



SPA SOLAGE

REFRESH. RELAX. REPEAT.



The Bathhouse at Spa Solage offers the ultimate wellness experience featuring healing geo-thermal pools and mineral-rich mud therapy, in a restful restorative setting.

## OUR GEO-THERMAL WATERS

### prelude to ultimate relaxation

Experience Solage's healing geo-thermal waters with a complimentary pre-treatment soak to improve circulation and restore health.

Choose to soak in our co-ed geo-thermal pool warmed to body temperature, or in the privacy of our separate men's and women's clothing optional areas featuring 103° jetted pools. The clothing optional areas also include a rejuvenating cool plunge and eucalyptus steam for whole-body purification. Arrive 30-minutes prior to your treatment to enjoy this famed hydrotherapy bathing ritual or linger after your treatment to deepen relaxation.

### starlight at the bathhouse

Under the stars, after spa hours, experience the Bathhouse all to yourself. Soak, steam, linger and retreat. Toast to this romantic evening with two glasses of sparkling wine and a shared dessert. Available between 8:30 -10:30pm for one or two couples.

120 minutes – \$298 per couple

## MUD BAR & BATHHOUSE

### solage signature mudslide

Improve your well-being three-fold. This contemporary twist on the traditional Calistoga mud bath is a unique three-part detoxifying treatment: "The Mud," "The Waters," and "The Rest." Cleanse, nurture, and restore. Our Mudslide may be enjoyed in private, as a romantic couples experience or as a group. 60 minutes – \$98 / 90 minutes – \$148

- **the mud**

Our exclusive mineral-enriched mud is customized with your choice of pure essential oils to achieve specific results tailored to your needs. After an attendant assists with your mud application, rest in one of our heated mud lounges or bask in the sun while your body is purified.

- **the waters**

Relax and rehydrate in one of our private luxurious soaking tubs featuring Solage's healing geo-thermal mineral waters.

- **the rest**

Sink into the ultimate sensory experience with one of our state-of-the-art sound chairs. Listen to soothing harmonic music as its healing vibrations resonate through the chair into your entire body creating deep relaxation.

## MASSAGE

### solage massage

A firm and nurturing massage using a variety of restorative therapies to encourage full body relaxation. Our skilled therapists will customize your massage especially for you.

50 minutes – \$125 / 80 minutes – \$190

### aromatherapy massage

The healing powers of aromatherapy and warm towel compresses are an antidote to stress in this personally tailored massage. Choose from essential oil blends that improve the immune system, soothe away tension, or revitalize.

50 minutes – \$130 / 80 minutes – \$190

### deep tissue massage

Concentrated and slow, deep pressure elongates muscle tissue to alleviate chronic tension and acute discomfort. Recommended for those who enjoy deeply therapeutic massage and direct pressure.

50 minutes – \$135 / 80 minutes – \$195

### sports massage

Ease sore muscles with an invigorating massage that incorporates stretching to increase range of motion and reduce joint tightness. Perfect for any active sports enthusiast to optimize performance and reduce risk of injury.

50 minutes – \$135 / 80 minutes – \$195

### pregnancy massage

This soothing massage relieves physical tension, helps to reduce swelling, and promotes overall well-being. To ensure ultimate comfort, your therapist will use our pregnancy body cushion or pillows. *Pregnant women may also consider our Solage Water Massage in our body temperature geo-thermal pool.*

50 minutes – \$125 / 80 minutes – \$190

### solage stone massage

The touch of your therapist's hands combined with alternating warm and cool river stones increases blood flow, accelerates healing, and induces deep relaxation.

80 minutes – \$195

### shiatsu

Balance your energy flow—your chi—with this invigorating Asian massage. Your therapist uses thumbs, fingers, and palms to stimulate pressure points and create a sense of balance and rejuvenation. *As no oils are used, please wear loose comfortable clothing for this session.*

80 minutes on a mat – \$195

### shiatsu/swedish massage

East meets west in this extraordinary massage experience that captures the essence of both worlds. The long strokes of Swedish and the acupressure points of Shiatsu transform you into a deeply grounded state.

50 minutes – \$135 / 80 minutes – \$195

### thai massage

Slow deep compressions, gentle rocking, and yoga stretches adjust and realign the body with this graceful therapy. This ancient healing art promotes improved flexibility and energy flow. *As no oils are used, please wear loose comfortable clothing for this session.*

80 minutes on a mat – \$195

### personal best

Looking for bodywork not listed on the menu? Our talented therapists offer a variety of modalities, including Reiki, Cranial-Sacral, and Lymphatic Drainage. *Choices based on therapist availability, advanced booking required.*

50 minutes – \$135 / 80 minutes – \$195

### solage water massage

A profoundly relaxing and nurturing massage given in our warm geothermal pool. Our trained water therapist incorporates gentle stretching and therapeutic movement for a tranquil experience. *Bathing suit required.*

50 minutes – \$135 / 80 minutes – \$195

### in-room massage

Relax and unwind with a massage in the privacy of your own studio.

*Most massages available in-room, add \$25 to massage price.*



## ENHANCEMENTS

*add-on to any service, or combine two or more*

### top it off

Enliven your senses while your scalp and hair are revitalized with our fortified blend of botanical oils and regenerating hair mask. A relaxing scalp massage releases tension and stress, and leaves hair soft, shiny, and brilliant.

25 minutes – \$65

### ultimate foot rejuvenation

Nourish your soles and soul with this deeply relaxing foot treatment. Includes invigorating peppermint salt scrub, a warm foot wrap, and a luxurious shea butter foot and leg massage.

25 minutes – \$65

### solage power nap

Extend any spa service with added relaxation in one of our state-of-the-art sound chairs that promote deep rest for the body and mind. This quick energizer leaves you feeling instantly revitalized.

30 minutes – \$48

### neck, back and shoulder massage

Experience immediate results as tension is addressed right at the source—your back and neck. This focused and satisfying massage restores well-being.

25 minutes – \$65

### cellulite refining treatment

Stimulate circulation and assist in cellulite reduction with this skin firming exfoliation applied to areas of concern. A warm refining mask and detoxifying massage will flush toxins and restore your skin to a soft, silky texture.

25 minutes – \$65

### reflexology

This ancient art of pressure point massage stimulates energy pathways on your feet that correspond to every part of your body. An overall balancing to melt away stress, realign your energy, and boost vitality.

25 minutes – \$65

## RENDEZVOUS FOR TWO

*prices per person*

### couples mellow me out

The best Spa Solage has to offer—a full body exfoliation, a rich shea butter massage, a foot rejuvenation, and our top it off scalp and hair renewal—all come together to create the ultimate in relaxation! This luxurious head to toe couples treatment will transport you both to tranquility. 135 minutes – \$325

### couples time for bliss

Connect together with this romantic medley of relaxation beginning with a body scrub duet, followed by a private outdoor couples bath. Sink further into relaxation with personalized side by side massages. Sheer bliss! 105 minutes – \$255

### couples romantic interlude

Bring romance back to life with a private outdoor couples bath enriched with skin-softening mineral salts. Your time together continues with a firm and nurturing massage in your private couples spa suite. 80 minutes – \$190

### couples mudslide and massage

Indulge together in our couples mud lounge for a signature mudslide to restore body and soul, and experience harmony with a couples massage side by side in your private couples spa suite. 110 minutes – \$220

### couples massage

Relax, revitalize, and enjoy a massage together in your own private couples spa suite designed for ultimate comfort and serenity. 50 minutes – \$125 / 80 minutes – \$190

*Finish any couples treatment with fresh fruit smoothies, add \$16 for two; sparkling wine add \$18 for two.*

## BODY RENEWAL

### mellow me out

The best Spa Solage has to offer—a full body exfoliation, a rich shea butter massage, a foot rejuvenation, and our top it off scalp and hair renewal—all come together to create the ultimate in relaxation. This unforgettable head to toe treatment will transport you to tranquility. 135 minutes – \$325

### back to life

This detoxifying purification includes an aromatic mud wrap, a restorative massage, and our ultimate foot rejuvenation. Give your mind and body the replenishment it deserves. 105 minutes – \$255

### time for bliss

Exfoliate, soak, and soothe with this fruit enzyme and sea salt exfoliation that renews and brightens your skin. Melt away tension in your own private outdoor bath with sea salts, and finish with a personalized Solage Massage. Sheer bliss! 105 minutes – \$255

### lava and coconut body polish

An emollient blend of pineapple and coconut, combined with pacific sea salt, ash and cocoa butter, exfoliates and brightens the skin. A luscious coconut butter massage follows, leaving your entire body smooth and silky. 80 minutes – \$195

### organic fuji apple body scrub

This invigorating sugar scrub combines organic apples, grape seed oils, and vitamins C and E to purify and smooth skin for that year-round glow. Finish with a refreshing organic apple body butter massage. 80 minutes – \$195

### lavender butter body polish

Fresh local lavender and pacific sea salt combine to create a skin smoothing exfoliation. A luxurious full body massage follows and treatment concludes with a warm, rich lavender butter foot massage. 80 minutes – \$195

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## WELLNESS PACKAGES

### ultimate renewal

Embark on a journey of renewal in this all inclusive package that includes all of our signature treatments. Begin with a detoxifying mudslide, continue with restorative facial, and conclude with a purifying massage. Relax the day away in your private cabana and leisurely take the waters, steam and enjoy all that Spa Solage has to offer. This ultimate package includes a seasonal smoothie and medley of spa keepsakes. 150 minutes \$450 includes gratuity

### trio of rejuvenation

Renew your spirit with this uplifting experience and treat yourself to a perfect day of luxury. Your trio includes a Solage Somerville or Solage Eminence Signature Facial, a relaxing Solage Massage, and a Solage Essential Manicure or Pedicure. 150 minutes – \$300

### double your leisure

Enjoy double the relaxation while you unwind with two 50-minute massages, two signature mudslides, and a soak in our geo-thermal mineral pools—all in one day at Spa Solage. Includes a leisurely lunch for two at our award-winning restaurant, Solbar. 110 minutes + lunch – price varies seasonally

### spa solage sampler

Relax into a day of tranquility with a medley of detoxifying treatments including a 30-minute body scrub, 50-minute Solage massage, and a 60-minute signature mudslide. Complimentary access to our geothermal mineral pools included. 150 minutes – price varies seasonally





## SKIN CARE

Spa Solage offers an extensive choice of facials that address a myriad of skin conditions. Whether your preference is organic or clinical, you will find the perfect solution. Each 50-minute facial includes deep cleansing, exfoliation, extractions, pressure point massage, a customized mask, and a relaxing neck or hand massage. Our ultimate 80-minute facial adds special attention to your neck, décolleté, eyes and lips, along with an invigorating foot scrub, and a deeply relaxing foot massage.

### KATE SOMERVILLE SKIN HEALTH

Spa Solage has partnered with Kate Somerville Skin Care to provide vibrant, youthful, and results oriented facials. Kate's skin care line combines clinical skin care methods with advanced technologies for unparalleled results.

#### solage-somerville signature facial

This results driven facial for all skin types is designed to promote a more youthful, hydrated, and smooth complexion. Our skilled estheticians will customize this facial to meet your individual needs. 50 minutes – \$135 / 80 minutes – \$190

#### dermal quench oxygen facial

Oxygen, vitamins and hyaluronic serum combine under hyperbaric pressure to deliver unparalleled hydration and age defying results instantly. This ultimate hydration treatment is ideal for a special event, jet lag recovery, or whenever you need a vibrant glow. 50 minutes – \$185 / 80 minutes – \$245

#### deep cleansing facial

Effective for oily or acne-prone skin, this purifying facial refines pores and promotes a healthy natural balance. Kate Somerville's Clarifying Dermal Booster controls oil production and fights bacteria for a dramatic visible change. 50 minutes – \$135 / 80 minutes – \$190

#### dermalucent light facial

The healing power of non-invasive light delivers a safe and effective skin rejuvenation treatment clinically proven by dermatologists. Collagen production is accelerated to counteract the effects of aging for a youthful and radiant glow. 50 minutes – \$165 / 80 minutes – \$225

#### have it all

Favored by many celebrities before a red carpet event, this all encompassing facial generates incredible results. Begin with an ultra-hydrating oxygen treatment using powerful dermal boosters and hyperbaric pressure to drench the skin with nutrients. Next, a non-invasive DermaLucent light promotes collagen production, turning back the hands of time, while you enjoy a luxurious foot massage. Our most advanced rejuvenation treatment yields a healthy, luminous complexion. 80 minutes – \$325

#### gentlemen's customized facial

Specifically tailored to address the unique skin concerns of men. This nourishing treatment features deep cleansing, toning, extractions, and hydration to help restore the skin to its natural balanced state. This treatment also includes a choice of a scalp massage or relaxing hand and arm massage. 50 minutes – \$135 / 80 minutes – \$190

### EMINENCE ORGANIC SKIN CARE

Simple and natural European philosophy combined with hand harvested organic herbs, fruits, and vegetables to guarantee the highest level of quality with exceptional results.

#### solage-eminence signature facial

The highly concentrated natural fruit and vitamin-rich ingredients used in this facial bring perfect harmony to a variety of skin concerns. Actual seeds and pulps rejuvenate and regenerate for dramatic results. Custom tailored for men and women. 50 minutes – \$130 / 80 minutes – \$185

#### the glow

Invigorate your skin with this stimulating facial using exotic paprika and experience a truly organic exfoliation. A chilled mask penetrates vitamins and minerals into the deep layers of the skin, the result—smooth, rejuvenated and glowing skin. 50 minutes – \$130 / 80 minutes – \$185

### BEST OF SOLAGE FACIAL

Unveil youthful radiant skin with our intensive triple layer vitamin C peel combining the best of Solage's three skin care lines – Kate Somerville, Eminence Organics and Marie Veronique. Lighten, brighten and increase cellular activity with this revitalizing non-invasive face lift. Incredible results! 50 minutes – \$140 / 80 minutes – \$195

### FACIAL ENHANCEMENTS

*add to any facial **without** extending treatment time*

#### luminous lips

Our lip treatment will exfoliate, hydrate, and plump the lips for a smooth and nourished finish. \$25

#### eye rescue

Soothe tired eyes, minimize fine lines, and refine firmness with our vitamin-rich eye treatment. \$25

### MARIE VERONIQUE ORGANIC SKIN CARE

This luxurious line of therapeutic skin care products formulated by Bay Area expert esthetician Marie Veronique, combines scientific research with "intelligent" ingredients to counter the effects of aging.

#### brightening and lightening facial

Nature and science connect to deliver significant skin brightening benefits in this special complexion enhancing facial. Vitamin C combined with potent antioxidants increase collagen and repair sun damage for smooth, even skin. Includes home care kit. 50 minutes – \$130 / 80 minutes – \$190

#### anti-aging facial

Facial sculpting massage using potent ingredients rich in antioxidants and essential fatty acids, delivers immediate results in this restorative facial. Tone and firmness are returned, and fine lines minimized, creating a visible lift. Anti-aging kit included for home care. 50 minutes – \$130 / 80 minutes – \$190

*add to any facial **with** extra treatment time*

#### vitamin C peel

Highly active enzymes speed up cellular turnover to brighten, tighten and lighten your skin in just one treatment. Hydrates skin for hours after application. Sun and steam restrictions post treatment. 25 minutes – \$75

#### collagen mask "face lift"

Highly concentrated and potent collagen mask drenches your skin for a firmer, more visible lift. 25 minutes – \$65

## NAIL LOUNGE

The Nail Lounge at Spa Solage offers a collection of services designed to address the special needs of your hands and feet. Beyond essential refinement, each treatment gently nourishes and conditions to perfectly highlight your natural beauty.

### solage essential pedicure

Tension and fatigue melt away as you sink into our deluxe heated massage lounger for a soothing herbal soak infused with aromatic oils. This luxurious ritual features a gentle exfoliation, cuticle repair, intensely nourishing foot and leg massage, and an immaculate polish application. *French polish additional.*

50 minutes – \$50 / 90 minute combo – \$95

### solage essential manicure

Indulge the senses with this decadent treatment rich in vitamins and nutrients featuring a warm herbal hand bath, gentle exfoliation, detailed cuticle care, and nourishing hand and arm massage. This luxurious treatment is complete with an immaculate polish application. *French polish additional.*

50 minutes – \$50 / 90 minute combo – \$95

### polish change

The fresh touch-up your nails need to look their best. This basic grooming and polish change is designed to leave nails clean and neat, and hands feeling refreshed. *French polish additional.*

25 minutes – \$35 / 50 minute combo – \$65

### gentlemen's manicure/pedicure

Rough, dry hands or feet will become a thing of the past with this treatment designed for the gentleman who wants healthy, well-groomed nails. Includes nail shaping, cuticle care, nail buffing, and a relaxing hand or foot massage.

25 minutes – \$35 / 50 minute combo – \$65

### little mini mani or pedi

Designed for the young spa-goer, this mani or pedi includes a special fizzy hand or foot bath, nail shaping, buffing and polish. *For children under 12, adult must be present.*

25 minutes – \$30 / 50 minute combo – \$55

## NAIL LOUNGE ENHANCEMENTS

*Enhance your manicure or pedicure with any or all of the following:*

### paraffin hydrating hand or foot treatment

Powerfully restorative for dehydrated skin, this amazing paraffin therapy gently envelopes your hands or feet to reveal soft, silky skin.

15 minutes – \$20 / 30 minute combo – \$40

### sole soother

Liberate your feet from dry, rough callus buildup. The thickest calluses will be left smooth and soft with this antioxidant rich natural fruit exfoliant.

15 minutes – \$20

### french polish

Add a french manicure polish or french pedicure polish to any manicure or pedicure.

15 minutes – \$20 / 30 minute combo – \$40

## WAXING

Full-service waxing available upon request.

chin 15 minute – \$25

lip 15 minute – \$25

brow shape 25 minute – \$40

underarm 25 minute – \$40

full arm 50 minute – \$65

full leg 50 minute – \$65

bikini 25 minute – \$50

brazilian bikini 50 minute – \$70

back 50 minute – \$65

## MAGIC TAN

The best sunless spray tan booth on the market. This UV-free tanning method is a safe, fast and easy way to attain a gorgeous, streak-free summer glow. *Do not shower or use the pool for at least 4 hours after treatment.*

15 minute – \$40

## FITNESS

We invite Club Solage members and resort guests to make use of our exceptional fitness facilities.

*Fitness facilities not available for day guests.*

### gym

Our 1,500 square-foot gym features a wide array of state-of-the-art PreCor cardio equipment outfitted with individual TV monitors, Paramount strength training equipment and a hefty selection of free weights. A cathedral style ceiling and expansive windows open to the beauty of our natural surroundings. Open from 5 a.m. to 10 p.m. daily, there's always time for a workout.

### complimentary fitness classes and movement studio

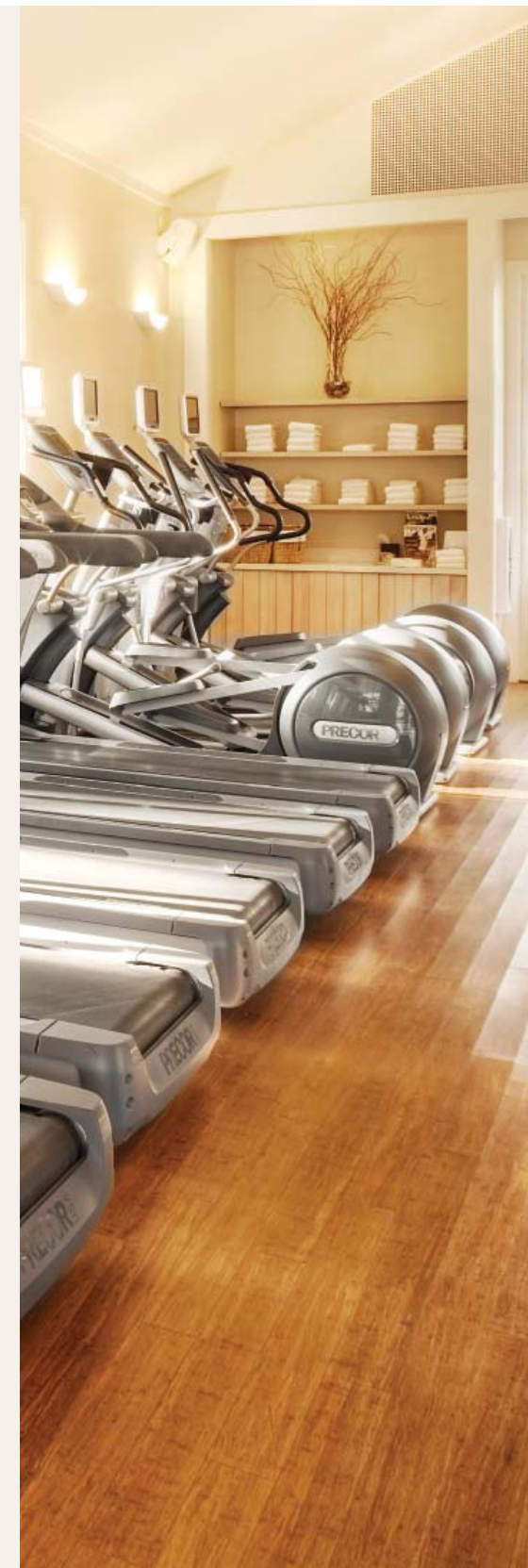
If your idea of exercise involves group activity, choose from a broad range of daily complimentary fitness classes available in our spacious Yoga & Movement Studio. Classes range from yoga and Pilates to spinning and boot camp. We offer everything you need to stay fit and focused.

### customized fitness programs and assessment

Whether it's a fitness assessment, personal training or private yoga, our certified fitness professionals will personalize a program for your skill level.

Choose from a variety of classes including:

- comprehensive fitness assessment
- personal training
- private yoga
- private Pilates
- private bike and hike
- swimming and aquatic workout
- meditation instruction
- bocce ball instruction



## IMPORTANT INFORMATION

Please arrive at the spa 30–minutes before your scheduled treatment. Note that a late arrival for your appointment will deprive you of valuable treatment time.

If you are unable to make your spa appointment, please cancel 24 hours in advance to avoid cancellation fees.

A robe, sandals and locker will be provided upon your arrival. Most body treatments are enjoyed without clothing. However, please wear whatever is comfortable for you. You will be properly draped throughout your treatment.

Swimsuits are required in all co-ed areas of the Bathhouse.

The use of cell phones is prohibited at the Spa and Bathhouse.

In appreciation of outstanding service, gratuities may be given to the staff at your discretion. An amount of 18% is customary.

### hours of operation

Gym 5am – 10pm

Spa & Spatique 8am – 8pm

Bathhouse 8am – 8pm

Hours are subject to change

## AWARDS AND ACCOLADES

#1 Spa in the Americas & Caribbean, *Condé Nast Traveller UK*, 2010 Readers' Choice Awards

#10 Spa in the World, *Condé Nast Traveller UK*, 2010 Readers' Choice Awards

#2 Spa in North America, *Travel + Leisure*, 2009 World's Best Awards

#2 Favorite Eco/Green Spa, *Spa Magazine*, 2008 Readers' Choice Awards

#5 Favorite New US Spa, *Spa Magazine*, 2008 Readers' Choice Awards

We look forward to welcoming you to Spa Solage and providing you a memorable experience worth repeating.





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