

SPA TERRA

AT THE MERITAGE RESORT



MASSAGES

Swedish 50/80 Mins

This soothing and relaxing massage will promote circulation, relax the body, and relieve both stress and tension.

Mon-Thu \$140/\$205 | Fri-Sun \$165/\$220

Deep Tissue 50/80 Mins

A therapeutic massage designed to alleviate tension and muscular stress. Specialized techniques concentrate on specific areas of concern to restore and heal overextended muscles.

Mon-Thu \$140/\$205 | Fri-Sun \$165/\$220

Cave Stone 80 Mins

Therapeutic stone massage that melts away stress and tension using the heat from warm basalt stones to gently penetrate deep into the muscle while inducing a sense of calm and reconnection.

Mon-Thu \$210 | Fri-Sun \$225

Herbal Compress* 80 Mins

Heated herbal compresses filled with local wild organic herbs are used to massage muscles and joints while following body meridians to open the flow of Chi (energy) which is therapeutic and healing. *Includes the compresses for future home use.*

Mon-Thu \$210 | Fri-Sun \$225

Mother To Be 50/80 Mins

This full body massage will soothe body aches and muscle tension. Providing comfort and care during this special time. Focused entirely on your personal needs. *Available after the first trimester.*

Mon-Thu \$140/\$205 | Fri-Sun \$165/\$220

Duet 50/80 Mins

Enjoy a side-by-side treatment in one of our couple's rooms. Choose between a Swedish or Deep Tissue Massage and spend quality time with the one you love.

Mon-Thu \$280/\$410 | Fri-Sun \$330/\$440

Enhancements

To be applied within service time

\$25 each, 2 for \$40

Organic Aromatherapy Oil

Lavender Body Butter

Foot Treatment

Scalp Treatment

BODY TREATMENTS

Ultimate Renewal Experience 50/80 Mins

Return to center with this head-to-toe experience that includes an invigorating two-part body scrub, cocooning wrap with pressure-point scalp massage, and uses intuitively-selected organic aromatherapy oil and warm, healing stones.

Mon-Thu \$155/\$225 | Fri-Sun \$175/\$240

Orange Blossom Bliss 50/80 Mins

Awaken the senses with the sweet aroma of Neroli blossoms to balance energy and a reflexology foot cleansing ritual to stimulate circulation. This is followed by a lymphatic dry brush and relaxation massage to create a deeply relaxing yet uplifting experience.

Mon-Thu \$155/\$225 | Fri-Sun \$175/\$240

Citrus Ritual 50 Mins

An orange peel scrub rich in vitamin C, buffs away old skin and a natural moisturizing honey wrap leaves the skin feeling young and nourished. Finish with a decadent application of orange and honey cream.

Mon-Thu \$140 | Fri-Sun \$165

Lavender Crush 50 Mins

Earthy minerals combine with lavender's healing properties for an invigorating and detoxifying full body exfoliation. A lavender body scrub follows, along with a luxurious lavender body butter wrap for the ultimate calming soul soother.

Mon-Thu \$140 | Fri-Sun \$165

Uncork* 50 Mins

A Napa Valley favorite begins with a grape seed scrub followed by a mineral and antioxidant rich wine and rosehip mud wrap to refresh and regenerate the skin. End with a lavish application of cabernet grape seed lotion.

Mon-Thu \$140 | Fri-Sun \$165



SKIN CARE

Organic Bliss 50/80 Mins

Embrace nature and nurture your skin with organic ingredients fresh in aroma, full of natural vitamin infusions and high bioflavonoid content. This treatment includes exfoliation and a mask that incorporates organic herbs and tree essence to address different skin types and concerns.

Mon-Thu \$150/\$180 | Fri-Sun \$165/\$195

Oxygen Facial 50/80 Mins

Luxury meets technology by Intracuticals. A facial that deeply cleanses and balances without distressing the skin. Perfect to cool and calm stressed skin from the sun or simply reset the travel weary and over worked. A great way to start your stay.

Mon-Thu \$175/\$220 | Fri-Sun \$190/\$235

3 and 6 series pricing available

The Collection Facial by ESPA 50/80 Mins

Hydrate, soothe, brighten and tone your complexion with this luxuriously tailored facial. Using an expert selection of the ideal cleansing and exfoliation techniques, plus a treatment specific massage to suit your needs. This facial reveals exceptional results whatever your skincare concern. Also included is a nutrient rich Pink Mud Scalp Massage.

Mon-Thu \$155/\$185 | Fri-Sun \$170/\$195

Optimal Skin Profacial by EPSA 50/80 Mins

Rebalance, hydrate and delay the early stages of skin aging with this targeted reviving facial treatment. Advanced formulas deeply cleanse, refine and nourish skin left dry, sensitized or lackluster from the effects of environmental exposure. Unique natural actives provide moisture-rich nutrients to where they are needed most, while a tailored massage smooths and lifts facial contours.

Mon-Thu \$150/\$180 | Fri-Sun \$165/\$195

PACKAGES**

Spa Terra Journey 150 Mins

This retreat 'into the Heart of the Earth' begins with an invigorating Citrus body scrub, then transitions to a relaxing Swedish Massage and finishes with a rejuvenating Collection Facial. *Cheese plate and a Glass of wine or bubbly included to complete your experience.*

Mon-Sun \$465



Restorative Facial* 50 Mins

A Napa favorite utilizing local grape seeds full of antioxidants and wonderful anti-aging properties. Cleansing mask and grape seed extract serum restore balance and suppleness to a variety of skin types.

Mon-Thu \$150 | Fri-Sun \$165

Men's Personalized Facial by ESPA 50 Mins

Refine, cool and energize your complexion with this tailor-made facial. Using a personally selected cleanser, exfoliator and mask to accompany a treatment-specific massage.

Mon-Thu \$150 | Fri-Sun \$165

Enhancements

To be applied within service time

\$30 each

Eye Treatment

Lip Treatment

Organic Blueberry Detox Peel

Couple's Escape 75 Mins

A romantic start begins with a soothing, replenishing and relaxing soak for two in our signature candlelit treatment room followed by a full-body massage using the organic aromatherapy body oil of your choice. *Glass of bubbly and chocolates served tub side.*

Mon-Sun \$375

* Contains local ingredients.

** Packages cannot be combined with additional discounts or promotions.

SPA GUIDELINES

Reservations

We strongly recommend that you schedule your spa service at least two (2) weeks in advance to secure the most convenient time for you. To schedule your treatments, visit [SpaTerra.com](https://www.spaterra.com) or to speak with our Spa Reservation Concierge, please contact us at **707.251.3000**.

Arrival Time

We suggest you arrive 30 minutes prior to your scheduled treatment. Each service will start and end according to the time reserved. To accommodate all our guests as scheduled, late spa arrivals will receive the balance remaining in treatment time.

Cancellation

We require a 24-hour notice to change or cancel spa appointments. No show or cancellations within 24-hours will result in a full service fee.

Spa Service Charge

To make your spa experience as seamless as possible, a 20% service charge will be added to all spa services. Any additional gratuities are optional, but always appreciated.

Age Requirements

Spa guests must be 18 years or older.

SPA BOUTIQUE

Visit the Spa Boutique for professional skincare and body products as well as swimwear, activewear, spa accessories and gift cards.



wellness in the heart of the earth

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