

**SPA HOURS**

9:00am – 8:00pm

**POOL, WHIRLPOOL & SAUNA**

7:30am – 11:00pm

**FITNESS CENTER**

7:30am – 11:00pm

Hours are subject to change

**SPA**



**BODEGA BAY**  
LODGE

# MASSAGES

## SONOMA COAST MASSAGE

50 MINUTES - \$110 | 80 MINUTES - \$155

A full-body therapeutic massage designed to encourage relaxation, enhance circulation and help eliminate toxins. Your massage may be customized to address specific areas of concern, utilizing a range of gentle-to-firm pressure with a nurturing touch in long, rhythmic massage strokes and gentle kneading of muscle tissue. You will leave with a sense of serenity and feel in greater harmony with the tranquil Sonoma Coast environment.

## AROMATHERAPY MASSAGE

50 MINUTES - \$115 | 80 MINUTES - \$160

Enhance your Sonoma Coast Massage with essential oils of herbs, flowers and trees to relax, balance and stimulate the body, mind and spirit. Your therapist will help you select the oil for your needs.

## SIGNATURE HOT STONE MASSAGE

50 MINUTES - \$120 | 80 MINUTES - \$165

Utilizing elements of nature combined with the art of massage, the experience is unforgettable. Soothing heat from smooth basalt stones, combined with light to medium pressure, relieve tense muscles and relax the body

## GIFT CARDS

Gift cards are available in any denomination and make an ideal year-round gift for any occasion.

Please inquire at the Lodge's front desk or on our website.

## WARM SHELL MASSAGE

50 MINUTES - \$120 | 80 MINUTES - \$165

If you enjoy Hot Stone Massages, you must try our Warm Shell Massage. Warm Tiger Clam seashells enhance your massage by providing a unique warm feel and the perfect texture to glide smoothly over your body. Heat and pressure from the shells provide relief for sore muscles, soothe the nervous system and induce deep states of relaxation.

## MOM-TO-BE MASSAGE

50 MINUTES - \$110 | 80 MINUTES - \$155

Special attention is given to the comfort and needs of the mother-to-be with this modified massage that utilizes special positioning. We recommend that pregnant women avoid treatments using deep pressure, aromatic oils, and treatments that are heat-related.

## COUPLES MASSAGE

(GUESTROOM ONLY)

50 MINUTES - \$220 | 80 MINUTES - \$310

Enjoy the magic art of relaxing and connecting together. Choose any pair of our massage therapies (except the Hot Stone) to be provided in the privacy of your guestroom. For a truly memorable experience, we recommend the Warm Shell Massage.

## IN-ROOM MASSAGE

All massages, except the Signature Hot Stone massage, may be enjoyed in the privacy of your guestroom.

# BODY TREATMENTS

## SOLACE SEEKER

80 MINUTES - \$180

Indulge in our most popular body treatment. Start with your choice of body scrub, followed with our Signature Hot Stone Massage utilizing warm oil to complete this healing and transforming treatment.

## SEASIDE FOOT RITUAL

50 MINUTES - \$105

The ultimate treatment for tired feet! Start with a relaxing soak and foot scrub, and follow with a hydrating foot mask. While the feet take this refreshing rest, a nourishing lotion is massaged into the forearms and hands. The treatment is concluded with a light-to-medium foot massage.

## CABERNET GRAPE SEED SCRUB

50 MINUTES - \$105

Treat your senses to the wonderful smell and feel of our Cabernet grape seed scrub which simultaneously hydrates and exfoliates the skin. After the exfoliation, a hydrating lotion will be gently applied to complete this extraordinary experience.

## SEA SALT SCRUB

50 MINUTES - \$105

The essential oils of cypress and fir are combined with sea salt to heighten the therapeutic results of this treatment, helping in mood elevation, immunity response and de-stressing.

## SUGAR SCRUB

50 MINUTES - \$105

This treatment is an exceptional full-body exfoliation, moisturizing treatment and massage all in one. The fine sugar granules are ideal for sensitive skin and you will leave with radiantly smooth and soft skin.

# FACIALS

Our estheticians will evaluate your skin and customize your facial experience. All facials include: cleanse, skin analysis, exfoliation, steam, extractions (if needed), mask(s), toning and hydration of the skin, and massage of the face, neck, shoulder, hands and feet.

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*We are proud to offer Epicuren®  
as our skin care line.*

**epicuren®**  
DISCOVERY

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## CLASSIC ENZYME FACIAL

50 MINUTES - \$120 | 80 MINUTES - \$170

This therapeutic treatment helps to lift and firm the skin by stimulating repair at the cellular level. You will see an immediate improvement in the texture, clarity, and elasticity of your skin.

## SEA ENZYME FACIAL

50 MINUTES - \$120

This facial is calming and beneficial for even the most sensitive skin. The green tea and seaweed sea enzyme mask (in an aloe vera base) will first detoxify and then replenish the skin using a variety of seaweeds and clay from the Pacific Ocean.

## THE GENTLEMAN'S FACIAL

50 MINUTES - \$120

A deep cleansing and revitalizing facial designed for the special needs of a man's skin. This treatment includes cleansing, gentle exfoliation and steaming, followed by a restful massage of the face, neck, and shoulders.



# FACIALS

We are now featuring the use of NuFace, an FDA approved microcurrent device that lifts and tones your facial muscles. A low level, relaxing and soothing current is massaged over your face to stimulate your muscles, reducing fine lines and wrinkles for a more youthful appearance.

## NUFACE

LIFT • TONE • GLOW

50 MINUTES - \$125\* | 80 MINUTES - \$ 185

Enjoy the benefits of a “non-surgical facelift” treatment. This facial will stimulate and tone deeply within the muscles to lift the entire face. Using state-of-the-art anti-aging microcurrent technology and LED light therapy from NuFace, and award-winning GlamGlow mud mask, your skin will be firmer, radiant and glowing.

*\*Does not include LED light therapy.*

# SPA PACKAGES

## THE OCEAN SENSATION

150 MINUTES - \$280

Enjoy this three-part session for complete relaxation and tension alleviation. Includes a 50 minute Sea Salt Scrub, 50 minute Foot Ritual and a 50 minute Seaweed Enzyme Facial.

## THE COASTAL ESCAPE

160 MINUTES - \$275

This combination of two treatments will have you completely immersed in the coastal spa experience. You may select any 80 minute massage of your choice and finish with an 80 minute facial of your choice.

## THE FOG LIFTER PACKAGE

100 MINUTES - \$195

Personalize your spa experience by selecting any two 50 minute treatments of your choice from our spa menu. A wonderful way to rejuvenate by the sea.

# YOUR SPA EXPERIENCE

## RESERVATIONS

Please call 707-875-3525 to schedule a treatment. Due to limited availability, we highly recommend that you schedule your treatments in advance. Please be advised that all prices are subject to change.

## CANCELLATIONS

Please notify us 48 hours in advance of your first appointment to avoid being charged the full value of our services.

## CLOTHING

During all treatments, the body is fully draped. Undergarments may be worn if preferred. Please remove all jewelry before coming to the spa.

## AILMENTS

Please alert us if you have any medical conditions or are presently under a physician’s care. Conditions such as pregnancy, high blood pressure and heart conditions are of special interest to our spa professionals. We will customize our services to fit your needs whenever possible.

## ELIGIBILITY

Spa guests must be at least 18 years of age, or be accompanied by an adult.