

OUR SIGNATURE MUD BATHS

FROM THE EARTH'S CORE,
APPLIED BY HAND

Indian Springs' spa offers traditional treatments using the natural resources in which our property is blessed. We mine volcanic ash and capture mineral water from our four geysers to create our own iconic, therapeutic Mud Bath experience ... pure and natural.

We offer authentic, curated treatments.

Our massage therapists are highly trained and dedicated to our core values of care and attention to our guests' well-being.

We have added new features that will enhance the benefits and relaxation of your experience, including the Himalayan salt therapy room and infrared saunas, replacing our old steam rooms.

Come ... take the waters
and return often.

INDIAN SPRINGS MUD BATH RITUAL

Our signature treatment uses pure volcanic ash and mineral water from our own geysers. An excellent prelude to a massage. It is both detoxifying and relaxing. 60 minutes, \$170

STEP BY STEP:

1

Your mud attendant will ease you into the mud tub and cover you from neck to toes with warm volcanic mud ... bliss.

2

Rinse off in the shower, then soak in your own tub of pure Indian Springs mineral water, rich in minerals and salts ... sink in.

3

Delicious cucumber citrus infused water is offered throughout to keep you hydrated.

4

Spend some time in our infrared sauna ... warming your core with dry heat.

5

In a private space, you will be wrapped in a soft flannel blanket and left to nap and cool down.

6

Your attendant will wake you and guide you to your next treatment or to the Buddha Pond for some further chill time.

ENHANCE YOUR MUD BATH EXPERIENCE, MAKING IT FOR THE FACE AS WELL AS THE BODY, WITH ONE OR BOTH ADDITIONS:

A detoxifying, hydrating mask, freshly made of our volcanic ash and Babor's hyaluronic moisturizer, \$20

A hydrating Babor hyaluronic sheet mask, during your mud bath cool down, \$30

MINERAL BATHS: TAKING THE WATERS

INDIAN SPRINGS CLASSIC MINERAL BATH

Soak in our pure mineral water from the geysers and enjoy all the elements of the mud bath, except the mud! Immerse yourself in a deep tub of pure Indian Springs' mineral water. Sip refreshing cucumber citrus water and relax deeply. Enjoy time in the dry heat of our infrared sauna. Complete the experience wrapped in a soft flannel blanket, taking time to cool down and really relax. 45 minutes, \$105

PURE GOAT MILK & ROSE 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 would both soothe dry, itchy skin and leave it silky smooth. Follow with time in infrared sauna and then relax wrapped in flannel blanket for cool down. Take time to rest. 45 minutes, \$125

ROSEMARY SOAK

Enjoy the detoxifying and rejuvenating properties of our mineral soak infused with our estate harvested rosemary. After time in the dry heat of our infrared sauna, you will be wrapped in a flannel blanket to nap and cool down. 45 minutes, \$125

CBD SOAK

We infuse our Indian Springs' mineral water with CBD. Our CBD is a combination of nutrient rich oils and therapeutic plant extracts that will elevate your mind and body to pure bliss. Enjoy time in our infrared sauna and then we will wrap you in a flannel blanket to nap and relax. 45 minutes, \$125

ENHANCE YOUR MINERAL BATH EXPERIENCE, MAKING IT FOR THE FACE AS WELL AS THE BODY, WITH ONE OR BOTH ADDITIONS:

A detoxifying, hydrating mask, freshly made of our volcanic ash and Babor's hyaluronic moisturizer, \$20

A hydrating Babor hyaluronic sheet mask, during your mineral bath cool down, \$30

DEEP TISSUE

This massage goes deep with strong movements to alleviate tension and muscular stress. Our therapists concentrate on specific areas of concern and incorporate healing arnica balm. 50 minutes, \$195 | 100 minutes, \$390 | Couples: 50 minutes, \$195 per person
Couples: 100 minutes, \$390 per person

CBD MASSAGE

Our signature massage elevated with a blend of botanicals and 400 mg broad spectrum CBD. Indulge in the scent of lavender while you relax. 50 minutes, \$195 | 100 minutes, \$390

CBD DEEP TISSUE MASSAGE

Recharge your body with this deep massage designed to alleviate stress and muscular tension, with an added blend of active botanicals and 400 mg of broad spectrum CBD. 50 minutes, \$220 | 100 minutes, \$440 | Couples: 50 minutes, \$220 per person
Couples: 100 minutes, \$440 per person

MOTHERHOOD BLISS

This therapeutic massage is meant to soothe the mother-to-be by focusing on stressors encountered in pregnancy. Our organic body products are designed to offer relief, comfort and relaxation during all stages of pregnancy. Therapists use specially designed pillows and bolsters to ensure your comfort. 50 minutes, \$195

HAND & SOLE MASSAGE

This balancing treatment is perfect for those who wish to focus 'solely' on their hands and feet. We use aromatic oils and calming creams to release tension and help blood and oxygen flow. 50 minutes, \$170

HOT SPRINGS HERBAL MASSAGE

The weather in Napa Valley brings with it a flush of color and a bountiful harvest which attracts people from all over the world. Support your immune system as the seasons shift with this pampering treatment which uses local Napa Valley mustard seed, Pacific sea salt, and rosemary grown right here in the mineral rich soil of our own unique property. This warming and detoxifying blend of herbs are steamed in a compress ball, using water from our geyser, and applied to your skin using a rocking compression, combined with a hands-on soft-tissue therapy; enveloping you in warmth and the natural healing properties of these beneficial herbs and waters. This compress body treatment is excellent for fighting illness in the body, for soothing aching muscles after long hikes, and for detoxifying the system after a long day of wine tasting. 100 minutes, \$390

BODY TREATMENTS

Our therapists combine the skin smoothing qualities of a body scrub with soothing elements of massage to slough off dry, flaky skin, increase circulation and aid detoxification. You will experience glowing, smooth skin.

INDIAN SPRINGS SALT GLO

Our signature scrub is a handcrafted blend of ancient sea salt and essential oils, seasonally adjusted. The scrub is followed by a hydrating shea butter cream to seal in moisture and nourish your skin. 50 minutes, \$180

WINE COUNTRY SUGAR SCRUB

This all natural sugar scrub uses a rich blend of organic herbs and oils to exfoliate and nourish your skin. A hydrating moisturizer is applied after exfoliation to protect and heal your newly smooth skin. 50 minutes, \$180

FACIALS

INDIAN SPRINGS SIGNATURE CUSTOM FACIAL

Our Signature Facial starts with a harmonizing facial ritual to bring you into the experience and balance. Your highly skilled esthetician will then assess the health of your skin to create a tailor-made facial loaded with a powerhouse of active plant botanicals that your skin craves. Deep cleansing of your neck, décolleté and face, steam, light exfoliation, gentle extractions, serums and a mask are all part of this curative treatment using exclusive Amala products. This facial will help you relax and unwind while delivering a visibly radiant complexion. Your skin will feel refreshed, revitalized and pampered. 50 minutes, \$170

GENTLEMEN'S FACIAL

Using botanic products designed for men, this targeted, solution-based, cleansing and exfoliating treatment will leave skin feeling soft and smooth. 50 minutes, \$170

HOLISTIC FACIAL

Nourish your skin health holistically with this exclusive Indian Springs facial. This natural and organic treatment addresses the natural microbiome of the skin creating a healthy, strong and vibrant complexion while addressing the mind-body-soul connection. You will be taken away by this experience from the first sound of the Tibetan singing bowl creating a state of relaxation allowing the body to restore and rejuvenate naturally. We utilize Ayurvedic Marma point therapy to unblock stagnant energy in the face, neck and

décolleté opening up pathways for healthy skin, Gua Sha stone facial massage, nourishing probiotic mask and a CBD serum booster will treat all skin conditions due to its anti-inflammatory properties. A facial like no other, after you have drifted into another dimension, the song of the Tibetan singing bowl will gently bring you back to the room. Includes steam, hand and arm massage. No extractions. 100 minutes, \$380

ADVANCED FIRMING FACIAL

This luxurious facial was specially created for skin that lacks vitality and firmness. After your skin is gently steamed, cleansed and exfoliated, our highly skilled esthetician will do extractions as needed then apply a light AHA texturizing mask to smooth texture while refining the pores. An active mineral rich algae mask is applied to lift and plump your skin, helping to transform it with increased ingredient penetration of pro-collagen firming actives and rich ingredients. To make this treatment extra special, your hands will be immersed with a deeply hydrating treatment mask. A relaxing facial massage and LED light round off this advanced facial giving you the best results possible. As an extension of your face, your neck and décolleté will not be forgotten. 100 minutes, \$380

OXYGEN INFUSION FACIAL

Oxygen infusion facials use the unique delivery system of hyperbaric oxygen. Moisture, vitamins, and antioxidants are infused into the skin. Your esthetician 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, \$205

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 FACIAL

A calming and purifying treatment that targets breakouts, oily skin, and sensitivity. This facial answers the specific needs of any blemished complexion whatever the cause. Designed to refine texture and soothe irritated skin. It includes extractions and a therapeutic treatment mask. 50 minutes, \$170

HYDRAFACIAL®

The HydraFacial® resurfacing procedure is an incredible non-invasive treatment that utilizes award-winning, patented technology to detoxify, rejuvenate and protect your skin. It delivers immediate results & long-term benefits without downtime or irritation.

INDIAN SPRINGS DELUXE HYDRAFACIAL®

Effective for all skin types due to the gentle exfoliation system that removes impurities in the skin causing many of the signs of early aging. In a four-step process, the HydraFacial® deeply cleanses the skin, exfoliates dead skin cells, extracts debris from pores, and deeply hydrates the skin. In addition, a specialized booster serum will be utilized to target your specific skin needs. We take this treatment even further by adding a special treatment mask with face, hand and arm massage to really customize the experience for you. (50 minute appointment time) Select a treatment option below to address your specific skin needs. 50 minutes, \$265

• RESTORATIVE HYDRAFACIAL®

Illuminates – Revitalizes – Rejuvenates. An invigorating treatment that includes a peptide rich booster to improve the appearance of skin tone, texture and elasticity.

• ANTI-AGING HYDRAFACIAL®

Revitalizes – Rejuvenates – Hydrates. An invigorating treatment for aging skin concerns. Our Derma Builder booster reduces the appearance of fine lines and wrinkles.

• RADIANCE HYDRAFACIAL®

Cleansing – Brightening – Hydrating. An invigorating treatment for skin pigmentation concerns with a proven brightening booster to minimize the appearance of dark spots.

• TEEN HYDRAFACIAL®

Detoxifies – Hydrates – Restores. An invigorating treatment for congested skin issues with extended extractions as needed. This treatment includes Blue Light Therapy to kill bacteria and further reduce the visible signs of mild to moderate acne.

• PLATINUM HYDRAFACIAL®

The ultimate HydraFacial® experience! Pick your Deluxe HYDRAFACIAL® treatment from above. The HydraFacial® deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with the appropriate booster. This Platinum treatment includes Red Light Therapy to further reduce the visible signs of aging plus an exfoliating and nourishing hand treatment. 100 minutes, \$395

BINAURAL BEATS THERAPY

Unlock the transformative power of sound for holistic wellness. Settle into the Satori wellness lounge to experience touch-free healing, utilizing binaural beats to provide a profound experience. These sound frequencies, when precisely delivered, create synchronization between the brain's left and right hemispheres, resulting in a quieting of the mind, allowing deep relaxation, meditation, and dreamless sleep.

SPORTS RECOVERY & REJUVENATION

Tailored for athletes seeking efficient muscle recovery and performance enhancement, reduction of post-exercise soreness, improved circulation and oxygenation, reduces fatigue, and optimizes performance. Perfect after a day outdoors, enjoying the beauty of Napa Valley. 25 minutes, \$45

CHAKRA BALANCING & ALIGNMENT

A curated journey to balance your body's energy centers and restore inner harmony. Experience a specialized session to synchronize and balance the body's chakras, promoting a sense of equilibrium and well-being. This treatment includes a custom vibrational massage focusing on the seven main chakras to restore balance and unblock energy flow within these energy centers. Benefits of this treatment include a restoration of energy flow within chakras, increased sense of emotional well-being and harmony and enhanced overall vitality. A truly profound healing experience. 25 minutes, \$45

SERENITY SLUMBER: THE PERFECT NAP

This treatment provides a serene and immersive experience aimed at naturally inducing deep sleep, reducing sleep disturbances and promoting overall sleep quality and rejuvenation. Allow yourself to fall into binaural beats guiding your brain into frequencies associated with deep relaxation, leaving you fresh and ready to enjoy your day! This is a wonderful treatment for anyone experiencing insomnia or jet lag. 25 minutes, \$45

HIMALAYAN SALT THERAPY ROOM

Take wellness to another level. Salt therapy has been used for centuries. Salt's anti-inflammatory and anti-bacterial properties have many benefits, including helping with respiratory and skin conditions. It produces negative ions which helps improve mood and promotes relaxation. Wrapped in our luxurious spa robe, lie down and enjoy the healing properties of salt as the halogenerator disperses micro particles into the room. 25 minutes, \$45

AVAILABLE

Non-hotel guests are welcome to book treatments. We will have a limited number of pool passes for purchase with the booking of a 50 minute treatment, available Sunday through Friday. (Himalayan salt room excluded from pool pass purchase option). Pool pass \$50.

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 treatments is not advised.

Hydrfacial treatment is not advised for women who are pregnant or breastfeeding.

GRATUITIES

Always appreciated by our therapists and attendants. There are envelopes available at the desk or we will gladly add to your bill.

CANCELLATION POLICY

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