



SPA TERRA
AT THE MERITAGE RESORT

Spa Menu





Journey to the Heart of the Earth

A spa journey is about reflecting inward and grounding yourself. At Spa Terra, your experience is heightened by wandering beneath our vineyards to experience our tranquil spa, located inside an underground Estate Cave. Relax in the hushed serenity of our unique spa setting, and experience restorative treatments for total relaxation. Choose from our locally sourced menu of offerings, including our cave-inspired stone massage, facials featuring organic ingredients, and body treatments highlighting Sonoma grown lavender and local organic products. Between treatments, we invite you to enjoy the relaxing ambiance of our Serenity Lounge with soothing water walls, locker rooms with oversized whirlpool and eucalyptus stream rooms.



SIGNATURE TREATMENTS

Ultimate Renewal Experience

100 minutes

Indulge in this customized full-body experience designed to help you slow down and return to center. Begin with a dry brushing exfoliation to detoxify and soften the skin, followed by a mineral rich sea salt scrub. Enjoy a pressure-point scalp massage while cocooned in a moisturizing wrap. The service concludes with a custom full-body massage using intuitively selected organic aromatherapy oils and warm healing stones.

Signature Massage Ritual

100 minutes

Created to calm the mind, relieve stress and promote restful sleep, this treatment begins with a centering foot ritual. Aromatherapy oils, coupled with the long, gentle strokes of Swedish massage invite your body to let go and relax. A warm lavender scalp massage with a restorative hydrating eye mask further soothes body and mind.

MASSAGE

Swedish

50 or 80 minutes

Relax, rebalance, and renew with this classic massage tailored to your specific needs. Your therapist will consult with you to determine your desired pressure (light or medium) along with any areas of concern. For those who desire extra-firm pressure and more direct work, we recommend our Deep Tissue Massage for best results.

Deep Tissue

50 or 80 minutes

A therapeutic massage using deep pressure strokes and trigger point therapy designed to alleviate tension and muscular stress. Specialized techniques customized to each guest are used on specific areas of concern to restore and heal overextended muscles.

Tension Tamer

50 minutes

A deep pressure massage targeting the classic areas where tension lurks: the back, neck and shoulders. Using a therapeutic muscle relieving balm, this massage is designed to encourage the muscles to release and relax. It's perfect after a day of travel, or a week spent in front of the computer.

Cave Stone

80 minutes

Inspired by our spa cave, this specialty massage uses smooth, heated basalt stones to gently penetrate deep into the muscles to induce a sense of calm and reconnection. This deeply relaxing treatment is a great option for an evening service to promote a restful night's sleep.

Therapeutic Herbal Compress

80 minutes

Following the body's meridians, heated herbal poultices filled with local wild organic herbs are used to massage muscles and joints to open the flow of Chi (energy) to promote deep healing and relaxation. The herbal blend helps reduce inflammation and promotes muscle recovery. The poultice is yours to keep to continue the healing at home.

Mother-to-Be

50 or 80 minutes

Focused solely on your personal needs, this relaxing full body massage alleviates tired muscles and soothes the body providing comfort, care and much needed pampering during this special time. Therapists use bolsters and pillows to ensure your complete comfort throughout the treatment. Available after the first trimester.

Couple's

50 or 80 minutes

Reconnect with your special someone with side-by-side Swedish or Deep Tissue massages in one of our romantic couple's rooms.

BODY TREATMENTS

Neroli Blossom Bliss

50 minutes

A welcoming foot cleansing ritual stimulates circulation, while the use of Neroli blossoms throughout the service awakens the senses and creates balance. Lying on a special heated water pillow the treatment includes an uplifting lymphatic dry brushing before being cocooned in a moisturizing Neroli wrap.

California Citrus Ritual

50 minutes

A skin renewal treatment that begins with a gentle California Citrus infused salt scrub to exfoliate the skin. A decadent, hydrating citrus balm wrap, infused with concentrated essential oils of grapefruit, Vitamin E and natural antioxidants leaves skin soft, smooth and glowing.

Lavender Crush

50 minutes

Essential minerals are combined with our local lavender's healing properties in an invigorating and detoxifying full body exfoliating scrub. Followed by a luxurious lavender body butter wrap for the ultimate calming soul soother.

Uncork

50 minutes

A local treatment featuring a grape seed scrub followed by a mineral and antioxidant rich wine and rosehip mud wrap to refresh and regenerate the skin. The service concludes with a lavish application of cabernet grape seed lotion. *Cheers!*

SKIN CARE

Restore & Brighten

50 or 80 minutes

A perfect choice for all skin types seeking brighter, clearer skin and immediate luminosity. In this results-oriented facial, the hands, face, neck and décolleté are treated with effective formulas that even out skin texture and tone. Using a powerful blend of skin illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.

Ultimate Repair

50 or 80 minutes

This outcome-oriented treatment is customized to address specific skin conditions and concerns. From hyperpigmentation and sensitivity, to oily skin and premature aging, this personalized facial helps treat and improve common skin complaints. The treatment features an exfoliating multi-acid peel on the face, neck, décolleté and hands to renew the skin, a deep-cleansing massage to promote circulation, and a masque to balance and nourish the skin. A customized intensive treatment, plus a hand and nail treatment complete the experience.

Illuminating Organic Bliss

50 or 80 minutes

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

Rejuvenate Oxygen

50 or 80 minutes

Luxury meets technology in this facial that delivers highly concentrated oxygen to the epidermis to deeply cleanse and balance without distressing the skin. It's an ideal anti-aging treatment, as well as the perfect service to cool and calm sunburned skin or to reset travel weary and neglected skin.

Cave Man's

50 minutes

A deep-cleansing and skin-refining facial specifically designed for men's skin health. Based on an individual skin analysis, this targeted treatment focuses on inflamed, congested and oily conditions to provide immediate and lasting results. The service includes extractions, an exclusive multi-acid complex peel and a purifying organic masque. The therapist will provide a customized home care regimen designed to promote healthy-looking, clear skin.

PACKAGES

Couple's Escape

75 minutes

This romantic escape begins by providing the time and space to let go, relax and reconnect during a soothing and replenishing soak for two in our signature candlelit couple's suite. Full-body massages using an organic aromatherapy body oil of your choice continues the relaxation with a glass of bubbly and chocolates served tub side.

Spa Terra Journey

150 minutes

This retreat 'Into the Heart of the Earth' begins with an invigorating Citrus Ritual body scrub followed by a relaxing Swedish Massage and finishes with our Organic Bliss Illuminating Facial. The journey concludes with a glass of wine/bubbly and a cheese plate.

Solo Vino

100 minutes

This body libation begins with an exfoliating cabernet grape seed scrub. Followed by an invigorating rinse and a decadent body wrap with wine cave mud. A Swedish massage concludes this Napa Valley favorite. A glass of wine/bubbly and a cheese plate included.

Duetto

100 minutes

A duet of treatments including a 50-minute Swedish or Deep Tissue Massage and an Organic Bliss Facial. A glass of wine/bubbly included.

SPA GUIDELINES

Reservations

Advanced reservations are recommended. To reserve your services, please call 707.251.3000 or book online at SpaTerra.com. All spa services are guaranteed with a credit card.

Arrival Time

We suggest arriving 30 to 60 minutes prior to your service to enjoy our luxurious amenities, including a whirlpool, eucalyptus steam room and serenity lounge. Each service will start and end according to the time reserved. To accommodate all our guests as scheduled, late arrivals will receive the balance remaining in treatment time.

Age Requirements

We welcome guests 18 years or older.

Service Charge

To make your experience as seamless as possible, a 20% service charge will be added to all spa services.

Cancellation

Please provide a 24-hour notice should you need to cancel an appointment. The full cost of services will be charged for cancellations within 24 hours or no-show appointments.

SPA BOUTIQUE

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

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875 Bordeaux Way | Napa, CA 94558
www.spaterra.com | 707.251.3000

Please Note: Prices listed are subject to change. Spa Terra accepts Spa Finder certificates for regularly priced spa treatments of 50 minutes or longer, however they are not applicable to spa packages, specials, promotions or service charge.

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Spa Menu Price List

SIGNATURE TREATMENT

Ultimate Renewal Experience	100 Min	\$300
Signature Massage Ritual	100 Min	\$300

MASSAGE

Swedish	50 / 80 Min	\$165 / \$220
Deep Tissue	50 / 80 Min	\$165 / \$220
Tension Tamer	50 Min	\$165
Cave Stone	80 Min	\$230
Therapeutic Herbal Compress	80 Min	\$230
Mother-to-Be	50 / 80 Min	\$165 / \$220
Couple's	50 / 80 Min	\$330 / \$440

BODY TREATMENTS

Neroli Blossom Bliss	50 Min	\$175
California Citrus Ritual	50 Min	\$175
Lavender Crush	50 Min	\$165
Uncork	50 Min	\$165

SKIN CARE

Restore & Brighten	50 / 80 Min	\$165 / \$220
Ultimate Repair	50 / 80 Min	\$165 / \$220
Illuminating Organic Bliss	50 / 80 Min	\$165 / \$220
Rejuvenate Oxygen	50 / 80 Min	\$180 / \$235
Cave Man's	50 Min	\$165

PACKAGES

Couple's Escape	75 Min	\$420
Spa Terra Journey	150 Min	\$465
Solo Vino	100 Min	\$340
Duetto	100 Min	\$320

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