

b  
spa







## A LUXURY RESORT SPA EXPERIENCE UNLIKE ANY OTHER...

Each b Spa service represents a unique personality from the tapestry of vineyards and climates of the Napa Valley landscape. b Spa offers a quaint haven to reconnect with nature while nurturing your inner being. Select ingredients are hand-picked from our Bardessono certified-organic garden and added to our services to renew and invigorate the mind and body. We encourage you to set an intention to b renewed and b restored.

Every resort guest room suite has been designed to transform into a personal spa for you to enjoy any massage or bath in complete comfort, privacy and serenity.





## FACIAL THERAPIES

### **Peptide Lifting | 80 minutes | \$325**

Indulge in the ultimate luxury featuring a potent blend of peptides and Hyaluronic acid to lift, plump, and revitalize your skin. Experience enhanced texture, and tone with targeted firming actives, and our signature lifting complex mask, leaving you feeling relaxed, refreshed, and radiant.

### **COSMOS Anti-Aging | 50 minutes | \$235**

Discover our Cosmos True Certified Organic facial, where anti-aging meets true sustainability for radiant skin and a harmonious planet. Immerse yourself in the luxurious sensation of an ultra-moisturizing and comforting treatment, promoting firmer, smoother, and more youthful-looking skin. This facial is particularly beneficial for sensitive skin and after sun exposure.



### **Luminescence | 50 minutes | \$235**

Recover a luminous complexion with 3 steps of brightening: 30% Glycolic Acid peel; 25% time-defying Vitamin C; and a skin clarifying modeling mask. These steps work in synergy to rejuvenate the skin and reverse visible signs of aging.

### **Vitalessence | 50 minutes | \$225**

A customized facial featuring a deep-cleansing and a multi-acid resurfacing peel to rebalance the skin for a smooth and renewed texture. This treatment also includes a luxurious lift off hydration mask to help reduce puffiness while tightening pores and leaving skin radiant.

## FACIAL THERAPIES - continued

### Bardessono presents Linda Meredith Oxygen Therapy Facial Treatments

#### Haute Couture Oxygen | 60 minutes | \$295

Experience the extraordinary benefits of our exclusive medical-grade oxygen treatment paired with a personalized serum designed to visibly plump and firm your skin after just one session. Optimal results are obtained with a course of six treatments close together, ensuring the effects remain over a period of months.

#### Haute Couture Oxygen Plus | 80 minutes | \$375

Experience our luxurious Haute Couture Oxygen Therapy Facial, enhanced with your choice of either freeze-dried collagen or infused hyaluronic acid meticulously applied to the contours of your face.

#### V-Tox Oxygen | 80 minutes | \$395

Discover remarkable results without resorting to invasive cosmetic procedures with our specialized facial. The Linda Meredith Oxygen treatment is expertly administered, complemented by the targeted application of V-Tox. This treatment relaxes the skin while deeply moisturizing, leaving your complexion visibly plump, hydrated, and remarkably smooth with reduced fine lines.





## BODY THERAPIES

**Vino Polish | 80 minutes | \$350** (Only available in Spa Therapy Center)

A beloved choice among guests, this full body treatment uses local crushed grape seeds, sea salts, lavender, and other nutrient-rich ingredients to exfoliate and restore radiance. Next, a luxurious 50-minute grapeseed body butter massage softens the skin and adds ultimate hydration.

**AromaSculpt | 50/80 minutes | \$250/\$350** (Only available in Spa Therapy Center)

A revitalizing total body ritual inspired by nature's therapeutic essence. Start with a double sugar scrub that melts into a moisturizing cream for an invigorating toning therapy using Chinese Bamboo sticks. The specialized techniques are both vibrational and gentle, bringing lightness, energy and contour to the legs and gluteal muscles leaving you noticeably more sculpted and deeply relaxed.

**Garden Harvest Wrap | 80 minutes | \$350** (Only available in Spa Therapy Center)

Indulge in a gentle yet invigorating body brushing designed to stimulate the lymphatic system. Followed by a soothing white clay mask and body wrap, then a massage using our antioxidant-rich body soufflé infused with seasonal fresh herbs from the Bardessono Organic Garden. Take home a complimentary body brush to extend the luxurious results of your spa treatment.

## MASSAGE THERAPIES

### **Salt Stone Massage | 80 minutes | \$350** (Only available in Spa Therapy Center)

Himalayan salt stones are warmed and applied to targeted areas for increased circulation, mineral absorption and release of negative ions that help elevate your mood while easing muscle tightness.

### **AromaFusion | 50/80 minutes | \$250/\$350** (Only available in Spa Therapy Center)

A sensory escape devoted to total body wellness featuring warm floral essential oils to nourish the skin and an aromatherapeutic body massage with heated, mineral rich volcanic stones to release deep muscle tension. This massage awakens your senses by improving the body's microcirculation, eliminating toxins, and bestowing a blissful feeling of overall wellness.

### **b Massage | 50/80minutes | \$225/\$325**

This signature massage allows you to choose from two Bardessono custom blends of aromatic oils synergistically combined with rhythmic, free- style techniques that are performed in harmony for relief from muscle tension and to promote deep relaxation.

### **Maternity | 50/80 minutes | \$225/\$325**

A customized massage to meet the distinct needs of our pre and post-natal guests for relief from muscle fatigue, lower back pain and increased strain on bones, muscles and ligaments.

### **b Connected**

Enjoy any of our body or massage therapies as a couple's service for a deeper sense of connection.

(Priced per person).



## ENHANCEMENT THERAPIES

Wellness additions to elevate your services and create a more personal spa journey.

Most enhancements are performed within the time frame of your service and do not add additional time to your service.

*\*Please allow 20 minutes for the VISIA® Skin Analysis.*

### **CBD | \$40**

225 mg of locally made CBD infused with eight pain-relieving and anti-inflammatory herbs including arnica, ginger and chamomile along with organically grown broad spectrum hemp oil.

### **Scalp Therapy | \$40**

A luxurious scalp massage with nourishing hair oil.

### **Body Firming Boost | \$40** (Only available with massage and body therapies)

A caffeinated firming body lotion specifically created to target the appearance of cellulite and stimulate healthy collagen.

### **Nano Gold Collagen Face Mask | \$50**

An age-defying mask infused with minerals and gemstones to firm, smooth, lift and repair.

### **VISIA® Skin Analysis | Complimentary with purchase of service(s) or product(s)**

The most complete data technology available to assess your overall skin health including UV damage spots, wrinkles, pores, texture and red areas.



## BATHING THERAPIES

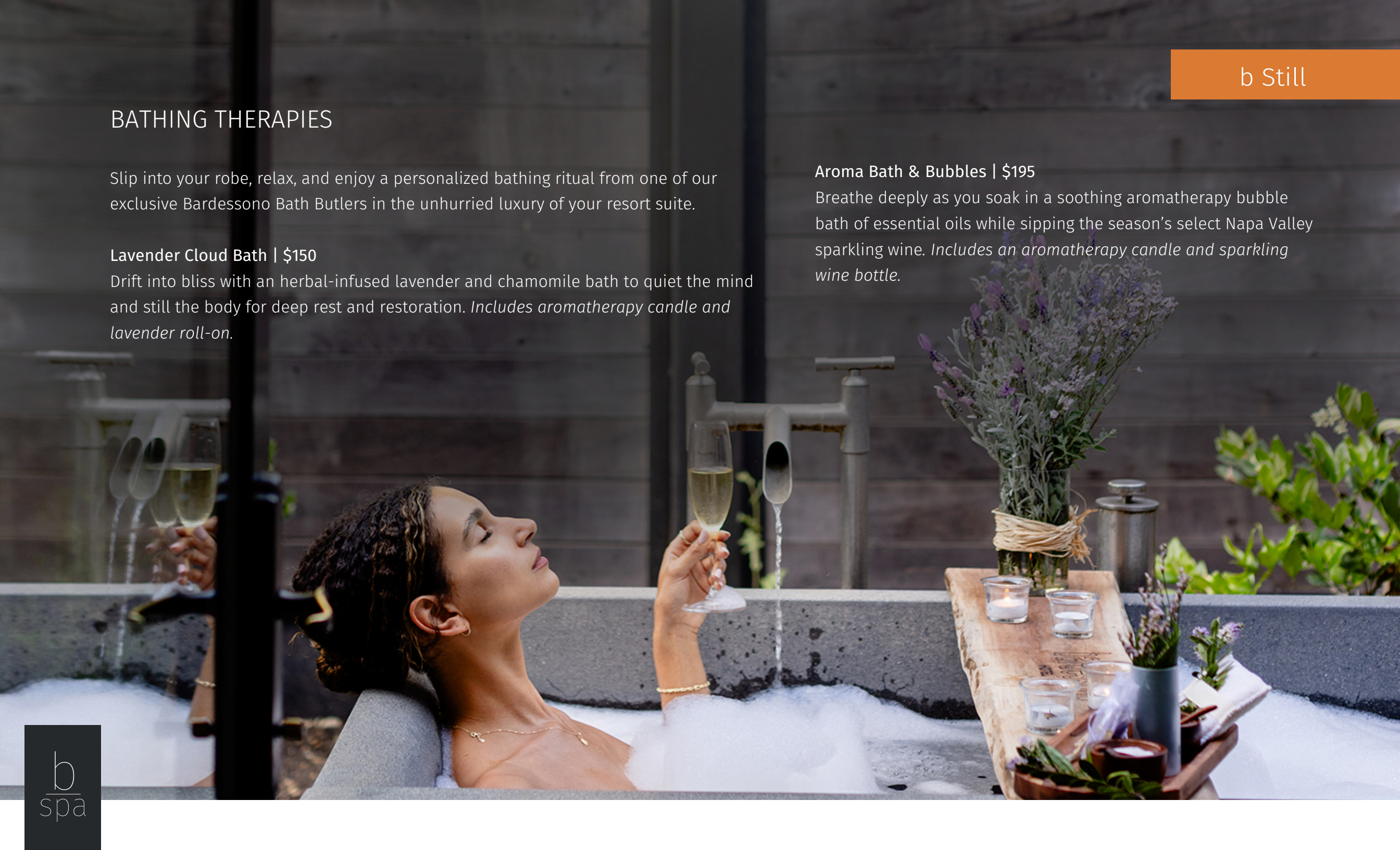
Slip into your robe, relax, and enjoy a personalized bathing ritual from one of our exclusive Bardessono Bath Butlers in the unhurried luxury of your resort suite.

### Lavender Cloud Bath | \$150

Drift into bliss with an herbal-infused lavender and chamomile bath to quiet the mind and still the body for deep rest and restoration. *Includes aromatherapy candle and lavender roll-on.*

### Aroma Bath & Bubbles | \$195

Breathe deeply as you soak in a soothing aromatherapy bubble bath of essential oils while sipping the season's select Napa Valley sparkling wine. *Includes an aromatherapy candle and sparkling wine bottle.*





## ADVANCED BATHING COLLECTION

*These therapeutic treatments are formulated for one person*

### **CBD Wellness | \$175**

Sink into relaxation with 125 mg of antioxidant rich CBD oil, soothing Epsom salt and arnica. Decrease stress, pain and inflammation while softening the skin with nourishing shea and coconut oils.

*Includes aromatherapy candle and 1oz CBD massage oil.*

### **Seaweed | \$175**

Discover the centuries-old tradition of seaweed bathing, blending essential minerals and vitamins to deeply hydrate, detoxify, and nourish the body while easing muscle tension by breaking down lactic acid.

*Includes aromatherapy candle organic exfoliating body bar. \*Please note contraindications include iodine allergies, thyroid imbalances, and hypertension.*

### **Slimming | \$175**

Experience an invigorating oxygenating bath designed to diminish the appearance of fluid retention and cellulite while promoting blood and lymphatic circulation to rid the body of toxins. Includes aromatherapy candle and organic exfoliating body bar.

*\*Please note the optimal temperature for this bath is 104 degrees. This treatment is not recommended during pregnancy and contains gluten.*

### **Cold Plunge | \$150**

Immerse yourself in 60-degree cold water therapy infused with frankincense and peppermint, renowned for reducing pain and inflammation. Enhance your experience by alternating between the steam shower and cold plunge for optimal results. *Includes body brush and 4oz eucalyptus & lavender shower mist.*



## WELLNESS THERAPIES

Fuel the body, engage the mind, and nurture the spirit with these mindful practices to decrease stress, improve sleep and promote a healthy lifestyle. *All sessions are tailored to your individual needs.*

### **Restorative Yoga | 45 minutes | \$315 | 1-4 guests**

Still and restful yoga promotes relaxation by holding poses for a longer duration. *Includes yoga practice book.*

### **Flow Yoga | 45 minutes | \$315 | 1-4 guests**

Move from one pose to another in a faster, continuous, smooth way. *Includes yoga practice book.*

### **Mat Pilates | 45 minutes | \$315 | 1-4 guests**

Tone your core muscles and improve strength, posture, agility, and flexibility. *Includes "cooling" towel.*

### **Strength and Stretch | 45 minutes | \$315 | 1-4 guests**

Special techniques for the avid sports enthusiast. *Includes soothing muscle salve.*

### **Cardio-Boxing | 45 minutes | \$315 | 1-4 guests**

A full body workout combining shadow boxing and cardio movements to help build muscle, strength, and heart rate control. *Includes "cooling" towel.*

### **Tai Chi | 60 minutes | \$315 | 1-4 guests**

A gentle series of movements for the entire body in a meditative, flowing sequence. *Includes mindfulness book.*

### **Sound Healing | 30 minutes | \$315 | 1-4 guests**

A transformational experience incorporating the vibrational energies of crystal and brass singing bowls for a deep relaxing experience. *Includes mindful breathing tool.*

### **Chakra Balancing | 60 minutes | \$315 | 1-4 guests**

A gentle energy-healing meditation including a visualization of colors with an emphasis on the Chakras or Energy Meridians throughout the body. Rebalance the energetic frequencies of the mind and body, while promoting wellbeing and renewed vigor. *Includes chakra healing roll-on.*

### **EFT (Emotional Freedom Technique, AKA Tapping)**

**| 60 minutes | \$315 | 1-2 guests**

Tapping on specific energetic meridian points to create a more balanced energetic system (like Chakra rebalance but with tapping and repetitive affirmations) to clear out old, stagnant energy and make room for new possibilities. *Includes aromatherapy roll-on.*

Classes require booking 24 hours prior to appointment time. Pricing is per class (subject to change).





## POLICIES

### Disconnect to Reconnect

Cell phone use is not permitted in the b Spa Therapy Center.

### Spa Cancellation Policy

As a courtesy to other guests and our therapists, if you need to cancel or reschedule an appointment, please give a 24-hour notice to avoid a 100% cancellation charge. "No Shows" will be charged the full treatment price. If you are running late, a phone call is always appreciated. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will be charged the full amount of your originally scheduled treatment.

### Service Charge

Treatment prices do not include gratuities. For your convenience, a 21% service charge will be added to all services.

Spa Hours Daily | 9:00AM - 6:00PM

