

Spa Treatments

CAL-A-VIE HEALTH SPA SIGNATURE, CUSTOM-CRAFTED VINOThÉRAPIE TREATMENTS

Indulge and intoxicate your skin with the antioxidant-rich by-products of wine making. We've created a natural and organic line of skin care products harvested from our vineyards at Cal-a-Vie. Numerous studies have shown that grape skins, seeds, and pulp contain skin and health-enhancing components such as vitamin C and E. These components help to strengthen collagen and increase elasticity and firmness. Our Vinothérapie products also include essential oil blends of Neroli, Chamomile, Lavender, Tangerine and Amyris which promote smooth, healthy, youthful skin; and are gentle for all skin types.

Cal-a-Vie Vinothérapie Massage50 min. \$18590 min. \$290

Our deep penetrating and aromatic Vinothérapie body oil enhances your massage experience with scents of Neroli, Chamomile, Lavender, Tangerine, and Amyris.

Cal-a-Vie Vinothérapie Hydrotherapy50 min. \$110

Prior to stepping into your Hydrotherapy bath you will have a chair massage for your back, neck, and shoulders. This natural effervescent soak is comprised of hand pressed salts, and an infusion of Cal-a-Vie's wine grape seeds, skins, and pulp in combination with our signature moisturizing grape seed oil. Your skin will be nourished and feel silky soft when you emerge from the bath and you will then receive an application of our Vinothérapie Body Cream.

Cal-a-Vie Vinothérapie Grape Skin Wrap90 min. \$285

Experience an anti-oxidant, anti-aging body wrap using grape products from our Cal-a-Vie vineyard. Our gentle salt scrub prepares skin to be smoothed with warm, oceanic clay enriched with Cabernet grape extract which is rich in resveratrol the potent anti-oxidant in grape skins. The clay has a detoxifying and refining effect. Lastly, Crème de Vin is applied to lavishly hydrate your skin.

Cal-a-Vie Vinothérapie Vichy Scrub50 min. \$195

This moisturizing and detoxifying body scrub is made with mineral-rich sea salts and antioxidant-rich organic grape seed skin and pulp infusion harvested from the Cal-a-Vie vineyards. Following the luxurious scrub, you will receive an application of our signature Vinothérapie deep penetrating crème.



MASSAGE THERAPIES

Aromatic Awakening Massage50 min. \$185.....90 min. \$290

Awaken your senses with a customized aroma massage. Choose from a collection of essential oils for a calming, energizing, or relaxing experience.

Ayurvedic Mud & Therapeutic Back Massage.....50 min. \$185.....90 min. \$290

Ayurvedic herbs and four various types of clay combine to create a restorative and detoxifying warm mask. Once applied, this perfect combination will purify, cleanse, and stimulate the tissues on your back. Then, to complete your treatment, your back will be massaged to help ease tension and soothe sore muscles.

Bamboo Massage..... 90 min. \$275

Bamboo is revered in Asian countries for its healing properties. Our massage employs smooth, heated, oiled pieces of bamboo or rattan to provide deep, rhythmic massage strokes. The overall effect is a sense of deep relaxation created by lengthening and compressing the muscles.

(This treatment is best done on an individual with ample muscle tissue; and someone who also desires a firm massage)

Cal-a-Vie Massage50 min. \$16090 min. \$265

In the hands of Cal-a-Vie's skilled massage therapists you can relax and enjoy a circulatory enhancing massage; or have the therapist concentrate on specific sore muscles.

Poolside Massage50 min. \$210.....90 min. \$235

For the ultimate massage experience enjoy a poolside oasis in a private cabana where you can relax and enjoy the beautiful view.

Cal-a-Vie Thai Massage50 min. \$195.....90 min. \$310

Thai massage focuses on the circulation of vital energy in the body's major pathways. Meridians are manipulated and, specific pressure points are targeted to break down blockages, stimulate energy flow, and restore balance and harmony. After your experience you will feel a heightened sense of physical well-being. (Please wear loose fitting clothes to this treatment.)

Cal-a-Vie Shiatsu Massage50 min. \$19590 min. \$310

This massage technique is based on the principles of Chinese medicine. It is a gentle customized treatment that combines the techniques of joint-opening acupressure, passive stretching and body alignment. It will address physical and emotional stresses and flexibility to leave you feeling light, peaceful and deeply balanced. (Please wear loose fitting clothes to this treatment.)

Cal-a-ZBliss Ritual Massage50 min. \$185

Sleep is the engine for any wellness pursuit. Sleep is the ultimate age-defying beauty treatment; and immune system booster. This deeply relaxing massage will teach you the steps, and give you the tools to sleep deeper and longer every night.

Couples Massage50 min. \$160 each.....90 min. \$265 each

Enhance your spa experience by sharing it with someone special. Couples, best friends, Mothers and daughters, Fathers and sons can enjoy side-by-side massages in a treatment room for two.



Perfect Balance Polarity Treatment50 min. \$370/2 Therapists

Two therapists will begin by working at opposite polar points on the body— the head & the feet. The scalp, head and neck will be massaged with balancing aromatherapy oils, as the feet are massaged simultaneously. To conclude the massage, polarity points will be stimulated with a gentle touch. You will experience deep relaxation, release of pain, and greater mobility.

Peaceful Pregnancy Massage.....50 min. \$185.....90 min. \$275

This massage will bring you into a state of peaceful contentment, relieve tension, and uplift your spirits. It is tailored to meet your individual trimester needs.

Hot Stone Massage90 min. \$285

Heated river stones will penetrate relaxing warmth to the deep layers of your muscles.

Reflexology50 min. \$160.....90 min. \$265

This massage focuses on the stimulation of reflex zones on the feet that correspond to your body's organs. You will come away with a sense of balance, harmony, and an overall feeling of well-being.

***Evening MassageBath House 50 min. \$210 In-room 50 min. \$235**

*Additional massages in the evening can be scheduled any time after 6:00 pm; either in the Bath House or in your room. (The after-hours massage is an extra service that is available for an additional fee, and is subject to therapist availability. *24 Hour cancellation policy applies)*

HYDROTHERAPIES

Customized Hydrotherapy Soak50 min. \$110

Prior to stepping into your Hydrotherapy bath you will have a chair massage for your back, neck, and shoulders. Then, your customized Hydrotherapy bath begins—and this is no ordinary bath. It is a state-of-the-art hydrotherapy system with hundreds of tiny air and water jets that massage your body in a cyclic motion while the benefits of mineral-rich salts and essential oils allow you to contour, firm, tone, and relax. This treatment is truly therapeutic and an excellent addition to your body treatments.

SCRUB THERAPIES

Vichy Body Scrub 50 min. \$195

Invigorating and foaming bubbles and waves of water wash away fatigue and prepare your skin for a body polish infused with Blue Chamomile, and organic Lavender from southern France. Grains of Epsom salt and volcanic pumice gently, but thoroughly, polish the skin and replace much needed minerals. A soothing massage application of body lotion will leave your skin feeling beautifully conditioned and hydrated.

Lime Blossom Waterless Scrub 50 min. \$195

A full body gentle exfoliation treatment which uses sustainably harvested sugarcane in a heavenly scented macadamia crème base. This scrub cleanses, softens, and stimulates blood flow to the skin. After the scrub has melted away, a full body application of nourishing crème leaves skin soft and supple.



WRAP THERAPIES

Lavender Honey Wrap90 min. \$285

Your wrap begins with a luxurious scrub to exfoliate and improve circulation. Next, warmed honey will be drizzled on your body before you are cocooned in a warming blanket to indulge in the luscious goodness of this wrap. After showering, you will receive an application of a lavender-infused lotion.

Espresso Limon Slimming Detox Wrap90 min. \$285

Treat your body like a temple with this detoxifying and firming treatment guaranteed to leave your body looking sleek and smooth. This treatment begins with a dry body brushing method to stimulate lymphatic drainage and detoxification. Peptides are applied to specific areas of concern to stimulate collagen production and firm the skin. Your body will then be covered in a European inspired Espresso Limon Slimming Oil formulated to purify and tone the body.

Thalassotherapy Seaweed Wrap 90 min. \$285

The sea, science, and serenity are our gifts to you in this treatment. Seaweed contains all the minerals, trace elements and vitamins essential to life; and they also naturally initiate the body's internal mechanism of detoxification, and assist the body's metabolism. Warmed seaweed is painted on the body to facilitate in the release of excess water and to flush toxins from the body. While you are in the warm cocoon of this wrap you will receive a relaxing scalp massage. Finally, after a shower and brief cool-down, an application of contouring, firming and hydrating crèmes leave you in a state of harmonious balance.

Fire Stick Purify Wrap90 min. \$285

This treatment starts with a "Passage of Intent & Focus" to purify the body and invite peace, harmony, and ease, into your life. An exfoliation body scrub is followed by a primal chai body wrap. After cleansing, you will receive a mini body nourishing massage.

ADDITIONAL BODY THERAPIES

*Sun-Kissed Glow50 min. \$110

Our sunless tanning features airbrush techniques for an even, sun-kissed glow without the harmful rays of the sun.

*Acupuncture50 min. \$165

Improve your health with acupuncture sessions that will treat conditions such as chronic pain, headaches, allergies, carpal tunnel syndrome, addiction, insomnia and many more. Acupuncture gently promotes relaxation and the release of stress to improve your overall well-being. (24 Hour cancellation policy applies)

*Chakra Balancing Acupuncture50 min. \$190

This is a powerful treatment that unites two energy systems; the Indian chakras and Chinese Medicine's acupuncture. Any blockage or disruption in the flow of energy leads to imbalance and symptoms. The Chakra flow of energy will be tested both before and after the treatment thereby demonstrating positive changes and shifts. Aromatherapy is also used as a part of the treatment to renew and restore equilibrium and balance to the chakras. This technique harmonizes and revitalizes your mind, body, and spirit. (24 Hour cancellation policy applies)



***Cupping with Guasha50 min. \$165**

Guasha is a natural, alternative therapy that involves scraping your skin with a massage tool to improve your circulation. This ancient Chinese healing technique may offer a unique approach to better health, addressing issues like chronic pain.

***Assemblage Point Session with Chakra Balance90 min. \$345**

Assemblage Point Session – The epicentre of the human energy system is called the assemblage point. It affects everything about us – our appearance, intelligence, mood, health, way of experiencing the world, our response to ourselves, the environment, and our interaction and relationships with others. Practitioners working with the assemblage point consider that, if it is not in its correct position in the center of the chest, a displaced assemblage point is responsible for – or an indication of – the majority of physical and psychological disease. Adjusting the assemblage point location back to its original position can dramatically improve health.

Craniosacral Therapy 50 min. \$18590 min. \$290

Craniosacral therapy is a holistic healing practice that uses very light touching to balance the craniosacral system in the body; which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area. Craniosacral Therapy encourages the body's natural healing mechanisms to improve the functioning of the central nervous system, dissipate the negative effects of stress, and correct imbalances in the body.

Full Body Buff & Tone50 min. \$185

The Body Buffer can be used pre or post exercise, to warm-up muscles and flush out toxins. Muscle soreness is addressed, as well as smoothing the skin and improving the appearance of cellulite.

Legs Rejuvenated and Renewed50 min. \$95

Our Body Buffer and therapeutic crèmes are used to aide in the increase of micro-circulation, lymphatic drainage, and to soothe sore muscles. This is a wonderful treatment after any type of exercise!

Microcurrent Body Lift Treatment.....50 min. \$195

Commonly referred to as, Pilates for the body, micro-current works out the muscles and stimulates collagen and elastin production in the tissues of the body. This non-surgical body lift, improves skin tone and smooths out dimpling.

5 Element Detox Treatment50 min. \$285

In Chinese 5 Element Theory, five of the human organs hold 5 key emotions- lungs(grief), liver(anger), kidney (fear/anxiety), spleen (sadness), heart (lack of joy).This treatment will assist these organs in detoxification to reduce pain and tension, and bring relaxation on a deep level. The methods employed will include aromatherapy, tuning fork therapy, guided visualization, and affirmation.

Reiki 50 min. \$185

This powerful balancing treatment works through focusing on the body's natural energy. Reiki helps reconcile the union of the body, mind, and spirit. This reviving therapy reduces stress and revitalizes the body.



Vibrational Tune-up Treatment 50 min. \$195

Tuning forks are calibrated to balance frequencies that encourage a return to vitality. These healing sounds will be applied to the muscles, skin, joints and bones; depending on your area of concern. The experience will give you a deep sense of relaxation, and often a diminished sensation of pain.

Watsu – Aquatic Massage.....50 min. \$19590 min. \$300

Float comfortably and fully supported in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Watsu® can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range of motion issues and emotional release. This is a profound experience unlike any other. Swimwear required.

LUXURY SPA TREATMENTS AT-A-GLANCE

SIGNATURE VINOThÉRAPIE TREATMENTS

Cal-a-Vie Vinothérapie Massage 50 min. \$18590 min. \$290

Cal-a-Vie Vinothérapie Bath Fizz50 min. \$110

Cal-a-Vie Vinothérapie Grape Skin Wrap 90 min. \$285

Cal-a-Vie Vinothérapie Vichy Scrub50 min. \$195

MASSAGE THERAPIES

Aromatic Awakening Massage50 min. \$185.....90 min. \$290

Ayurvedic Mud + Therapeutic Back Massage..... 50 min. \$18590 min. \$290

Bamboo Massage90 min. \$275

Cal-a-Vie Massage.....50 min. \$16090 min. \$265

Poolside Massage..... 50 min. \$210.....90 min. \$235

Cal-a-Vie Thai Massage50 min. \$195.....90 min. \$310

Cal-a-Vie Shiatsu Massage..... 50 min. \$19590 min. \$310

Cal-a-ZBliss Ritual Massage50 min. \$185

Couples Massage..... 50 min. \$160/ea90 min. \$265/ea

Perfect Balance Polarity Treatment50 min. \$370

Hot Stone Massage90 min. \$285



Peaceful Pregnancy Massage	50 min. \$185.....	90 min. \$275
Reflexology	50 min. \$160	90 min. \$265
*Evening Massage In Bathhouse	50 min. \$210.....	In Room 50 min. \$235
<i>(24 Hour cancellation policy applies)</i>		

ENHANCEMENTS FOR MASSAGE

Magnesium Infusion	\$50
Aromatherapy Enhancement	\$25

HYDROTHERAPIES

Customized Hydrotherapy Soak	50 min. \$110
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SCRUB THERAPIES

Vichy Body Scrub	50 min. \$195
Lime Blossom Waterless Scrub	50 min. \$195

WRAP THERAPIES

Lavender Honey Wrap	90 min. \$285
Espresso Limon Slimming Detox Wrap	90 min. \$285
Thalassotherapy Seaweed Wrap	90 min. \$285
Fire Stick Purify Wrap	90 min \$285

ADDITIONAL BODY THERAPIES

*Sun Kissed Glow (Airbrush Bronzing).....	50 min. \$110
*Acupuncture	50 min. \$165
*Chakra Balancing Acupuncture.....	50 min. \$165.....90 min. \$300
*Cupping with Guasha	50 min. \$165
*Assemblage Point Session with Chakra Balance.....	90 min. \$345
*Acupuncture/Cupping/Guasha	90 min. \$300



Craniosacral Therapy	50 min. \$185	90 min. \$290
Full Body Buff & Tone	50 min. \$185	
Legs Rejuvenated & Renewed	50 min. \$95	
Microcurrent Body Lift	50 min. \$195	
5 Element Detox	50 min. \$285	
Reiki	50 min. \$185	
Vibrational Tune-up	50 min. \$195	
Watsu – Aquatic Massage.....	50 min. \$195	90 min. \$300

(24 Hour cancellation policy applies)

CAL-A-VIE SERVICES TRADE POLICY

Any treatment within the basic spa package can be exchanged for any non-premium treatment of equal or lesser value. No credit or refunds will be given for services traded for a lesser value. Please speak with the guest service representative in the scheduling department for clarification of these specific treatments.

CAL-A-VIE SERVICES CANCELLATION POLICY

We are happy to enhance your spa package with our specialty services such as acupuncture, tennis, and evening massages. We require 24 hours' notice for cancellations. Any services cancelled with less than 24 hours' notice will be subject to a charge for the full rate.

Rates are subject to change.

