

### APHRODISIAC

Renew your sensual side with this playful time together. Enjoy a DIY couples body scrub in your private outdoor shower then sink into a side-by-side aromatherapy massage in our luxurious couples suite. Complete your time together in your outdoor bath with an aphrodisiac elixir.  
120 min \$350 per person

## UNCOMPROMISED SKINCARE

### YOUTH RECAPTURED

Turn back time and achieve a healthy, flawless complexion with BABOR's deluxe facial that includes it all: mask, serums, choreographed massage, soothing eye treatment, plumping lip treatment and decadent hand and arm massage. A red carpet facial that produces stunning and radiant results.  
90 min \$300

### CARNEROS AGELESS

Hyaluronic acid and peptides are key in this results-driven facial to firm skin, boost hydration and collagen, and refine tone and texture, for a refreshed, perfectly luminous appearance.  
75 min \$225

### 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 \$185

### ILLUMINATE

An intensive renewing facial with LED light technology to firm, tone and improve clarity. Includes: a multi-masking ritual, nourishing cleanse, and purifying exfoliation.  
75 min \$240

### 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 \$185

### EXTEND TIME

BRIGHT EYES  
15 min \$45

LUMINOUS LIPS  
Add in to facial \$25

## SERVICES

HAIR STYLING (IN COTTAGE)  
Please inquire at spa reception.

WAXING SERVICES  
Please inquire at spa reception.



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SUMMER 2018