

## FACIALS

### SIGNATURE FACIAL

Our signature facial starts with a skin analysis in order to customize your experience and address your specific needs. Deep cleansing, mild exfoliation, gentle extractions, and special serums and masks are all part of this curative treatment using Osmosis products. Whether your skin needs hydration or brightening, the transformation will be evident. Your skin will feel refreshed, revitalized and pampered. 50 minutes, \$155 | 100 minutes, \$285

### OXYGEN INFUSION FACIAL

Oxygen infusion facials use the unique delivery system of hyperbaric oxygen. Moisture, vitamins and antioxidants are infused into the skin. Our estheticians will analyze your skin and prescribe condition-specific serums depending on your skin's needs. Whether hydration or brightening, your skin will receive the nourishment it needs. 50 minutes, \$190

### ATOXELENE: THE ULTIMATE FACIAL

This facial is the "ultimate" targeted treatment ... the serums firm, lift, tone and plump your skin for dramatic results. The appearance of fine lines and wrinkles is reduced, and dry skin is hydrated. This facial is ideal for prematurely aging skin and is the treatment to have before an important event. 100 minutes, \$310

### TEEN CLEAN FACIAL

This facial is a specialized experience targeting teens' specific skincare concerns. Our esthetician performs an analysis to determine skincare needs and offers tips on maintaining luminous skin throughout adulthood. Using products suited for your skin, this facial includes light exfoliation, extractions (if necessary) and a specialty mask. The result is naturally beautiful, glowing, youthful skin. 50 minutes, \$150

### GENTLEMAN'S FACIAL

Using botanic products designed for men by men, this targeted, solution-based, cleansing and exfoliating treatment will leave skin feeling soft and smooth. This facial includes a complimentary brow cleanup. 50 minutes, \$155

### ADD ON TO ANY FACIAL

Brow Cleanup	\$20	Lip Mask	\$20
Lip Wax	\$20	Eye Mask	\$20
Chin Wax	\$20		

**CONCERNS** Mud baths and other heat treatments are not recommended for women who are pregnant, or for those who have high blood pressure, heart conditions or diabetes. Consumption of alcohol before service is not advised.

**GRATUITIES** For convenience, a 20% gratuity will be added to your bill. Should you wish to alter this amount, please notify the spa desk, and we will be happy to make the adjustment for you.

**CANCELLATION POLICY** Please provide 24-hour notice of cancellation to avoid being charged for service. All no-shows will be charged for service in full.



THE SPA

## FROM THE EARTH'S CORE, APPLIED BY HAND

Indian Springs Spa offers traditional spa treatments using the natural resources sourced on our property. We mine volcanic ash and capture mineral water from our four geysers to create the iconic mud bath ... pure and natural. All our massage therapists and estheticians are highly trained and dedicated to embodying our core values of care and attention to our guests' well-being. We offer authentic, curated treatments.

Come ... take the waters, and return often.



INDIAN SPRINGS  
CALISTOGA

## THE RITUAL OF THE INDIAN SPRINGS MUD BATH

Our iconic treatment using pure volcanic ash and mineral water from our geysers. Perfect for detoxifying and relaxation, and an excellent prelude to massage. 50 minutes, \$110

### STEP BY STEP

- Your attendant will ease you into the mud tub and cover you from neck to toes with warm volcanic mud ... bliss. (10 minutes)
- Rinse off in the shower, then soak in your own tub of pure Indian Springs geyser water, rich in minerals and salts ... sink in. (15 minutes)
- Delicious cucumber citrus water is offered throughout to keep you hydrated.
- A steam room with moist mineral heat is an option. (5–10 minutes)
- In a private room, you will be wrapped in soft flannel blankets and left to cool down and nap. (15 minutes)

## MINERAL BATHS: TAKING THE WATERS

### INDIAN SPRINGS CLASSIC MINERAL BATH

Soak in our pure mineral water and enjoy all the elements of the mud bath ... except the mud! Immerse yourself in a deep tub of our pure Indian Springs geyser water. Sip refreshing cucumber citrus water and relax deeply. Enjoy time in the steam room. Complete the experience wrapped in soft flannel blankets and take time to cool down and really relax. 45 minutes, \$105

### CHARDONNAY BUBBLE BATH

Treat yourself to some well-deserved pampering by soaking in our Indian Springs geyser water with a chardonnay twist. This luxurious, nutrient-rich soak rejuvenates body and soul. The scent

of pomegranate combined with the essence of chardonnay will delight all your senses. The soak is followed by time in the steam room and our traditional cool down blanket wrap and rest. 45 minutes, \$105

### MOTHER-TO-BE GOAT MILK BATH

This is a divine bathing experience designed to pamper and ease tired, sore muscles, as well as relax and hydrate the body. Cleopatra soaked in goat milk and understood that the luxurious properties of milk would soothe dry and itchy skin and leave it silky smooth. After you soak, you will be wrapped in blankets for a cool-down period. Take time to rest and relax. 45 minutes, \$105

## MASSAGE

Massage improves circulation, relaxation and health. Our massage therapists are professionally trained and proficient in several modalities. The foundation of our massage is Swedish but each therapist uses other techniques based on your body's needs. You are in good hands.

### SIGNATURE MASSAGE

Our signature medium-pressure Swedish massage is designed to relax and rejuvenate. Using natural oils, this massage is tailored to your needs and will leave you in a state of deep relaxation and balance. Our therapists draw on their experience to create a restorative massage just for you. 50 minutes, \$150 | 100 minutes, \$280

### DEEP TISSUE

Recharge your body with this firm massage designed to alleviate tension and muscular stress. Strong movements and techniques concentrate on specific areas of concern while arnica balm is incorporated for deep tension relief. Choose to concentrate on specific areas of your body or enjoy a deep full-body massage. 50 minutes, \$170 | 100 minutes, \$335

### MOTHERHOOD BLISS

This therapeutic massage soothes the mother-to-be by focusing on the many stressors that the body encounters during pregnancy. Our organic maternity body products are designed to offer relief, comfort and relaxation during all stages of pregnancy. We use pillows and special bolsters to ensure your comfort. 50 minutes, \$155

### HEAD AND SOLE MASSAGE

This is the perfect treatment for those wishing to focus “solely” on their head, scalp, neck and feet. A balancing treatment using aromatic oils and calming creams relieves tension and increases blood and oxygen flow. 50 minutes, \$160

### COUPLES MASSAGE

Whether you partner with a friend or a loved one, this massage allows you to enjoy each other's company, side by side while receiving our signature massage in a specially designed couples room by two of our skilled therapists. 50 minutes, \$150 per person | 100 minutes, \$280 per person

## BODY TREATMENTS

Our therapists combine the skin-smoothing qualities of a body scrub with the soothing elements of massage to remove dry skin, increase circulation and aid detoxification.

### CHARDONNAY SUGAR SCRUB

This all-natural sugar scrub is a rich blend of organic herbs and oils that exfoliate and nourish your skin. After exfoliation, a hydrating moisturizer is applied to protect and heal your newly smooth skin. 50 minutes, \$160

### SPRINGS' SALT GLO

This salt scrub is a handcrafted blend of ancient sea salt and essential oils adjusted seasonally. We follow the scrub with a hydrating Shea butter moisturizer application to seal in moisture and nourish your skin. 50 minutes, \$160