



MEADOWOOD

Napa Valley

The Health Spa



The Health Spa experience at Meadowood transcends the four walls of the building to encompass the beautiful, expansive acreage of our private estate. We take a holistic approach towards well-being, seeking to produce wellness from both the inside and the outside while honoring the natural perspective the property has created. All of our products, treatments and services offer organic healing elements for the skin and the body, creating a basis for wholesome and healthy nourishing results.


Kerry Brackett, Health Spa Director



SKIN CARE

At The Health Spa, we offer a choice of facials to address a variety of skin conditions. From relaxing aromatherapy experiences to more active, results-driven facials, we will find the solution to best fit your skin type. Our 60-minute facials include cleansing, exfoliation, extractions, masks, massage for the head, neck and shoulders and specialized ingredients for your skin. Our 90-minute facials include the elements above, as well as a foot scrub and foot massage. The 75-minute oxygen facial includes an infusion of serum with invigorating oxygen.

Luzern Skin Care Luzern products contain an average of 80 percent bio-active ingredients, which is eight times the average of other brands. Free of parabens, petrochemicals, colors and fragrances, the Bio-Swiss extracts are scientifically proven to have higher levels of antioxidants and polyphenols, the most essential ingredients in anti-aging skin care. Luzern skin care is a clean, serum-based line which produces great results.

60 minutes for \$150, 90 minutes for \$225

Luzern Oxygen Facial The oxygen facial infuses a mixture of pure oxygen with an anti-aging serum, which is then air-brushed onto the skin.

75 minutes for \$200

Jurlique Skin Care An organic, bio-dynamic skin care line from Australia, Jurlique has unlocked the potential of combining nature with science to create aesthetically pleasing and effective products. Jurlique is a relaxing, aromatherapy line that helps achieve healthy, beautiful skin.

60 minutes for \$135, 90 minutes for \$210

Jurlique Oxygen Facial The oxygen facial infuses a mixture of pure oxygen with aromatic hydrating essence, which is then air-brushed onto the skin.

75 minutes for \$190

BODY TREATMENTS

Grape Seed Harvest Wrap Enjoy the benefits of grape seeds rich in vitamin A, C and E and natural antioxidants that protect the skin from elements like smoke, ultraviolet light and pollution. After a dry brush and hot towel compress we will exfoliate the body with a Cabernet Passion Fruit scrub. Once removed, a hydrating mud masque is applied and you are wrapped in warm blankets while we massage your scalp, neck and face. Emerge with your skin feeling smooth and nourished.

90 minutes for \$195

Wine and Chocolate This delicious treatment is an indulgence designed to detoxify the body and leave your skin wonderfully soft. We begin with the Cabernet Crush body scrub to exfoliate your skin. A chocolate body mask is then applied and you are wrapped in a cocoon of warm blankets. While wrapped, you will enjoy a head, neck and foot massage.

90 minutes for \$195

Purifying Tea Tree Wrap This experience begins with a brisk, dry brush exfoliation followed by relaxing hot towel compresses preparing the skin for the application of a Tea Tree exfoliant. Once removed, a purifying masque is applied and you are wrapped in warm towels and blankets. While wrapped, you will enjoy a scalp and face massage, followed by a soothing full-body application of antioxidant body care lotion. You will delight in the newfound softness of your skin.

90 minutes for \$195

Luxury Body Wrap This luxurious hydrating body wrap fills the senses and soothes the body. The skin is prepared with a dry brush exfoliation followed by a relaxing hot towel compress. Your choice of body butter is massaged onto the body. While wrapped, you will enjoy a head, neck and foot massage.

60 minutes for \$135, 90 minutes for \$180 (includes quiet time or scalp massage)

Bliss Indulge in a treatment that relaxes and renews your hands, feet and spirit. This soothing treatment begins with an exfoliation followed by a relaxing massage for the hands and feet. With heated mittens and booties in place, the treatment is completed with a neck, head and face massage. The all-natural products used in this treatment contain powerful antioxidants to nourish the skin for a younger and healthy glow.

60 minutes for \$135

Body Glow Designed to slough off dead skin and expose a healthy, radiant new you, these treatments leave you feeling nourished and renewed. **Cabernet Crush** A gentle exfoliant using aromatic grape seeds. **Vineyard Polish** This treatment combines grape seeds, rich in antioxidants, and sea salt, rich in essential minerals. **Salt Glow** Our most invigorating scrub blends natural oil and sea salt. Choose from Lavender, Cabernet Passion Fruit or Citrus.

60 minutes for \$135





MASSAGE

Pure Relaxation Massage Light pressure is applied in a nurturing touch in long, rhythmic massage strokes while gentle kneading of muscle tissue will bring you to a sense of serenity, alleviate tension and muscle tightness and leave you in harmony with Meadowood's tranquil environment. An ideal choice for your first massage experience.

*60 minutes for \$135, 90 minutes for \$190
In your guest room: 60 minutes for \$190, 90 minutes for \$265*

The Valley Stone Massage Enticing your mind, body and spirit back into balance, our Valley Stone Massage applies warm, soothing basalt stones and chilled, invigorating marble stones to induce deep relaxation and bring harmony to your inner being. You will find this special blend of thermotherapy and massage therapy to be one of our most dynamic and unforgettable experiences.

90 minutes for \$210, 120 minutes for \$280

Meadowood Massage A combination of light strokes and firm pressure makes this a customized massage for each muscle. Our skilled therapists will work with you to deliver just the right variety of restorative therapy.

*60 minutes for \$145, 90 minutes for \$200
In your guest room: 60 minutes for \$200, 90 minutes for \$275*

Therapeutic Deep Tissue Massage This personalized massage is designed to reach deeper layers of muscle tissue to release tension and stress. Slow, focused pressure and various therapeutic techniques can help reduce chronic pain, restore flexibility and release tension in targeted muscle groups. You will find this treatment both extremely focused and purposeful in its intent.

*60 minutes for \$155, 90 minutes for \$215
In your guest room: 60 minutes for \$210, 90 minutes for \$280*

Many Hands Massage Renew your body, mind and spirit as two specially trained therapists work with synchronized movements matching light-to-medium pressure and touch, blending their energies to create a luxurious and restorative experience.
Add on Shirodhara A stream of warmed herbal oil is focused on your forehead or "third eye" to quiet your mind and soothe your senses.

*60 minutes for \$200
Add on Shirodhara to the Many Hands Massage: 75 minutes for \$250*

ADDED TOUCHES

30 minutes for \$55 (unless otherwise noted)

Herbal Face Refresher An all natural “refreshing” experience for the face. Includes cleansing, herbal compress, massage and moisturizer. This may be added to any massage.

Foot Relief Added to any massage or facial, this treatment provides an invigorating exfoliation and soothing massage for your tired feet.

Moroccanoil™ Scalp Treatment Enjoy a soothing, revitalizing balm as it is massaged onto the head to hydrate the scalp and give your hair a lustrous, healthy shine. This treatment may be added onto any massage, facial or body wrap.

Body Scrub Prepare your skin for your massage with a 30-minute body scrub. Choose from Cabernet Crush (grape seeds), Vineyard Polish (grape seeds and sea salt) or Citrus Salt Glow (pure sea salt and citrus oil).

Dry Brush/Hot Towel Compress This experience begins with a dry brush exfoliation, preparing the skin for your massage by gently exfoliating and revitalizing your skin. It continues with hot towel compresses to warm and relax the body. This may be added to any massage.

Healing Hands Pamper your hands with antioxidant exfoliation, followed by a relaxing massage. This may be added to any massage or facial.

Lash/Eyebrow Tinting This treatment may be added to any facial. (It is not available on its own.)

15 minutes for \$35

Aromatherapy Aromatherapy is the art and science of using essential oils to relax, balance and stimulate the body. Choose from a variety such as Calming or Balancing.

Added to any massage for \$10

Waxing Your aesthetician will customize your waxing experience based on your skin type and individual needs.

Lip or Chin \$40 Brow Shaping \$65 Full Leg \$125 Bikini \$75





COLLECTIONS

Harvest for Body and Soul Vineyard Polish Body Exfoliation and 60-minute Meadowood Massage.

120 minutes total for \$250

From the Vines Grape Seed Harvest Wrap and 60-minute Meadowood Massage.

150 minutes total for \$300

Meadowood Signature Renewal Wine and Chocolate Body Treatment, 60-minute Meadowood Massage and 60-minute Facial.

210 minutes total for \$425

ADDITIONAL INFORMATION

Hours 6:00 am to 8:00 pm daily (subject to change.) Treatments and Services are offered from 8:00 am to 8:00 pm daily.

Amenities Complete body amenities are available in the men's and women's locker rooms. Robes, slippers and a locker are provided with each treatment or upon request. We are not responsible for valuables left unattended.

Reservations To reserve your preferred treatments and times, we strongly recommend booking your spa reservations in advance of your visit by calling (800) 458-8080 extension 275, or asking Guest Services for assistance at extension 240.

Cancellations As a courtesy to your fellow guests and therapists, we strictly adhere to the cancellation policy. If you are unable to keep your spa appointment, please cancel at least 24 hours in advance to avoid

being charged in full. If you reschedule within the 24 hour period, there will be a \$40 per hour rescheduling fee.

Protocol The Health Spa is designed exclusively for the use of Members, hotel guests and their companions. Children under the age of sixteen (16) are not permitted. Children may use the private changing rooms located on the Spa Deck. Alcohol and smoking are prohibited in The Health Spa and on the Spa Deck. To preserve our tranquil environment, cellular phones are not permitted in the gym, the pool area or the Spa Deck. If you are under medical care, please consult your physician before participating in any exercise program or spa treatment. All information is subject to change without notice.

Fees Use of The Health Spa and its amenities are complimentary for Members and hotel guests. A \$15 fee will apply for outside guests of Members and hotel patrons. Gratuities are not included in service fees.



