



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

Kerry Brackett, Health Spa Manager



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.

MEADOWOOD SIGNATURE CUSTOMIZED FACIAL

You and your skin are unique. Our highly trained estheticians will personalize a facial treatment for your skin's specific needs. There are many factors that affect your skin—stress, travel, environment—these will be discussed in your individual skin analysis so that we may design the perfect treatment to provide optimal results for your skin.

60 or 90 minutes

ULTIMATE OXYGEN FACIAL

Our unique oxygen facial sends O₂ deep into the skin to detoxify and deliver vital nutrients from high potency bio-swiss serums. Appropriate for all skin types, this facial leaves the skin plumped, hydrated and absolutely glowing. *75 minutes*

ANTI-AGING FACIAL

Let us turn back time with our unique serum layering system that allows the use of the top anti-aging cosmeceuticals. Vitamin C, hyaluronic acid and peptides will exfoliate, plump and restore radiance for a more youthful looking skin. *60 or 90 minutes*

SOOTHING FACIAL

A calming and soothing facial that is beneficial to sensitive skin prone to irritation and inflammation. Let us bring out your natural radiance. *60 or 90 minutes*

Body Treatments

MEADOWOOD RITUAL

Experience a three-part holistic ritual of handcrafted berries and herbs designed to alleviate stress, revitalize skin, and restore peace of mind. Meadowood Ritual begins with a nurturing warm oil massage of pomegranate seed and shisandra berries, renowned adaptogens, to encourage inner calm. Be drenched with cherry pumpkin rhassoul clays for a super-antioxidant body masque to brighten and firm. Then be cradled in steaming cotton towels as a divine scalp treatment of rosemary hibiscus botanicals restore luster. Embrace all of nature. *90 minutes*

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*

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*

EARTHBODY BLISS

An organic excursion focused on the hands and feet, neck and shoulders, face and scalp. Start with a hot ginger herbal compress to refresh. Exfoliate each limb with lemongrass basil sugars or blood orange spearmint salts to revitalize. Let stress fade away with a luxurious massage of lemon balm and comfrey root to soothe. Be the face of beauty with a facial treatment of pure botanicals rich in essential nutrients to nurture and uplift. Discover balance with this fine-tuned restoration dedicated exclusively to the extremities. *60 minutes*

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*

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 seal salt. Choose from *Lavender*, *Cabernet Passion Fruit* or *Citrus*. *60 minutes*





Massage

MEADOWOOD AROMATHERAPY MASSAGE

Aromatherapy is the art and science of using essential oils to relax, balance and stimulate the body. Organic cold pressed botanicals, herbal infusions and complex aromatics are handcrafted in small batches by Earthbody. Used along with a combination of light strokes and firm pressure, these oils create experiences of wellness that aim to rejuvenate the mind and kindle the spirit. Choose from *Ground* to relieve feelings of anxiety and worry; *Inspire* to uplift outlook, brighten senses and bring out joy; or *Move* a stimulating curative to relieve tension, ease tight muscles and lubricate joints; *Dream* to lull you into deep relaxation and enhance mental clarity; *Bloom* to awaken love, return courage and surrender fear. *60 or 90 minutes*

PURE RELAXATION MASSAGE

Customized for each muscle of the body, our Pure Relaxation massage uses light, rhythmic massage strokes. Designed to alleviate tension and muscle tightness. Our skilled therapists will work with you to deliver just the right variety of restorative therapy. *60 or 90 minutes*

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 or 90 minutes*

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 or 120 minutes*

DOSHA

Dosha is a living expression of our holistic ethos at Meadowood. Experience the healing powers of Ayurveda in this deeply therapeutic massage of warm botanicals. Inspired by the classic Abhyanga—a traditional massage of India—Two specially trained therapists work with rhythmic, synchronized movements matching light to medium pressure and touch, blending their energies to create a luxurious and restorative experience. Stimulate digestive fire with a soothing abdominal massage. Balance your inner state as steaming towels are draped over your body. Restore harmony with effleurage of the neck and shoulders. Touch into peace as a warm oil head massage pacifies mind. This all-encompassing ritual transports you to the days of temple life. Feel supple once again. *75 minutes*

Added Touches

WARM GINGER BODY BUFF

A dry brush exfoliation begins this experience by gently removing dead skin cells and increasing circulation. We then apply hot herbal compresses of ginger, myrrh and frankincense minerals to awaken pores and relax muscles. *30 minutes*

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.

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.

LASH/EYEBROW TINTING

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

FOOT RELIEF

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

HEALING HANDS

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

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).

WAXING

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



Collections

HARVEST FOR BODY AND SOUL

Vineyard Polish Body Exfoliation and 60-minute Meadowood Aromatherapy Massage.

FROM THE VINES

Grape Seed Harvest Wrap and 60-minute Meadowood Aromatherapy Massage.

MEADOWOOD SIGNATURE RENEWAL

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

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 \$60 per hour rescheduling fee.


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.

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 in the Health Spa. Children may use the private changing rooms located outside 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.



A lush, dense forest scene with tall trees and vibrant green foliage. Sunlight filters through the canopy, creating a dappled light effect. The trees are mostly deciduous with broad leaves. In the lower right, a small, dark, rectangular structure is partially visible through the trees.

We look forward to debuting our new Spa experience in 2015.





900 MEADOWOOD LANE, ST. HELENA, CALIFORNIA 94574
TEL (707) 963-3646 FAX (707) 963-3532 www.meadowood.com

