

## Relax and Rejuvenate

The Spa at Ventana is a refuge for your senses and a safe haven to surrender the stresses and concerns of daily life.

Start your journey with a hot cup of organic tea or cool fruit infused filtered water before you wander down to the outdoor clothing optional amenity area. Let the heat of the Japanese Baths and Dry Sauna gently unwind your muscles. Relax by the heated pool and take in the natural beauty that is Big Sur.

 *signature Ventana Spa treatments.*

# Skin Care

## Nourishing Facial

A beautiful integration of herbal and aroma therapy help to enhance the vitality and radiance of the skin. Using an herbal exfoliation and customized mask, along with precious essential oils and then finishing with an organic **Herbal Face Serum**. A natural approach to skin care that leaves the skin hydrated, balanced, nourished and rejuvenated. Includes hand conditioning. *Added customized treatment and foot conditioning in longer version.*

50 minutes: \$140 / 80 minutes: \$210

## True Grit Facial

This down to earth herbal facial is made for men providing balancing of the skin and relaxation. Deep cleansing, exfoliation, steam and mask with a massage of hands, shoulders, neck, face and scalp will recharge and renew. *Added customized treatment and foot conditioning in longer version.*

50 minutes: \$140 / 80 minutes: \$210

## Y Advanced Renewal Facial

This results-oriented treatment is customized to address specific skin conditions including: hyper-pigmentation, sensitivity, oily skin and premature aging. Treat and correct skin concerns with an exfoliation and masque chosen for your needs along with massage of hands, shoulders, neck and scalp.

50 minutes: \$145 / 80 minutes: \$215

*Brightening or Chitosan Masque, cooling beauty globes with hand treatment and foot massage are included in longer treatment for maximum results.*

## Advanced Lifting Facial

Transform your skin with this modern age-management treatment. After an exfoliating multi-acid peel receive **LED Red Light and Impulse Microcurrent** to help awake cell functions to younger levels, re-educate muscle tone and trigger DNA regeneration and cell repair. Conclude with infusion of essential nutrients into the deep layers of the skin using cutting-edge **Transdermal Delivery** technology.

50 minutes: \$155 / 80 minutes: \$230

*(time determined by current state of skin health)*

## Y Caviar Facial

A decadent, luxurious European facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants with the Co-Enzyme Q10 Ampoule. Massage of hands, shoulders, neck, scalp, hands and feet included.

80 minutes: \$245

### Eye Rescue

This intensive eye treatment is designed to diminish fine lines and wrinkles, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area.

25 minutes: \$75

### Express Eye

This targeted treatment provides immediate lifting and brightening around the eye area as it helps to diminish the look of fine lines and wrinkles.

20 minutes: \$80

### Express Lips

Lip Line, lower cheek and jaw are toned and smoothed with this specialty treatment designed to firm and lift for a more youthful appearance.

20 minutes: \$80

### Vitamin C Ampoule

Add to any *Advanced Facial* to target premature aging and hyper-pigmentation.

\$25

### Co-Enzyme Q10 Ampoule

Add to any *Advanced Facial* this concentrated, powerhouse antioxidant deeply nourishes the skin to help prevent wrinkles as it reduces oxidative degradation of lipids.

\$25

### Brightening Masque

This rubberized masque with luminous rice gives instant results in skin brightening.

15 minutes: \$25 added to any facial (included in 80 minute *Advanced Renewal Facial*)

### Chitosan Masque

This rubberized masque with Roman Chamomile will soothe the most sensitive skin and hydrate with instant results. 15 minutes:

\$25 added to any facial (included in the 80 minutes *Advanced Renewal Facial*)

# Body Treatments

## Seaweed Re-mineralizing Wrap

This ocean nutrient rich seaweed is rich in minerals, vitamins, amino acids and enzymes compounded with natural essential oils and botanical extracts. Wrapped after an exfoliation and seaweed application, that stimulates lymph, the results are smooth skin while creating a balanced and calm state of mind.

80 minutes: \$210 (*Maximize benefits with an addition of the massage of your choice*)

## Y Seasonal Balancing

Salts and Aromatherapy of the season are blended to create this balancing body scrub and massage that stimulate and smooth the skin while being mindful of the time of the season. Ask for current seasonal blend.

80 minutes: \$210 (maximize benefits with additional massage time of your choice)

## Brightening Body Scrub

Illuminate your body from head to toe with this results-driven treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body-buffing techniques to refine texture and brighten the skin. Organic Ginger Oil blended with **Multi-Vitamin Firming Crème** rich in shea butter and nutrient-rich algae is applied to the body with luxurious strokes.

50 minutes \$150

## Body Firming Detox

Refine and firm body contours while promoting detoxification as you re-energize. Skin is exfoliated and circulation improved to promote the absorption of clinically-tested slimming actives. An exclusive slimming massage and serum help to activate lipolysis.

50 minutes: \$140

# Massage and Energy Work

## Y Jade Ilex

After a long day trekking through the breathtaking Big Sur Wilderness, **revive and renew your feet** while your back releases with self-heating mud. Movements with warm Jade Stones and cooling ointments ease foot stress and the fatigue of the day.

50 minutes: \$145

## Y Essence of Big Sur Herbal Massage

The herbal poultice massage is a medicinal muscle treatment that incorporates hands-on massage and the therapeutic value of the warm herbal compress. Organic and wild crafted herbs of eucalyptus, lavender, pine, sage and arnica are used to capture the essence of the healing nature surrounding Big Sur while providing soothing aromatherapy and deep muscle release.

80 minutes: \$215 / 110 minutes: \$280

## Y El Sur Grande Hot Stone Massage

Experience nature's therapeutic basalt and jade stones integrated with massage to readily open taut muscles, relieve joint pain and melt tension with this deeply relaxing massage.

80 minutes: \$225 / 110 minutes: \$300

## Fusion Massage

Gentle to medium pressure with a blend of synergized massage modalities for your individual needs.

50 minutes: \$135 / 80 minutes: \$200 / 110 minutes: \$270

25 minute: \$70 focused area, not full body. (*Maximize body treatments with this addition*)

## Therapeutic Massage

Medium to deeper pressure with a blend of synergized modalities for your individual needs.

50 minutes: \$145 / 80 minutes: \$220 / 110 minutes: \$295

25 minutes: \$75 focused area, not full body. (*Maximize body treatments with this addition*)

### Deep Tissue Massage

Focusing on the deeper layers of muscle, using slower intent strokes, direct pressure point, range of motion and friction to energize and release tension.

50 minutes: \$155 / 80 minutes: \$235 / 110 minutes: \$315

25 minutes: \$80 focused area, not full body. (*Maximize body treatments with this addition.*)

### Wellness Journey Massage

Select one of our natural aromatherapy oil blends to enhance any massage and take your journey into wellness: Balancing, Detoxifying or Therapeutic. Add to the Fusion, Therapeutic or Deep Tissue Massage.

\$10

### Baby-On-The-Way Massage

Designed for mom-to-be, utilizing our prenatal pillows or modified support pillows, for her utmost comfort. We use only oil blends safe for pregnancy and specialized massage techniques to relieve and release muscle tension, fatigue and stress.

50 minutes: \$140 / 80 minutes: \$210

25 minute: \$75 focused area, not full body.

### Reflexology

Using the ancient healing art of pressure point mapping, this treatment focuses on the feet, hands, and scalp to open energy channels creating a deeply restorative therapy.

50 minutes: \$135

### Cranial-Sacral

A gentle yet highly effective stress relief therapy that focuses on the central nervous system through light pressure and movement to the scalp and neck region.

50 minutes: \$140 / 80 minutes: \$210

### Energy Balancing

This session will guide your own internal healing process through opening blocks to your energetic flow. Your practitioner will create your individual experience which could include Reiki, Chakra Balancing or other energy modalities.

50 minutes: \$140 / 80 minutes: \$210

### Table Thai Massage

This gentle, rhythmic rocking, pressure and stretching balances the flow of Qi energy throughout the body, improving flexibility and relieving muscle tension. This therapy uses no oil and is performed fully clothed on a spa table.

80 minutes: \$235

### Traditional Thai Massage

Enjoyed in the privacy of your guestroom, this gentle, rhythmic rocking, pressure and stretching balances the flow of Qi energy throughout the body, improving flexibility and relieving muscle tension. This therapy uses no oil and is performed fully clothed on Thai floor mats. *3–5 days advanced reservations are typically required.*

80 minutes: \$260 (*available in-room only*)

### Time In — In-Room Massage

Enjoy your massage in the privacy of your luxurious resort guestroom. Let the healing come to you.

\$35 added to massage modality of your choice. Please contact spa for availability and offered treatments for Time In.

## Treatment Enhancements

Available only as an addition

### Scalp Revitalizer

Nourishing and conditioning treatment to revitalize and stimulate with Jojoba and Argan Oil along with the Essential Oils of Rosemary, Pink Grapefruit and Chamomile. Refreshing and uplifting.

25 minutes: \$70

### Hot Stone Spot Treatment

Add the deep healing qualities of hot stones to any area trouble spot during a massage or facial.

\$20

### Warm Jade Foot Revive

Uniquely designed jade reflexology stones warmed to sooth tired feet and revitalize.

25 minutes: \$70

### Just For Hands and Feet

Our seasonal salt and oil balancing treatment designed for hands and feet to smooth and nourish.

25 minutes: \$70



## Just for Couples

### Couples Experience

This romantic interlude begins with a customized bath for two and is followed With a Fusion Massage on our side by side massage tables. Your candle and gourmet chocolates are your gift to remind you of your time spent together at Ventana in our Spa Couples Sunset Suite.

80 minutes: \$420 (*additional fee for Therapeutic or Deep Tissue Massage*)

### Couples Herbal Bliss

Romance and health combined, the Spa at Ventana Couple's Suite is ideal for this side by side therapeutic herbal treatment. A soothing soak for two in our jacuzzi tub starts this journey and prepares your muscles for deep muscle relaxation with herbal compress and therapeutic massage. You receive a gift of your choice from our Ventana Body Balm collection to continue to share the healthful benefits long after.

110 minutes: \$550

### The Art of Giving Partnership Enhancer

Connecting through touch, indulge in a private session with one of our seasoned therapists gently guiding you and your partner in learning the art of giving and receiving a nurturing massage. Facilitated in the privacy of your spacious guestroom, this partnership experience includes a take home book, "Connecting Through Touch".

160 minutes: \$405 (*available in-room only*)

## Private Activities

*3–5 days advanced reservations are typically required for all private sessions.*

### Movement

Start a new beginning or enhance your current body program with a private *yoga, tai chi, pilates* or *meditation* class. Available in a group or an individual format.

50 minutes: \$125 / 80 minutes: \$190 one to two people.

Please inquire for group information.

### Essence Portraits

Watch your inner landscape unfold in brilliant colors while discovering your Spirit Guides, Animal Spirits and Soul Mates as Sofanya paints your essence through your unique color patterns. See portfolio of work in the Spa Relaxation area.

Single 90 minutes: \$225 / Couple 90 minutes: \$300

### Astrology Readings\*

Since ancient times, astrology readings have explored one's birth chart to define the essential stages of life's journey. Readings bring clarity to areas of conflict, emphasizing one's strengths and providing tools for managing life in new and creative ways.  
Single 90 minutes: \$225 / Couple 90 minutes: \$300

### T-K

**Kinesiology** muscle/energy testing opens a dimension of inquiry with your body-mind-soul innate wisdom, releasing blockages, old habits, attachments, old decisions, karmic strings and more, towards a greater alignment vitality and joy.  
Single 90 minutes: \$225 / Couple 90 minutes: \$300

### Astro-K\*

Astro-K is a fusion of **Astrology and Kinesiology** (T-K) muscle/energy testing. Astro-K is available for individuals, couples, partners, family and groups wanting to move forward with their common goals.  
Single 90 minutes: \$225 / Couple 90 minutes: \$300

*\*Please provide your birth information (date, time and place of birth) to the Spa at time of booking before the appointed session.*

## General Information

### Arrival

We invite all Spa guests to arrive at least 30 minutes prior to their treatment to allow time to complete the Personal Health Survey and enjoy the *Japanese Soaking Tubs, pool and dry sauna in our adjacent Clothing Optional outdoor area*. Please wear your robe and sandals from your Inn room. Late arrivals may result in shortened time to respect other guests. All guests should consider leaving any valuables and personal items behind for safety. *Spa guests must be 18 years of age or older.*

### Cancellations

A credit Card is required for all spa appointments and will be charged 50% of scheduled spa service price if cancelled within 24 hours of appointment time and 100% for non-Cancellation or cancellation within 6 hours.

### Boutique Mail Orders

All Boutique items are available for shipping.

### Groups, Private Events and Packages

Please contact Spa Director or Supervisor directly to create your spa day for groups, parties or corporate events.

Menu prices subject to change